



Connections

The in-house newsletter of Community Living, Inc.

July 2010

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Community Living**

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What's on Susan's Mind CEO Susan Holtton

We are going to continue our tour around the different departments. One of the busiest and most chaotic departments is programming. Each day the staff begins with a

calendar of things and events to complete, but you can bet on a crisis happening that sends everything into a tailspin. Our staff is right on target knowing what is and what is not an immediate crisis, but that doesn't mean that the person on the other end will always agree. And so their plans are on hold, as they run to fix the problem.

Programming is under the leadership of our Deputy Director, Michael Planz. He is lucky to have such seasoned people under him as he continues to learn the agency. First is our staff that is called Residential Coordinators. Their names have changed through the years, but the basic duties have not. They are the first line for crises, but their main job is developing, training and implementation of each person's individual plan. Sounds simple, but it is anything but.... Our people have dreams and they want them to come true NOW. How do we make that happen?

Sandy R. is our Senior Residential Coordinator and as such she is constantly juggling many things. She is responsible for behavioral issues, this includes programs and coordinating treatment with the doctors; she schedules the leave for our direct support staff and finds substitutes when needed. She supervises the Residential Coordinators and provides training on adaptive equipment; she is responsible for compliance with state and federal regulations and monitors the systems in place to assure compliance. All this she does while usually being the first line of crisis management. Needless to say her days are full from the time she walks through the door, if she is lucky to do that at all. Usually her cell phone goes off on the way up.

Our three RC's are the go to ladies. Martha, Debra and Jen have their hands full each and every day. They have lots of paperwork to complete, which always takes a back seat to actually being there for staff and the residents, but to the state it is top priority. What a balancing act it is for them. They are found in the homes in the afternoons providing support, training or just being an extra pair of hands. They switch off, but one of them is working on the weekends to make sure that all issues are covered and to have a chance to make sure that the weekend staff feels supported. These three ladies really try their hardest to provide the support needed in the homes, but often the best laid plans are foiled by crises.

A great example is one day Debra was on her way to a house to train new staff, her cell phone went off and she did a U-turn to head to another house where a resident had a seizure that would not stop. She arrives to find that 911 has been called and now she must head to the hospital. She makes sure that she has our medical emergency packet with her that tells all the pertinent information about the person. But so often it is our staff who must direct the care. If we do not advocate and often loudly, our residents would receive minimal care and sent home. So 4 hours later, Debra is headed back to the home with our individual, provides staff with the information from the hospital and makes sure that everything is in order. She then leaves and heads back to the house she was originally planning to visit. Just to say sorry and I will be back tomorrow. After all, by now all the residents are in bed and for now things are quiet.

Residential Coordinators have a job that is never ending. They are the energizer bunnies, they just keep going and going and we couldn't do without them. A million thanks for your million minutes above and beyond.

The World of Sports

This month our sports story is going to start off on a different twist. Meghan asked everyone at CLI if they wanted to play kickball. Yes, the old fashioned kickball that we played in elementary school. There is a very active league here in Frederick. Carlota quickly got enough people together for us to form a team. We joined the Frederick Adult Coed Kickball Association and play mostly Weds. evenings. With JR, Stanley, Linda, and Paul forming the backbone of our team, staff and family fill in where needed. All of us have had a great time. We are already scheming for fall. Plan on joining us!

More than thirty people turned out for weekly bowling. The championships were filled with



people from our tri-county area. It is wonderful to see newcomers like Chad S. and Jeanne bowl and do well. Long timers know the routine but still thrill with the pleasure of receiving a medal. And medals were everywhere after this event!

Has anyone forgotten the blizzards of this past winter? Carlota, Marty and Georgette drove our intrepid snowshoers (Linda, Stanley, Thomas, Janet, Raymond, Gerald and Dennis), through the tail end of one storm to make it to Wisp. The course was perfectly groomed and our people made the best of it winning gold and silver medals in snowshoeing.



Have you been to the concerts at Baker Park this summer? There are two groups now playing Bocce prior to the concerts. Perhaps the expert group from CLI should go there and show them how it's done! Our Bocce players practice regularly here on the Bocce court at CLI on Friday afternoons with coaches

Carlota and Randi, and have participated in competitions as far flung as Mount St. Mary's, Westminster, and Towson. This year was a new concept in Bocce in that it was "unified". Our people teamed up with a member of the community. Supporting Willy, Pauline, Ricky W., Bobby M. Thomas and Larry were Carol, Alyce, Farhan, Marty, Terry and Colleen.



Softball skills and the actual game were 2 other sports that we have athletes participating and winning medals were Ray, Gerald, Steve Loss, JR, Paul, Zack, David S. Dennis and Stanley.

Now, another blurb about the weather and how fortunate some of our athletes are: the ones that are participating on the cool waters of Cunningham Lake practicing their Kayaking skills during this heat. We have some new members and they are enjoying the challenge of learning this sport: when to slow down for turns, how to stay upright!, and how fun it is to go *fast*.



More than 6 CLI athletes went to Towson for the State Special Olympic Summer Games. Carlota, Marty and Farhan shepherded our folks to all of their events. Our Pauline was interviewed and quoted in the Baltimore Sun. She was the oldest athlete there. Carlota said it was one of the best events she had been to. Our people made friends with others from around the state, they showed responsibility for getting to events on time, and they had excellent referees. We know that ROW, Day Programs and homes were adorned with the special medal this year commemorating the 40th anniversary of Special Olympics in Maryland.

Grant News

We applied for and received a grant from the Maryland Energy Administration titled EmPOWER Clean Energy Communities Program. We received \$10,536 in funding from them to fund deep energy efficiency retrofits of the Beaver Creek Lane home. We will have an energy audit, and then do exterior weatherization, efficiency measures, HVAC and/or appliance replacement.

Summer Serve

We are teaming with Volunteer Frederick for a Green Grant they have received. This grant was focused on teaching young people how to make homes energy efficient. The grant needed kids in grades 5-8 and Volunteer Frederick had a program for them. The grant called for 20 houses with residents with incomes below the poverty line. That is where we came in. With a trained Energy Consultant, the kids will



learn to assess phantom electrical loss, to wrap hot water heaters in energy efficient blankets, to wrap hot water pipes in insulation, assess loss of energy through chimneys, check heat loss/gain in attics, do whole house blower tests, learn about vehicle efficiency, and become educated about plant and tree energy efficiencies. We look forward to working with these 10 Summer Serve kids and their mentors over the summer at 20 of our homes.

We also will have six other Summer Serve Middle School kids here working one morning a week taking care of the outside of our homes. This is our 2nd year with this program and it saves us a great deal of labor. This year they will work on three homes. The kids dig out flower beds, lay down liners, mulch, pick up sticks, trim bushes, rake, and clean under porches.



They've also been known to paint

sheds...although it seemed like there was more paint on the grass! These kids work fast, conscientiously, with care and also have fun. They ask good questions about our residents and want to know about the people that are living in the houses they are working on. We welcome them back!

We keep looking for and applying to other grants that will help us fund more sporting goods and activities, vehicles, and general activities. We do our best to be creative at all times. If you hear of something that you think would benefit CLI, let Sarah know at 301-663-8811 X203

Let it Sno!

Carlota and her family go on a cruise to the cool of New England and Maine and the very day after she returns she is back working the Sno Cone trailer in 95 degree heat with a new vendor Stanley and assistance from Dennis, Marty, Carol, Debbie, Linda, Randi, and JR at the Marantha Church of God. They were very popular and the ice almost ran out. As always they were at Baker Park for the 4th of July Celebrations. If you are having any kind of celebration: a community swim meet, a family reunion, a company annual picnic think SnoCone and give our clients a chance to show you what they can do. Give Carlota a call at 301-663-8811 X 206



Facebook

We are using Facebook to let you know what our residents and staff are doing. In addition, we are using it to ask for items that our houses need. We've successfully obtained two George Foreman grills. If you have an extensive, or even a small Facebook list, please consider asking for George Foreman grills, slow cookers and full size toiletries for us. Look for us at communityliving-inc and ask others to link up with us, too.

News from around the CLI world

Twenty Years of Longevity at Beaver Creek

Joe, Jesse and Alan celebrated living at BeaverCreek for 20 years on May 30, 1990. Before that they were at Carrollton together. How many of us can say that we have lived in one place for 20 years?



Roy Roger's Fund Raiser

On May 14 residents, staff, family and friends gathered at the Roy Rogers on Ballenger Creek Pike for a fun night of enjoying fried chicken, hamburgers and each other's company. We raised around \$100. Thanks to everyone who turned out, and to Roy Rogers for their generosity. We appreciate staff working hard in getting the residents out to these events and to families and friends for showing up.

Summer Fling

When Randi decides she wants to have a party, she does it up right! Randi did all the cooking for over 100 people and there was not one empty plate! And with the Spooners playing, there were toes tapping, and smiles galore. All those new spoons given to all of us were busy spoonin' away to the music. What a great way to start off summer!



News from ROW

Even though it is hot, we are pleased that our im-patiens are growing outside. Thanks to Mindy for coordinating the planting, and Willy and James for doing the watering.

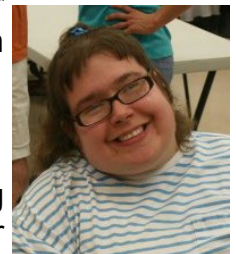
And speaking of growing things, Ricky, James and Willy's garden had lettuce and broccoli that the rabbits and groundhogs *really* enjoyed. Right now there are tomatoes, watermelons, potatoes,

swiss chard and zucchini growing. We also have been making fun sunflower decorations, going to the park for lunch, and as always, celebrated all the May and June birthdays by going to the Golden Corral. LeClair and James both have told us about their cruises. What fun we had painting T-shirts and then going to Adventure Park playing golf for a fundraiser wearing those T-shirts. We spent weeks doing the T-shirts and enjoyed every moment of this activity. We are looking forward to having intern Sarah Barnhard back with us for her 4th year for 4 weeks this summer....wonder what special project she will do with us?



Trinity Picnic

There is no better way to celebrate Spring than with our annual visit to the nice folks at Trinity United Methodist Church on West Patrick St. We enjoyed hamburgers, fries and ice cream. The houses all received the most exquisitely decorated faux birdhouses done by church members. The lines to play the games were long, and we discovered some hidden talents in our new residents.....such as Charlie Emrich can really pitch a ball and knock down those blown up pins! A very fond goodbye to Rev. Chip Wright who has been at every meal and party we've had. When thanked for doing this for us he always says that it is his and the church's pleasure and he gets far more from it than we do it. We will miss him and know he will surely make other new friends in his new church home.



Brandi Kugler

Northampton Manor Nursing Home recently awarded our own Brandi Kugler an award for being one of their valued volunteers. Brandi goes to Northampton weekly and visits with the residents there. We are sure she brings a great deal of cheer to them!

Adopt-A-House

For many of us, Springtime confronts us with all the chores that need to be done outside: cleaning up of dead branches, raking leaves, trimming shrubs, edging, planting spring flowers and laying down mulch. Intimidating work for one house. Imagine thinking about doing it for 27 homes! That's what our maintenance crew contemplates every spring, but that number is greatly diminished by the helping hands of our "adopt-a-home" friends. We owe thanks to Brook Hill United Methodist Church, Frederick Presbyterian Church, Dr. Dale Heitzig, his wife Jill and their home church, Steve Cohen and his family and later on during the month of July, four houses will receive care from Summer Serve kids from Volunteer Frederick. Fredericktown Rotary was our first group to Adopt-a-House and they have kept Thomas Ave looking spiffy both spring and fall. Also, please don't think that Adopt-a-House is limited to the outside of a home; it works very well for the people that live inside those 4 walls as well. Volunteers can help with baking cookies, walks to the park, making puzzles, going out to dinner, playing games, going to a sporting event, giving a manicure, or watching a movie. If there is an activity you enjoy, we have someone who would like to share it with you.



Schley Ave

Life Technologies celebrates a global volunteer day across their entire company world wide. This year they celebrated in Frederick with 10 volunteers planting 75 shrubs (yes, that's right....75 shrubs!) around 2 sides of our property there on one of the very first really hot days. They stripped the ground, dug

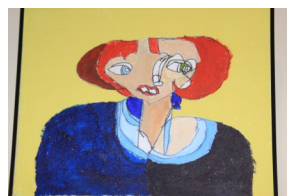
dug the holes, laid the mulch, tucked in the soaker hoses, and mulched around the house as well. Janet said it looks like a brand new place!



Healthy Eating Courtesy of Gold's Gym Art Show at Everedy Square

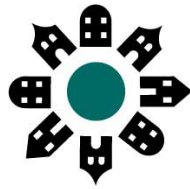
Twenty three residents and staff participated in a nutrition program of integrating people with developmental disabilities into exercise and community wellness. Our folks learned about dietary concerns and participated fully. Questions were wide ranging "If pizza includes ALL the parts of the Food Pyramid, why is it bad for us diabetics?" "If a hot dog is made of so many non food items, what food group does it go in?" Sandy is trying to get other sessions set up so that we can have other staff and residents attend. Susie Mac attended the session and the next day told Sarah that she only ate half of her fries. Oh....you want the answers??? There are a lot of carbs in the crust and in the sauce and who can go out and eat only 2 slices of pizza?? Hot dogs are a meat...such as it is!!

Windy, Windy! That was the weather in May for the art show at Everedy Square. But thanks to Phil Matthews, Margo Smith and Melanie Cox, we were able to get our exhibit space tied down, and hang our beautiful art up for all to see. We had repeat customers and out of 60 large paintings we only brought 12 back to the CLI offices. We sold over half of all the notecards and half of the small portraits.



Our artists made over \$675 which they can spend on themselves or put back into taking more art lessons. The community remembered seeing our artists at the Weinberg in February which

speaks highly of our artist's display.



Community Living

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Permit #198

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We're on the Web!
www.CommunityLivingInc.org
Discover us on Facebook: [communitylivinginc](https://www.facebook.com/communitylivinginc)

Join us! Crab Feast at the Buckeystown Pub **Sat, Sept. 18** 3-7P All you can eat Crabs, Fried chicken, Pit beef. \$45 Per person. All proceeds benefit CLI
Call 301-663-8811 X 203 for more info or to purchase tickets