



Connections

The in-house newsletter of Community Living, Inc.

Summer 2013

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Community Living**

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It always seems that time flies by in the summer. There is so much going on with vacations for houses and staff, summer Special Olympics, kayaking, Snow cone trailer and of course, carnivals. We are always on the go. We were even fortunate enough this year to find a place that was wheelchair accessible so our ladies from Thomas Avenue were able to spend time at the beach. If you know of or stay in a place that is accessible, please let us know. Besides hotel rooms, they are few and far between.

Many of you are aware of our expansion into the realm of vocational services. This was not by choice, but by necessity. When Jeanne Bussard unexpectedly closed its doors many of our people were lost. They had worked there for years and were now very confused and upset. Doing what we do best, taking care of our people, The Arc and Community Living put programs in place immediately to give them a sense of security. It was the right thing to do, however.....

Once again, we made a problem go away for DDA. We have received no support from them and our resources are being depleted. We are committed to moving into our new facility in the very near future and hopefully through fundraising efforts we will be able to purchase the items needed to assist our

participants in learning meaningful skills to find jobs that are engaging and fun. We have many great ideas flowing and Casey Harris, our new director of Day Services, is rallying the troops to be creative and seek out all types of opportunities.

Part of our new building is also going to become a club house. Many of our Individual Support people need a place to go in the late afternoons and early evenings to just hang out. They currently have a Wii, shuffle board, games and of course, a music set up. We are in need of computers to set up a computer lab and all types of table games. If you know of someone who has a karaoke machine that needs a new home for it, we are that place. They also love to go to CiCi's for a pizza party, so if you have coupons they would love them.

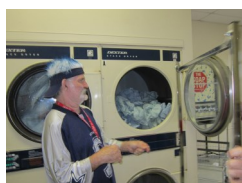
We will soon be having a family meeting and need your help. We are one big family and that includes YOU. Please watch for the announcement and consider finding out how to support one another and how you can support us. Together we can continue to grow and provide lives that are directed by the people that we so proudly serve.

Ongoing Activities and Events

We always hear that teamwork saves the day, but sometimes teams mean being separated. That's the approach happening in ROW these days. Every day the ROW participants are split up into three teams and off they go. One team may stay in ROW, and another to Carrollton to relax, play games, and bake cookies. Another Team may mall walk, go to one of the numerous parks in the area (ask about the turtles at Fountainrock!), play Bingo at the Senior Center, attend the Hymn Sing at Citizens, visiting the art at the Delaplaine and the downtown train museum. As you can see the list is endless. Sometimes they re-group at lunch, and sometimes not until the end of the day. I want to retire to ROW!

Football Mania has returned! This is CLI's 2nd year with this great fund-raiser. Last year we raised over \$2,500 and we had 24 winners. One person won \$400! For those new to this; it is in essence a football lottery every week with the chance to win between \$25 and \$400 every week of the entire football season. Each ticket costs the participant \$20 and immediately gives back to CLI \$16. We need help from all you to sell these raffle tickets. If each of you just bought one ticket to buy for your family, CLI would be ahead of our earnings for last year. If you bought two and gave one to your brother-in-law who loves football, CLI would be overjoyed. If you took 5 and tried to sell them to your neighbors, that would be fantastic. What you can't sell you can bring back. Talk with Patsy about how easy it is to sell these to almost anyone.

The funds this year are going to help CLI pay for the new washer and dryer at the Annex. The CLI Works program will be doing laundry in-house now rather than going to Laundromats and this will increase their productivity and solicit more contract.



What do you do if you are active but want to stay retired? The rest of us would call it semi-retired. We now have a program for those individuals that don't want to work full time at one of the vocational day programs, but would like to earn a little bit of extra spending money by rolling silverware at Bonefish or TGIF, or have more stamina for longer outings and more involved crafts. June, Ricky, Danny and Charles will form the nexus of our new ROW on the Go program under the leadership of Randi Hill at our Wisner Street Annex. From their location downtown they will be able to explore activities at the Library, the Delaplaine, and have more room for crafts.



"You are! We are! I am!" No, we haven't joined a motivational cult. By using funds remaining from our Wellness Program we have joined Soldier Fit. We arranged with Soldier Fit to design a one hour Fitness Program for both staff and participants twice a week. On Monday and Thursday afternoons we line up in rows (more of those teams!) and rotate from station to station doing a variety of exercises designed to tone all areas of our bodies. Some exercises improve coordination, some improve strength and some we think are just designed to tire us out.



Our gratitude knows no bounds when it comes to the gift of a 17 seat passenger van from Calvary United Methodist Church. For many years Calvary has supported a Sunday Program for persons with developmental disabilities. Members of the church pick the folks up, conduct Sunday Program and then deliver them home again. When Calvary got a new van, they donated their old one to us. Thanks to Marty for coordinating this program with Calvary week after week and assisting in our getting this amazing gift.

News about our CLI family! Hellos and good-byes....

We are pleased to welcome Casey.

Casey is the Director of Day Services and will be managing CLlworks as well as ROW. Her office is in the front next to Ginger. Casey



brings a wide variety of experiences to us and her work with the deaf community will be an asset to us with recruitment for the CLlworks program. She is married with three active boys and loves to travel. Just ask her about

Okinawa! She would really like to get to Germany but was pleased that her family was able to come back to Frederick, and even moved into the same neighborhood.

Another addition to our team is Denaye in Human Resources. She and Kim can

be found in the old area where ISS used to be located. Since we have grown to more than 200 employees, Kim has been awash in paper. Denaye will be helping Kim stay atop all of the filing, the requests for information



culling back files. Denaye is a Frederick native and has two kids, ages 4 & 6. She greatly enjoys making soup and says that perhaps in the winter we'll get samples. Can't wait! Take the time to say hello to HR in their spacious new digs!

And lastly Health Services wants us

to welcome Jalika Hammond, LPN. Jalika hit the ground running her very first day with Jerry and Alyce visiting all the homes and CLLworks getting to know participants and staff. She is a graduate of Montgomery Community College and hopes to go to UMD to obtain her BSN. Jalika LOVES to travel and has been to many African nations including Ghana, Guinea, Ivory Coast and of course her native Sierra Leone. She has been to the UK and fun spots such as the Bahamas and Cancun.

She is soon going to Nigeria for a family wedding. Her favorite American foods: Lasagna and meatloaf (Patsy chimed in that she likes those, as well!).



When asked if there was an African food that was a special favorite she replied “all of them”. I think she needs to bring in some specialties for us to try!

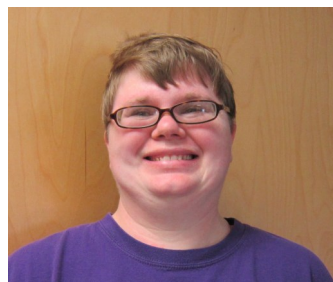
For over 25 years Lindsay was a member

of CLI, starting when she was 9 years old. We watched he emerge from being a young girl, to a teen, to a young lady, to a woman with ideas and choices. Throughout all that time she retained that same smile, that huge belly laugh and gave the BEST hugs. Her Mom Pat was a fierce advocate for her. We will miss her a great deal. A plaque will go on the gazebo to mark her death.



You need to meet Crystal, our new resident

at Rainbow Lane. What a change for our quiet guys! Crystal is quite the chatterer. Crystal participates at Scott Key and works in the Bistro ar-



ea at Wegman's 4 days a week making sure the tables are clean and tidy. And yes, Crystal enjoys her job! She also takes pride in keeping her room clean and in doing chores around the house. She

enjoys Wheel of Fortune, and goes to Camp Claggett every year. She listed every activity at camp as her favorite.

From every car sold at Renn-Kirby be-

tween August 13 & 19th, CLI will receive \$100. Every car. New or previously owned. This generous offer comes from Sean Kirby, President of Renn Kirby and a member of our Board of Directors. We'll be using these funds towards our Vocational program to fund the commercial washer, dryer and flat press that we need for this program. Thanks, Sean!

Every June The Lions Club of Frederick



treats the members of ROW and a few others to Adventure World for an afternoon of fun. Our participants get to play Mini golf, enjoy the bumper boats Go-Karts and the Roller Coaster. They also treat us to lunch. We are always pleased to go. Everyone

involved wants to thank them a great deal for their hard work to make this special day happen.

A group of people went

to Towson to see the Harlem Globetrotters. Everyone was amazed at just how very good they are at what they do, not only at the basketball, but involving the crowd in their high jinks. Bobby said he hadn't laughed that hard in forever.



And a completely different group went



to Hagerstown to see the Dukes of Hazard. Now we all know that this is absolutely James' favorite thing to do (besides Popeye's Fried Chicken) and he says Daisy May still is good looking. He talked about it for days.

Our Wellness Committee is still going strong. Kim decided that each house should try a bit of vegetable gardening. She purchased for each house 2 vegetable plants: either a cuke, tomato, squash, or pepper. Staff and residents were to tend to the plants together. Ben K. from 1331 has been giving "Down on the Farm" updates regularly.



How many of you have



seen Niagara Falls? The staff of ISS/CSLA learned that many in that program had never been so they de-

cided it was time for a road trip! And away they went to see the sights for a wonderful week-end! They all came back so pleased to have seen one of the wonders of world.

We are so busy with sports in the

summer! First there is the State Finals for Special Olympics. Let's start with softball



when CLI participants Stanley, JR, Etc. Etc. played on a team that won XX medals. Next we should walk on over to the Bocce field where we were pleased to win a lot

of gold and silver medals, in both team bocce and individual bocce. Thanks, Susan for our team, shirts! And lastly, at the top of the hill were our swimmers, who for the first time had everyone place!



Congratulations to: Gerald, Steve, Pauline, Bradley, JR, Nick, Anaelle, Buster, Ray, Stanley, Linda M., Janet, Tim, Vineet, Bobby, Alarik Ricky W., Linda W., and David. Staff that participated were Carlota, Marty, Susan H., Kathy A., Carol, Meghan, Sandy, Andrew, Robin, Beth, Randi, Farhan, Shannon, Nate, Terri, Noah, and Josh. We are especially tickled to say that we had the first under 13 unified bocce team ever.....Josh and Noah! Way to go guys!

How many years have we been kayaking? We probably could go from here to Australia if you added it all our strokes up! Gerald, Steve, Linda M., Linda W., Stanley, Dennis, Raymond, Bobby, Anaelle, and Janet are all participants enjoying this sport. There are staff that help out, but at present they are swimming back to shore!

At the recent Yard Sale and Fish Fry

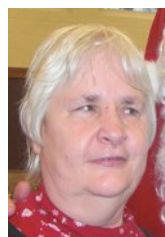
for our participants & staff that are going to Ghana, Bobby was so generous while helping at the yard sale that when folks offered \$1.00 for an item, he said "oh that's fine, 50 cents will do!"

This issue is the second featuring a column written by one of our participants. This month's column is written by Steve L., from the Residential program

I have been part of Community Living for 23 years. I moved here from my home. I like CLI and all the people at the offices and how they all know my name. I really like going to different places with my room-mates and my staff. I like all the cool dogs and petting them. I LOVE the Redskins and going to the games with my friends. I like going to Baker Park and playing ball and having fun. My new thing is playing kickball. I like that I can kick the ball and get to first base. The other new thing I do is go to Soldier Fit. I like to work hard at doing the exercises. I know it makes me strong. I like going to work at SKC. I like my roommates Gerald and Buster. They are good friends. I like going home. I like to see my Mom and Dad and see the dogs. I like to see Tim and Greg. Jr. and Mike my brothers. I like to see me go to see the Redskins game on Sept. 9.



It's that time of year where all of us think of vacation. Several of our residents have gone on vacations with staff already this summer. The ladies of 208 went with the ladies of Andover to a really nifty handicapped accessible apartment in O.C. Marie reports it was almost like a luxury trip allowing all of ladies access to the beach, boardwalk and sun. Miss Pauline enjoyed the gambling! The ladies from Country Court also



went to Ocean City and spent a great deal of time on the Boardwalk just watching the people. They enjoyed Ripley's Believe it or Not. Georgia in particular enjoyed it. And lastly the St. Simon gents enjoyed Virginia Beach. There's still August left....wonder where others are going?



The Let-it- Sno Crew has been very active. New team member are: Anaelle, Bobby, and David. We are having a great time at the Lake Linganore's Farmer's Market. The Let-it-Sno crew has decided to add a few events in order to help with some funds for the folks going to Ghana. Bobby and Stanley have become an excellent asset in running the Let-it Sno business. JR picked new flavors again this year and they have become best sellers: Tiger's blood, sour apple and strawberry cheesecake.

Every year Life Technologies has 20 or so people from their Frederick office donate an afternoon to us to sprucing up some house or another. This year Penn. Ave. received their talents. The team spread 7 cubic yards of mulch, removed who knows how much debris, planted shrubs, trimmed existing shrubs and trees and did all this cheerfully and happily.



Another round of thanks go to the Summer Serve Kids. This is our fourth summer with them, and this year they spent two days landscaping at Rainbow Lane, a day washing and cleaning our vehicles and one last day washing and cleaning Kayaks and the snow-cone trailers. We hope to continue this partnership for years to come!





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