



Connections

The in-house newsletter of Community Living, Inc.

Summer 2012

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As you will read in this issue of Connections, there is always something going on at CLI. The staff makes it

all look so effortless, when it really involves hours of planning and logistics. I can never express how proud I am of our staff in making sure that our people live lives of their choosing.

Home is where the heart is and the hearts beat strong. Staff takes three people all wanting to do different things and somehow they make it happen. Just like any family with kids in different sports or activities, our homes are no different. We have bocce, swimming, cheerleading, golfing, kayaking, softball and kickball. All of these need to be scheduled, meals worked around various times and preparation to make sure that they have the proper clothes on and sunscreen, water, etc. It is very busy from the time they hit the door after their day programs, or on the weekends, once they wake up.

However, one of the moments that always makes me the proudest, is when everyone rallies around someone who is sick. CLI has certainly had its share of loss throughout the years, but our philosophy of "we are here until the end" has often stretched our limits. But as any family does, you regroup and make sure that you are able to do it all.

Currently we have four individuals, who are, what we term, chronically, critically ill. Our people are not immune to cancer and require the same treatment as anyone else. The medical profession is often stumped; they have never had a person with a developmental disability going

through chemotherapy or radiation. They continuously ask us are we sure we want to put them through it. Our answer is always if there is a chance that they will live their wonderful life longer, then of course. In the end, the professionals are always amazed at how well our folks do during the treatments and about how attentive and supportive our staff is. One doctor said he wished he could clone our staff.

Our family unity is what sets us apart from others. We have fought the system many times and won. We were the first to say we can deal with feeding tubes and had the first resident with one. We did the same again for Hospice services, changing regulations along the way. We have seen our people through major orthopedic, heart and brain surgeries. We have been there through chemotherapy and radiation. Our direct support staff does not say we can't deal with that, instead their attitude is how can we make this easier? They work together so that the other roommates can still get out and life goes on as before. They are fantastic jugglers and they are just down right amazing.

So again, as you read all that we do, please consider how can you help. An extra pair of hands is always welcome. We are continuously looking for new adventures and art projects to do. We have found that our folks love to try new things, so come and experience the fun for yourselves. I am sure there is something within these pages that you wish you could do.

How the Community has helped CLI

Housing

We receive assistance from a variety of groups that help keep our homes looking sharp. We are pleased that this is our third year partnering with **Life Technologies** on their Global Volunteer Day. The first year they planted 80 shrubs at Taney Ave. The 2nd year they planted 80 shrubs at Millstream, power washed their deck AND a second group went and trimmed up all the shrubs and laid mulch at Rainbow. They complained they didn't have enough mulch to do the job properly, so this year we had 6 cubic yards delivered, and they still said they didn't have enough! Perhaps it was because Jimmy was out there helping them. A separate group went to Sherman Ave. and did a great deal of exterior painting. This group is just great at helping us out and we can't wait to see what we can find for them for year four!



Coralinn Kuelhl and her group of volunteers from **Brookhill United Methodist Church** have been mulching and purchasing plants for Linden for both Spring and Fall for as long as we have owned the home. Robert likes to come out and watch the activity. He's momentarily distracted when none of them know the name of his favorite country band, but overall he approves of what they are doing.



And lastly there is a group of helpers from **Trinity United Methodist Church** who have adopted Meadowgrove. This year they power washed the deck, planted flowers and vegetables so the ladies there will have fresh peppers, tomatoes and squash. Brandi is eager for the tomatoes!



Vehicle Purchases

The **State of Maryland** awarded CLI a grant to purchase 2 new vans as well as funds to make a vehicle we already own handicapped accessible. With these vehicles, we now have enough vehicles for each of houses as well as providing adequate coverage for our burgeoning CSLA program. This means that during the busy summer season all the concerts, baseball games, picnics, visits to swimming pools, and vacation trips will be accommodated for all participants.



CLI has an active **“Adopt-a-House”** program but there is plenty of room for expansion. When a home is adopted, you can adopt the outside and assist with outdoor maintenance such as flower planting, and deck staining, or the inside and help with room painting. You can also adopt the three people we serve that live within those 4 walls by helping with birthday parties, walks to the park, manicures, or doing a puzzle. If you are interested, please call Sarah Matthews at 301-663-8811.



GSCNC Troop 81730 donated the proceeds of their cookie sales to CLI. The girls enjoyed getting to know the men of 246 Wyngate and were really surprised that Sharon had baked them Brownies! We really thank them for their hard work.



People new to CLI

We want to continue to introduce you to all the new people that are here at CLI: staff, residents and clients. Some are people we have known a long time in other situations, and some are very new to us. No matter what, we are happy to have them be part of the CLI family now and can't wait to have you meet them on the bocce court, at picnics, or at dances. If it's a face new to you, stop and say "hi"!

Sarah has known Robbie S. for a long time. Robbie lives with his Mom and Dad and attended Scott Key for many years. He has always been fascinated by anything involved with public safety and has an extensive hat collection reflecting his friendships with police and fire personnel. The CSLA program is helping him get out of the house a bit during the week. . Many of the people we serve know Robbie's Mom, Sandra from her many years of teaching our participant's swimming



Alex is living with us at Hitching Post. We call him "Snappy" as he has such a talent at snapping his fingers. He grew up in a home where there were experienced cooks and he has just started showing us his talents in that area. Alex likes to do kitchen chores. Shannon says he has a special ability at grocery shopping! You should see his yoga moves.



Lisa Conn is not new to us, but new to her position. She has taken on the huge task of keeping all the household and personal funds straight for everyone. Lisa was a Direct Support Staff a while ago, finished studying Social Work at UMBC and was thrilled to find a job at CLI. We are thrilled to have her!



Oh, how we wish we all had the energy that Tracey has! Tracey is a woman on the move. Tracey lives on her own in a basement apartment which she adores. She enjoys all CLI offers, in particular the cheerleading and the bowling. She has learned the various functions with the operations of the Snow Cone trailer and is a very hard worker. We are very glad to have her with



Jerry Martin is our new LPN working Thursday thru Monday. This means we now have nursing coverage 7 days a week. Jerry was born in Columbus, GA and you can still hear the twang in his voice. He was an Army brat and landed in Maryland. So far he's enjoyed the variety of people he's gotten to work with, both staff and residents. He is amazed by the excellent care everyone receives.



Jeff is another new resident living at Hitching Post. His goal is to learn the skills he needs so that he can ultimately join the CLSA program. We will do all that we can to make this happen! Right now he works at Mike's Mowing Service during the summer and goes to Jeanne Bussard in the winter. He gets around town riding his red bicycle. Alex likes to cook his special macaroni and cheese for Jeff when he gets home from work.



Where in the world is CLI? And what else do we do?

Our people are on the go....read on! A group of 12 went to the Aquarium. Tess was absolutely fascinated by all that she saw. Ringling Brother's circus was in Baltimore and a group of the people we serve went. Ricky W. said it was hard keeping up with those three rings! Charlestown, WV Racetrack was the destination for Willie and James one morning. No winnings for them. As James said "The next time will be better!"



Wouldn't you like to go to Hanover, PA and see how UTZ Potato chips are made? A group from ROW did just that....and came back with samples!



YUM!

And how about the group that Sandy took to Rockville to learn how to container garden....will we be getting tomatoes from them? All of our group followed their directions perfectly so we are sure we will!



Let's not forget Ricky M. and Ron who visited Nashville. We'll have more on this trip in the next issue. The Snow Cone trailer certainly isn't sitting still this summer either. It will be at the Lake Linganore



Farmer's Market every Thursday evening, and at Dublin Roasters on Sunday for their Farmer's Market. There are a lot



of local businesses that are having "Snow Cone Afternoons" and we'll be there giving them a refreshing break from work. We are proud of the work JR, Stanley and Tracey are doing with the Snow Cone Trailer. A reminder: the Snow Cone trailer is at Baker Park on July 4th!

Three staff took ladies to Lancaster to "Sight & Sound's" production of Jonah and the Whale. Martha remembers this story from her childhood and Jeannie was fascinated by all the colors. A couple of residents also visited the Train Museum in Baltimore. Apparently the trains do toot their whistles inside the museum and they are LOUD!



Every year we get to enjoy the wonderful hospitality of Trinity United Methodist Church for the Spring Picnic. This year the theme was a patriotic one and the building was festooned with red, white and blue bunting and lots of flags. The food was tasty as always and there were plenty of prizes to be won by playing old fashioned ring toss, bowling, and golf. As you can tell, Buster really enjoyed listening and getting up close and personal with guitarist Rick Hill.



The Fourth Annual Lions Club Golf Tournament was blessed this year by wonderful weather and we all were able to be outdoors. Everyone and really enjoyed the opportunity in his specialty hat, on Joe Foster with his group of ladies that needed help with the rules! Some



were held doing alternative activities, such as bumper cars, water boats, the roller coaster and the merry-go-round. We were so pleased to have Vickie ride the roller coaster. She seemed to really enjoy the wind in her face. One person who enjoyed the bumper cars way too much was Charles E. He yelled "Faster" and "Hit em!"!



One of the places you won't see James or Wes is smoking. Wes quit some time ago and James is up to almost 3 months. We are very proud of them both.

We were especially proud of Jeannie B. and Ricky W. for having their art work on the cover of the April and June MACS Achievement Awards brochures. Brandi Kugler won an award for her volunteer work at Northampton Manor Nursing Home for the past 18 years. We also were pleased that Pauline, Jimmy, and Wesley's art was incorporated in the program brochure as well.



Sports news from around the CLI world

Bowling Finals: As we have for many years, over half of the people we serve participated in bowling in Mt. Airy. We will be happy when Chad S. is well enough to play with us next year (all those girls that he flirts with missed him!). There are so many names to list that we just don't have space, but know that if you look to the left or to the right, at least one of those two people bowled.



We had a huge contingent go to Towson for Special Olympics State Finals on the first of what looks to be many hot days this summer. In softball, the team Vineet, Stanley, Zach and JR have been playing on has moved up a division. Harder competition for them now. Did you know that our Jen has been a Special Olympic Swimming Coach this past spring for Frederick County? She has been learning the rules and is convinced that next year CLI will have a huge group of swimmers there.



We really appreciate having the bocce courts here at the CLI offices. We know that our scores improved at Towson because we were able to practice more frequently. Singles Bocce winners were: Steve Loss, Buster, Ray, and Dennis. Unified winners from CLI were: Gerald, Steve Loss, Bobby, Willie, Ray, Iman, Linda M., Janet, Tim, Susie, Bradley, Colleen, Ricky W., Vineet, Linda W. and David. We also helped coach other people with disabilities in Frederick County and they were our teammates.



Kathy A. coached Tracey, Linda M., and Colleen T. in cheerleading and they made it to the State finals. There was a wonderful article in the Frederick News Post about the hard work these women have done to learn this sport. Our congratulations to them.

We're also into our 3rd year playing in the Frederick Kickball League (FACKA). One of the umpires said that our team looked much better this year and that we knew how to play our positions better. We've got a lot more games to go, but we have a good time. Come out and cheer Gerald, Ricky M., Iman, Linda M., Dennis, Timmy, Omair, JR, Paul, Ricky W., Vineet, Jeffrey and Linda W. in the evenings.



There are many people behind the scenes that make our athletes successful. We'd like to take this opportunity to thank Marty, Alan, Sandy, Johnny, Carol, Susan, Sarah, Emanuel, Robin, Meghan, Randi, Andrew, Patsy, Serena, Debbie, and especially Kathy and Carlota. We'd be remiss if we didn't thank house staff that gets up early to letes are ready to ly hours, or stay them home after long kickball games. Our athletes' success occurs because *all* of CLI is rooting for them.



And speaking of rooting: recently the tables have been turned, and the people we serve have been rooting for our staff to succeed! Exercising is part of the **Wellness Program**. Several houses have been attending Zumba with staff in the training room, and now that it is nice outdoors, they have been walking or been pushed by those of us enrolled in the Walk at Work program. It's a good chance for Steve Loss to practice his Heel/Toe motion, for Sarah and Chelnicia to laugh, for Michael to push Chip and others to walk at their own pace at the Orchard Grove Elementary School on Tuesday and Thursdays at 4:45.



Thanks to the many people who donate to the "thrift table". Residents, houses and staff have been able to obtain *wonderful* items. It brightens everyone's days to get such bargains.



Community Living

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Frederick, MD
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Community Living, Inc.
620-B Research Court
Frederick, MD 21703

Phone: 301.663.8811
Fax: 301.663.0476
E-mail: info@CommunityLivingInc.org

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