



Connections

The in-house newsletter of Community Living, Inc.

Fall. 2010

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Community Living**

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Some words from Michael Deputy Director Michael Planz

We all have to make choices: small choices such as what to have for breakfast and bigger choices such as how we live our lives. While Community Living has always believed in helping people make choices, for someone with an intellectual or developmental disability choice may only consist of A or B - what someone offers you - not choices in the truest sense that you and I know. Then, there are times when people may need support in making the "right" decision. Professionals in the field have long debated where that support should end. Where do you draw the line between personal choice and natural consequences, and our obligation as an individual family member, staff person or agency to make the choice for someone? Is providing someone with the information needed to make an informed decision enough, or should we make the decision because we think we know what's best?

Many people supported by CLI share a home with people who are their friends. Maybe they grew to be friends from living together over the years or maybe they were friends before becoming housemates. CLI tries to offer choices of where people live despite a number of constraints which prohibit every single person from living in exactly the ideal situation. But, whatever the circumstance, CLI strives to make every house a home. We also try to offer, within the means available, choices in how people live their lives. We facilitate as many opportunities for leisure activities as possible. Do you like sports, or art?

What do you like to eat? Would you prefer to go bowling on Saturday morning or sleep in? If you look at the variety of things people are involved with, I think CLI does a pretty good job. We can always use the support of families and community members however, to help people participate in activities of their choosing.

CLI developed and is currently implementing a strategic plan that has multiple strategies for retaining quality staff within the organization. Direct Support Staff are the backbone of the agency and they are the biggest single factor in ensuring people's choices are respected. The Direct Support Staff at CLI spend a lot of time with the people they support - in the individual's home, at appointments and in other personal times - and know a person's preferences regardless of how he/she communicates. It's also critical to talk to families and others who play significant roles in our residents' lives - they all have a unique perspective of an individual. Those significant others are important team members and are a big part of making sure residents have meaningful individual plans that reflect their true choices.

I would certainly like to hear your feelings about how we are doing in regards to choice and your suggestions on how we might make greater choices available to our people. This important feedback will only enhance the opportunities for choice we offer the people of CLI.

The World of Sports

In this issue we cross two seasons: reporting about the finishing of our Summer Sports and the beginning of our Fall sports fun.

The golf season was very exciting this year. There were lots of folks participating and many folks devoting their time. Some folks practiced several times a week. The golfers were, Willy, Ricky M, Pauline, Ricky W., Jeanne O., Robert, Thomas, Janet, John D., Gerald, Steve, Pauline and Stanley.. The volunteers were Carlota, Marty, Matt, Martin, Greg, and Pete. It's fun to listen to Marty discuss the hilliness of the one course and whether she is sure the brakes will hold on the golf cart as they careen down the hills. Willy chuckles as he hears this story as he is the passenger riding beside her!

The Kayaking week-end was again at St, Mary's College. It was a fabulous event. Linda, Janet, Thomas, Dennis, Stanley and Ray did their best and had a great time. Marty and Thomas participated in unified Kayaking and they thoroughly enjoyed it. They even got a medal! Through a generous donation we were able to obtain a used double kayak and that made this event possible.



Linda is excited to take horseback riding lessons again. She has been riding Foniks for six weeks. She reports that "I am happy and tired. Foniks is brown and black and big and gentle, just right for me."

We must spend time talking about kickball. We play kickball in the Frederick Adult County Kickball Association. Now that we've played in the summer league we better know what to do in the fall league and where our strengths are. We certainly want JR to pitch, and Stanley and Dennis to alternate at third base and Paul to cover first

base. New players like Ricky M, and Bobby M. are great base runners. Steve L., and David S, are both wonderful utility players. And let's not forget the ladies! Linda and Shauna as alternate catchers! Shauna had all the players laughing when she said "watch out Ray Lewis!". We appreciate all the volunteers that are playing with us as well. Our goal is to just have fun and one of these days we'll actually win a game. Paul was named to the all-star team for the summer league....it must be all that softball and baseball that he has played that has made him so very good.



And one more of the fun things we have done this summer was playing at Putt Putt golf as a joint fund raiser for the Frederick Lions Club and CLI. The talented clients & staff in ROW helped us all design personalized T-shirts to wear that day, and we went to Adventure Park to play golf with members of the Lions Club and the community. The day couldn't have been nicer, and many of us scored better than we ever had before. Thanks to Andrea Willem for setting this up for us. Trophies were given to the team with the best score: Zach, Steve, Jay, and Meghan.



Bowling is an old standby as a sports activity at CLI, but our bowlers know their stuff, and they know that this is an activity they can enjoy, year after year. We have over 30 people participating. Charlie E. is improving, Steve L. hopes to get that spare, and Lindsay loves visiting with everyone that is there. Bowling is not just about the bowling, it's about the mingling with each other and the chance to continue with the friendships made over the years, or those made just last year.



Grant News

Congratulations Janet and Shane! They have worked cooperatively over the years, Nichole Purcell from the Frederick City Department of Planning and Community development, and have established a strong professional relationship. Nichole contacted Janet about one federal and one state grant that they were trying to fulfill regarding energy audits and remediation. Apparently, they did not have a lot of individual applicants and were anxious to use the monies made available. So she thought of us and Janet sent her a list of 15 addresses that had NOT been involved in the previous energy audit project that Sarah headed up with her volunteers.

They have ultimately chosen nine out of the 15. They are:

393 Prospect
385 Prospect
430 White Oak
1742 Springfield
430 Heather Ridge
400 Schley
6205 Fairfax
425A Carrollton
1331 Hillcrest



The total amount of funds available is around

\$50,000. The audits will be done by a professional company that the City uses and the total for that portion is around \$4,500. That leaves \$45,000 for energy updates such as insulation, new windows or even new appliances. One house in particular has already been designated to receive a total new HVAC system as it has the oldest one in the group

Janet firmly believes that this windfall is a result of the relationship that we have been able to build with the City's Community Development program and due to our successes in the past. They seem very happy to be working with us. Janet also believes it is a wonderful opportunity for our mutual benefit – a continued successful collaboration of agencies working togeth-

er for the good of ALL of the people we support

Shane has coordinated with the auditors and they are to complete their inspections on 3 separate Wednesdays in October. Shane or one of his crew accompany them.

Oktoberfest 2010

The crowds were tremendous this year! Vendors ran out of food, but not the precious foamy stuff.



Our thanks to staff, residents & clients, and families who volunteered. And when this Oktoberfest and the Oktoberfest at Schifferstadt had extra food, they first think of the people we serve and how good a fresh pretzel or brat would taste.

A Special Note From Susan

Hope you enjoy reading Connections and finding out a little more about us with each issue. This quarter I did not write the lead article as I am hoping that I am on my last recovery after a year long issue with my knee. I thank everyone for their concern and support throughout. Staff has done an excellent job filling in when needed and keeping their focus on providing quality services. As the holiday season approaches, I hope you will remember us through our Snowflake Campaign. All the proceeds from this annual appeal go directly to our residents. It provides them with the means to purchase those items that they could not otherwise afford, or to go on that special trip. The fulfillment of their dreams is in your hands. Thank you.



News from around the CLI world

Debbie Williams continues to be a good friend to CLI. Her incredible generosity allowed all of the CLI family the opportunity to attend the Rodeo and Sawyer Brown concert for free. The houses, day programs and office were filled with stories about the horses and their abilities on Monday. And Sawyer Brown! Everyone was pleased with him, too!

And while we are mentioning donations, Jim Gangawere has made it possible for many of our baseball lovers to attend both Orioles and Nationals games this summer. Jim has donated tickets to us almost every week and we have greatly appreciated our fortune in having these tickets.

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we offer tickets to people, are eager ready to game. It's fun to be a

We also have a parent that has given us tickets to home games at the Redskins....we know that their son and the guest he invites are excited....let's hope the Redskins keep the momentum going!

News from ROW

Ricky, James and Willy's garden produced a good many tomatoes, bell peppers and jalapeno peppers. We planted a fall crop of lettuce and it is doing well, although some of it bolted. The broccoli may never produce broccoli but it is fun to



keep an eye on it. The potato crop was good, though! But what we are waiting for is the growth spurt of the 3 watermelons. The drought and heat surely have affected them as they are only as

big as softballs. The fig tree planted by a generous donor years ago produced small but luscious fruit this year, too.

Intern Sarah Barnhard was with us for 4 weeks and they flew by! We did special crafts with her and displayed them all over the room. We are very pleased to welcome Ralph (our former driver) back to help us in ROW.....it's great to have a guy helping us out! The men in ROW appreciate having another guy to talk and hang out with. We also still like going to Golden Corral for our birthday dinners.....everyone has their special thing that they get while they are there. Even though it was hot a lot this summer, we were still able to go for some cook-outs to the park and take advantage of the cooler days. All of our staff knows how to throw a nice picnic and knows what our favorite choices are. In addition to our own picnics, the Senior Center had a really nice one and we all decided we wanted to attend it. But the highlight of the fall is the same for us as it is for all Frederick: the fair. Some of us have been going to the fair since we were children and don't think it has changed a bit. We are delighted to go and to relive old memories..

Out and about and the Crab Feast

It's always nice to see the people we support out and about. Terry Cramer was at the "Light the Creek" event at the start of the In the Street Celebration on Friday night. Despite the crowds, Tim had the guys from Beavercreek enjoying the beautiful weather and all the lively In The Street Activities.

We also were pleased to see so many of our people at the Crab Feast on Sat., Sept. 18. We educated Stanley on how to crack and clean crabs and it was a real treat to watch Marty's Mom eat crabs: she does love them!



Volunteers

Community Living had many kids that were active volunteers this summer helping us out in a variety of places. Each Tuesday for 4 weeks we had kids who were at summer camp at Clagett Youth Center that came to ROW and participated in crafts and lunch time with our residents. It was a good learning experience for the kids. Summer Serve kids on their 2nd year with us, made four our houses look like new. They worked hard in the hot sun digging dirt, moving mulch, trimming shrubs and trees, and general yard clean up. It's amazing what energetic kids can do in 3 hours!



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We also had a separate group of summer Serve Kids work on a grant doing light energy audits on 20 of our homes. These kids, under the supervision of a professional energy auditor, wrapped all of the hot water heaters in energy saving blankets, insulated exposed water piping in the basements, sealed mechanical ductwork, and placed energy seals behind light and outlet plates throughout the houses. The group was already pleased to see we use CFC bulbs, monitor the temperature of our water and use water saving valves.

Support Service Volunteers

Carlota says the ISS folks just love to volunteer at Oktoberfest! Jay, Paul, Terry, Stanley, Pauline, Shauna, Dennis, Janet, Colleen, Ricky W., Julie and Linda all worked long hours in their respective areas. Miranda, a Rotarian commented "They are the BEST workers. They are focused, dedicated and really committed to doing a thorough job. I can't wait to work with them again." We already knew that, but it was nice to have it confirmed!

Civitans

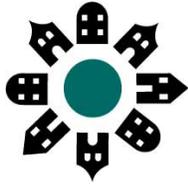


We want to thank the Civitans for the Chicken Luau! 590 Hillcrest, 246 Wyngate, some from Pinoak, Aspen, and Meadowgrove all enjoyed chicken and WONDERFUL macaroni and cheese. We celebrated Bill B.'s and Tom B.'s birthdays. The best part was dancing to music of the 50's....Bill had women flocking around him

and Ronnie had a fabulous time. We can't wait for them to come back!

Frederick County Fair

George Jones, Tractor Pull, Demolition Derby, Three Dog Night, Craig Morgan, Lonestar....what could draw our folks to one place over an entire week? The Great Frederick Fair! Just like ROW, most of the people we support have gone to the Fair all their lives and like to revisit those sights, sounds smells and tastes. For our former farmers, seeing the animals and huge pumpkins is important. For our young people accustomed to video games, seeing the arcade area with it's lights and noise was great fun. And everyone wants to try something from a food vendor! This is hard work for our staff but the payoff is in the big smiles.



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