

Spring 2019

CONNECTIONS



The quarterly newsletter of Community Living

A word from our CEO

Do you know what happened in 1979? The Three Mile Island disaster, Margaret Thatcher was elected Prime Minister of the United Kingdom, Sony Introduced the Walkman, median household income surpassed \$16,000, a stamp cost fifteen cents, and gas was eighty-eight cents per gallon. But do you know what also happened in 1979 that has had a profound effect on thousands of people in the past 40 years? Community Living was founded as a nonprofit dedicated to providing supports and services to people with intellectual and developmental disabilities.

That year, a group of dedicated families looking for better housing options for their adult children with disabilities started CLI as an alternative to institutional settings. Over the years, the organization has grown from 2 houses to 26, and from serving just a handful of people to now providing supports to over 160 people every day. And, while some organizations may be winding down after 40 years, Community Living has plenty of growth left to come. Our day and

employment services, which were non-existent not long ago, now support over 35 people in competitive, integrated

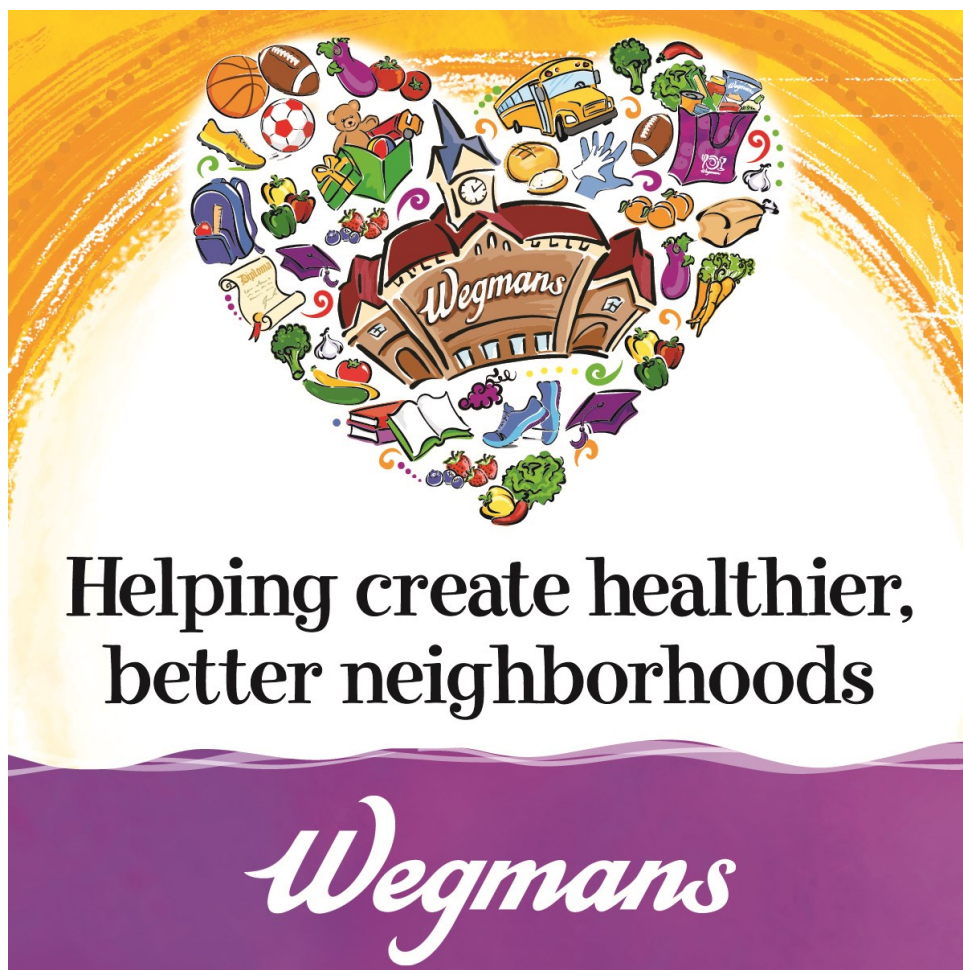
employment. Young people coming out of school continue to seek our services, and people looking for personal supports are regularly turning to CLI.

And, while the way we implement them have may have changed, our values have remained the same. As someone once said, "what's in a name?" Community Living's name has expressed our philosophy since the beginning – making sure people with intellectual and developmental disabilities are part of their communities. As we look forward to the next four decades, I hope the Frederick community that has done so much for us will continue to see the value in supporting our mission. And, by the time we reach the end of our next 40 years, I hope the community's acceptance of people with disabilities will make the services of organizations like CLI no longer necessary.



—Michael Planz

*Special thanks to 40th anniversary sponsors
The Lube Center, The Auto Spa and The Auto Repair,
and Wegmans!*



Recent events

Documenting 40 Years



We were so pleased to work with Mike Lowry of Blackfoot Productions for our 40th anniversary documentary. We had the opportunity to sit down and interview a wide array of community figures with ties to CLI, and we can't wait to show you the finished product! Stay tuned!

Appreciation Dinner

In December, we held our second annual Appreciation Dinner for our supporters and donors. It's our pleasure and honor to host this dinner every year. Though we can't possibly fit everyone who contributes, we try to show our gratitude year-round for our amazing community supporters. Thank you!



Recent events

Hospice Giving Campaign



Every year, CLI hosts an internal employee giving campaign for Hospice of Frederick County. Hospice means so much to the staff at our organization. We've seen first-hand the excellent care that many of the people we've supported have received through Hospice over the years. We've seen the love and kindness that goes into the care they give, and it really is a gift to our community.

It's our honor to be able to raise funds for Hospice every year.

Special thanks to Marybeth Leonard, CLI's Employee Relations Manager, for organizing this annual campaign.

Barnes & Noble

We had so much fun wrapping presents at Barnes & Noble in December! We always have a blast at our fundraisers at Barnes & Noble, and being able to spread holiday cheer through gift wrapping made it that much more fun. Can't wait until the 2019 holiday season!



Recent events

Alex & Ani

Let's face it — going to Alex & Ani in Montgomery Mall is always super fun. The staff is incredible, and the customers are generous and giving. This past December, we went back to Alex & Ani for another fundraiser. So excited for our upcoming events at the store this spring!



Brunswick Includes Everyone



In December, CLI partnered with Brunswick Main Street to host Brunswick Includes Everyone, an event held as part of Hometown Holidays. The people we support had a great time at the different shops, and everyone really got into the holiday spirit. We hope to be able to participate again next year!

Trinity UMC Annual Christmas Party

We can always count on Trinity United Methodist Church to throw an amazing Christmas Party, and last year's was no exception. The church was packed, and everyone had so much fun singing along to holiday songs, eating delicious food, and sharing in the spirit of the season.

Thank you, Trinity, for another wonderful holiday party!



News from Support Services

The Support Services department serves several people who are employed. The past few months have seen continued efforts to implement the Employment First model, which says that the first option for people who have intellectual and developmental disabilities should be employment. We continue to develop and implement plans that involve staff providing supports across the agency.

The Employment First initiative trickles down to a person's entire life and life satisfaction. Creating a strong bond between departments is essential in order to achieve success in providing excellent supports. This requires an enormous amount of communication and commitment.

We are extremely thankful for our staff's enthusiasm and, most of all, the flexibility of the fantastic team players that we have on board. Congratulations to all the individuals who are employed and loving it!

Now on the lighter side — we had a fun day at Whitetail Resort February 9th! Snowshoeing has been a favorite among many people we support for years, and this year has been no exception. Despite how much fun we have snowshoeing, it can have some disadvantages, too. It's very important that we emphasize the importance of hydration while doing such rigorous exercise. I am proud of one of the nicknames bestowed upon me by the people we support: "Safety First Lady."

Safety and precautions are very important and we encourage that. Involvement in the community and what is offered there does present risks and concerns, yet we aim to teach by example and deal with situations as they arise.

-Carlota Salter

Director of Support Services



News from our Vocational and Retirement Programs

It's been a busy few months for our Vocational and Retirement Programs.

Let's start with Retirement Our Way (ROW). The people we support in ROW have enjoyed activities like bowling, music therapy, bingo, and holiday parties. While the winter has brought fun experiences, everyone is more than ready for spring and some warm weather so we can get outdoors!



So far this winter we've had quite a few snow days on which our day program had to close. But just because the day program isn't operating doesn't mean the people we support don't have to go to work. Just like anyone else, the folks we serve have to bundle up and, with the support of their job coaches, make their way over to their jobs. Michael, shown above, is a great example of this. He never misses work — whether on a snow day, a holiday or a regular work day. He is always on time and ready to go. Great work to Michael and everyone else supported in the Vocational Program here at CLI!

News from Residential

The people we support in our Residential Department have had a really fun winter. We've taken trips, celebrated the holidays, and enjoyed the snow.

Some especially fun activities included attending a WWE wrestling match, seeing "Gilligan's Island" at Way Off Broadway Dinner Theater, participating in the Special Olympics Christmas Dinner and Dance, and enjoying the Yellow Springs Lions Club annual Valentine's Day party here at CLI (pictured).



Most of all though, everyone is just super excited for spring and warm weather!

Upcoming Events

Let's Talk

Join CLI for a panel discussion about end of life care, advanced directives, and ABLE accounts, on Saturday, March 23rd from 2 to 4 p.m. These may not be fun discussions to have, but they are very necessary, especially for families of people who have intellectual and developmental disabilities.

CLI will be joined by field experts for this discussion.

See flyer for details. Please RSVP by March 18th to Sandy Reisinger at 301-663-8811 ext. 1212, or sandyr@communitylivinginc.org.



let's talk.

Free Event!

IT'S ABOUT LIVING

Panel discussion for individuals with intellectual/developmental disabilities and their families

Saturday, March 23, 2019

2:00 to 4:00 PM

at Community Living Inc

620 B Research Court, Frederick MD 21703

RSVP by March 18 to 301.663.8811 ext 1212 or email sandyr@communitylivinginc.org

Presentations by:



Michelle Ross, FMH, ADVANCED DIRECTIVES. The legal document that specifies what actions should be taken for a person's health if they are no longer able to make decisions for themselves; also known as a living will.



Patricia Ortiz, Hospice of Frederick County, END OF LIFE CARE. Hospice is a comprehensive, coordinated, compassionate care for those with terminal illnesses. Hospice professionals provide support that addresses all needs -medical, emotional, social and spiritual.



MarylandABLE, TAX-ADVANTAGE SAVINGS ACCOUNTS. Permits the state to establish a new type of tax-advantaged savings program whereby eligible individuals with disabilities and their families can open an account to build savings to pay for qualified expenses such as medical and dental care, education, housing, transportation, assistive technology and more.

Sponsored by



**Monument
Retirement
Advisors**

Upcoming Events

Homeschool Dinner and Dance Social

CLI is all about reaching out to the community, and we're trying to do that in ways we haven't before. We typically have held events in schools, but we've never held an event just for homeschoolers before. We're so excited to host our first-ever Homeschool Dinner and Dance Social. This will be a great opportunity to get out, have fun, and support a great local organization (us!) at the same time. ALL proceeds go to our programs and services. See flyer for details!

Community Living, Inc. invites you to a...

Homeschool Dinner and Dance Social

For kids ages 9 and up. Parents and families are welcome to stay, eat and socialize!

Where: Trinity United Methodist Church, 703 W Patrick St, Frederick, MD 21701

When: Friday, April 12th from 4-6:30 p.m.

Cost: \$25 per person

Please come dressed in your best formal attire!

To purchase tickets, call Elaina at 301-663-8811 or email elainal@clifrederick.org



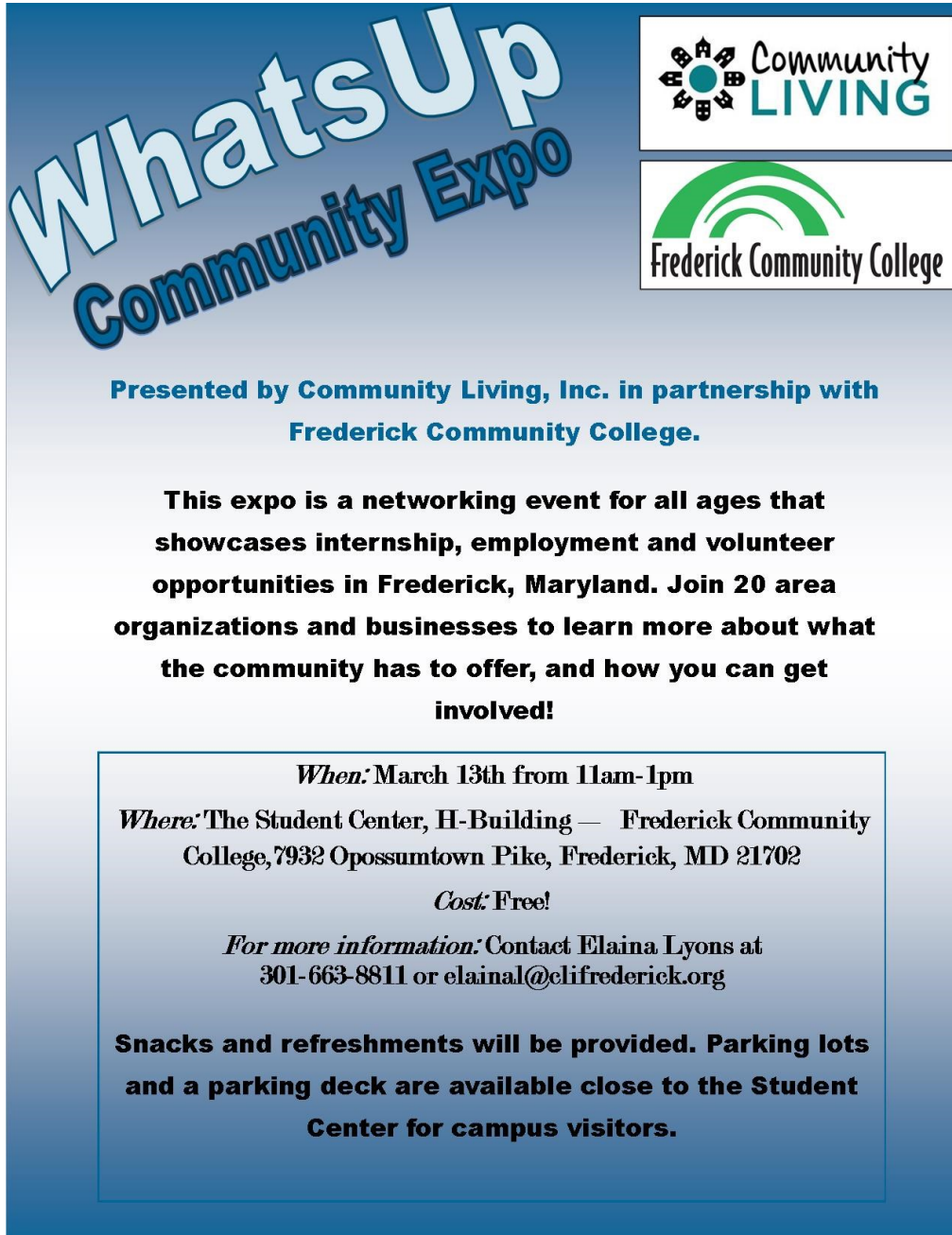
This event is part of an ongoing effort by Community Living, Inc. to reach out to our community here in Frederick. Learn more about what we do for people who have intellectual and developmental disabilities while having a great time with your family and friends! All proceeds benefit our programs and services. For more information about Community Living, visit www.communitylivinginc.org.



Upcoming Events


WhatsUp Community Expo


Join CLI and 19 other area businesses and organizations for the next WhatsUp Community Expo. This event is open to the public (not just students!) and is a great way to learn more about employment, volunteer and internship opportunities in your area. The event is totally free, and presented by CLI in partnership with Frederick Community College. See flyer for details!



The flyer features a blue gradient background. On the left, the text 'WhatsUp Community Expo' is written in a large, stylized font, with 'WhatsUp' in white and 'Community Expo' in blue. To the right of this text are two logos: the 'Community LIVING' logo, which includes a circular icon with house shapes, and the 'Frederick Community College' logo, which features a green arch design. Below the logos, the text 'Presented by Community Living, Inc. in partnership with Frederick Community College.' is centered. Further down, a paragraph describes the event as a networking opportunity for all ages to learn about internships, employment, and volunteer work in Frederick, Maryland. At the bottom, a box contains specific details: the date and time (March 13th, 11am-1pm), the location (The Student Center, H-Building at Frederick Community College), the cost (free), contact information for Elaina Lyons, and information about snacks and parking.

**WhatsUp
Community Expo**

Community
LIVING

Frederick Community College

**Presented by Community Living, Inc. in partnership with
Frederick Community College.**

**This expo is a networking event for all ages that
showcases internship, employment and volunteer
opportunities in Frederick, Maryland. Join 20 area
organizations and businesses to learn more about what
the community has to offer, and how you can get
involved!**

***When:* March 13th from 11am-1pm**

***Where:* The Student Center, H-Building — Frederick Community
College, 7932 Opossumtown Pike, Frederick, MD 21702**

***Cost:* Free!**

***For more information:* Contact Elaina Lyons at
301-663-8811 or elainal@clifrederick.org**

**Snacks and refreshments will be provided. Parking lots
and a parking deck are available close to the Student
Center for campus visitors.**

Welcome, new employees:

Taiwo Adeyemi — Mumoh Kuyateh — Aicha Sangare — Jason Childs — Antoinette Herrera
Greg Biggs — Mohamed Amara — Dorian Lee — Tenitia Chapman



It's our anniversary! We're going big for
our 40th anniversary year.

Last year, with your help, we raised \$110,000. This
year, for our 40th anniversary, we want to increase
that by \$40,000!

Help us reach our goal of raising **\$150,000** this
year! So far, at the time this was written, we've
raised just under \$10,000. We can do it! Help us
reach our goal, and together, we can make a
difference!



To make your donation, visit
[www.communitylivinginc.org/
donate](http://www.communitylivinginc.org/donate).

Or, mail in your donation to:

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



620B Research Court, Frederick, MD 21703

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We'd love to stay connected!

*"When I was young, I
used to admire
intelligent people; as I
grow older, I admire kind
people."*

-Abraham Joshua Heschel

**Please send us your updated
contact information (phone
number, address and email) so
we can keep you up to date on
everything going on at CLI!**

**Send your info to
elainal@clifrederick.org.**

**And be sure to follow us on social
media:**

**www.facebook.com/CLIFrederick
[@CLIFrederick](https://www.facebook.com/CLIFrederick)**