



Connections

The in-house newsletter of Community Living, Inc.

May 2013



Deputy Director Michael Planz

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of
Community Living**

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Community Living is at a crossroads in a nearly year long journey. Last July, we found out the Jeanne Bussard Center (JBC) was closing unexpectedly. For more than 30 years, JBC had provided day and vocational services to many residents of Frederick. For some people it was the only job they had ever known. More than 20 people who had been attending JBC were residents of CLI homes. The sudden closing left them with nothing to do and no-where to go during the day.

Luckily, CLI had the foresight to apply for a vocational services license and we were ready to begin providing services to those displaced by the closure. Shortly after the closing CLI started day and vocational services in the training room at our office. Not only were program participants displaced by the closure, but also the staff who in many cases had worked with them for years. CLI feels fortunate to have been able to bring a number of those staff into our organization where they have played a critical role in our success to this point.

After a couple months in the training room, we were able to find a space to rent from the county at 520 North Market Street. From there we have been able to build the program adding jobs, volunteer positions, and participants.

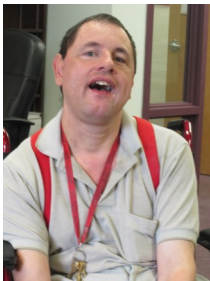
Never content to rest on our laurels however, CLI began looking to the future and a more permanent home for the vocational services program. After looking at a number of properties, we decided to pursue a location downtown. This space meets our needs in a variety of ways. Not only does it provide space for growth, but also provides options to grow business opportunities. In addition, there is a warehouse area that will house maintenance and transportation (eliminating another monthly cost) and room for the support services program and the Let it Sno! Trailer.

Throughout this process, Community Living has received tremendous support from community partners, families and our Board of Directors. The board and its committees have been instrumental in guiding us on this journey.

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Ongoing Activities and Events

ROW continues its busy ways. They are busy making crafts in preparation for their **Spring Bazaar on May 24** to be held in the parking lot, weather permitting. They still help at Dublin, go to the mall for mall walking, to the Sr. Center for Bingo, to Citizen's for hymn singing, Dublin Roasters and one day went to the airport to watch the planes! They've been to see the chicks at Southern States, and many hours spent in the comfortable surrounds of the gazebo. The new crafts are very interesting and it is fun to see what can be done with construction paper and a hole punch.

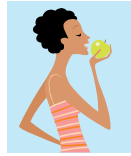


For many years Terry has lived on his own with supports from CLI, particularly from Tammy Foland. Tammy has lobbied to have hardwood throughout his apartment to make his mobility easier, both in his wheelchair or scooting around on his hands and knees. After 4 years of urging the management company of his apartment complex to do this he finally has it! What an accomplishment! Come pay Terry a visit!

Football Mania has returned! This is CLI's 2nd year with this great fundraiser. Last year we raised over \$2,500 and we had 24 winners. One person won \$400! For those new to this; it is in essence a football lottery every week with the chance to win between \$25 and \$400 every week of the entire football season. Each ticket costs the participant \$20 and immediately gives back to CLI \$16. We need help from all you to sell these raffle tickets. If each of you just bought one ticket to buy for your family, CLI would be ahead of our earnings for last year. If you bought two and gave one to your brother in-law who loves football, CLI would be overjoyed. If you took 5 and tried to sell them to your neighbors, that would be fantastic. What you can't sell you can bring back. Talk with Patsy about how easy it is to sell these to almost anyone.



Marty's Healthy Living for Women's class has moved from the office out into our homes. Brandi, Sharon, Maryann, Chelsea and Susie are all sharing their experiences and what they have learned about being healthy women. The class is held on a regular basis and involves homework. Several of the ladies have shared their homework tasks and done well with them. One of the best pieces of the news we've had is that members of the previous class have used information they've gained with their health specialists to discuss issues they've had. The class has left them feeling much more comfortable and knowledgeable. Thanks, Marty and the Women's Giving Circle who provided the funding for the mannequin.



So, here's a quiz question for you: In a low fat Milky Way Bar, they advertise that they have removed 45% of the fat. What have they replaced it with? (find the answer elsewhere in Connections). Ricky W., Janet, Paul, Stanley, Vineet, Linda M, Linda W., Bobby V. and Shauna all are taking a General Nutrition class from Marty and this is a concept they learned in their first week....if something is removed...what is it replaced with? The class takes place for 4 to 5 weeks and cover reading food nutrition labels, examining the value of prepared frozen meals, discovering the hidden sodium, (have you ever looked at how much sodium ketchup has in it?) and when faced with two choices how to make the better choice. And lastly, practicing good serving sizes. We all need this class!



News about our CLI family! Hellos and good-byes....

Two new staff members have joined us. The first person we want to introduce is Tom Cleveland. Tom comes to us from Montgomery County where he retired from managing their motor fleet. Shane snatched him up before he could find retirement boring, to keep track of the 33 vehicles CLI now owns. He schedules preventive maintenance, takes care of emergency issues and deals with MVA. He is married, has 3 kids and 10 grandkids and 1 great grandchild. Ask him about those grands that play baseball!



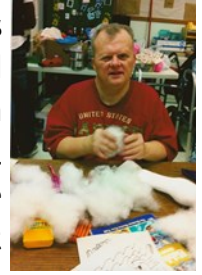
Our other new office staff is Cheryl Niles. You'll find Cheryl in finance and she says she cannot believe how nice everyone here is. She is a life long Frederick native and has 2 children and 2 grandchildren ages 8 and 5. Her hobby is gardening, both flowers and vegetables. She loves growing berries: black berries, raspberries and blueberries. Maybe she can help the group from ROW in deciding what to grow in their NewsPost garden! She also is a huge sports fan, and roots for the Ravens, Redskins and Giants...this will make Susan happy. She is still waiting for her first Betty painting, but knows that Betty loves the Red Sox.



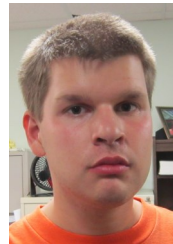
We were all greatly saddened to hear of the death of Leona Duckett. Leona had been with CLI a long time and had cared for many, many of our residents, and participants in independent living. She was especially loved by Kitty and we know the two of them are having a smoke and laughing away! We knew we loved Leona, but her well attended funeral of over 1,000 people was surely a testimony to life led well and fully.



We are very sorry to say good bye to Chip Collins. Chip had been with us since 1977. We here have wonderful stories about Chip and certainly enjoyed hearing more of these stories from Chip's family. Chip's memorial service was full of laughter. We certainly appreciate the care that all of the Rainbow staff gave to Chip during his last year of life.



A hello to Alarik! Alarik is part of the ISS program and Andrew works with him. He reports Alarik is a very strong swimmer and also enjoys bowling. Since spending time with Alarik, he now speaks in full sentences, and Andrew has detected a subtle sense of humor. Alarik is very attentive to his surroundings and very affectionate.



Roxie is our new office dog. She is a six year old mixed rescue lab that Marty will be training to be a therapy dog. If calmness and stillness are two of the qualities for that, Roxie already has those skills.



June is our new participant in ROW. June lives at home with her Mom and sister and brother-in-law and her favorite color is yellow. Once June leaves ROW, she goes home and says she watches "Little House on the Prairie" & "the Waltons". She formerly lived in Georgia and thinks we all should know where it is because it was a beautiful place. She loves that John Boy! We know her favorite word is "why". She enjoys pancakes with white karo syrup, and a favorite dinner would be shrimp, potatoes and corn on the cob. A fine ending would be coconut cake. We



While we were tending to the gazebo area (and a VERY special thanks to the CLIworks for the raking and cleaning up of the area around the gazebo and Bocce courts) it came to our attention that many of you may not



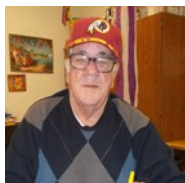
know that we place plaques on the inside edge of the gazebo honoring those CLI participants and staff who have died. Marty arranges for a sign with name and dates and the maintenance team attaches it on the inside of the gazebo.

It's nice to sit in the gazebo and read the names and exchange the wonderful stories we have about all the people we have known. Even though our people get buried far away from us, we are able to remember them nearby. We also have trees and a rose bush that have been given in memory of both residents and staff members. Take a moment some day and read the names and see if a smile doesn't come to your face.



We'd like to take notice again of our special volunteer in Health Services: Carol. Patsy, Jerry and Alyce tell us they couldn't keep up if it weren't for her. And she really enjoys the sense of humor back there!

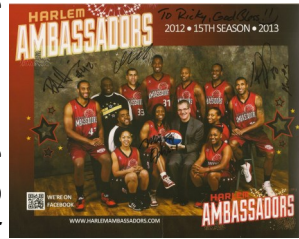
We want to give praises galore to James. He has not had a cigarette for a year. As he tells us, "I did it by myself". He made up his mind to quit, and just used hard candies. We now take it as a fact that he doesn't smoke, but we are VERY proud. Now James' mission is to get staff to stop smoking because "cigarettes will kill you!"



Willy attended a family reunion just recently. He was asked by his cousin Harold to bring two of his paintings to be auctioned off. Willy indicated that there was lots of fried chicken and potato salad and five kinds of cake. He was beaming when he returned.



Over 20 participants and staff went to Hood College to see the Harlem Ambassadors. It was quite nice to see the ball team had on it. Everyone with laughter as members were invited to participate in antics. Tracey was a ball handler for one of the skits. The team amazed everyone with their dunking contest. It was Omair's first ever outing to a basketball game.



We want to thank the Frederick Singles Club for hosting a Pizza night. 35 residents and staff enjoyed pizza, dessert and drinks. Steve L. regaled several members with tales about the Redskins, Lynn explained why the Cowboys were superior and John conned the host into giving him 5 pieces of pizza! Barbara forgot and used her outside voice to say thank you but that was the best time to do so. We'll say it to in a loud voice: THANK YOU!

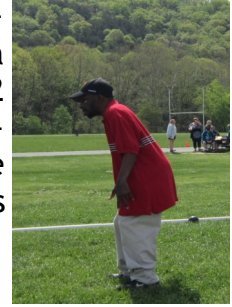


We aren't sure how many years Cora Lynn Kuehl and the volunteers from Brookhill United Methodist Church have been landscaping for us at Linden but they show up every spring and fall to tidy up the yard, lay mulch, and plant seasonal flowers. We wish we had a group like this for each of our houses. If you are interested, please just give Sarah Matthews a call at 301-663-8811 X203

We continue our ongoing relationship with United Health Care. This time they needed a team building exercise for 20 people and we decided together that a clean up of Hitching Post would be a great activity. The group tore out and replanted shrubs, tackled weeds, cleaned up sticks, and laid down mulch, all with the help of Bella the dog. It was a fun time, and staff LaKeisha was very pleased by what an army of helpers could do.

Quiz Answer: All that fat is replaced with sugar.

Who needs to go to Italy when we have our four Bocce courts here? Thursday afternoons our courts are full, but slowly but steadily, there are other afternoons where staff come and play with the participants as a way to have fun. Think about playing some bocce between 2 or 3 houses and then grilling dinner here under the gazebo using either the gas grill or the Weber. As to Thursdays, we have new players and former players and we are getting *good!* It is exciting to see us learn strategy and build teamwork.



We all hear a lot of controversy as to whether cheerleading is a “real” sport, but to Linda M, AnaElle, and Colleen it certainly is. There is the discipline of following directions, and difficulty of the choreography. There are new and challenging poses to master, and to learn not to follow your team mate and do your own appointed steps. And for some of our ladies who like being earthbound, that mandatory requirement of the “jump” is excruciating but they all have mastered it. They have practiced every Sat. for many weeks and they will participate in State for Special Olympics in June.



Stanley, Tracey, Anaelle, Iman, and Alarik went to Finals in Basketball Special Olympics. Maybe next they’ll be signing up for the Harlem Ambassadors!



Bowling.....What a huge crowd we have! Over 55 or our participants show up for this activity and what a happy noise we make! From Ricky M. shouting how well he did, to Andre and Tijuani getting in position, to staff giving high fives, this is a wild and fun time.



JR, Stanley, Bobby V. , Vineet and Zach are already practicing for softball. They had a good season last year and are hopeful that they will have a good one this year. Most all of these guys form the backbone of our kickball team so we are glad they are getting limber. Kickball starts May 6. Come out and cheer the team!

Big news with Let it Sno! Leaders on Loan, part of the Frederick Chamber of Commerce, accepted us as a project in the fall, and has designed new marketing and business outreach plans for us. Let it Sno! provides our participants with the opportunity to learn how to operate a business, handle finance and work independently while raising funds for the recreational of CLI.

The new Leaders development will help our outreach to more set up summer ball p a n y farmer’s markets. If you would like more information about this, please contact Carlota Salter at 301-663-8811 X 206 or letitsnowfrederick@gmail.com





This is the new name and logo for our Vocational Program. We like it because it uses our name, and shows what we want to do: work. The font for the word “works” is slanted showing forward motion which is what we our participants to be doing: going forward in the world of work.

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We still have a lot of work ahead of us though. We need to furnish and set up entire office. We have been working hard to get laundry equipment to continue the laundry contracts we have established.

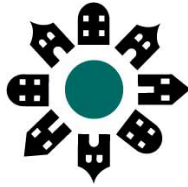
And we have renovations needed to make the new building fully functional for program participants. We have received little support and no-start up money from the DDA and have counted on our local resources to provide the extra support needed.

So again, we are at a crossroads. Despite the challenges, it’s an exciting time and Community Living looks forward to our future. People often define themselves by their work and what they do. Our vision is to provide a service that allows people, when asked, to say I work.



This remarkable piece of art is hanging in the front lobby and was completed by our amazing artists: Jeanne, Danny, Ricky W., Ricky M., Willy, Timmy, Janet, Pauline, Michael, Laclair, Eleanor, David and Jimmy. Kudos to Gail for designing the project and tantalizing us all as it was being developed. We LOVE, LOVE, LOVE it!





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Community Living, Inc.
620-B Research Court
Frederick, MD 21703

Phone: 301.663.8811
Fax: 301.663.0476
E-mail: info@CommunityLivingInc.org

Check out our web site!
www.CommunityLivingInc.org

Discover us at communitylivinginc

