

## Spring 2020 Newsletter

*Live. Work. Play. Retire.*

### A word from our CEO

By Michael Planz, CEO  
Community Living, Inc.

I write to you now in the middle of the COVID 19 restrictions.

Our quarterly newsletter is typically filled with information about recent outings and activities, many of which are currently on hold. We had planned a reverse job fair for people we support looking for employment — a first of its kind in this area — and we have had to postpone it indefinitely. All Special Olympics activities are cancelled, which is difficult for many of the people we support. The Special Olympics are a source of fun and pride for thousands of people with disabilities across Maryland.

And unfortunately, due to underlying conditions, many people we support have been staying in their houses since mid-March because they are in a high risk category.

In the midst of it all though, I have been inspired by the good in the people in this industry and so many others. Our Direct Support Professionals have truly stepped up and continue to provide incredible supports and care. They are a prime example of the “essential personnel” so many have talked about recently. Our office staff has been incredibly supportive to ensure every house has the medications, grocery items and supplies they need. It has truly been a team effort. We can't know now how long the restrictions will last, but I am confident our staff will continue to rise to the challenge.

But now more than ever, we need your support. Every day as this crisis continues, CLI loses roughly \$8,500. It's a stressful time for everyone, but if you have any ability to donate funds or mail supplies like Lysol wipes or hand sanitizer, everyone at CLI would be so grateful.

Thank you so much for everything you continue to do.

We are so very thankful for each and every one of you.

#### COMMUNITY LIVING, INC.

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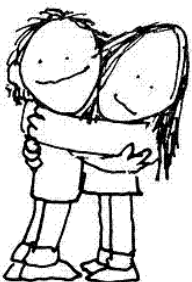
## Trainer's Nook — On Civility

*By Matt Cora*  
CLI's Director of Trainings

A question I frequently ask myself is, “how can I be a better person?” This question can be applied to both our personal and professional lives. P.M. Forni's Book, *“Choosing Civility – The Twenty-Five Rules of Considerate Conduct,”* lists and describes rules by which we can claim and care for our own identity, needs and beliefs, while simultaneously, respecting the same of others. Forni's rules for civility help us to relate to one another in ways The Mandt System would describe as having characteristics of healthy relationships. The rules are as follows:

- |                               |  |
|-------------------------------|--|
| 1. Pay Attention              | 14. Respect Other People's Time                      |
| 2. Acknowledge Others         | 15. Respect Other People's Space                     |
| 3. Think the Best             | 16. Apologize Earnestly                              |
| 4. Listen                     | 17. Assert Yourself                                  |
| 5. Be Inclusive               | 18. Avoid Personal Questions                         |
| 6. Speak Kindly               | 19. Care for Your Guests                             |
| 7. Don't Speak Ill            | 20. Be a Considerate Guest                           |
| 8. Accept and Give Praise     | 21. Think Twice Before Asking for Favors             |
| 9. Respect Even a Subtle "No" | 22. Refrain from Idle Compliments                    |
| 10. Respect Others' Opinions  | 23. Accept and Give Constructive Criticism           |
| 11. Mind Your Body            | 24. Respect the Environment and Be Gentle to Animals |
| 12. Be Agreeable              | 25. Don't Shift Responsibility and Blame             |
| 13. Keep it Down              |  |

For more information, check out P.M. Forni's book, “Choosing Civility.”



## Recent Events — Employment First Ceremonial Dinner

On Feb. 20, 2020, CLI held its second annual **Employment First Ceremonial Dinner**. This event is an opportunity for us to recognize the people we support who have jobs within the community, as well as the incredible staff who support them.

This year, we had amazing guest speakers — Alyssa Raven Fowler, Staci Jones, Sharon Plump, and Jade Ann Gingerich.

This dinner is special for a lot of reasons, but to us, it's a celebration of inclusion, diversity and acceptance. We can't wait for next year's event!





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### Recent Events — WhatsUp Community Expo

Twice a year, CLI presents the WhatsUp Community Expo in conjunction with, and held at, Frederick Community College. The last expo was Feb. 19th. We had an excellent turnout, from attendees and vendors! Each time we hold this fair, it grows and becomes even more successful. It's a great opportunity for jobseekers, and people looking to volunteer or intern, to find great matches within the community.

Our next expo is already scheduled for September 9th. Are you interested in being a vendor? Email [elainal@clifrederick.org](mailto:elainal@clifrederick.org) to get added to the list!





## Recent Events — Lions Club Pizza Party

We LOVE our volunteers! In February, the Yellow Springs Lions Club held their annual Valentine's Day pizza party for the people we support. What made the day extra special was that we got to celebrate David's birthday on the same day! A Darth Vader-themed birthday cake and balloons made the dinner that much more fun.

CLI's volunteers really are the best.  
Thank you for all YOU do!



## Outreach Programs

One of the most important things we do here at CLI is outreach. We go to club meetings, schools, groups and more to discuss what CLI does and how the community and its members can promote inclusion in their own lives and workplaces.

If you would like to have us come out to speak at your next class, meeting, or event, let us know! We cannot visit businesses right now due to the COVID-19 restrictions, but are ready to schedule events for the summer and fall. Email [elainal@clifrederick](mailto:elainal@clifrederick) for more information.



## News from our departments

CLI has four departments that support every area of adult life, from employment to retirement. During the COVID-19 crisis, life has been different, to say the least. While we can't go to the events we're used to or enjoy one another's company, we can still take advantage of the beautiful spring

weather. While maintaining social distance, we make sure to take walks and trips outdoors to get some fresh air and enjoy nature.

We also have some projects planned for the next few weeks, like making cards to send to nursing homes, making puzzles and gluing them as gifts for people, and more. Right now, a lot of what our staff is doing is providing emotional support, and that's perfectly fine. In times of crises, we all need a bit of a helping hand and heart.







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### Recent New Hires

Harleigh Seiders ~ Chantele Teta ~ Christelle Kongue ~  
Bless Queen ~ Bintou Sumbundu ~ Linda King ~  
Jennifer Hill ~ Timmia Lacy ~ Pamela Blake ~ Jessica  
Hamilton ~ Emelia VanEck ~ Rhonda Ryan ~ Rebecca  
Hamby ~ Derrick Rideout ~ Charline Bassey-Okon ~  
Princess Evans ~ Abe Agbo ~ Sharemay Seiders ~  
Morgan Nayman

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## Welcome back, Rhonda!

You probably remember Rhonda Ryan, who served as our last director of nursing. Rhonda recently retired, but just couldn't stay away. She came back as a residential coordinator, and we are so glad to have her back at CLI! She wasn't gone long, but she was definitely missed.

***Welcome back, Rhonda!***







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### Updates on Volunteers/Donations

We love our volunteers! Unfortunately, right now, we've had to restrict volunteer activity. We will be sure to let you know as soon as we're able to accept volunteers once again. If you're interested in volunteering and would like more information, please contact Elaina at [elainal@clifrederick.org](mailto:elainal@clifrederick.org).

### Donations/How you can help

Right now, we are not able to accept dropped off donations or donations our maintenance team would have to pick up. Here is what we can accept (and what we greatly need!)

- \* Disinfectant wipes and/or hand sanitizer. Please order online and have it delivered to CLI.
- \* Donations of funds! Especially right now, this is so important. To make a donation, please visit [www.communitylivinginc.org/donate](http://www.communitylivinginc.org/donate).





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### Upcoming events/Stay in touch

Usually, we'd fill the next few pages with upcoming events. But unfortunately, we've had to cancel and/or postpone many of our upcoming fundraisers and activities. We're hopeful to re-schedule once everyone is safe, healthy and no longer social distancing.

We can't wait to see you again soon!

## Stay in Touch

Want to stay in touch with us? Please do!

To get on our email list, shoot over a note to Elaina at [elainal@clifrederick.org](mailto:elainal@clifrederick.org).

Don't forget to follow us on social media. We're @CLIFrederick on Twitter, Facebook and IG!

Otherwise, we can be reached at [info@communitylivinginc.org](mailto:info@communitylivinginc.org), or 301-663-8811. Our main office is located at 620B Research Court, Frederick, MD, 21703.

