



Connections

The in-house newsletter of Community Living, Inc.

Winter 2011

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It seems like we are frequently talking about our sports program in Connections. And that's because we are. Sports are so important

to not only the people we serve, but hopefully to the staff as well. Few people really like to exercise, but we all know that we should in order to live a healthy productive life. So why not make it fun?

Community Living continues to strive to add new and exciting sports and activities to the lives of each of our residents. For many of our people who cannot participate in normal activities we provide them with activities that will make them stretch and use the muscles that they have. A few even get monthly massages to relax their joints and muscles and the smiles and lack of tension in their bodies tells us this is really working. To foster relaxation even more, we have a quiet room as part of our retirement program, where through a variety of stimulations, a person can completely relax and thus ease the tension in their spastic bodies. Imagine the relief if you normally sit in a wheelchair all day.

Our seniors are a challenge to keep moving. Staff has learned the trick of parking in the far end of parking lots when they go to the mall or their favorite, out to eat. This forces them to walk a greater distance, but they are happy to do it, since it is the end result that is rewarding. There are many moans and groans when they have to return, but they do it. Our Wii game has also become a big favorite of our retirement program. "What do you mean I'm exercising, I'm just watching TV", says James.

sports. We are hoping to build accessible bocce courts in the next couple of months. This will allow us to begin having tournaments and include the community at large. We are fortunate to have two people who are not only certified coaches, but also officials. This sport is a great opportunity to have unified teams. Unified teams are where you have a person with a disability paired with a person from the community. Everyone benefits from this partnership and has a good time. Exactly what we look for in recreational activities so that they want to come back and do it again.

This year was fun in that our snowshoers actually got to practice on real snow. Last year's snow was too deep, but this year was great. Normally the athletes practice on sand courts, but they faithfully attend practice so that they can compete in Special Olympic events. This activity builds up their legs, stamina and arm/leg coordination.

Now its time to get ready for kayaking. Need to practice our swimming, just in case we tip over. Need to get those arms in shape, not only to paddle the kayak, but to carry it down to the lake. This will be our second year having unified kayaking as well. We own one tandem kayak and hope to have another by the start of the season.

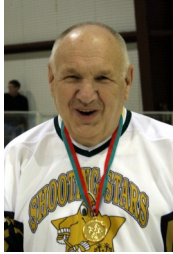
So if you have an interest in joining us for any of our adventures, please give us a call. Or if you have a sport or an activity that will promote exercise, please let us know as well. We are always looking for new ways to keep our people moving.

Bocce is fast becoming one of our favorite

The World of Sports

We are certainly enjoying our participation in Winter Sports. It is amazing how participation in social and recreational activities enhance quality of life.

At the present time we are involved in floor hockey skills and team play, snowshoeing and basketball, as well as the activities we enjoy year around such as hiking, walking outdoors and mall walking.



We have made adjustments as needed for folks, so they can participate in recreational fitness activities as they wish to do so. In floor hockey Ray E. has moved from team to skills joining Gerald F, Steve L, Ricky M, Willy B, Janet R, Linda W, and Ricky W. So far they are having the best season ever. Carlota Salter, the ISS director, believes it is because of their doctor's orders for walking at least 5 days a week that some folks have more stamina and are happier for being able to do better.



In the team category Stanley and Jay have done a great job. They are learning to be team players. Jay had a pain in his left knee and instead of overdoing it, he decided to pass the puck, and in one day during 2 games he assisted with 11 goals and had 3 of his own. In the past he has had very few assists. Stanley plays defense. He is very good at it and has learned to pace himself. His greatest joy is stopping a goal.

In snowshoeing, Ray and Janet have decided that they will not give up the sport, but that they need a little help. They both use poles in order to walk with some assistance. Carlota changed the snowshoes for Thomas J. to the



flex runners this year, and he started running right away and really loves it. This year the folks are delighted to have Georgette P. and Kathy A. as unified partners. Dennis and Stanley

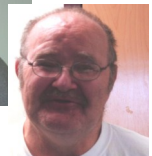
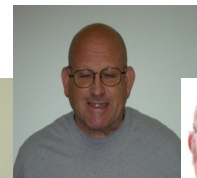
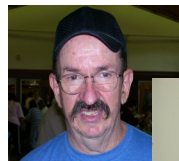
will compete at states with them on the 4 by 400 meter event. The snowshoe team includes the following members: Linda W., Janet R., Ray E., Gerald F., Thomas J., Dennis O., and Stanley F. Kathy A. and Georgette P.

This year only Stanley is participating in basketball, and he really enjoys it.

Please note that on March 23 the duck pin bowling season starts. If anyone wants to practice earlier come join the folks from Support Services bowling group on Tuesdays from 3:30 - 5 in Walkersville.



We are looking for a few volunteers to help with the Frederick Running Festival this year on May 6 and on May 7. We have been volunteering for several years and last year we had over 15 athletes volunteering. Every year the athletes from SPO (Special Olympics) and hence CLI benefit from the donations from the running festival. If you want to volunteer please register on line at Frederick Marathon and put CLI/ SPO as the group.



Some would question whether this was a sport, but the gentlemen involved all certainly had a fantastic time! James, Gerald, and Ricky W. all went to Atlantic City for the week-end with Ralph. All won money on the penny machines. Ricky thought the bus went extra fast on the way home. Do ask James how much cigarettes cost there: "highway robbery" is what we heard! We hear that Patsy may be involved in a trip to Charlestown in the near future...let us know if you want to tag along.

Snowflake Campaign

The annual Snowflake campaign this year featured Jeanne O., Stanley F., Chad S., and Pauline L. as just a few of the CLI family that exhibit good sportsmanship.

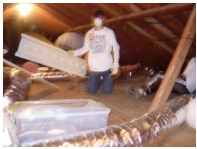


Their efforts helped us raise almost \$17,000. It's not too late, either.....just write on your check Snowflake and we'll make sure it gets placed into this important fund.....where we buy items for the people we serve when they have no where else to turn financially.

rooms handicapped accessible and widen the hallways for one home. We'll be applying in the Spring for a Maryland Affordable Housing Trust (MAHT) grant to replace flooring, update a laundry room and surround a home with a fence. All of these improvements help us save money on energy, and help us maintain the value of our homes. The exterior of our homes fits in with all those in the neighborhoods, which means that our residents continue to take pride in where they live: their HOMES.

The Doctor is in

Our residents and staff are very familiar with ongoing physician visits: toenails trimmed, eyes checked, weight monitored, medications reviewed. The list of specialists is endless but the people we serve are all in good health. We want to be sure that in all our houses: the windows, the heating, the roofs, the plumbing and the floors are all as healthy as the people we serve. These past 18 months, specialists of



all different kinds have checked the well being of our homes. Janet and Shane have found grants that have allowed us to have 9 of our homes have roof to cellar energy audits and once we received the results, had remedial work done to them. These housing specialists inform Janet and Shane of the newest and best products on the market for our homes, and how they are cost effective for us. In some instances we received new HVAC and energy efficient appliances. Other homes have gotten warm new "winter coats" in the version of new siding and windows. Another home had extensive porch renovations so that the roof is watertight and the residents can sit there in all types of weather.



Through the Community Development Block Grant Program (CDGB) administered by the city we are applying to update a kitchen from the "60's", make the bath-

Clothes Donations

We appreciate the gifts of clothing we receive. The clothing is put on hangers in the Thrift Closet (in Sarah's area) and is available for staff to fill in for the residents we serve when clothing budgets are slim. If we see a Black shirt come in, we save it for Donald, and sports affiliated clothing goes to several of the men in our houses. This month we received some spiffy multi-colored shoes that we all knew Shauna and just loved every-



colored shoes that would be perfect for we were right....she them! We appreciate one's generosity.

Art Class

Art classes are continuing with a focus on art for our art show at the Frederick Cultural Arts Center in October. We have a new face in class: Charles Emrich. Charlie enjoys the class a great deal and seems to specialize so far in watercolors. We will be asking a local bank to hang our work on the walls, and certainly Dublin coffee has been promoting our efforts on their walls. Ricky W. and Janet have taken on the difficult task of illustrating a book and have submitted chapter ideas. Also, our artists will be seen at Plein Aire in Frederick June 22-26 in downtown Frederick, painting an actual street scene. Look on our Web or Facebook site for more on this.



News from around the CLI world

Eleven of our artists sold their paintings and cards at "Christmas on the Hill" Thanksgiving weekend. Paintings were displayed on mantles, slid in on rocking chairs and over 200 gift cards tucked in all kinds of places at this one of a kind craft show in Myersville. Janet R. was pleased to have sold one of her paintings but can't remember which one!



One of the meanings of Thanksgiving is to spend it with your extended family and friends, and here at CLI it's no different. Often the people we serve go home to be with their families, but for those who are not that fortunate, we combine homes and make it a very festive day.



Staff cook specialties of their own families, residents request their favorites, and refrigerators are full to bursting. New friends are made and a lot of vans with tired and happy people wound their way back across Frederick.

Dublin Roasters Coffee....how does Car-lota do this? Somehow she found a new coffee company starting at 1780 N. Market St. and offered to help the owner Serena get her business up and running. Dublin needed our assistance to help clean and then paint walls and floors. They also needed people to lift heavy bags of beans into the store, Enter JR, Ricky, Willy, Dennis, Ray, Colleen, Shauna and Stanley. All of our people helped to get the shop in tip top shape for opening day. Stop by some day and see how nice it looks, and see some of our art work up on the walls! Ricky W.'s and Janet R.'s art work are some of the graphics being used on the web site. and are hanging in the shop. Since the opening our people continue to go to the shop to package coffee and are learning how to wait on the general public.



We want to thank everyone who contributed to the United Way. We are very aware of the sacrifices you make daily with your work with us

and appreciate your donating to support the community. We raised almost \$4,000.

Many of us have been going to both Redskins and Ravens games. Even though the Redskins had a disappointing year, those loyalties run deep. Lynn R. has turned the corner and dropped his Dallas allegiance and become a "Skins fan! All those Ravens fans were disappointed to lose to the Steelers, but people like Michael and Linda were overjoyed. We thank our donors for these tickets.....it



means a great deal to everyone involved, and those of us watching from the "sidelines"!



Our people are avid sports fan and as catcher and pitchers all ready have reported to Spring training, talk and dreams of attending the Orioles or Nationals games have started. We are already getting the list together so we can figure out who will be taking the tickets so generously donated to us by Jim Gangawere year after year. Thanks, Jim, for starting the pennant race early at CLI!



Our new LPN has been with us a bit over a month now. Joseph Enongene works Friday, Saturdays and Sundays for us providing additional nursing coverage on the weekends. During the time Joseph is not with us, he is pursuing a RN degree at Mountain State University in Martinsburg, W.V. He'll graduate in May. Joseph lives here in Frederick with his wife and has three children, 2 sons and a daughter ages 24, 19, and 17. When asked what his favorite food is, he replied "I like it all! Put in front of me, and I'll taste anything!" Welcome, Joseph!



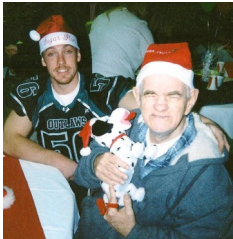
Holiday Joy

Santa Claus and the elves had lots and lots of help this year in ensuring that the people we serve had a plentiful Christmas. As always, our Christmas starts off with a Christmas dinner at Trinity United Methodist Church. Santa comes and each home gets gifts and a table ornament. We also thank Debbie Williams and the Pallatos Fund for entertaining us and the gifts at the Elks Club. United Health Care adopted a number of our people this year and was very generous. The



United Health Care Santa made three pre-Christmas visits to our homes and Cindy M. hasn't been the same since! A new donor to us, State Farm, initially asked us for 50 names to purchase Christmas gifts for. These first names were quickly snapped up and 25 more were given to State Farm. In the end, they purchased gifts for 75 of our people, and we are convinced that each gift was wrapped differently. Marriott Data Center came to visit ROW for their annual party complete

with Santa and an Elf. That Elf surely knows how to play Bingo! We do not want to forget Christ United Reformed Church in Middletown for their "White Christmas" drive. Countless toiletry items were individually wrapped in white. The smells from those items perfumed the office for days. And, a gift that will keep on giving is over \$680 gift cards to our people from Patriot Technologies. These will come in handy when going to the Movies, a hair cut, to the Golden Corral, and to the craft store.



Allenberry

20 people went to Allenberry Dinner Theater to see the great show on Dec. 12. Allenberry looks forward to seeing us every year as much as we look forward to seeing them. We dress up in our best clothes, have a great meal and see a wonderful play. The long ride up and back is worth it, and we especially enjoy on the way home seeing the lights displayed on everyone's home.



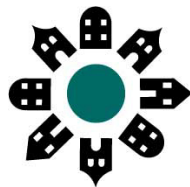
ROW Bazaar



All those people in ROW handy with glue guns, paintbrushes, glitter, pinecones, ribbon, fabric and baking certainly outdid themselves this year! The

big training room was filled with creative ideas to help us decorate our homes, outdoors and offices to say nothing of the fine delicacies that were prepared. Kelly and Georgette took the initiative on this activity but all in ROW assisted. Art student's Christmas cards were also big sellers.





Community Living

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