



# Connections

The in-house newsletter of Community Living, Inc.

Winter 2012

**Volunteer  
Board of Directors  
of  
Community Living**

**President  
David Goldman**

**Vice President  
Larry Schaffert**

**Treasurer  
Wanda Mounts**

**Secretary  
Wanda Mounts**

---

**Dr. Harvey Levy**

**Lee Radcliffe**

**Marilyn  
Dolbeare-Mathews**

**Jason Thayil**

**Michele Krause**

**Sean Kirby**



## CEO Susan Holton

It is so easy for us to think of those visits results in an amazing amount of medications and supplies. Another huge outlay for us is groceries: over \$140,000 is budgeted for food costs for our residents for this year. Our house staff is very frugal with their managing of the meal budgets, and with our partnership with Wegman's staff can do very well at stretching the budget.

in Santa Claus and many in the community make sure that each of our homes are full of gifts. We also are most appreciative of the gift cards we receive that spread joy through-out the year.

We use these cards for when an emergency comes up and someone needs a nice dress from Kohl's to wear to a niece's wedding as well as to celebrate a birthday at Red Lobster. All of the people we serve especially love the freedom and independence a gift card gives them to shop on their own with no strings attached at their favorite store. We would be remiss in not mentioning the tremendous success Snowflake had this year. You helped us raise almost \$22,000 which will be used for special occasions and needs through-out the year.

However, CLI also contributes to the financial well being of the community. First and foremost, we hire, retain and train more than 150 staff. Payday Friday around here is busy! Those staff go out into the community and make their own purchases for their own families: groceries, car payments, mortgages, clothing, utilities, the same as we do.

But we have some costs that are mandated by the state that ensure the people we serve are well cared for: physician visits every quarter, dental visits every 6 months, and you would not imagine the number of podiatry visits! All

Internally we support each other with the ROW cart. Every morning and afternoon a member of ROW along with a staff person comes rolling through the office with a "tea cart" full of goodies and teas. Leclair wants to give you your money back and some more from the change box, Charlie wants to keep all the change you give him for himself, but we all try to give him a penny for his efforts and Danny always has a joke to tell us. The funds raised from this little business support ROW activities.

And lastly, when we can, we purchase accessible homes. Our newest purchase, a rancher is on Sherman Avenue. We will be completely outfitting this home: every stick of furniture, every pot and pan, washing machine and dryer. It's a big undertaking and we look for furniture that will last a long time.

So as you can see, we really appreciate the support we receive from the community. Without it, our people we just barely have the essentials needed to live fulfilling lives. Our community truly makes a difference for each of our individuals and that trickles down to our staff as their jobs are just a little easier. A million thank yous.

# How we help support the Community

## Housing

Keeping the 26 houses safe and comfortable HOMES for the 75 people who reside in them is a huge job. There are many facets to this, and we support many businesses in the community in doing so. We ensure that our heating and air conditioning is running in optimal condition and have preventive maintenance done on it routinely and Frederick Air, a local firm, does that for us.

This past year we received over \$53,000 in grant funding from the City to retro fit some of our houses with energy efficient appliances, install energy efficient doors and windows, new furnaces, and insulation. This money was all spent with local contractors. We received other grant funding from both the City and the State and did much more extensive rehabilitation on three homes, upgrading bathrooms and kitchens, and again, we used local contractors to do the work for us.

Our maintenance team replace countless toi-

## Vehicle Maintenance and Purchases

CLI owns and maintains 30 vehicles. We have a vehicle for most of our 26 homes, two for the ISS program and three for the Maintenance team. Our house maintenance team has become well versed in also performing minor maintenance on our vehicles as well as the work they do on our homes. When the task needs more knowledge than they possess, we stick with a local service center, not even going with a chain....we believe in Frederick! This year's budget allocates \$34,000 for repairs for all 30 vehicles, an amazingly low total when you consider every car is on the road every day. We have 7 vehicles with wheelchair lifts that are at the end of their life span.

Our budget for gasoline is huge: \$75,000. It would be nice if we could purchase an entire

lets yearly, completes minor (in my opinion major!!!) upgrades to kitchens and other rooms in the houses. They keep gutters cleaned, newel posts tight, washers running and countless other tasks, spending money at local hardware stores buying all the little bits and pieces needed to keep a home in good repair.

In addition, we spend a great deal of money keeping our homes equipped. Bedding, towels, eating utensils, area rugs, glasses, plates, dish racks, living room TVs, sofas, dryers, shower curtains, pots, pans, spatulas all come from the CLI budget and all are things we purchase locally. We appreciate the donations of these items when we get them, too, but things just have a habit of wearing out!



fleet of compact, energy, efficient vehicles but that just isn't possible. Some of our homes have residents with behavior issues who cannot sit side by side and a van is the only workable option for outings for this house. Many of our older residents need the ease of a full size or 4 door car for getting in and out of a vehicle. A house with two staff and three residents needs a van to transport themselves anywhere. If we can use a small car we do when practical.

This leads us to our rapidly growing ISS program. There are only 2 vehicles assigned to the 33 participants in it. Our capital budget this year has allotted funds to purchase one vehicle from a local car dealer, probably a replacement for an aging vehicle. This means that funds to add a vehicle to the ISS fleet must come from donations. This vehicle, too, needs to be a van, as the ISS people often have physical disabilities needing the flexibility a van can bring.

# Support Services

Community Living is experiencing its fastest and largest area of growth in the area of Independent Support Services. SS clients range from people living at home with their families to living independently needing assistance. If they are living at home, the goals can be multifold: to provide a bit more assistance than the person they are living with can provide, either because the caregiver is aging or the client is aging or to help the client transition to independence. The types of assistance offered are wide ranging: from activities of daily living (bathing, feeding, toileting) to assisting with Dr. visits and going to Adventure World, it is all about choice. We thought we would take a moment to introduce you to some of our newest participants.

Susan or (“Susie” as she likes to be called) was born in Maryland on February 8, 1961. She currently lives in a townhouse in Walkersville with her sister, Donna. Susie is her own guardian and lives in the least restrictive setting allowing her to receive unique supports from CLI. Since joining CLI in September 2011, Susie has maintained her job at the Jeanne Bussard Center and began participating in the Special Olympics floor hockey skills and basketball skills. Susie enjoys engaging in at least one social and/or recreational activity per week and she is a regular at Civitan’s monthly Karaoke events.



Linda M. joined CLI in May 2011 and she currently lives with her father Lewis (Lew) and their dog, Koa in Frederick. Linda decided to come to CLI because she heard from Linda W. how fun CLI was. She wanted to become more independent and join the great outings.

Iman lives in a one-bedroom apartment right here in Frederick. He is very independent and takes care of most tasks of daily living on his own with a few minor exceptions. Iman is relatively new to CLI but he is quickly becoming one of the guys. When he is not working at the Scott Key Center, he is out and about enjoying the



many sites that Frederick has to offer. He loves basketball and floor hockey. He had an outing with snowshoeing and can’t wait to do it next year. He truly enjoys spending time with his peers. Within Support Services, Iman is the music go-to guy. He can state the name and artist of just

about any R&B or Hip Hop song that he hears. To see Iman in his true element, catch him at Karaoke and watch as he sings and dances the night away.

Tim R. Joined CLI on his 21st birthday on Dec. 21st. He started the New Year eager to be involved in a bunch of new adventures. Timmy loved floor hockey and snowshoeing as well as the many outings in the community. Once he purchased his hiking boots he can now both snowshoe and hike. Timmy lives to play on the Wii and is determined to beat JR’s bowling record.



## News from around the CLI world

We'd like to welcome to Linden a new resident named "Buster". Buster communicates with non verbal expressions, but he and Robert have become the best of friends, sharing a love of country music. Buster greatly enjoys being helpful around the house and is very easy going. When asked about how he liked Scott Key Center he smiled and clapped his hands! He indicated a preference in working in the Greenhouse and SKC will try and place him there....wearing his headset, of course. We've noticed that at any party he wants to sit up close to the music, and he really does enjoy dancing. We can't wait to introduce him to all the great music events we take advantage of in the summer and at the Great Frederick Fair.



CLI has been in the news lately. First there was a picture of our friends from Wolf's Furniture giving us a donation of \$250. Wolf's treats us well all the time, being respectful of our budget when we need to replace aging furniture. It's always a pleasure for us to go there and have them understand the issues of keeping 26 houses up to snuff. Thanks, Wolf's!

**Wolf's Furniture & Mattress**  
Since 1902

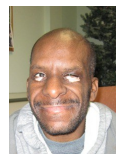


The 2nd picture featured some of our Bocce players with Josh Pederson, CEO of the United Way of Frederick County who funded our four Bocce courts in the back of our office. Along with the support of Albanes Landscaping, we now have 2 courts with artificial turf and two courts with real grass. We will be recruiting friends from assisted living facilities to join us in tournaments as well as playing in Special Olympics. We are always looking for Unified Partners. Keep an eye on Facebook to catch the latest news!

The greatest achievement in the Support Services World during the fall and winter seasons has been with our health and fitness venture. Back in May of 2011, we started a little competition and the ladies won, sorry guys. The ladies continued with their health and fitness program thru the cold season by walking indoors three to four days a week for at least an hour. The results of the walking and minor diet change got them to achieve 35 lbs. of weight loss. Linda lost 22 lbs. and Janet lost 13 lbs. Linda changed from McDonald's sweet tea to tea sweetened with Splenda. Janet switched from sweetened to half sweetened ice tea. Congratulations ladies!



We have some news regarding the unified athletes. For 10 pin bowling Chip had Angelique as his unified partner & they qualified to be alternates to nationals, Stanley and his unified partner Jennifer and JR and his unified partner Michelle made it to the state competition. There are many around here who think no snow is a good thing but our snow shoers really do like to have snow to practice in. However, they know that no one in Maryland has any, so practicing off of Elmer Derr Road is a great option. Linda M., Linda W., Susie, Bradley, Stanley, Timmy, Gerald, Thomas and Dennis all practice on Thursday nights. None of this would be possible if it wasn't for Carlota, Marty and the unified partners assistance. For snow-shoeing Timmy had Andrew, Linda had Debbie, Linda M. had Kathy as unified partners. Everyone qualified for the state competition to be held on Feb 27<sup>th</sup>.



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.





## More news from around the CLI world

On one of the coldest, rainiest, most miserable nights of the year, the CLI artists opened their very impressive art show at Frederick's Cultural Art Center in Downtown Frederick. Timed to be part of Frederick's First Saturday, despite the weather there was a lot of foot traffic on that October night. Our artist's 68 works were displayed for 6 weeks and over half of them sold, along with about 30 note cards. In total the artists made over \$950. We also displayed our Christmas cards at Art on the Hill and sold a good many there, here at the office and at Dublin Roasters.



has Charlie R., Tess, Vickie, Martha, Thomas, and John C. all use various rhythm instruments and other assorted music makers to have fun. Darcy plays the guitar and sings with each one individually and the everyone as a group. Martha laughs and laughs. John does John things. Vickie is very energetic, animated and an active participant. Charlie sits back, his feet tapping in time with the music. Tess is very engaged and is alert the rest of the day after attending the session. We are so happy to have Thomas back, and he particularly enjoys the guitar and the drums. If you have people that you work with that you think would benefit from a class, please mention something to Susan Holton.



And speaking of Dublin Roasters Coffee....Serena, Tracy and Debra are keeping our people busy. Dublin is located at 1780 N. Market St. and Ricky, Willy, Colleen, Shauna, Susie Mac and Ray work there filling, labeling, stocking bags, cleaning up and keeping track of their work. They also keep track of the cards that are currently selling, which are now the Valentine themed ones. We are appreciative of the mini fund raisers that Dublin has had on occasion for us. They are true friends.

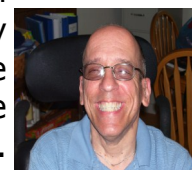
Two other ways we contribute to the community is our work both at Bonefish Grille and TGIF. The people we serve go there early every morning and roll the silverware. Clients tell me there is a unique way to do this so that the napkins stay rolled tight and nothing falls out. As busy as those two restaurants are, I'm sure that's a lot of silverware to roll!



ROW has started something new and innovative for its participants: a Music Encounters class. Selected individuals go to 246 Wyngate so they can focus and not be distracted by all the ins and outs of people in the ROW room. Music Educator Darcy

On a much sadder note, we lost three very beloved people in this time period: Ernestine Arnold, Tom Barrett and Kitty Gross. Each taught us so much in their own special ways. Ernie taught us that things could never be far enough away from her inquisitive hands, and that elfin face and those twinkling eyes belied a body full

of mischief. Tom woke up every day smiling and never met anyone that he didn't think needed to have that smile bestowed upon them. He loved the joys that each and every day brought him. Kitty was one of our original



16 clients that opened this agency and was well known downtown where we had a house. She was indomitable until the end and would give her heart away if she could to make someone happy. And that is what is most important to remember: Each one of these people gave and gave to all of us, their smiles, their hugs, and their love. We all were fortunate to have known and shared in their lives. Thanks to the many of you who made





NON PROFIT ORG  
US POSTAGE  
PAID  
Frederick, MD  
Permit #198

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

---

Phone: 301.663.8811  
Fax: 301.663.0476  
E-mail: [info@CommunityLivingInc.org](mailto:info@CommunityLivingInc.org)

Check out our new web site!  
[www.CommunityLivingInc.org](http://www.CommunityLivingInc.org)

Discover us  at [communitylivinginc](http://communitylivinginc)