



# Connections

The in-house newsletter of Community Living, Inc.

Feb 2013

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Community Living**

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For many, spring is the time to look forward to the summer, vacations, time off and a little less pressure at work. Not here at Community Living, we are gearing up to SPRING into new ventures. As many, we were hoping to stay hunkered down for another year as we waited to see what the economy would do. But we didn't have that luxury. New and exciting things are happening for us as I write this piece.

Since the closing of the Jeanne Bussard Center we have been listening to our participants so we can make things happen for them. Our immediate challenges are to find a new building, purchase laundry equipment and to find each person a meaningful work experience. That is on top of keeping services that were originally pieced together, moving forward to give the people consistency as well as new experiences. We are amazed each day as we discover their skills. We are excited to take their skills to the next level, but that takes space and staff. Space and staff are our current priorities. However, we are also looking at how we can give back to the community that has been so inclusive to our people. To collaborate with other entities will only strengthen opportunities.

Our people requiring skills to continue living independently is our fastest growing department. Many of these people live on the edge of being homeless and require intensive supports to make things happen, but are funded for little intervention. Our dilemma becomes providing the intense services up front so that they are in a safe place and then work on the skills needed to maintain appositive living experience. Appropriate housing is our biggest issue.

Creativity becomes the name of the game. We are currently looking into one of our gentleman purchasing a home and then renting out the other bedrooms. We know it can work; we just need the mortgage programs to see the value as well. Often our people are forced to live in substandard housing and are put into situations where they are extremely vulnerable and are taken advantage of over and over again.

We would like to add tennis this year to our sports list. These more individualized sports are a hit with our people, but again, it is heavy on the staff involvement side and thus is often on the back burner. If you are a tennis player and would like to give one of our people the opportunity to learn, please let us know.

Our artists are bountiful as well. We have wonderful artists in our group using a multitude of mediums. We will be developing a program to sell some of our artwork online. Many of our paintings and cards have been sold and we would like a bigger audience. We also have some wonderful craft projects that we know people would love. So look for news of this happening in the near future on our website and Facebook page.

So as you can see, things keep moving and changing. We cannot stay the status quo. We are always looking for new projects, ventures and partnerships. Please come and check us out, we always welcome new ideas and friends.

# Ongoing Activities and Events

The Knights of Columbus from St. Timothy's Church in Walkersville are not new to us, and we very much appreciate their ongoing support of us. Every year they sell Tootsie Pops and the proceeds from these sales comes to CLI. In previous years we have used these funds to support ROW, but this year we decided to have it support some of the programming in the Vo-

Aleta, Sarah, John Szarnicki, Ed Pisarcik and Wesley

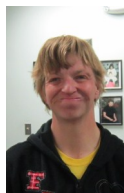


What could be finer than for 50 or so CLI staff and the people we serve We want to thank the Roy Roger's Restaurant at the corner of O'Possumtown Pike and TJ Drive for providing us with a wonderful environment for a fund raiser. Roy Rogers gives us a percentage of the sales from the evening when we are there. But the biggest thanks goes to a new

person:



Tracey Caylor! Tracey is part of our ISS program and she often dines at this Roy Rogers. She thought this

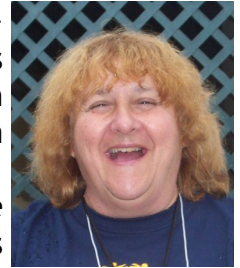


program would be a good way to raise money for CLI. She bugged Sarah for weeks to set it in motion.

We are always looking for fund raising ideas that incorporate the people we serve, our families and the community. If you have any ideas, please let Sarah know.



Marty continues to work with Colleen, Linda M., and Linda W. on life skills, building on their previously learned skills from CPR class. Right now they are learning how to assess when someone is choking and what to do in various situations. They have been doing simulated practices as well as "pop" quizzes when Sarah comes in and startles them pretending to be choking. They all now know that the wrong question to ask is "Are you breathing?"



Marty is going to do a Healthy Breast class with a group of resident ladies and their staff next. Along with this class will be CPR training for the people in the Vocational Program. This will be useful for them while they are working or at volunteer jobs. If any of you are reading this and think you have a person you serve who is a good candidate for either of these classes, please let Marty know.

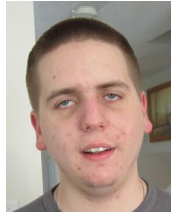
These highly personalized trainings take a great deal of Marty's time, but we feel they are very worthwhile. We don't know of any other agencies that provide CPR training to residents and clients, and we know we are a trend setter with the Healthy Breast Class for people with disabilities. In order for Marty to continue to provide these new and innovative classes and research other new ideas, we will soon be having some of our basic trainings on line.

Marty has worked with a company called Training and Tracking Solutions to provide DDA trainings that can be completed on your own by going on a computer (yours or one we will provide you) and logging on to a special web site. We'll keep you informed of when we will start.



News about our CLI family! Hellos and good-byes....to one of our long time family members. Read on!

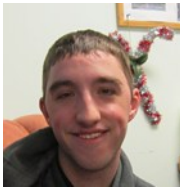
Bobby recently moved to Frederick County and is a new student at Frederick High. One of the things he likes about FHS is the ceramics class he is in. He likes yogurt for breakfast, and will eat pizza and chocolate cake anytime! He also hinted that waffles were a favorite. I think Robby likes food! He very much enjoys bowling and is eager to try the other sports we have. When asked what his favorite movie is; he picked out his collection of "Andy of Mayberry" TV shows. Robby can be found with Alex and Thomas at Hitching Post. We're glad to have him as part of our family!



Martha, Lindsay, and Tini welcomed Gabby to their Penn. Ave. home a few months ago. Gabby attends Rock Creek school, enjoys cartoons and appreciates sodas as a special treat. She really likes holding her baby doll. We are having a wonderful time learning more about Gabby as time goes on.



And then there's Nick who is part of the ISS program. Nick lives at home and says he is a good chef when it comes to breakfast food. He can make waffles, and likes to make his family eggs and sausage. He is attending a Photoshop class at FCC (he can be a big help to Sarah!) and is taking a cooking class with Shannon. In this class the group mutually decides a menu, goes out and purchases the food and then cook the meal. Nick works out at the YMCA, and goes to sing alongs. Nick loves sports and says the biggest advantage of being part of ISS is his ability to participate in all the sports.



After 20 years with CLI, Bonnie Fair is retiring. For the near term she'll be with us on an as needed basis, but shortly, there'll no longer be a cute blue car in the parking lot. Bonnie has done a marvelous job of ALWAYS keeping CLI on an even financial keel, being able to read the tea leaves with the state, knowing when to wait and not spend a cent more on this, and saying "go ahead, this is



one we need.". Because of Bonnie's astute management, CLI has always given raises, when most agencies have rarely done so. Above all, she always been an advocate


for the people we care for. She lobbied the state when needed. This agency would not be where it is today if it wasn't for Bonnie. Bonnie's plans include enjoying their "new-to-them" motor home with Mel, traveling the wide open roads, and of course motorcycling. All the best, Bonnie!

Don't forget to keep up with us on facebook at Community Living Inc. We post new and exciting pictures and news all the time.



Ricky H. is our 3rd Ricky! Ricky lived with Mom and Dad in Woodsboro before joining us in Residential. Every Weds. he bowled with his Dad. The two together won numerous awards.

We are excited to see just how good he is and will see when we start bowling in March. He also enjoys shooting hoops and apparently is very accurate. His two favorite TV shows are Wheel of Fortune and Jeopardy. At Scott Key, Ricky is a paper shredder. Ricky joins Joe and Lynn at Sherman. Welcome Ricky!

We've been the grateful recipient of two recent grants. The first one came to us from The Safe- **SAFeway**  way Foundation and was for our wellness program. The Ausherman Family Foundation is the primary funder of our wellness program and they have challenged us to find additional funders for it. Wegmans has also donated. As a reminder, the wellness program is CLI's way to assist our staff to become healthier by providing information on chronic problems such as diabetes and hypertension and offering advice on smoking cessation and weight loss. We have all enjoyed the healthy cooking classes. Right now we are in the midst of a weight loss challenge and are offering incentives to staff such as a paid day off and a \$75 gift certificate to Sports Authority. May the skinniest team win!



Another "old" name to us is CDBG. What a bunch of letters! CDBG stands for Community Development Block Grant and is awarded to us by the city to help rehabilitate our homes. This time our approach was new as we asked CDBG for funds to upgrade smoke and carbon monoxide detectors for two homes. If we find that doing the detectors for these two homes (there is electrical, plastering, and painting that needs to happen as well) is financially sensible, then we will apply next year for a larger amount of homes.

We'd also like to take this belated opportunity to thank the officers of The William E. Cross Foundation for their very generous donations to CLI. We very much appreciate the spirit in which they were given and trust we can live up to that intent.

On the horizon for us is a new State grant where we are applying for three handicapped minivans to be used by our Vocational Program. Right now the Vocational Program uses vans from the Residential Program, causing crunches for both programs.



"I saw Mickey"! I saw Goofy" "The Little Mermaid was there.....she was swimming but she was skating, too! "The Beast could skate backwards!" Those were just some of the comments from the many people that we serve that went to see Disney on Ice in Baltimore earlier this month. Many had been to see Disney on Ice before but all always marvel at how big the rink is at the Baltimore Arena. Once the lights dim, the magic starts and we hear stories for days about the characters, the music, and the trip there and back. It all is an adventure and we are glad that so many get to enjoy it!



Here is news! You do know that Elvis is alive and well, don't you? A group of our people were certainly convinced of it in January at the Hagerstown Theater when Elvis *appeared* and we were there to see it! James was singing songs when he came back, Debbie was serenaded by Elvis, and Vicki was up and dancing in the aisles.



New ongoing visitors to our ROW room are the middle school kids from New Life Christian School. They come monthly with a snack and a craft. What is especially welcome is that they come again and again and get to know our people in ROW by name and are making friendships. Each kids has someone special they want to work with. Both the kids and ROW participants light up. This is a great match!



The Vocational Program is helping to give back to the Community! We already volunteer at the Frederick YMCA and when Melissa Ward asked us if we would help distribute flyers in downtown Frederick in all the businesses advertising the MS Walk, we said "of course" Wesley, Bert, and staff Tim have been meeting and greeting businesses downtown as members of CLI, but as ambassadors of the Multiple Sclerosis Society. Tim says they have ben warmly received everywhere they go. We are always looking for new ways to volunteer.



During the holidays, the people of CLI are showered with attention. Santa Claus visits homes replete with gifts; he shows up at multiple holiday parties and takes time to say hello to each and everyone; and listens to special wishes from staff. Vans take a separate run from the office as there isn't room for both gifts and the people we serve. And now that it's February, we all know where those extra 5 pounds came from: the numerous parties thrown for us by many, many organizations! And then there is the Snowflake campaign. Donations big and small flowed out the mail box Dec., Jan. and Feb. and for this we are grateful. Proceeds from 2012 Snowflake already helped several enjoy Disney on Ice that otherwise would not have been able to attend. To all who help our people believe in the Joy of the Season, thank you.

*Thank you*



The world of Sports and Support Services has many new things to share. First, have any of you been able to find Ricky W. or Stan? Carlota and their physi-

cians grew very concerned about their weight and the two vanishing gents agreed to try NutraSystem and an exercise routine. Both are doing well and combined have lost practically 60 pounds. So....congratulate them, if you can find them!



Whitetail had good weather both days for the State finals for Winter Olympics. Our snowshoers have been practicing both at Kathy's house as well as doing sprints here in the office parking lot. These sprints have really increased our athletes' endurance and made them better prepared for the games.

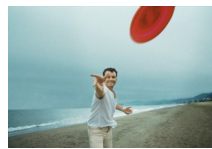


Participants were Bobby, Susie, Anelle, Raymond, Bradley, Janet, Linda W., Tim, Stanley, Gerald, David, Linda M., Nick, Iman, and Dennis. Staff that practiced with the team and went with them to Whitetail were Andy, Kathy, Andrew, & Carlota. What will they all do on their spare Thursday afternoons now? Alarik also won a ribbon for skiing.....even though Frederick County specializes in snowshoeing, skiing is another sport we do participate in.

We certainly don't want to ignore our star hoopsters: Anaele, Tracey, Iman, Bradley, Jimmy and Steve Loss! They faithfully practiced and went to tourneys all over the area. They, too, won medals and we were thrilled to share in their triumphs.



Many of the clients in Support Services are participating in a health and fitness program. Because the recreation program at CLI has received a few donations we have been able to obtain some recreational equipment for a few sports: kayaking, snowshoeing, Frisbee golf, bocce, golf, basketball, and bowling. Also hiking and walking - we have been able to purchase shoes for those activities. Some folks swim or play basketball or racquetball at the YMCA.



We also will be joining again the spring league for Kickball—FACKA. Many members of the CLI staff join the clients for a time of fun and exercise. One of these days we will win more than a couple of games, we love to play and now that we know what is it to win a game; we want more victories.



We are now official volunteers at the Catoctin Creek Nature Center in Middletown. We will be assisting in the clean-up of the park. We are pleased to help out at this particular park as the ROW people have enjoyed it often.

We were sorry to say good bye to Charlie Routzahn. Charlie died after a short illness. We have many fond memories of Charlie, and so many of them involve music. He loved coming to dances held at the office and tapped his foot with the music fast and furiously. Once he became a member of ROW and sat in the Living Room area he involved himself in the movie musicals. None of us need to ever hear "Chitty Chitty Bang Bang" again, but we are convinced that each and every time Charlie saw it he was transported into that movie. Charlie was fond of animals, and of children. He loved his hats and his House Manager Vicki. Thanks to everyone who made his life special.



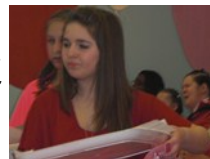
And haven't all of us dreamed of having a magic lamp, and a genie to grant all of our wishes? And a magic carpet to whisk us away? Members of ROW and the Vocational Program went to Way Off Broadway to see a production of Aladdin. It was amazing to many new to the experience of dinner theater that their wait staff suddenly became a genie, or a wizard or a beggar. It was interesting to hear how the images of a flying carpet was conveyed. Everyone is eager to go to another production.



My oh My.....our houses are packed with volunteers....this semester! That's right, we are talking a school semester. Frederick Community College has sent us 11 students who are fulfilling requirements for classes in psychology, counseling or social work. They are volunteering 6 hours, 12 hours, or 24 hours. We also have a student from Hood College who is here for 40 hours. We appreciate the vitality and energy these students bring to us, and the time the staff spends with them, helping to educate them about the CLI family and people with disabilities.



Back in early January Clara O'Connor, Mandy Walasik, Holly Winklbauer and Jenny Harshman from Urbana High School contacted us about doing a service project with CLI for their Destination Imagination project. These 4 students are



freshman and their project needed to make a difference in the lives of a group of people. Together it was decided that a dance is something that the people of CLI greatly enjoy, and that there were no current plans to hold one. The girls raised funds on their own, made decorations for the room, and made wrist bracelets for everyone to take home. Most notable was that they found a recipe for sugar free cookies online and made them for our people on restricted diets. Once here, everyone had a super time. Darren played a bunch of country music and the dance floor was packed. We can't thank the girls enough for their efforts to provide us a good time.



Our wonderful friend Jim Gangawere does not disappoint us in the winter either. He has been giving us tickets to watch Towson basketball, and we have become big fans! Paul, Ray, Stan, Tim, Vineet, Bobby, and David have all enjoyed a variety of games. Jim has his season tickets for both the Nationals and the Orioles and told us that they are great seats. We are always pleased when he is able to donate some to us..... Lets see.....Michael wants to take James to the Pirates, Sarah and Betty want the Red Sox, Patsy and Steve for the Philies..... :-) Thanks, Jim for being a CLI fan!



Is IT the tree of life? Is IT a rain forest? Is IT in your backyard? All we can say is you need to see IT to believe it. "IT" is the newest art project by our artists hanging in the board room, soon to be in front, comprised of multiple panels of a tree. Come see for yourself!

## Vocational Program News



Aleta and Colleen are familiar faces at Head to Toe Beauty Salon in Jefferson, MD. Once a week each goes there, along with job coach Melinda and assist in keeping the shop floor swept, materials straightened and put away, and laundry done. They are there about two and a half hours at a time. Each has told us that they have learned better patience, respect for a manager, and how to listen and follow directions since they have first started. Both the women say they enjoy their jobs much more now that have incorporated these lessons into their work lives.

The CLI Vocational Program is growing by leaps and bounds. We have picked up additional laundry jobs that take us out of the office even more often. We continue to do laundry at local Laundromats and hand iron the items that need this care and attention. We also have clients that are eager to join us, but do not feel that we have adequate space at 520 N. Market for them. To better serve this program and the growing needs of all our programs, we are looking for additional space.

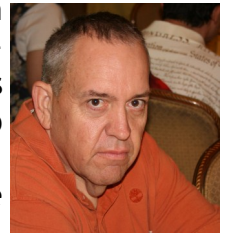
An ideal space for us would have room for our laundry program, space for piecework as we develop those programs, space for computer work and areas for quiet time for our clients who need a respite from the hustle and bustle of a busy environment. We hope that it will be nearby our current location.



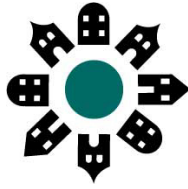
Much of our progress in the area of vocational life would not have been possible if it had not been for Dublin-Roasters. Initially we cleaned, then painted the building. From there we learned how to best work with coffee processing portion of the business. With the assistance of Serena and job coaches, we have learned how to: grind, flavor, bag, weigh and label bags of coffee. We clean up our work area and leave it as we found it. We're proud to be a partner there!



The Vocational Program is initiating a new program titled "How Others Work". With this program we will be taking members of our Voc. Program to various businesses in Frederick County to see how their business operates. We will see how the production line runs, how the back office staff addresses payroll, accounts receivable, and inventory; and the loading dock. This will give our clients a view to how jobs are done in places other than where we are established.



We are still working hard to find both volunteer and paid positions for our vocational clients. It is important to remember that any position that our clients engage in they will be accompanied by a job coach until they are fluent in the job skills needed. Jobs that are ideal for our clients are ones that are repetitious, involve small tasks, and perhaps involve short time spans. Ideas are **Work!** folding tasks, assembling jobs, mailing services, rolling silverware into napkins for restaurants, dog walking, stocking shelves, dishwashing, janitorial staff, food service, landscaping, receptionist, retail, daycare. clerical assistant....the list truly is endless when viewed through the lens of assistance with a job coach present.



**Community Living**

Winter 2013

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