

CONNECTIONS

Newsletter for Community Living Inc ▪ Spring 2024



Frederick County Delegation - Developmental Disabilities Day 2024

Welcome to Spring Connections!

CLI has exciting updates and news to share. First, be sure to read the article from our CEO, Michael Planz. Next, we'd like to introduce our newly formed CLI Self-Advocates Group. We always love sharing reports from each of our departments: Meaningful Day, Residential and Support Services. There have been many activities and outings happening—Special Olympics Bowling, Bingo Night, Meaningful Day Luncheons, First Aid/CPR Training for individuals, Toby's Dinner Theater and The Frederick Flying Cows Basketball. Lastly, we are interviewing staff and individuals served to see what they treasure most about being part of the CLI family. Enjoy!



www.communitylivinginc.org ▪ [@clifrederick](https://twitter.com/clifrederick)





Two people supported by Community Living recently passed away. They were both elderly, both lived good lives and were both receiving services from Hospice of Frederick County at the time of their passings (for which I am always grateful). Although it is always sad when someone passes away, I try to reflect on the positives, particularly when someone has lived a long life.

For many years, the life expectancy of someone with a disability was significantly shorter than that of someone who didn't have a disability. Over the past few decades, however, the life expectancy of people with intellectual and developmental disabilities (IDD) has come to match that of the general population. This is in no small part due to the improved care that people have received from across the spectrum of caregivers. It starts with our Direct Support Professionals (DSP) who are working closely with people every day. The longer people have a relationship, the better they get to know each other and the more likely they are to notice when something is wrong. That leads to communicating with our nurses who assess a situation and determine the best course of action. If that course of action is an encounter with a healthcare provider, CLI does our best to make sure that provider understands the unique needs of the person whether it's special communication needs, prior history or what has changed to lead us to see the provider. We have built numerous relationships with healthcare providers in the community to make sure people have the same access to quality care as everyone else. But when the inevitable does happen we are appreciative to have hospice care available so people can spend their last days in their own homes surrounded by people they are familiar with, and so staff do not have to face difficult and uncertain times alone.



In the end, while it's difficult to see someone pass away, it is comforting to know that Community Living and organizations like us have helped make a difference for someone to ensure their time was all it could be.

-Michael P

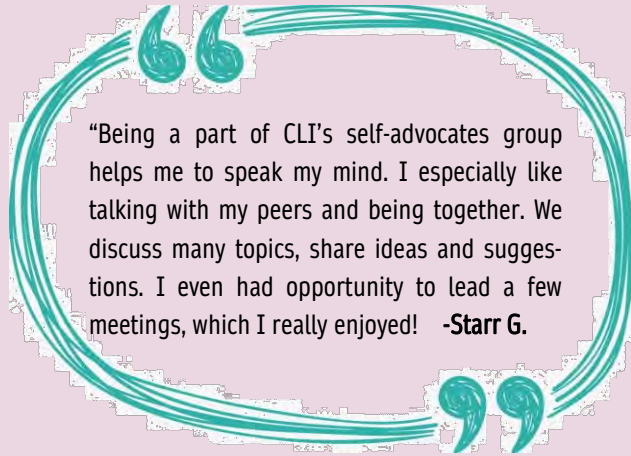
Introduction to CLI Self-Advocacy

The Community Living Self-Advocacy Committee is dedicated to promoting the rights and well-being of individuals with disabilities. Through advocacy efforts and community engagement, we strive to empower individuals to speak up for themselves and have control over their own lives.

Meet Our Committee

Current members include:

- Colleen Tibbs (Day/SS)
- Starr Gardiner (Residential/Day)
- Jeb Bartgis (Residential/Day)
- Janice Milkis (Residential)
- Timothy Ruhl (SS)
- Danny Schwinn (Residential/Day)
- Marybeth Leonard (DSP)
- Matt Cora (DSP)



What is Self-Advocacy?

Self-Advocacy refers to the civil rights movement for people with disabilities, including those with developmental and/or intellectual disabilities. It is about individuals speaking up for themselves and having control over their own resources and decisions.

Self-Advocacy Recent Events

- January 23rd | Train Student Police Officers: Colleen and Starr shared their perspectives and provided communication techniques to student officers to ensure positive interactions with individuals with disabilities.
- January 11th | Legislative Calendar Day (in Annapolis): We united with chapters of The Arc to advocate for the rights of people with disabilities, distributing calendars highlighting impactful stories and legislative events.
- February 21st | Developmental Disabilities (DD) Day (in Annapolis): We discussed important advocacy topics and met with representatives to address legislative priorities.



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SUPPORT SERVICES

"I have a special place in my heart for every individual we work with at CLI. I've been on staff for 10+ years and appreciate how family oriented CLI is. I am grateful for the flexibility and understanding with my position here. My other love is Special Olympics- where everyone has an avenue to compete at sports at their own level. I have been involved with SO for 13 years including 8 years of coaching Unified Bocce, assisting with golf, bowling and flag football. I continue to serve with SO Summer Games as the Head of Delegation for Maryland. Thank you, CLI, for all your support and encouragement of all our athletes and individuals in Support Services!" - **Donna F**



NOW SERVING
64
Individuals



SUPPORT SERVICES PHOTOS:
Special Olympics with Elaine and staff Donna; Bradley, Tyler and Misha with their SO medals; Joey bowling a strike; Ethan winning the grand prize at Bingo Night



Community
LIVING



"This was my first time to take CPR and First Aid Training. I had fun and participated in everything! Our trainers, Faith and Matt, did an excellent job and the class was easy. I learned the Heimlich maneuver and how to assist someone if they need first aid. CLI means a lot to me. I look forward to being at the day program because I like to make people smile every day. " -Nicholas



NOW SERVING
63
Individuals

MEANINGFUL DAY PHOTOS:

All smiles from June; First Aid/ CPR Training -Janet, Colleen, Alexander, Nicholas, Steven and Nikki; staff Yolanda hosting a luncheon and serving Wesley



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Residential

"I love where I live! I also love my staff, they are very kind and caring. My roommates are my best friends. I help around the house by cleaning up because that's my house, too. I am glad I can attend events such as Flying Cows Basketball, Toby's Dinner Theater and am looking forward to Keys Baseball this summer. I am happy to say that I'm so glad to be a part of the CLI family!" -David S



RESIDENTIAL PHOTOS:
Ricky and Jeb at Toby's Dinner Theater; James, Jesse and Zack at Harlem Wizards Basketball; Happy Birthday, Georgia; Special Olympics medal ceremony for Alex

NOW SERVING
68
Individuals

24
Homes



CLI

is a nonprofit that supports people with intellectual and developmental disabilities. We offer supports for every area of adult life and provide housing, job placement, job coaching, Meaningful Day program, and Support Services for daily activities. CLI's goal is to make sure everyone we serve have the means and opportunity to live full, independent lives.



THANK YOU TO

CLI's supporting departments for providing essential behind the scenes assistance. We couldn't do it without you!

FINANCE: Dana, Destiny, Jill and Tom

HEALTH SERVICES: Alyce, Farhan, Kaycie, Laura, Isabel and Stella

HUMAN RESOURCES: Faith, Kerry and Kim

MAINTENANCE CREW: Beaver, Joey, John, Ronnie and Shane

QUALITY ASSURANCE: Marybeth, Matt and Sandy

VEHICLES/FLEET MAINTENANCE: Ray

@clifrederick



Volunteer!

For volunteer opportunities call
301.663.8811

Contact our HR Department at
kimd@clifrederick.org or call
301.663.8811 for more information

join our team



Your generosity can change someone's life. We thank you for each dollar donated to CLI! Donated funds goes into services and resources for the individuals we serve and support. It's easy to give—just visit our website at www.communitylivinginc.org and click on the "donate" button to make a positive impact.