

Winter 2019

CONNECTIONS



The quarterly newsletter of Community Living

A word from our CEO

As many of you are probably aware, 2020 is a Census year. Every 10 years the Census bureau attempts to get a count of every person living in the United States. The results of the Census have important implications, including representation in Congress and the distribution of federal funds to states and local jurisdictions.

For the 2020 Census, Frederick County has established a Complete Count Committee in an effort to make sure everyone gets counted. There are groups that have been traditionally undercounted, including the elderly, the very young, immigrants and people with disabilities.

The Complete Count Committee is made up of representatives from a wide array of community organizations who have connections with these undercounted groups. The hope is that outreach efforts from these organizations will help to ensure these groups are more accurately counted in the 2020 Census.

Beginning in March 2020, you will start to receive postcards in the mail

that have a code connected to your address. You will then be able to go online and complete your Census form. This is the first time the Census will be done primarily online. If you do not complete the online form, you will get a paper form in the mail. If you do not return the paper form, someone will knock at your door asking you to complete a form.



Michael Planz

To illustrate how important it is to make sure everyone is counted, the State of Maryland has estimated that for every person not counted, the State and local jurisdictions lose approximately \$1,800 per year. That is \$18,000 in the 10 years between Census counts. That's a lot of money to leave on the table. So, keep an eye out for more information about the Census after the new year and complete your form. If you have additional questions, you can always call me at Community Living, or go to www.census.gov.

Thank you, and happy holidays!

—Michael Planz

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



Thank you to Damarco Studios for designing our amazing 40th anniversary logo!



*Thank you to the Safeway Foundation for awarding CLI a
 \$5,000 grant!*



Trainer's Nook

Tips for Caring for Someone with Epilepsy

Epilepsy is the fourth most common neurological disorder, affecting 1 in 26 people in the U.S. alone. Despite its prevalence, there are many misconceptions regarding the disorder. When attempting to help someone who has epilepsy and is in distress, feelings of fear, stress and denial are common.

Whether you are serving as someone's caregiver or not, knowing how to help someone during a seizure is important. Keeping a person safe is the ultimate goal when providing assistance. A couple of general guidelines for helping someone while having a seizure include:

- Protect the person's head. Whether you use a pillow, a soft garment, or your own hands, protecting a person's head can mean the difference between a seizure and a life-threatening emergency. Additionally, remove any dangerous objects nearby, including loosening tight clothing, or removing glasses from the person's head.
- Turn the person on their side. By placing someone in recovery position (on their side), you increase the likelihood of saliva and other body fluids draining out of the person's mouth. This helps reduce the risk of aspiration. Placing them on their side may be done while the person is having a seizure, or just after the seizure ends.
- Don't restrain someone having a seizure. Restraining a person will not stop the seizure. Allow the seizure to run its course.
- Don't put anything in their mouth. The risk of a chipped tooth or a choking emergency is far worse than potential crush injuries to the tongue. There also exists the risk of injury (getting bitten) to the person providing assistance if you attempt to put something in someone's mouth while they are having a seizure.
- Get help when needed. Dialing 9-1-1 is sometimes the correct course of action. Call 9-1-1 if the seizure is a first time seizure, if the seizure lasts longer than 5 minutes, if the person hurt themselves (especially head injuries), if the seizure occurred in water (the tub or pool), or if the person is acting unusual (trouble breathing, pupils not the same size).

Sources: www.epilepsy.com/learn/about-epilepsy-basics/what-epilepsy; Supernus Pharmaceuticals, "Caring for Someone with Epilepsy"

Recent events

Frederick Goes...70s Gala

On Saturday, October 26th, CLI transported its guests back to the 70s for an evening of fun, food, music, and giving. It was a blast! The Clarion Inn proved the perfect venue for the event, and guests raved about the food and atmosphere. The music was presented by The Dapper DJs, who are always absolutely incredible. And emcee Laura Stark got everyone on their feet with her energy and flair!

It was incredible from start to finish, and we're already planning next year's trip back through time. Who wants to travel back to the 80s? Big hair and scrunchies, anyone?

Special thanks to Brice Perkins for taking these photos!



Recent events

Frederick Goes...70s Gala

We're so grateful to all of our sponsors who made Frederick Goes...70s a reality:

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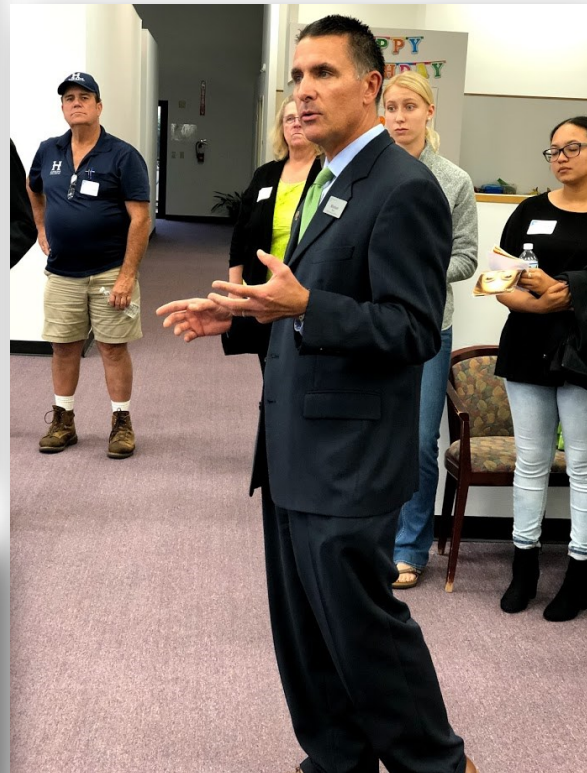


Recent events

Business Card Exchange

On Wednesday, Oct. 16th, we hosted a Business Card Exchange at our new (ish!) facility down on Hayward Road. We were so excited to welcome everyone to our day program building, share a bit more about what we do, and network with a bunch of awesome businesspeople.

Special thanks to Clagett Enterprises and Secure Energy for sponsoring the event, and huge shout out to the Frederick County Chamber of Commerce for giving us the opportunity to host!



Recent events

City Recognition

On October 3rd, CLI was recognized by the Mayor of Frederick and the Board of Aldermen for 40 years of serving Frederick. It was an incredible honor! Here's to 40 more!



Outreach Program

Did you know that CLI hosts outreach and educational programs? In September, we traveled to Toothman Orthodontics in Hagerstown to host a seminar about working with people with a wide variety of needs and intellectual/developmental disabilities.

If your business could benefit from some of our training, let us know! We'd love to come out and see you!



News from Residential

The people we support in our residential program enjoyed the end of summer and beginning of fall with tons of trips. Museums, shows, and shopping were at the top of the agenda for many of the people we serve. And, of course, for many people, working was also a major part of weekly activities. Next up: holiday parties!



News from Meaningful Day Services

Meaningful Day Services has been going through a lot of positive change recently. The DDA will soon be phasing in several new employment services, including Discovery, Job Development and Self-Employment Development supports. In order for CLI to be an approved provider of these services, staff must meet particular training standards.

Recently, staff members Carlota Salter, Anita Christie and Ashleigh Harris completed 40 hours of training, endorsed by the Association of Community Rehabilitation Educators (ACRE), with an emphasis in customized employment. Each of them received a national certificate of achievement in employment services and are now eligible to take the exam to become Certified Employment Support Professionals. An additional three staff are scheduled to take the ACRE training in December, and Randy Kiser, CLI's job developer, has already passed the Certified Employment Support Professional (CESP) exam.

On November 14th (shown right), Carlota Salter, Donna Fuss, Karen Keegan, Randy Kiser (not pictured) and Tom Buttner represented CLI at MD Works' 12th Annual Employment Awards, Maryland's premier event to recognize and celebrate advancement of employment, economic growth and entrepreneurship achievements by people with disabilities.

Everywhere we go, we're working to give ourselves more tools to make employment a reality for the people we support.

Thank you to all of the employers, co-workers, families, team members, and CLI's direct support professionals (in all departments) who contribute to making employment a reality for many of the people we support!



News from Personal Supports

Personal Supports is a stepping stone for employment. This department offers a variety of services before and after the Meaningful Day Program, and on the weekends. We make sure to reinforce and practice learning the instrumental activities of daily living, and being comfortable making new friends in the community. We're always on the move — in Frederick, Ocean City, Florida, a recent cruise to Bermuda(!), Pennsylvania, Washington D.C., Virginia and New York. Traveling brings up new challenges, and it's important to tackle them with the people we support so they are more comfortable later on.

Many have attended innumerable sporting venues in the community, which continues to offer constant opportunities for growth and enjoyment.

The latest was a Capitals game, which ended in a shoot~out loss — but it was great fun anyway!

We've also had some great learning experiences right here in our day program kitchen, too. Our cooking groups have had a great time practicing safe cooking and learning some new recipes.



Welcome, new employees:

Batholomew Forze ~ Harleigh Seiders ~ Brutus Camara-Coker ~
Armand Yao ~ Delphine Achi ~ Savannah Draper ~ Rose Oywere



Thank you to everyone who has made our 40th
anniversary year so memorable!

At the time of writing this, we're only \$29,000 away
from our goal of raising **\$150,000** this year.

We have just one more month left in the year, and we
know we can make this happen!

To make your donation, visit
www.communitylivinginc.org/donate.

Or, mail in your donation to:

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

Thank you!



620B Research Court, Frederick, MD 21703

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We'd love to stay connected!



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