



# Connections

The in-house newsletter of Community Living, Inc.

Winter 2013

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Community Living**

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As we say goodbye to 2013 I would like to express my heartfelt gratitude to our families and friends, neighbors, community partners and staff. Your hard work, dedication and deep commitment to our core values and to the individuals we serve are the primary reasons we continued to thrive this year and with your ongoing support, 2014 will be an even BETTER year!

CLI saw tremendous growth across all sectors over the past 11 months. We added our 27<sup>th</sup> home in which three individuals are currently living, opened a new facility that houses our vocational program, our support services and our maintenance department and we now have more than 200 employees working in an array of functions.

We also boosted our technological efforts to effectively run our daily operations and speed up some of our processes. For example, all of our residences have transitioned from using paper Medical Administration Records (MARs) to using Carasolva for medical documentation – an online software that will not only aid in reducing errors and cutting cost, but also help to improve the overall quality of care and services we deliver. On the administrative end we've tapped into the "social mediaverse," vamping up our presence on Facebook and Twitter, both of which will be reflective of our goals and vision and utilized to broaden our network and strengthen our alliances...so be sure to "like" us and/or "follow" us if you're not already doing so!

Now, as with anything that is slightly different than before there will be a few minor snags here and there with some of our routines. Perfectly normal. But as we usher in the new year we remain steadfast in our commitment to the community and to the individuals we serve, a promise we make to ourselves and to our families. It is the CLI way and that is why we are so excited to be putting forth several initiatives that will allow us to connect personally and more frequently with one another. We reinstated a family and friends group, launched texting alerts for immediate issues and added a QA position to keep abreast of regulations, while not losing our main goal of providing the individuals we serve the opportunity to live the lives of their choice.

Of course, we'll ALWAYS be just a phone call or a click away so we encourage everyone to continue reaching out to us at any given time in ways they find more comfortable and practical. And in whichever way we link up, know that your partnership and support will be vital in achieving and sustaining these efforts moving forward. Openness and acceptance are hallmarks of CLI's principles and those will NEVER change.

Thank you again for supporting our mission and I wish you a safe and wonderful holiday season!



# Ongoing Activities and Events

The participants in ROW certainly just never, ever sit around! Between all their regularly scheduled activities which keeps them out of ROW 4 days a week, just lately they have gone to the Senior Center Annual Picnic (thanks to all the CLI folks who contributed cakes to the Cake Walk), and to eat the yummy fried chicken. Another fun place to go was to see the turtles at Fountain Rock. What a wonderful place to have lunch! And of course...the grand-daddy of all outings: the Great Frederick Fair! Most everyone delights in seeing the animals from the big horses and cows, to the tiniest new born piglets. Everyone had a story to share so it was a great outing. James really got Sarah when he came back and said "I saw one get laid!" She replied cautiously "what got laid?" and he said "An egg, Sarah, an egg!"



When asked why we play kickball I suspect we all say it is for the community of CLI players, who get great enjoyment in playing. We have improved so much over the past three years. We actually have won some games and come close in many others. Our team is now surprised of just three CLI staff members with 7 CLI participants playing in the field. Everyone kicks, from the near blind, to people with limited mobility. And the reason we play kickball is that the other teams have learned sportsmanship. They have learned that it's not important to make every out. They have learned to cheer when one of our players almost catches a ball. And when one of our players does catch a ball when you least expect it, they flood the field giving high fives right beside us. They have learned patience and humor. They are true partners in our journey. So, as we look back at another great season in our forest green and gold shirts, thanks to our coach Kathy, and to our players: Vineet, David, Shannon, Andy, Linda, Gerald, Steve, Linda, Anna El, Marty, Sarah, Carlota, Nick, Austin, Maddy, Eric, Tim and Trevor.



**The Harvest Meal:** never did we suspect such a great event! And the food was off the chart! The finance ladies had no idea that a CLI party could be so much fun. They'll be back again. Thanks to Darren for spinning the tunes and to all of you for cooking, but mostly for tending those gardens all summer long during the funky weather to have such good food for everyone to enjoy! We know enough as the plates were overflowing, but those delicious casseroles still had food left over. Need to be careful here and not mention favorites, but ALL was good! Let's hope Kim does this again next year and the weather gods are kinder to us and we have better results with our gardens.



**Hoop La.** Sounds like someone making a lot of noise and racket. Well, that's exactly what it was. But it was for a purpose; to swing hula hoops around! What fun we had! The amount of noise and laughter was immense. It is amazing where people's talents lie. Marie was absolutely fabulous at doing the hula hoop and could up and down the room. So could Michael! David Banks could move that hoop around his arm with no problem. After a bit of practice, Susie M. and Jeanne got the hang of it and became good. The rest of us were too busy laughing or helping clients roll the hoops up and down the room...good exercise chasing them! BJ wanted to try and liked jumping in and out of it! We are eager to try again, when the weather is cooler. This activity, like the Harvest Dinner was brought to you by your Wellness Committee.



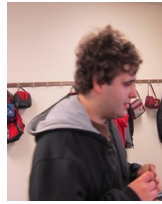
**News about our CLI family! Hellos and goodbyes...**

**We bid a fond good bye** to Rhonda, our CFO as she moves to SC to be near her grand-daughter and family. However, we had a ready-made candidate on our board with a strong background in finance: Jeff Griffin! Jeff is active with his church and with Rotary and he and his wife Rachel's favorite vacation place is Avon on the Outer Banks. He loves Jersey style pizza, and kind of wrinkles up his nose at the pizza that's around here. Even though he's an Urbana HS graduate he roots for the Yankees and...dare we say it...the Eagles! Be sure to ask him why (heckling strongly encouraged)!

**We also welcome someone not new** to us but converting to a permanent hire. Lisa, who worked in Finance, decided to become a full time Mommy to her little boy and we wish her all the best in that important work. Cathye filled in for Lisa while she was on maternity leave and has decided to be part of our team. Cathye volunteers with the Elks Club and several veterans and youth groups. She and her family raise, train and show Schipperke dogs: a kind of black Spitz. They own 12 currently and someone is almost always showing one of these prized dogs. And be warned....if there is a whiff of a key lime pie, Cathye will be there in a flash!

**Another not-so-new member of the team...**Sewon Bestman! You know her from her time as the weekday Double Coverage at Meadowgrove and most recently as House Manager at Andover. As the Community Development Coordinator, Sewon will focus on our outreach, event planning, partnerships and media relations. She holds a Masters in Strategic Communication from Seton Hall University. Sewon LOVES Basketball...doesn't have a favorite team but usually roots for the underdog!

**And finally, an answer to the question everyone's been asking:** What happened to Sarah? Well, Sarah is now the Vocational Program Coordinator, working mostly out of the new building. She'll still be popping in and out of the main office, though, so give her a big ol' congratulatory hug when you see her!

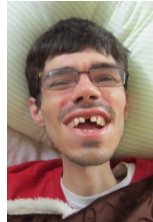


**Aaron A.'s not much** for cameras so we were lucky to catch this fleeting glimpse of him. But he is always up for a good laugh, something we love to do at CLI! He is a transitioning youth and has enjoyed coming to WORK. He uses his Ipad and Sandy is always looking for new apps, games and other fun programs to put on it for him to indulge in!



**What can one say** about Diana? She is SUCH a joy to be around we're so glad she is part of the CLI family! Diana comes to ROW from CLIworks. Diana is an explorer, enjoys finding out about every space within the CLI office. She is up for doing any task, always happy and excited to try something new. She is an excellent ten pin bowler!

**Tad comes to us** after living with his grandmother. He attends UC2. Since he has been here he has decided that being active, although tiring, is cool! He has been out for BBQ and to the Fair. He really is enjoying the socialization that is happening all around him. His birthday party was awesome and that Strawberry cake? FANTASTIC! Well, somehow that all seemed to vanish....wonder who ate it all????



His house staff report they have never seen such an eater...and Bryan says that if he can't get Tad to Waffle House he'll make him a breakfast special with waffles, chili and hash. Tad had a big grin and says he was eager to try it! You can find Tad at Linden when the staff don't have him up and about the town.

**Don't get in Jamaica's way!** This is one busy lady! She rolls silverware at Glory Days and does paperwork and helps to clean the car lot at Renn Kirby. She likes her pizza with pineapple on it and her chicken from Giant Eagle...the she *knows!* She enjoys being a CLIworks, where she can be found beads and other arts and crafts. ca has 3 brothers and 2 sisters she loves dearly. She loves being of Homecoming activities between Frederick HS and Thomas Johnson HS. And, oh, you better not be rooting for ANYTHING that has to do with TJ as she is a FHS grad and won't let you forget it! Come to Wisner and get to know Jamaica better!



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**Specialy THANKS to Mark Barlet of The AbleGamers Foundation** for the gift of three Wii games! We wrote a grant application for the games stating they would improve mobility, memory and over-impants have FUNtially, we'd in the Vocational ing lunchtime and day, and the other two would go to the residents at Motter and Meadowgrove. We have since realized that the games would better serve several others due to health related issues. We will certainly continue to try to fulfill the original promises but in the meantime, checkout Ablegamers at <http://www.ablegamers.com/>



**The Monocacy Foundation is pleased to announce**



the start of a new fund: The Lindsay West Educational Fund. It is to be used by CLI staff to further their education while they are employed here. Lindsay's family directed that all the gifts given in her memory be placed in this fund, and then matched what was given....a very generous gift indeed!

**We continue our support of the Redskins!** Different participants go the home games and despite the 'Skins performance, everyone certainly enjoys going. And not forget Betty and her life-support of the Red Sox....HUGE congrats to them on winning the World Series!



one let's time con-

**Patsy's Mom was our first Football Mania winner.** Sarah always writes a nice note to the winner and this time had to really lay it on thick telling her how wonderful Patsy is as she feared Patsy would yell at her (just kidding Patsy!). Thanks to everyone who is playing!

**CLIworks is the new manufacturing branch of McCutcheon's!** Our dedicated team has taken on the task of packaging multiple items for them, including honey sticks, nuts, and trail mix. The team, together with the participants figured out the best way to assemble a variety of honey sticks into display boxes which totaled 500 sticks per box, as well as to package the nuts and the trail mix.



**Focus on Participants: Linda Marsh and ROW**

There probably isn't enough space to discuss all the things that Linda likes about ROW. Linda takes advantage of each and every opportunity ROW offers and can't state that there is one favorite among any of the things that she does. Listen to the list: "I like coming to Row because it gets me out of the house five days a week. I like the puzzles, the Bingo at Sr. Center, Bowling, Hymn Sing at a local Nsg. Home., crafts, cooking and stuff, all the really interesting parks we've been to, seeing the ducks, turtles, snakes, spiders, and animals. I also like the board games (and I always win she said, with a big laugh!), card games, all the parties, the bouncing ball in the big room and the picnics. I'm trying the Wii bowling but it's a big challenge and I get sad and mad about it. Oh, Oh, and the staff! I love the staff!"



When asked if she would recommend ROW she replied "Everyone should come to ROW. They make you do stuff you didn't know you wanted to do but now you like it. They leave you alone when you are having a bad day." Mostly we see Linda having a splendid time within the four walls of ROW and also outside those walls where she thrives.

**We are pleased to say that a flat press will be delivered soon.** A flat press is used to give a finish look and feel to tablecloths, napkins, bed linens, and uniforms. Our customers have been very patient as we have hand ironed these items. We will be able to increase the amount and kinds of laundry we do once we get this press. We'd like to say a big THANK YOU to the Delaplaine Foundation and the Civitan Club of Frederick for helping us purchase the equipment. We could not have been able to do it had it not been for their generosity and we are so grateful for their partnerships!

**We also wish to extend our sincere appreciation to all of our friends and neighbors throughout Frederick and beyond who have donated to our Snowflake Campaign this year!** The funds will help us in important areas such as taking care of expenses not covered by insurance and providing assistance with personal requests and recreational opportunities for people who could not otherwise afford it. THANK YOU for keeping us in your thoughts!

## Kayaking

Kayaking season was absolutely wonderful! Thanks to the generosity of our friends we were able to purchase another tandem kayak and two swifties. The tandem can hold up to two—the athlete and the kayaking partner. We also bought a not so speedy yet safe with lots of balance capabilities kayak, a better choice as opposed to one faster but not as safe and really safe and cost effective, with an incredible feature. Though not fast, it is very reliable. Our guys did a fantastic job at Gerald, Steve, Alarik, Ray, Janet, Linda M, Linda participated in single events their hard work and superb competition is stiff, but the most something while having loads teaches us self-discipline, a life skills: personal hygiene and cognitive skill. Additionally, participants were keen on following instructions. Learning new skills was fun and exciting, but most fulfilling was the increase in socialization skills, as folks are now talking to people and making friends!



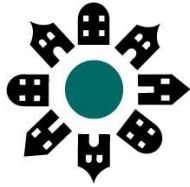
Our the event! The unified teams, which included Janet, Kathy, Marty, Alan and Kelly all medaled. Dennis, Stanley, Bobby, Alarik and Ray and were awarded at least one medal for skills. It is not easy to get these awards. Com- important thing is that everyone learned of fun exercising. Participation in any sport sense of accomplishment and a wide array of

**In the news...**Frederick News-Post featured our very own Maria Tubilla as the face of Direct Care Support staff during Direct Care Professional's Week. We know that Marie represents one of the best of what all of you do: treat our participants with respect, responsibility and dedication. In honor of you all, we had special drawings all that week and the winners were: Patricia D., Dante M., Linda C., Dominique B., Rossanna T., Sewon B., Rachel A., Susan H., John C., Virgie I., and Shannon C. Congratulations to all of our winners and many thanks to all of you for your hard work day in and day out. CLI wouldn't be the place it is without you!



**OUR SMILING FACES SAY IT ALL...HAPPY HOLIDAYS!**





**Community Living**

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