



Connections

Winter 2015

The In-House Newsletter of Community Living, Inc.

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Inc.

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*"The perfect place for
people to live, work,
play and retire,
maximizing their full
potential in a
community that
cares."*

**Celebrating over 35
years of service to the
Frederick community**

1979-2015



From the CEO

December is a time to reflect on the past year while looking forward on the new year and the promises it holds.

Over the past year, Community Living lost several people who we had supported for a long time. While their passings were sad times for everyone here, they also provide an opportunity to reflect on the lives they led – lives enriched by the wonderful staff at CLI and lives enriched by the opportunities they were given. I am always proud to see the fulfillment of people who have the chance to live, work and play in ways that are meaningful to them.

Every closing door opens another however, and we have also brought new people into the CLI family. We have begun to serve some individuals who for the first time in their lives are living outside of a family home. While this can be bittersweet for families, young men and women often enjoy the opportunity to be on their own with friends and to gain new experiences.

We also continue to add staff – although I am forever amazed at the staff who have been here 20 plus years, I am warmed when I see a new staff person who makes a difference in someone's life and realizes what they have done. Our direct support professionals are the most important staff in the organization and I am always grateful for the jobs they do.

2016 and the years beyond will have more sadness and joy as people leave us and others join the family.

Once again I want to thank the many partners Community Living is proud to be associated with. From volunteers, to businesses, to community partners, to families – we are fortunate to have the support of Frederick that helps make our commitment to our mission possible. And, I am glad to be able to continue the spirit of "community" in our name.

Finally I would like to wish everyone a safe and happy holiday season and offer you best wishes from everyone at Community Living. I hope to see you in 2016.

Michael R. Pless





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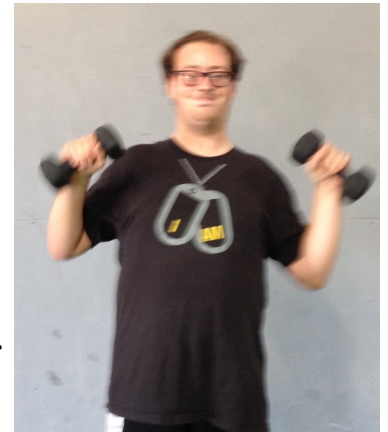
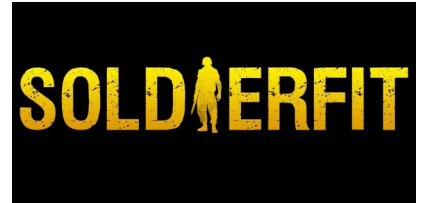


LIKE us on
Facebook!

CLI Residents are SOLDIERFIT

Were you aware that Community Living is well represented at **SoldierFit** on Gas House Pike in Frederick? That's right! Up to about 30 people with varying degrees of skill put on their Soldier Fit uniforms to run, jump and participate in all kinds of intensities, challenging themselves to build their stamina and muscles. After instructors do "role call" and get everyone in to "formation," that is when the fun begins! There is a warm up with lots of stretches and toe touching, before everyone is coached on different stations of "boot camp". The troops then start the "real work" of the day. Each workout challenges different muscles and helps to develop strength.

Everyone is motivated by upbeat music and their fellow troop mates to inspire them to do their best running, walking with kettle bells, flipping enormous jeep tires, throwing medicine balls, doing sit ups, push ups and sometimes even some dancing (that may not be a part of the program!). The class may end with a game of "hot potato" or tug of war, but one thing you can count on is that everyone appears happy and tired when they get to the end of the class and give a rousing yell for the Troops!





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KEEP CALM AND KAYAK ON

Kayaking 2015 was a huge success and our tenth anniversary. We cannot believe it, but we started in 2005. The original kayakers were Ray, Alarik and Jay. The 2015 event was postponed from the original date due to the showers and wind. We had a great team of athletes and unified partners. This year, Stanley decided that he would try a new event. He had been getting in shape for a while. It paid off—he successfully completed and medaled on the 1000 meter event in the wavy waters in Washington College. We also had several other firsts this year---1. Alarik went on his own-without a unified partner and medaled on the 500 meter event. 2. David, April and Linda competed and medaled on the 500 meter races. 3. Timmy and Star trained, competed and medaled at the state level.

Daniel, Tijauni, Vineet, and Bradley trained in the sport and had a great time but due to scheduling conflicts could not participate in the state competition. The new unified partners were Judy, Jessica and Ricky. Congratulations to everyone.

We have been kayaking for ten years. Kayaking is a great sport and well worth the preparations required before, during, and after the outings. We have grown and normally load and carry 16 kayaks, 20 chairs, 20 life vests and paddles, water, food, extra clothes, gloves for kayaking, blankets, a rescue vessel as well as tons of sunscreen.





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Safety trainings are mandatory as are the following of the regulations and rules. Come next year and join our team members: Anaelle, Bradley, Jay, Ray, Gerald, Stanley, April, Steve, David, Linda, Dennis, Janet, Elaine, Timmy, Vineet, Bobby, Alarik, David and Linda. Our unified partners- Gaetan, Kathy, Jessica, Andrew, Judy, Ricky and Marty.

The Support Services Department team has been very involved in the community and in learning every day skills. Our cooking team members have outdone themselves and delicious food has been available when we are ready to embark on various adventures.

Our trip to the Baltimore Aquarium this year was fantastic. We had the pleasure to have with us some people from the residential services including Robbie, Susie, Danny, Mathew and April. Our gang was composed of: Starr, Shauna, David, Jamaica, Colleen and Bradley.

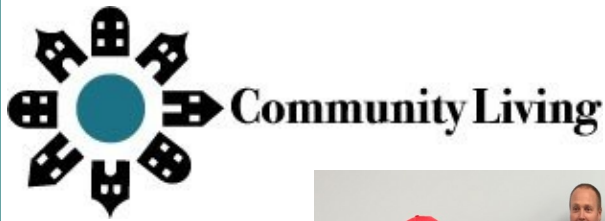
Every year the wonderful fall outing, cookout and fireworks at Summer's farm keeps on growing in participants. This year 25 people attended having a blast creating lasting memories. Lucky for Tijauni, the event was on his birthday!



A Gift that keeps giving....

The Moncocacy Foundation Awards were held on Tuesday, December 1, 2015 at Community Living. Over \$27,000 was given out to individuals with intellectual and developmental disabilities in the Frederick Community. A softball pitching machine was given to the Fireball special Olympic softball team (pictured below). Jeb got the opportunity to attend Camp Claggett. Two other people CLI serves, Jesse and Susie, were granted funding to attend classical music classes and events. Thanks to everyone who made it possible!





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Monocacy Foundation Awards pictured above

Holiday Fun & Festivities

A big thank you to our always supportive friends at **Trinity United Methodist Church** for another holiday party this coming Sunday, December 13th. Trinity always makes sure everyone has a wonderful holiday season with gifts and treats!



Stay tuned for some holiday party pictures from the Trinity event on our Facebook page!

Frederick Symphony Orchestra Camerata

The very talented Frederick Symphony Orchestra Camerata visited CLI on Saturday, December 5, 2015 to play many different pieces including holiday songs and more. The audience thoroughly enjoyed the music with CLI's own **Buster** getting the chance to direct the orchestra. Thanks again to Frederick Symphony Orchestra for coming out and getting us in the holiday spirit!





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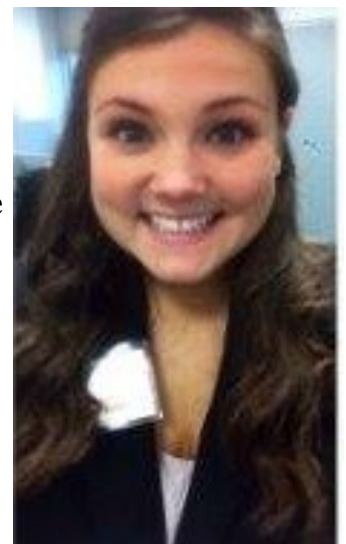
New faces to the CLI Family!

So many changes, departures and new faces, it's hard to see people leave who we have come to know, admire and respect but we do so, with the knowledge that we will have new people to get to know. There have been many of these changes over the past few months and the Human Resources Department is no exception.

We welcomed our new Human Resources Assistant, **Kerry Whitsell** to the Community Living family. Kerry is a married mother of 2 sons, De'Quan (17) and Noah (4). In her spare time she likes write and is currently working on a novel. Kerry also dabbles in photography, cooking and baking. Kerry says that she also "tortures my family with my tone deaf, off key singing". She has four sisters, two brothers, five nieces and a nephew. Kerry is originally from the island of Jamaica and travels back for visits when she can. Her major life goal is to rent an RV and travel cross country on what her and her husband, David, call "The Great Food Tour".

Stop by HR when you are in the office to say "**hi**" and welcome Kerry.

We also welcome **Megan Ratti**, our new Community Outreach Coordinator. Megan moved to downtown Frederick last year and is very excited to be working for Community Living, Inc. Megan comes from a background in marketing and outreach. She is very eager to support CLI out in the community meeting all CLI's great partners and friends in the Frederick community. In her spare time, she enjoys spending time with her 3 youngers sisters and exploring downtown Frederick's great shops and restaurants. Don't forget to **LIKE** us on Facebook and get updates our upcoming events, happenings and where we will be next! To contact Megan regarding upcoming events in the community or outreach ideas please e-mail her at meganr@communitylivinginc.org.





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Access to Care!

In mid-2014, Community Living, Inc. (CLI) began its Access to Care project in response to a growing need to improve the quality of and access to healthcare for people with intellectual and developmental disabilities.

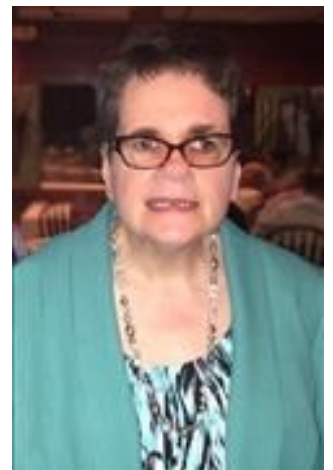
Assisted by a volunteer consultant (parent of someone served and board member) CLI developed a list of questions to survey developmental disability providers across the state in hopes of understanding what their most critical issues were regarding healthcare services. The responses helped CLI create a list of three areas to try to address: inpatient care, primary care, and behavioral health care.



Working with Frederick Memorial Hospital (FMH) CLI began tackling these issues. FMH has been an outstanding partner in the effort. By looking at challenges faced by both individuals and healthcare providers CLI was able to put some measures in place that helped improve communication with and understanding of people with intellectual and developmental disabilities. Most recently we put together a coalition of people and organizations who have a stake in behavioral health services for people with developmental disabilities. Our experience has been there is a lack of psychiatrists and facilities to serve people facing a mental

IN MEMORIUM

Patricia "Patty" Ann Vento, 54, of Frederick, beloved daughter of Arthur and Julia Vento, also of Frederick, passed away after a sudden and brief illness on Thanksgiving Day, November 26, 2015 at Frederick Memorial Hospital. Patty will be missed by the Community Living family for her bright smile, big heart and hard work.





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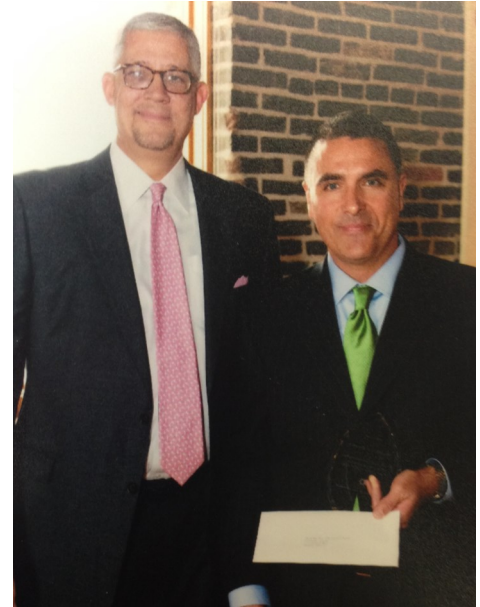
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A **HUGE** Thank You to....

A very big thank you to Johnathan Hook, Chief Investment Officer, at The Harry & Jeanette Weinberg Foundation for choosing to donate to Community Living, Inc. The received grant was apart of the Weinberg Foundation's annual employee grant giving program. We are very thankful and appreciative to Mr. Hook and The Harry & Jeanette Weinberg Foundation for their kindness supporting CLI!



Strategic Planning Underway

Community Living has begun the process of updating our strategic plan. Working with Greg Powell of Powell Management Resources, the board and senior leadership met to create a list of questions that will be used to develop an organizational assessment. The assessment will then be used to form the strategic plan itself. We will be reaching out to a number of community partners for input and hope people will be willing and able to participate. The agency is looking forward to this process and the outcomes it will produce. Stay tuned for updates as the process evolves.





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United Healthcare Volunteers

Special thanks to our friends at United Healthcare Frederick for taking time out of their day to volunteer to help clean up the back yard at one of our homes! Volunteers cleaned up a shed and raked leaves .



Are you interested in signing up to join our mailing list? Get updates about Community Living's events and happenings! E-mail Megan with your name and e-mail.
Meganr@communitylivinginc.org.

**Join our
email list
today.**



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