



Connections

The in-house newsletter of Community Living, Inc.

Fall 2011

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Community Living**

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Look how far we have come! One of the first persons I admitted to our CLI family was Barbara. Barbara came from a loving family who lived in downtown Frederick. I went to do a house visit and this little man in his 70's opened the door to a long staircase and invited me up. Right at the bottom of the stairs was this small wheelchair with wheels that did not match. Thus began Barbara's and her parent's voyage into accessibility.

This family did everything they could to keep Barbara at home and happy. However, as the parents aged and the other kids moved out, life got harder for all involved. The father was no longer able to throw Barbara over his shoulder and carry her up the stairs. Getting her out of a tub, as they had no shower, was also getting to be a hazard.

For the remainder of all her life Barbara lived at CLI in a new wheelchair in an accessible home with a roll-in shower. Eventually we added a tub with a lift so she could remember those days of just soaking in warm water. Her parents spent many evening and holidays at the house enjoying Barbara, her housemates and staff. They became part of the family and little by little found out there were many things that Barbara could do, that they thought never possible.

Today we continue to explore new technology to make our people more independent, the jobs of our direct support staff easier and generally provide more opportunities to explore their world.

Many of our people have lived for years in their CLI homes. Like most of us, they want to spend their last years there as well. We try everything within our power to make that

happen. We now have a stair glide that goes up the outside of the house and has a cover for the weather. We have put track systems in the ceiling so that a sling device can be used to carry a person from bed into the bathroom or in some cases to their favorite couch. A tub that allows us to place the resident in a special seat, then seals so that it can be filled with water, has been a huge favorite for our ladies in wheelchairs. What a great feeling to be in a tub and just soak. One lady said she felt clean for the first time in years.

And now, the iPad isn't just for techies anymore. With the wide variety of apps and the voice output capability some of our people who have had difficulty speaking are now communicating with everyone.

An iPad is so little it can travel around with them. Years ago when I first worked in an institution we were experimenting with this great concept of speech output. I trained a young man who had been in the institution how to use a clumsy device that hooked on his wheelchair. It took about six weeks for him to master it. From then on he went around telling everyone everything he had heard and retained for years. Needless to say there was a rush to get him out of the institution before he told on the wrong people.

There are so many items on our wish list we have to make our individuals' worlds more accessible and we will continue to hopefully find ways to make those wishes realities. It only takes an attitude that we can do anything we set our minds to. There is no such thing as a disability only, only a lack of technology to turn everything into a capability.

The World of Sports: Always On the GO

Kayaking

Kayaking in the hot summer heat or on windy days or in cool water is part of the kayaking experience. In order to get ready for the sport lots of things are done behind the scenes. The kayaks were painted by Meghan Beauchamp-Mullinix this year at the request of the athletes. This made them easier to be identified and harder to disappear during events. We have: Harry Potter for Janet, Dennis the Menace for Dennis, a Hawaiian theme for Linda M, a cowboy hat Linda W, a snake and skull for Stanley, and a cow for Ray. Then we have other



Kayaks labeled by numbers. It is very important to have the Kayaks assigned for each athlete because the kayaks are matched to the athlete by weight capacity and cockpit width and length. Kayaks are transported to a venue or to practice using a kayak trailer and carriers mounted on vehicles. Two of our kayakers use canes and we have to make the path to the kayaks in the water and the kayaks themselves easily accessible. The additional equipment needed also has to match the athlete weight, arm length and height, that is to say the safety vest and the paddles are fitted for each individual. In order for the outing to have the outmost of safety several individuals help. Kathy A and Deb F became unified partners and Susan H, Marty Y and Carlota guided the group in their kayaking adventures.

Golf

The golf season was successful this year. Each person participating in golf skills was given the four needed clubs, a temporary bag to carry them, (we are hoping to get smaller ones next year as it is very hard for the folks to carry big bags), a shirt with a collar, and a hat.



Stanley bought two clubs that were the correct size for him and that made the sport totally accessible to him, and also made him a champ.

Bocce Courts

We now have four Bocce Courts in our back yard. They are all made out of treated wood and are 60x12. We have two with the playing surfaces made out of grass, one out of gravel stone and one out of artificial turf. The courts were constructed with the funds from a grant from United Way and the artificial turf was donated by Albanes Landscaping and the Salters.



All four courts are handicap accessible and folks using wheel chairs and walkers will be able to go to them by just using the ramp and going through the gazebo. The courts will be used by folks in the community to include people from assisted living programs, people that attend day programs in Frederick County and any of our friends that want to learn to play the sport.

Bowling friends

We are really missing our friend "Red" from Walkersville Duck Pin Bowling. Red passed away recently. When the Frederick Duck Pin Bowling Alley closed we ventured a bit further out to Walkersville and had the pleasure of meeting and doing business with Red.

He helped us so much and truly became a friend to many of us at CLI. He provided ramps for folks that could not bowl without them. He had a ramp built for the building to maneuver their wheelchairs in the building so

they could bowl. He even helped the folks in the wheelchairs in before the ramp was built.



The folks at Terrace Lanes welcomed us some time ago for 10 Pin bowling, and lately have provided the ramps we have needed for bowling. They have proved to be true partners.

Housing Updates

We have a wide diversity of styles in our housing inventory. And the people we serve have a wide variety of needs that change over time....some improve with PT and positive reinforcement of our staff and some change with aging. We try our best to match houses to residents, but we don't have enough ranchers right now to accommodate all those that need them. This is when we investigate grants to provide stair glides, even assessing whether an external stair glide is the best option.

In several of the homes we've recently remodeled bathrooms to include sinks at a more reachable height and safer tubs and showers. We made hallways wider to make turns easier for wheelchairs. We placed tracks in the ceiling for Hoyer lifts to help transport people easily from wheelchair to tub to bed safely. Many of these adaptations come from grants from City, State and Federal agencies.



Step up to 2 Fitness

Imagine participating in a wellness program that is offered at your workplace that recognizes that your work place is not a central office? Imagine participating in a fitness program where YOU choose what parts of a wellness program YOU want to do? Imagine participating in a wellness program with a personal coach? Imagine participating in a wellness program where the management convinced an outside organization to fund it for two years so it didn't affect the bottom line? Well, that's what is happening at CLI. Fifty-six staff members joined the opening kickoff meeting and more will be able to join up later. Seminars that have been suggested by the Wellness committee so far and will be done include: Healthy Heart Seminar, Health Boot Camp, Walking Program, Smoking Cessation Programs, Cooking Classes, Brown Bag lunch on Diabetes, Weight Management Program, and a Health Fair. Remember: There is no charge, and everything is done in the utmost privacy...no group weigh ins, no joint keeping track of miles walked, or cigarettes smoked.



News from ROW

Normally, we relay the various activities that ROW has engaged in during the past quarter. This time we want to keep with our theme of accessibility and introduce the new iPad2 that Tess has received. The iPad2 is a touch screen device with a voice. If Tess touches an object a voice from a staff in ROW or her house staff speaks back to her. Tess is using this to help indicate her wishes in terms of toileting, hunger, desire to play with her toys and just other fun noises such as dogs, cats, buses, and cars beeping etc. The iPad2 can do unlimited signs and noises through apps and will hopefully increase Tess' s vocabulary and interaction with the world around her. Ask her about it!

Brunswick Eagle Riders

In August 23 motorcycle riders held a poker run and raise money for CLI. They rode over back roads of Frederick and Washington Counties and picked up some additional riders, including our CFO Bonnie Fair and her husband. Our Maintenance Services Manager; Shane Powers, organized this entire ride and this group of riders, including CFO Bonnie Fair and her husband Mel raised well over \$1,300 for CLI's van replacement fund. Almost more fun was the picnic held at CLI to honor these riders. The riders came in on their bikes and after a wonderful picnic dinner, we went outside to see the bikes. Every resident sat on one, and Georgia wanted to sit on every one! We danced to music, ate snocones, and waved good-bye to our new friends as they roared off in the rain. They can't wait to do it again next year, and we can't wait to welcome them back.



CLI people on the go!

There is little that stops us, even the threat of Hurricane Irene. The Patty Pallatos fund donated 100 tickets for us to attend the Family Funomenon event in August and a combination of staff and the people we serve went, despite the threat that we would get blown away by Hurricane Irene. Well, we laughed at her, sang with the Oak Ridge Boys, had some wonderful food, and just



had a good 'ol time. Terry tells us that it has been 20 years since the Oak Ridge Boys have been here. Janet was up dancing the entire time. Robert is a real fan of Country Music and he declared himself "Mighty satisfied".

The Pallatos fund knows that the people we serve need to sit on the infield, and reserves those seats for us. With this kind of advance planning, everyone at CLI is able to have a good time, and we get to sit together.

Patsy, Joe, Allen Donna, Danny, Ronnie, Kurt, Leclair, Willie, Ricky W., Linda, Bobby and staff went to the Allenbury Theater in August to see



"Smoke on the Mountain". The facility is easily accessible for our wheelchairs and walkers. Allenbury

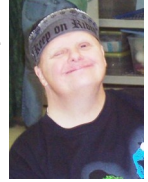
always treats us well and tell us they are pleased to see our names on the reservation list.

James had the best intentions of catching a fish off the bridge near the mouth of the Monocacy bridge. One Saturday he went with his House Manager Sharon and her family to "get a fish for dinner". Things didn't work out quite as planned.....instead of a

fish....James caught a turtle! Now, we're very used to fish tales here at CLI, but we were all amazed at how that turtle grew over the day....a true turtle tale. We think James ate his 2nd favorite meal that night: Popeye's fried chicken: extra spicy, don't you know!

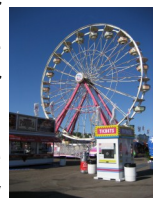


Most would think that when one of the people we serve has 2 sessions with open heart surgery that we let him sit home and relax. Not true! It's up and at 'em....as much as the physician allows and PT encourages. That's true with Chip. He goes places with his wheeled oxygen, including daily to ROW, but in recognition that doing something that he loves, like walking around the fair, is too much, the staff in ROW are teaching him how to use a motorized scooter. We may need to put traffic lights in the hallways once he gets the hang of it....that cart scoots!



We all know the tagline: "Wild Wonderful West Virginia". Patsy and Chris got to see if it was really true on a 4 hour train ride from Elkins, West, Virginia on the New Tygart Flyer. Patsy says there was nothing else like the look on Chris's face when that train came around the bend and pulled up to the siding, chuffing smoke and tooting. And then, to go in it and ride! And have a meal! Magic!

The Great Frederick Fair! It is a favorite time for Fredericktonians and it is no different for us! We enjoy walking the Midway taking in all the sounds and sights. We enjoy looking at all the animals: Danny liked the chickens. If it's country music, many of our residents and staff will be there singing away at the top of their voices as they know all the refrains. Another big night is the demolition derby and we were told it was LOUD! But what other place can you go and see cars smash together? Despite the rain James says it was "real good". Terry drove his scooter for up to 8 hours a day staffing the soda area. The truck pull, and tractor pull all entertain the people we serve. Donna Nogle even made the paper celebrating "Seniors Day at the Fair"!



Brandi walking her way to happiness



Brandi has struggled with her walking through-out much of her life. When she was younger she walked. Early on in her time with CLI she did walk. Over time, it became easier to sit in her wheelchair and bat those big, pretty eyes at people and get them to push her. Lately, though, with the help of her house staff, and her RC: Jen Graham, Brandi has been showing a new determination to walk. She has set goals for herself. She has already achieved part of her goal by now being able to walk with her walker from her bed to her bathroom with assistance. Brandi is very determined about this walking goal and we are sure she will accomplish it.

Linda adapting to changes

Linda has been with CLI since 1980. When she first came to us she was living on her own with moderate support services. Over time, she has received more and more services, through bouts of cancer and the gradual frailties of aging. She now lives in one of our residential homes, walking with a quad cane, and struggles daily with how much care she needs. She feels acutely the loss of privacy and independence that have come as her body struggles to keep up with her still active mind. We give her privacy time in her room, and continually remind her to use her cane to keep her safe so that she can continue this alone time. Linda still gets angry with us for “taking away” things that are important to her, but she is leading a safe life and mostly is happy with the choices she gets to make.



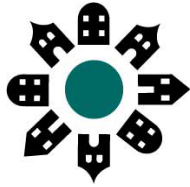
Terry has only one speed: fast

Terry lives in his own apartment with supports from CLI's Independent Support Services (ISS). CLI assists Terry with his activities of daily living, needed grocery shopping, and doctor's visits. The rest of the time, we struggle hard to keep up with the whirlwind that is Terry as he enjoys his various activities, including looking for and sorting his collection of old records, appearing on the Bob Miller radio show and enjoying meals out. Terry is a big volunteer and also has a paper route with the Gazette. Terry goes further in his wheelchair and motorized wheelchair in one day than most of us if we had roller-skates. Be on the look-out for Terry's new role as Chairperson of the Snowflake Campaign.

Vickie learning and working and

Vickie's story shows how integrated the care we give is towards the people we serve. Carlota and the ISS team first met Vickie a while back and worked hard to understand Vickie and the family's goals for her. They urged Vickie's family to apply for a pair of special shoes for Vickie through The Monocacy Foundation so Vickie would feel more comfortable walking. After learning more about Vickie's strengths and possibilities, everyone agreed that Vickie would be a good fit for moving from being an ISS client to becoming a resident of one of the houses. Vickie had a couple of nights of homesickness, but with compassion and understanding by her house staff she was soon in a routine. She now performs many tasks for herself she did not do before, and is happy in her surroundings. She currently attends ROW, not because she is retired, but because ROW staff is most attuned in helping Vickie learn new skills as we prepare her to go to another Day Program with people her own age. Vickie has become a pro at puzzles, and is now working on colors and the alphabet. We are convinced that with a lot of persistence and assistance Vickie will make progress and be happy in all her worlds.





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