



Connections

The In-House Newsletter of Community Living, Inc.

Fall 2014

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Community Living,
Inc.**

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The Holiday Season is upon us and Old Man Winter is knocking on the door! This tends to be the time of year when people reflect on the past and think about what is truly important to them. There are many aspects of Community Living that are special and I am amazed on a daily basis by the great work done by our staff to support more than 100 individuals to “Live, Work, Play and Retire.” Having been leading the organization for almost 6 months now, I am energized as I interact with staff and people we support and as I travel throughout

Frederick and see the support the community provides. I recognize and appreciate that support and make every effort to give back to the community personally and professionally. As Community Living celebrated its 35th anniversary in October, I was able to take time to reflect on our success and had the opportunity to thank our many partners including staff who have dedicated their professional lives to the organization. The holidays always provide a good reminder of the caring and goodwill of the Frederick community - no one ever goes without gifts because a number of organizations step up and ask how they can help.

As we go forward into 2015, there are many challenges Community Living and organizations like us will face. New regulations and requirements are being placed on us all the time but in the midst of it all, we will continue to do our best to make sure people are living the lives of their choice. We are growing to meet the needs of the community by expanding the range of day supports we provide. While we continue to strive to achieve employment outcomes, we recognize there are people who are not quite ready for that yet but nonetheless need a fulfilling day of active engagement. Residents in our homes continue to age and present new challenges, but it also gives us a sense of pride to support them to age with dignity, living long lives in their own homes. Younger people are also joining us, too, and it excites me to see the variety of activities they participate in every day. And, people who live more independently face the concerns of a difficult economy. Thankfully, we have a group of staff who go far out of their way every day and night to provide them with supports needed to keep moving forward. We lost two staff members in 2014, both of whom passed away suddenly. Although both were relatively new to the CLI family, they quickly embraced everyone here and made a lasting impact on the people they touched. It was clear they were touched by the people here, too. To honor their lives and their contributions, we will all carry on with the desire to continue making CLI a place that became special to them, as it is also special to all of us.

Michael R. Planz

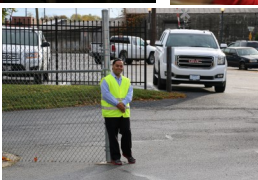
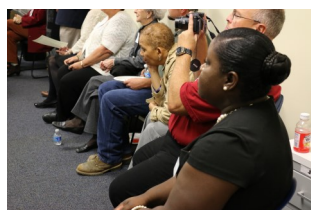
CLI AT 35!



Thirty-five years is a lifetime for some, and we are so proud to have been making a difference in the lives of people in the Frederick community all this time. In 35 years, we have grown from one house to 27 homes, nearly 250 employees, more than 150 people served and started a Vocational Program that just keeps growing and growing! With the addition of the Day Habilitation Program we have truly come full circle in meeting the needs of the community - and boy did it call for CELEBRATION!



Jim Gangawere, a true friend of Community Living, was presented with the William O. Lee, Jr. Award - which recognizes someone in Frederick for their service to the community.



Community Living would not be what is today without the guidance and vision of our former CEO, Susan B. Holton, and we THANK "Sue" for her 26 years of service. In addition, dedication and commitment are vital to our day-to-day work and we are THANKFUL to all those who have been with us for a long time, ensuring that the needs of the people we serve are met.

Beaver Stoner, III – 23 YEARS
 Paula Walsh – 23 YEARS
 Ralph Shockey – 21 YEARS
 Marty Young – 20 YEARS
 Ginger Spessard – 19 YEARS
 Tim Nicewarner – 17 YEARS
 Jim Welsh – 17 YEARS
 Patsy Bowers - 16 YEARS
 Sandra Cheves – 16 YEARS
 Ron Lloyd – 16 YEARS
 Meghan Beauchamp – 15 YEARS
 Vicki Coughlin – 15 YEARS
 Susan Herrick – 15 YEARS

Susan Herrick – 15 YEARS
 Carlota Salter – 13 YEARS
 Dennis Oetter – 12 YEARS
 Randi Hill – 11 YEARS
 John Crockett – 10 YEARS
 April Platter – 10 YEARS
 David Platter – 10 YEARS
 Kathy Pryor – 10 YEARS
 Sandy Reisinger – 10 YEARS
 Ben Kangas – 9 YEARS
 Shane Powers – 9 YEARS
 Margaret Thomas – 9 YEARS
 Martha Weeks – 9 YEARS
 Chelnicia Brewer – 8 YEARS

HAPPY BIRTHDAY, PAULINE!



Make NO mistake about it! At 90 years “young” our sweet Pauline is still going strong! “You can’t keep this old lady home,” she proclaims. Pauline is the oldest person we serve. Born on a farm in Prince George’s County, she was one of eight children. Pauline, along with her brothers and sisters, were sent to work on farms as children. The conditions were “terrible,” she recalls. She eventually ran away and ended up at the home of a social services worker who recognized Pauline had a disability and sought her treatment. Since then she has been in the care of people who know her limitations. Pauline, the matriarch of CLI, was one of the very first residents to come to the organization when it began in 1979. “I love being here...this is my family,” she says. We celebrated Pauline’s amazing milestone in true CLI style, with tikis, hula skirts and a personal escort into the building and all! Indulge in scenes from Pauline’s Hawaiian Luau themed birthday bash!



WITH SINCERE APPRECIATION

We wish to say a special THANK YOU to our friends at the Community Foundation of Frederick County! They continue to enable us with the resources necessary to effectively serve our people. Last month, the organization awarded CLI a \$4,500 grant, which will cover the cost for a Hoyer track system to be installed in the new bathroom at our main office. The track will help to alleviate some of the physical exertion place on staff and on the people and we serve.



**THE COMMUNITY FOUNDATION
of FREDERICK COUNTY**
For Good. Forever. For Frederick County.



Direct Support Professionals (DSPs) are the backbones of CLI! Their skillfulness and selflessness are the primary reasons we have been able to thrive for 35 years. In late September we joined lawmakers as well as other agencies and organizations throughout the country in recognizing the hard work of the men and women who go above and beyond to ensure that the needs of the people we serve are met on a day-to-day basis. CLI provided breakfast for them and awarded gift cards to DSPs, and Michael had the opportunity to do a one-on-one lunch session with a couple of people. We THANK our DSPs for their efforts in making the lives of the people we serve a little better.



LINDSEY WEST MEMORIAL SCHOLARSHIP

Congratulations to Ms. Donna Wallace on being the first recipient of the Lindsey West Memorial Scholarship! Donna, a Certified Nursing Assistant who has been working at CLI since October 2009, is enrolled in Phlebotomy courses at Frederick Community College (FCC). The scholarship is helping to pay for those courses. Originally from Kingston, Jamaica, Donna came to the U.S. in 2008 and later became a naturalized citizen.

"We came here for better opportunities," she says, referring to her family, which includes her two daughters - one of whom is studying Psychology at UMBC and the other is at FCC taking prerequisite courses to study to be a Pediatrician. "I am motivated by hard work. I believe that if you play by the rules and have faith, anything is possible." Donna owned and operated a restaurant in Jamaica, which was thriving before she decided to come



to the states. But the possibilities in America seemed endless and when an opportunity to come and live here presented itself, she happily obliged. She and her family came straight to Frederick because family

members were already living in the community, and she quickly found work with people stricken with Cerebral Palsy. "It was love at first sight," she exclaims. "I fell in love with the field and with the people!" Months later she landed at CLI, working as a Substitute at almost all of our residences and sometimes in ROW. She says she is familiar with "everybody," and speaks fondly of other staff members and our residents. "Barbara W. and Debbie R., no matter where I am or what I am doing, if they see me they will call my name no matter how long it has been since we last saw each other. Even if they have not seen me in months, no matter what, they will call my name." These little gestures "keep me going." In many ways "I am an advocate for them," Donna says. I am their "eyes, ears, feet and voice and I love it." Donna's goal, of

course, is to become a certified Phlebotomy Technician, but she also dreams of mastering the art of playing the guitar. She has purchased the instrument, she says, but she is hoping to pick it up and learn how to play and hopefully display her new skill for the people at CLI who she supports regularly.



VOLUNTEER SPOTLIGHT

Phyllis Koch has been spending her free time with us at the main office on Tuesday and Thursday mornings for more than two years now. Retired from State Farm since 2000, she volunteers at CLI, carrying out various administrative tasks and helping out in other areas as much as she can. "Phyl," as we know her, also volunteers at her church. She is married and has two grown daughters, who gave her two granddaughters. Phyl confesses that when she is not at CLI or at her church, she often finds comfort in reading romance novels. "They're sugar for the mind," she says. She also enjoys gardening. Phyl has grown quite fond of the people we serve, coming to CLI after a friend mentioned our name and the nature of our work in passing. "The compassion and patience at CLI is infectious and I love being a part of it," she says. We are just happy to have her each week.



WELCOME TO THE CLI FAMILY

Join us in welcoming Kathy Garza, Residential Coordinator, and Marybeth Thompson, Human Resources Assistant. Kathy was born and raised in Loudoun County, Virginia. She currently lives in Harpers Ferry, West Virginia with her husband and they are the proud “parents” to a dog and two cats. She gushes about her girls, too. “My life’s greatest accomplishments are my two daughters,” she exclaims. Kathy holds a Masters in Human Services Management and has been working in the intellectual disabilities field for 25 years in various capacities, including as Residential Counselor, Vocational Program Coordinator, Rehabilitative Services Counselor, Behavior Specialist, Supported Employment Manager, Vocational Services Specialist and Director of a Day Habilitation.



As for Marybeth, she simply skipped across the hall and landed at CLI! She comes to us from our neighbors at the main office - the ARC of Frederick County. Marybeth grew up near State College, Pennsylvania (YES, she is a HUGE Penn State football fan and she roots for the Steelers!).

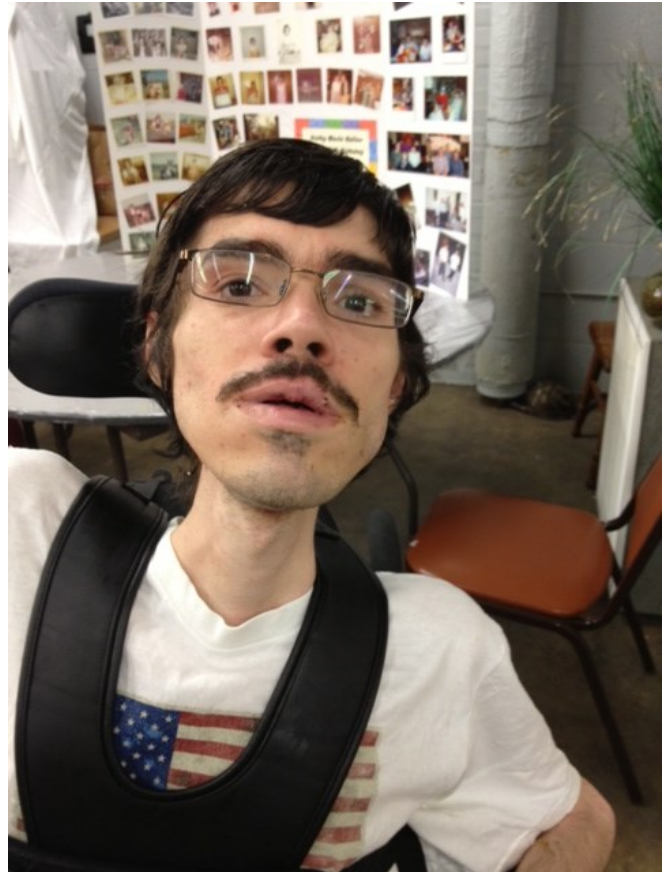


Marybeth is quite the “woman of the world,” having lived and traveled all over Europe and parts of Northern Africa. “I look forward to someday planting my feet in County Downe, Northern Ireland, where my family migrated from in the 1600’s.” Marybeth moved to Frederick in 1994 from Middletown, Pennsylvania, home of Three Mile Island. In 1998 she took on a temporary assignment at Service Coordination and eventually became a permanent staff member with the organization in 2001 - working closely with Michael and Sandy I. During her free time she enjoys spending time with her 6th grader, Maggie, who ADORES animals, art, baking and BORROWING mom’s shoes! In addition to her role at CLI, for more than 10 years Marybeth has owned a professional home organization and staging business. She LOVES music, especially all things U2! She is currently listening to Mumford & Sons and Ryan Adams, but on weekends she listens to opera. “There’s just something about hearing the performances sung in foreign languages that is a type of therapy for me.” One of Marybeth’s goals is to learn American Sign Language.

“Helping and encouraging others is my passion. I have worked in this field for 16 years and care deeply about people with developmental and intellectual disabilities - and appreciate all the friendships and connections that I have formed in the Frederick community.”

IN MEMORIUM

Although our hearts are full of joy this holiday season they are also slightly heavy, as we mourn the loss of Tad Routzahn and Cathye Simanek. Tad entered the CLI family when he moved into one of our residences in fall 2012, and Cathye, when she started working in our Finance Department in summer 2013. As children we are taught not to question coincidences, but one has to wonder why Tad and Cathye came into our lives at the very end of their lives. Why were we chosen to walk alongside these two wonderful human beings during their last days? We may never know the true reason, but we are thankful for their friendship and grateful for the important lessons they taught us. We dedicate this issue of Connections to Tad and Cathye, who brought warmth and laughter into our lives. For now, they belong to the heavens but the beautiful memories of their smiles will forever remain in our hearts.





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