



# Connections

The In-House Newsletter of Community Living, Inc.

Summer 2015

Volunteer

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of Community Living,  
Inc.

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*"The perfect place for  
people to live, work,  
play and retire,  
maximizing their full  
potential in a  
community that cares."*

Celebrating over 35  
years of service to the  
Frederick community

1979-2015

## Message From Our CEO, Michael Planz



"If you're happy and you know it, clap your hands." I think we all know that song - everyone sang it when they were a kid or sang it to their kids. While simple, the song reflects a state of being we strive to achieve at Community Living. Take a look at our [website](#) or our [Facebook](#) page and you will see a lot of people who look happy. They are doing things they like to do - community activities, sporting events, or spending time with family and friends. In addition to remaining healthy, being active and involved is one of the most important things related to staying happy. Community Living and organizations like us, who support people with intellectual and developmental disabilities, struggle everyday with the changes and burdens placed on us by the system. While new requirements are well intentioned, the impact can be significant (especially if you are a smaller agency) and may sometimes miss the mark. That is why we need to stay focused on the people we support and doing everything we can to ensure they live the kind of lives we would all like to live. When a person looks back on life, no-one is going to reflect and say, "I kept my room really clean" - the things they will remember are the times spent with others doing things that were fun and exciting. While we need processes, they can get in the way. What we all need in our lives are outcomes! What is the outcome of the service you are providing or the outcome of the service you are receiving? That is what matters in the end. And I hope for most people at Community Living, they will follow the song and clap their hands.

*Michael R. Planz*



## ACKNOWLEDGEMENTS

We are grateful to our partners, who continue to keep us in their thoughts every day!

**Avemco Insurance Company** is one of our biggest allies in the community. Founded in 1961 and headquartered in Frederick, the company is America's top "pleasure and business general aviation insurer." But it remains deeply committed to local causes. "We're glad to help," says Tom Fraley, Vice President of Support Operations. Over the years Avemco's support has never wavered, and this summer we were extremely proud and thankful to have received a donation of \$1,000 from the company.



The **SIEMENS Caring Hands Foundation** also kept us close to their hearts this summer! The organization, which was established for the sole purpose of "receiving, maintaining and disbursing funds for sponsoring and encouraging charitable activities," has supported the people we serve for many years. Their \$500 donation will surely go a long way!



And many, many thanks to our friends at **Give with Liberty**, Liberty Mutual Insurance's charitable organization, for opening their hearts as well this summer. The company has a "long tradition of encouraging its employees to give generously to broad-based human services organizations." Through Give with Liberty, Liberty Mutual Insurance employees have an easy and convenient way to contribute to social services organizations of their choice through online pledging and payroll deduction, and the company matches 50 cents on every dollar donated without any limitations.



The donation to Community Living comes courtesy of a former colleague of our CFO, Jeff, who was previously at Liberty Mutual Insurance. It will help us purchase much needed supplies for the people we serve. And we are not at all surprised by this generosity. After all, Liberty Mutual Insurance employees visited our home on Rainbow Lane last year and spruced up the yard!



## COMMUNITY RELATIONS

### LIONS CLUB OF FREDERICK

They did it again! The Lions Club of Frederick hosted its annual golf outing for Community Living at Adventure Park, and boy did we have good ol' time! Like years before, Willy was still giving Tiger Woods a run for his money, while Vineet channeled his inner Jordan Spieth!



## PROGRESSIVE DINNER

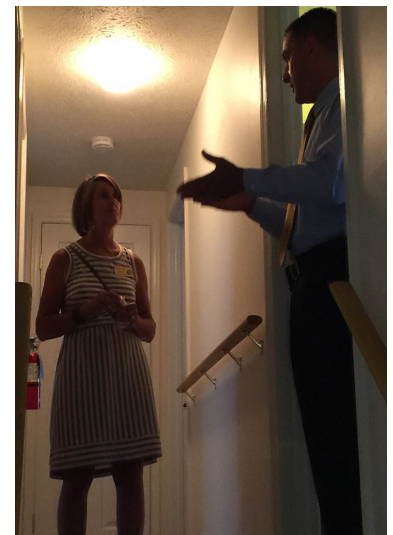
Community Living, Inc. continues to grow immensely, meeting the needs of the community by improving the lives of people with intellectual and developmental disabilities. Such success over a 36-year period could not have been achieved without the help of countless others committed to ensuring that our most vulnerable citizens strive for and achieve their goals. **The City of Frederick** has been a staunch ally, not only to the people we serve but also to our agency - making it possible time and time again for us to improve some of our residences. This summer we wanted to formally say **THANK YOU!** We also wanted to share the result of the renovations we have made to some of our homes using resources from the City of Frederick. At a Progressive Dinner - with food and light refreshments served at Hitching Post and dessert at 246 Wyngate - we were able to combine both, praising the City for its generosity and our partners who supported us along the way.



Front (L-R): Alderwoman Kelly Russell, Melissa Joseph (Rep. Van Hollen's Office), Sewon Bestman (CLI's Community Development Coordinator), Scott Wootton (Senior VP, BlueRidge Bank), Back (L-R): Michael Planz (CLI's CEO), Frederick Mayor Randy McClement

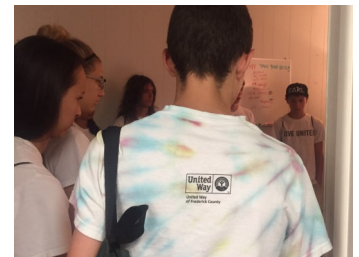
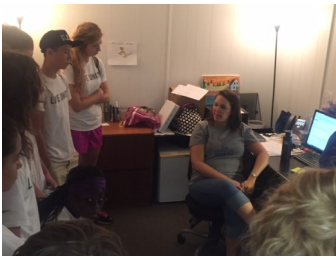


Cyril Bright (R), Hitching Post's House Manager, explains to CLI Board President Larry Schaffert and wife, Pam, how the upgrades to the interior of the house have had a positive impact on the daily routines.



## UNITED WAY OF FREDERICK COUNTY SUMMER SERVE PROGRAM

Serving the community is just one of the many traits we cherish at Community Living. We expect and demand this of ourselves, so we are always happy to see and accommodate others in Frederick that are as eager and willing to help others. This summer we were quite pleased to welcome young people from the United Way of Frederick County's "Summer Serve" Program, an initiative that has really taken hold among local nonprofits. The six-week program is offered to middle and high school students, ages 12 to 17, who can either volunteer for two-week cycles or stay for the full six weeks. In addition to working on specific projects at agencies like ours, the young folks also have the opportunity to partake in recreational activities (it's all about BALANCE!). At Community Living, they painted segments of our Wisner Street facility where our Day Services Program operates and they washed cars and vans.



The walls are full of color and the vans are nice and shiny! We are soooooo very much looking forward to having these young people return next summer!



# PROGRAMS

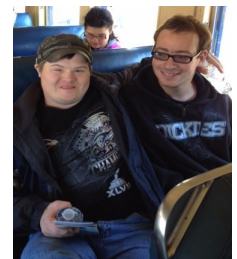
## CLIworks PIZZA GARDEN CREW

With the assistance of Beth Propps of the University of Maryland, CLIworks started a Pizza Garden at Ballenger Creek Gardens. Although we have a few green thumbs already in our group, through this endeavor we are learning valuable life and employable skills - all while having the time of our lives! Soon we will be harvesting and having a pizza party and enjoying the veggies of our labor. If anyone knows of a landscaping company that can use these seasoned pros, just let us know!



## SUPPORT SERVICES DEPARTMENT FOR INDEPENDENT LIVING

Personal Supports, formerly Community Support Living Arrangements (CSLA), has had a busy three months, too! Twenty-five unified teams competed in a bocce competition in Towson, Maryland. Two people participated on a traditional softball team as well. Individuals in Personal Supports also visited Towson University for a few sporting events, and they attended Orioles and Frederick Keys games. A couple of people went to Lake Tobias Animal Park and to the Pittsburgh Steelers Training Camp, while others enjoyed swimming, hiking, kayaking, golfing, biking and taking part in a 5K walk in Leesburg, Virginia. A few folks had the opportunity to cook, clean and shop at various retailers in Frederick and to volunteer at the Frederick Running Festival. Stanley F., Anelle E. and Robert V. completed the Special Olympics Coaches Training and worked as "Assistants" during this year's Special Olympics activities.



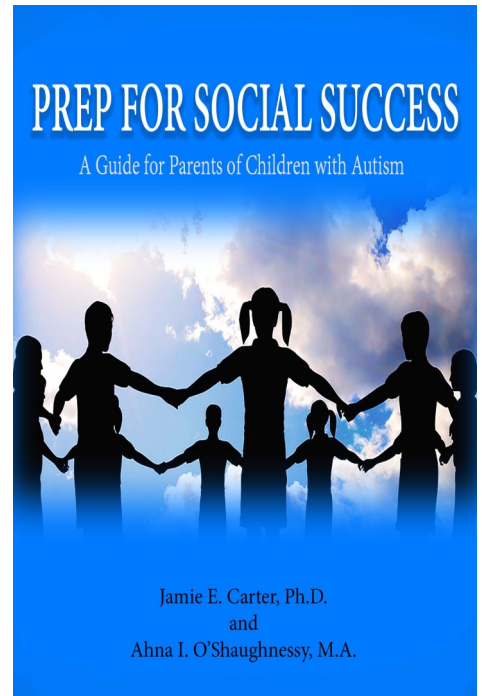
## CONGRATULATIONS!

### IS THERE A BUDDING PULITZER PRIZE WINNER ON OUR HANDS?

Our very own Ahna O'Shaughnessy has added another BIG one to her list of accomplishments! Ahna, CLI's Psych Associate and Behavior Consultant, is now a published author! ***PREP for Social Success: A Guide for Parents of Children with Autism*** aims to help parents teach their children with Autism



Spectrum Disorder (ASD) “how to more effectively handle and adapt to a variety of social situations through a simple, easy to remember, four step program (the PREP program).” With



guidance from the book, parents will learn a number of “techniques to easily apply PREP to help their child develop the skills that they need to be successful in social situations.” The techniques include using “visual cues, telling stories, developing scripts, performing role plays, playing games, and mapping out desired behaviors.” In addition, PREP illustrates for parents how to employ these techniques in different settings such as while at school, tending to group activities or community settings, as well as during novel situations. A chapter in the book is dedicated to ways parents can address youth that are transitioning, and how their own “mental and physical health and that of other family members can be affected by and impact” children with ASD. The book is available for purchase on [Amazon](https://www.amazon.com), and it can be downloaded via Kindle, Apple products and Android phones. CONGRATS, Ahna!

### EMPLOYEE OF THE QUARTER

MAJOR CONGRATS to Taj Abdullah, House Manager at 246 Wyngate, for being named Community Living's first-ever “Employee of the Quarter!” What makes this award so special is that winners are selected by their peers. Taj was chosen for his attentiveness, curiosity, willingness and uncanny ability to connect with the people we serve. He received a gift card (and a giant bear-hug from James). The Employee of the Quarter award will be given out to a direct-care staff member every three months.



## AGENCY NEWS

Our brood expanded in summer 2015! **Randy Kiser** is the new **Job Developer** for CLIworks. Hailing from an Air Force family, he was born in Newfoundland, Canada. Randy grew up in Rapid City, South Dakota and Hampton, Virginia. After serving in the Marine Corps during the Vietnam era, he obtained a Bachelor's and Master's from Virginia Tech in Blacksburg, Virginia. Randy then worked in the biotechnology field as a senior scientist for more than ten years before obtaining an MBA from Mount Saint Mary's University in Emmitsburg, Maryland. He spent the remainder of his career at the senior level in the bioscience industry, focusing on marketing and business development. During his free time Randy enjoys traveling, playing guitar, glassblowing, oil painting, talking science and distance running. He has two sons that are "launching" this year, Jacob (23) and Bryan (22). Randy is looking forward to using his sales and marketing skills to help individuals at CLI obtain appropriate and meaningful employment in their areas of interest. "I am grateful to the people of CLI for continually helping me learn and understand new practices and methods." Welcome to the CLI family, Randy!



We would also like to introduce **Pam Hamline**, our Day Services Program's new **Floor Support Coordinator**. She replaces Doug Clark. Welcome aboard, Pam!

**Karen Keegan** has been promoted to **Program Manager** at CLIworks. She is, at this time, still acting in her former role as Case Manager while we look for a suitable candidate to fill this role. Congratulations, Karen!

**David S. Goldman** has resigned from the **Board of Directors** but will continue to be involved with Community Living in other areas. Thank you for your service, David!

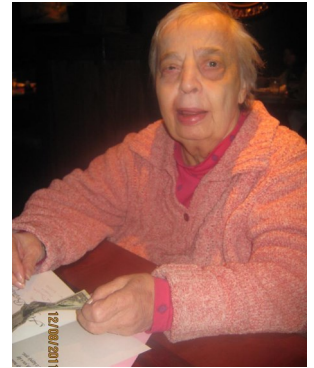




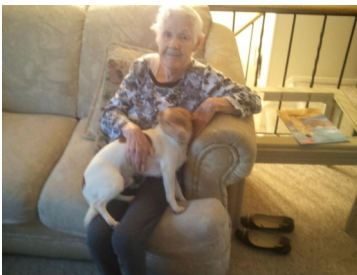
## IN MEMORIAM

As we reflect on the summer that was, we remember all those we loved and lost. This edition of Connections is dedicated to Betty Goode and Luella Miller, both of whom were among the earliest residents of Community Living.

**Betty June Goode**, the “matriarch” of the CLI family, passed away on Sunday, May 31. Born in Sterling, Virginia in 1934, she had been a resident at one of our homes since 1976 - one of the first people supported by the agency. Early on she worked at the Scott Key Center, and when she retired in 2000 she started attending ROW, prowling the halls and telling anyone who would listen about the Red Sox or the neighbor’s noisy dog. Betty was an avid baseball fan and she especially loved the Boston Red Sox. She enjoyed attending Frederick Keys games and amassed a large baseball card collection throughout her life. Betty loved going out to eat, especially to Red Lobster, where she would frequently enjoy a “near” beer. In addition to her CLI family members, Betty is survived by a sister, Peggy, and a brother, Jim. She touched many lives at CLI and throughout Frederick and she will be missed dearly.



Quiet as a church mouse, she was, but a feisty ol’ thing! Most who knew “sweet little Luella” would describe her that way. She never complained about a thing, lest you messed with one of her beloved pet cats or dogs! **Luella Maxine Miller** was born in 1931 in Allegany County, Maryland. One of eight children, she was sent to live at the Rosewood Center when she was very young. She was later placed at the Victor Cullen Center. Luella came to Community Living in 1976. Shortly afterwards she started attending day services at the Scott Key Center, from where she would commute to her job at Roy Rogers for more than 15 years. There was a lot of change in Luella’s life, including among those who worked with her on a daily basis. But the two constants were her “sisters by chance,” Carole L. and Cindy M. - with whom she lived for more than 35 years. They did everything together, including going to work and church, watching television and listening to music, shopping and eating at one of the restaurants on Frederick’s “Golden Mile,” or just taking a short walk in their neighborhood. They loved one another very much and pictures of the three posing together dating back to the early 1980’s adorn the walls in the house they lived in. In some of the pictures the three ladies are wearing matching outfits. Luella was a longtime member of Calvary United Methodist Church and greatly enjoyed her time there. Members of Calvary provided her with a variety of supports over 20 years. We remember Luella’s flare, passion for animals, her gentle and caring nature and her charming smile. She is survived by a niece and her family at Community Living.





Summer 2015

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