



# Connections

The in-house newsletter of Community Living, Inc.

Summer 2011

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of  
Community Living**

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## CEO Susan Holton

This issue of Connections is all about being "On the Go". I think you will be amazed at all the things our folks do with a little or a lot of support from

their staff. Just like the rest of the population our people work Monday through Friday and like to do fun things on the weekend.

Community Living has a fleet of 15 vehicles, along with many of the staff vehicles to make sure that we can get to all the fun things happening in our county. We traveled over 31,500 miles last month; we had people attending 10 Orioles or Nationals Games, 5 Keys Games and 15 Special Olympic events. We had 8 art classes and four artists on the creek for Easels of Frederick.

We came in 3<sup>rd</sup> at the Great Frederick Float, with Raymond and Marty paddling a wonderful creation by Meghan Beauchamp. We are still trying to figure out how we lost. Our Snow cone trailer was at Baker Park for the 4<sup>th</sup> and even traveled to Columbia for a company picnic. We love taking it places and Stanley has been experimenting with new flavors. It has also been to 3 events with Dublin Roasters.

We have had picnics at Baker Park with swimming and a picnic at Cunningham Falls with kayaking. Alive at Five is often enjoyed on the other side of the creek and Baker Park for the concerts in the park are attended by many of the homes. We look forward to the summer, because of all the local activities that happen around this great city and county.

You may have also heard us participating in Karaoke at the Moose Lodge once a month. The event became so large that it has been moved to the Community Church on Byte Drive. We have some very good singers and the others just enjoy the time to sit, relax and listen.

Hollywood at Charlestown will never be the same. We have a number of people who love to play the slot machines. They

are so lucky they can play on five dollars all day. They may not always come home winners, but they are by no means losers either. They just have a good time pushing that button and people watching. One group went this year to Atlantic City. Rode up on one of the tour buses, walked the boardwalk, ate at the buffets, slept in luxury and did play the slots. They are still talking about that trip and hoping to repeat it in the near future.

Many homes have been assisting more with the grocery shopping now that Wegmans opened up. It is a wonderful experience for everyone and Wegmans has been so receptive of working with our agency and provides helpers for the staff so that they can put more effort into the individuals' choices.

Families and friends play a big part in being "On the Go", too. Our people frequently attend family vacations, weddings, graduations, etc. And if there is no family, you will often find our individuals spending time with the families of our staff. Everyone likes to get away now and then.

We will soon have our own professional Bocce Courts. Thanks to a mini-grant from the United Way of Frederick County we will have courts built on the side of our building, with one being wheelchair accessible. Our goal is to invite Assisted Living facilities and other senior groups to come and play bocce with us.

So as you can see we are On the Go...We continue to figure out ways to make this a priority, while continuing to budget for rising gas prices, vehicle repairs and replacements and always on the lookout for that great buy that can be converted into an accessible van. You will continue to see our folks On the Go, since that is what makes them truly happy. If you want to assist and have fun, just give us a call. We are always looking for volunteers to keep the calendars full.

# The World of Sports: Always On the GO

In this era of awareness of the benefits of health and fitness we have been very fortunate to participate in many sports together. The folks at CLI have been involved in various social and recreational activities which include several sports. We have acquired the essential equipment thanks to the generosity of our friends and garage sales. We have saved lots of money by owning equipment instead of renting supplies. We have kayaks, life vests, kayaking paddles, snowshoes and poles, outdoor and indoor bocce equipment, bocce courts, supplies to play indoor or outdoor golf, fishing poles, basketball hoop, a croquet set, horse shoes, rain gear, winter/ summer clothes and clothing needed for a specific sport, chairs, tables, sun umbrellas and more. We are prepared for the sport challenge.

## "Go with Wii"

A big attraction is the Wii with dance and lots of sports and games. It's great fun to see Ricky W. and Ralph H. trying to do the Let's dance Wii! It's also good to see James slowly learn about the release button for the bowling and understand it's not just about throwing the ball. There is camaraderie in that room as people join in to both play and watch the fun centered around the Wii.

## "Community On the Go with Bocce"

Bocce is fast becoming a favorite sport. It has been so wonderful to see folks in the community coming to play bocce with us. Unified bocce has really brought a lot of people out to play. Carol, Nathan, Johnny and Terry make great unified partners as do Susan, Patsy and Marty. Kathy and Carol are noted for their precise throws. We plan on having Bocce tournaments with people from assisted living facilities in the area at our new Bocce courts here at the office. The Courts came from a grant we were awarded by the United Way of Frederick County



Towson University hosted Special Olympics Field Sports and CLI was well represented again on the field at bocce, softball, and field and track. Our Olympians came home with medals and ribbons and renewed appreciation for all the great fields that they practice and play on here.

Our newest sport is going to be disc golf. We will be having an event in Middletown on Sept 14<sup>th</sup> and we will be getting ready for it soon.

Some of us are training to go on a small hike for two days on the Appalachian Trail. It really is hard to imagine what we will be doing next: suggest it and someone says lets run with it.....literally!

## Kickball "On the Go" Around the Bases

Run, Run, Run! Whether our CLI team is in the field or base running, this is the most frequent cry you hear from us as we cheer each other on. The next most common sound is laughter...this is a team that has a **GOOD** time. We celebrate every catch, every throw, every kick, every bag touched, and usually most of our opponents do, too. We are lucky that our opponents understand the joy of playing kickball and that achieving a base is often more important than an out. None the less, we all try hard, and continue to hone our skills. CLI team members are: Ricky M. Ricky W. Stanley, JR, Gerald, Shauna, Paul, Linda, Eleanor H., and Dennis. CLI friends playing are: Meghan, Carlota, Kathy A., Patsy, Johnny, Jerry, Greg, Lilli and Bob. *Good news!* We won our first game! Okay...it was a forfeit, but a win in our column is a win in our column!



## "On the GO" If course

Tiger Woods may be burnt out but our intrepid band of golfers (Gerald, Steve L. Lynne, Linda W., Robert S., Willy, Janet, Ricky W. and Linda M.) are on the links once a week practicing both skills and course work. Carlota, and Pete are pleased with the progress each is making, especially new golfers Lynn and Linda M. Robert's ability to focus is particularly notable.

## Housing Updates

If “on the go” is the theme of this issue, then the Housing Team has been on the go completing numerous grants under the administration of Janet Lucia. The “Keeping Frederick Green” grant awarded us \$53,012 and some of the major things we’ve done with those funds are to get rid of six inefficient water heaters, and one heat pump. We are doing it so that we can be energy efficient! We also were just awarded a grant from the Maryland Affordable Housing Trust to perform work at our home on Linden Ave. The \$62,000 will be used to replace doors and windows, make a bathroom handicapped accessible, replace half century old kitchen cabinets and replace the fence encircling the yard. We appreciate the support from Frederick City and the state of Maryland.



## Mary Brown Day

One of our most loyal volunteers is Mary Brown. Mary has come in to ROW faithfully on Mondays for the last 7 years and assists with many things while she is here. She does manicures in any color a ROW member wants. She enjoys playing backgammon with Donna. She helps with lunch, going on walks at the mall, absolutely anything at all. In honor of her contributions, ROW held a Mary Brown Day in Feb. All the ROW staff brought in home made goodies and there were pictures of Mary all over the big ROW room. Mary was very surprised and pleased...not as pleased as we were to do this for her!



## Pizza Night

“On the go” is Board Member Michele Krause and 5 homes of CLI have been grateful for her deliveries of pizza on the first Friday night of the month for the past 5 months. Michele says pizza is one of the ways she likes to celebrate that the week-end is approaching and we know that staff and residents like this concept too! It all began when as a new board member Michele attended a progressive dinner and promised Bobby a pizza. She had such a good time following through on that promise that she has continued each month as a way to meet residents and staff. Michele has been on the board just about a year now, is married to Keith, has 3 kids and a sister with developmental disabilities. She has brought many ideas to the Board and energy to our meetings. Thanks for joining!



## Volunteers “on the GO”

Volunteers have contributed significantly making our homes an asset to us and to the neighborhoods we live in. First up is the team from Trinity Church that contributed shrubs, flowers and vegetables for Meadowgrove. The House Manager wants to give Brandi, Sharon and Maryann a taste of “fresh out of the garden” tomatoes and cucumbers; it looks like with Trinity’s help, that wish will come true.



Life Technologies came through again this year, but with an increase to 36 volunteers! We split them up and had twelve tackle the overgrowth at Rainbow and another 24 shovel with crowbars, pickaxes and anything else they could find dug in the hard, hard soil to plant 80 shrubs around the edge of the lot at Millstream. Brian has been helping water, and the curb appeal there now is tremendous.

## CLI people on the go!

Alan B. will be turning 65 in July and continues to do a great job on the paper route and has found new friends in the neighborhoods where he delivers the newspapers. Alan has mastered the job and looks forward to it each week.

**June 4** was a **red letter** day for the Ladies of Penn Ave. They were invited to two parties on the same day! The first was a company picnic with the crew at Ross Excavating. Christine B. enjoyed the moon bounce, and thought the beef barbeque and coleslaw couldn't be beat. Martha enjoyed the live band and shook her head and grinned to show her appreciation. Penn. Ave.'s social butterfly, Ms. Lindsay, enjoyed every person she met. There's never a stranger when Lindsay is around! The second party was celebrating a high school graduation at Kempton park. Mary Williams was celebrating her day and invited the ladies to enjoy it with her. They enjoyed cupcakes decorated in Tuscarora school colors. Once again there was music and the ladies thought the music was awesome. The ladies really enjoyed meeting new people. Mary said they were more popular than she was!

Ronnie B. is very active in the community, too. His treat to himself is weekly dining out and enjoying two beers. You can find him at Outback one night a week, enjoying the local crowd, and them enjoying his company as well. He is a devoted Orioles fan (they need all the help they can get) and goes to games as often as he can. He also enjoys going to the pool at the Y. He can't swim, and doesn't like to be splashed, but loves the water and stays close to the edge of the pool.

Anyone who knows Robert Savage knows his favorite thing in life is Country Music. He has a long list of people he is devoted to, but after attending the Kenny Chesney concert he has added a new name to his



list. The big man now wants to meet Kenny in person.

One of the benefits of living in Frederick is that we are near many attractions of both Washington and Baltimore which allow our people to be "on the go" frequently. The week-end staff took Ian, Josh and Brian to the Washington Zoo. The bigger the animal the more they enjoyed it. But those gorillas and monkeys also appealed to them too, and there were a lot of comments about the snakes. There were tired guys that night from Millstream!



Patsy is another person who loves her weekly swims at the Y and rooting for the Orioles. She visits with her family, going to the movies, picnics at Baker Park with walks around to see all the sights. Patsy is a true woman at heart, and won't miss any opportunity to shop!

*Wegmans*

All of us are excited about Wegmans coming to town. Paula has been taking Jesse with her when she goes there to lunch. Jesse will definitely say "Hey" several times while he is there! This means he is comfortable and happy..



Most of the times Kurt is a people watcher where ever he goes. At Orioles games he is mostly looking at the people and completely forgetting about the ball game. Kurt also doesn't like to swim but loves to watch the people and laughs the entire time he is at the Y. Another "on the go" activity that is looked forward to.



James has been asking for some time for a dog of his own. He said he grew up with a dog and said that he would take responsibility for one. He and House Manager DJ went to the County Animal shelter and picked out "Spike". Spike had come from a home and knew basic commands. James has to be more "on the go" now with a dog under his care: walking him evening and night.

## Orioles and Nationals "We're

Several times during the month our friend Jim Gangawere gives us baseball tickets to Orioles and National games. People from 1331 Hillcrest, 590 Hillcrest, 225 Wyngate, Millstream, St. Simon, 246 Wyngate, 10th St. and ISS have all enjoyed these tickets. Many thanks to Jim for his generous donation!



## New Board Member

We're excited to announce that we have another new board member. Sean Kirby will be our 10th member. When asked why he wanted to join Sean said: "CLI has proven itself over the years " Sean is married, has 3 boys and owns the long time Frederick business Renn Kirby Automotive.

## Dublin Coffee Roasters

Ricky W., Willy, Janet, Shauna, Colleen, and Ray all are learning more every week at Dublin Coffee Roasters about filling the bags, roasting the coffee and flavoring. Chris and Patsy meet Linda Sergeant, House Manager from Carriage way there every week for coffee. The smell when they return is heavenly.



## National Aquarium

For more than 5 years the people we serve have been going to the National Aquarium in Baltimore. Twice a year 12 people go and see the turtles, sharks, neon fish, dolphins, Nemo and jellyfish. It's a late night, but everyone was bright and excited the next morning and eager to tell stories about their favorite creature.

## Float the Boat

What was bigger...Ray's smile or the smile on the sun on our entry for Float the Boat, part of the City Of Frederick's Fourth of July's Celebration? Huge thanks to Meghan for her work on assembling CLI's entry in the boat parade of our gorgeous Kayak (check us out on the CLI Facebook page). We came in 3rd in the voting, but we all know we had the best looking kayak there. Paddled by Ray and Marty, our kayak made its stately way up and down the creek to cheers and applause. What could be more fun?



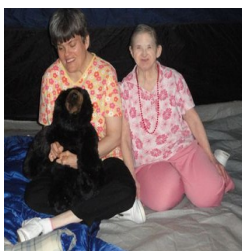
## On the Air with WHAG



Imagine lying in bed deciding if you are going to get up and hearing the morning announcer say "and now Dennis Oetter". WHAG did a spot on adult Special Olympians and featured Dennis as a man of all seasons with his sports activities. The spot mentioned that Dennis has won over 30 golds and numerous other medals. Way to go!

## Trinity Picnic: Let's go camping!

Trinity Church never disappoints! This year the Trinity Team made the inside of their Fellowship Hall look like a campground, complete with a bear cooking S'mores! Lo and behold, the tent had a bear inside and Patsy laughed so hard once she discovered that bear she fell over! Robert enjoyed having Rick Hill playing music and the games were a big hit....golf, ring toss, bowling. The prizes were appreciated and everyone got to leave with a S'more on a stick. Thanks to Trinity yet again for a great Spring Picnic.



## **"On the Go"! We Welcome Danny**

We welcome a new person to our CLI residential family. Danny has moved into 246 Wyngate from Edenton where he lived with his Mom. Danny likes magazines, sports, crafts and movies and is at ROW during the day.



There also many new people in the CSLA program since we last wrote: Omair, Gina, Meghan, Vineet, Ethen, Elaine and Linda M. They receive varying services from CLI, but are active in our sports and art classes already.

## **Pauline and Toby**

Ms. Pauline is 87 and still wakes up every morning wondering what new thing life will bring her. Back in March what it brought her was a dog named Toby. This is the first time Pauline has ever owned a dog in her life and she is delighting in the care and feeding of Toby. Way to go!

## **ROW on the go!**

The people in ROW never, ever stop! As you'll have read elsewhere in this publication, they made shirts for the golf tournament, and just as they have become golfers, they also are turning into experts about coffee at Dublin Coffee Roasters (1780 N. Market St.).

ROW has been splitting up more and with some going to various places and cooking meals for the entire group while the others stay here and do crafts. Leclair has been getting a daily round of exercise by either walking around the office or walking the length of the sidewalk. Birthdays continue to be celebrated bi-monthly at the Golden Corral, but other holidays have been celebrated in ROW with people assisting in meal set-up. Virginia and Pauline are great at salad preparation, and Willie and James oversee the entire operation. There's nothing better than a meat dish by Randi and desserts by Karen and Kelly. Actually, no one is a slouch in that room when it comes to cooking!

Outside activities continue to be bowling, the Senior Center, mall walking, shopping and on Thursday, a good part of the day is preparing the Gazette to be delivered and then delivering it. Many more of the people that attend ROW have become more active with the addition of WII in the living room area. They enjoy challenging each other and the staff at the variety of games that we have there, including WII dance. Summer always provides us with many activities indoors and out to keep us "On the Go".

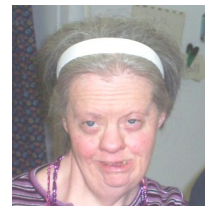
## **Calvary Sunday School**

Calvary United Methodist Church educates about a dozen of the people we serve on Sunday mornings. This has been a ministry for them for some time to the people in the community with disabilities. For the 2nd year in a row, they took our people to the Freedom Celebration in Lutherville. There was a variety of choirs, honor guards and patriotic celebrations in preparation for the July 4th holiday. We thank Calvary for all that they do to support people with disabilities in Frederick week in and week out.



## **Vegetables "On the Grow"**

CLI is fortunate to have two vegetable gardens this year. Ralph is tending the plot at the Frederick News Post and it is full of tomatoes, garlic, onion, and squash with assistance from a lot of people in ROW. The one here at the office is primarily Willie's project with assistance from Rickie, Charles E., James and Danny. Willie's watermelon is growing, James' jalapeno is doing well and we expect to be awash in tomatoes by the middle of July.



## "On the Go" with Met-



On a warm sunny day in June Chris and staff member Patsy went to a Washington Nationals game. Chris loves trains and was excited to ride the Metro for the 45 minutes to the stadium. A smile was plastered on his face the entire ride! Chris wasn't crazy about the escalators, but managed, with his arm tightly locked with Patsy, to safely execute them. Chris ate ballgame food (hotdog, fries, and large drink) and laughed when the Nationals won, defeating the Philadelphia "Fightin"Phillies": Patsy's hometown team. The return trip was packed with fans and Chris did well standing on the Metro before a seat was available. A great outing for Chris' first trip "On the Go" to Nationals Park.



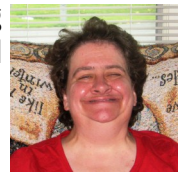
## Goodbyes

Vickie Lee tells us about Arlene Detrow: She was a mighty mouse and drama queen all rolled into one. Arlene faced everything as something she *could* do and would do. She ruled with an iron fist in a velvet glove. Hitching Post had the Mayor: John Delay, Charlie and the Drama Queen Arlene. They were quite a team and a joy. John and Charlie miss the drama queen but seem to be doing quite well and moving forward each day.



"Are you working hard?", "Why?", "How's your mother, father, sister, husband, dogs?" , "How you know that?" . There are so many ways that we knew and loved Donald Long. He loved Patsy Cline and absolutely didn't want to miss any party. He wanted to be part of any meeting, and cared about anyone that became ill in ROW. He was so very happy sitting on a lake with a fishing pole in his hands. He knew what he wanted and expressed it well. The start of ROW will never be the same without Donald's bellow "Randi"! We are glad Donald and Arlene graced our lives and will miss them as we continue to be On the Go" to places we know they would enjoy.

Jeanne Orient had not been with us long, but made such a positive impression on everyone around her. She was so excited to be with us, that she got up at 4:00 AM to take a shower to be sure not to miss any part of her new life. Her grin on the golf course split the sky, her laughter at the bowling lanes shook the rafters and her joy affected everyone.



## Easels in Frederick

Artists came from across the US to spend four days painting Frederick. Jeanne, Michael, Janet and Ricky W. just had "to go" down to Carroll Creek Linear Park to paint the hump back bridge. The challenge for our artists was the creek isn't blue, the bridge is multi colored and this was their first endeavor ever painting out of doors. Look for all of our artists' art at the Cultural Art Center in downtown Frederick the month of Oct.

The Lions Club of Frederick treated 38 people we serve to another great putt-putt golf tournament. Except for the scorching heat, everything was just perfect. Thanks to Meghan, Jerry and

## Lions Golf Tournament

Georgette for all the T-shirts they individually drew for staff and participants...they truly reflected the personalities of all who wore them. Especial thanks go to Lion Joe Foster for organizing this event this year, and to Larry Stottelmyer at Adventure Park USA for hosting us. Despite the heat about 12 loyal golfers played the course, and the rest played arcade games. Who would have dreamed that Donna Nogle would so enjoy skittles! It was absolutely no surprise that James liked to play poker on the video arcade games! Heat or not, we were "On the Go" in every inch of the park and on every ride.





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