

# Connections

The quarterly newsletter of Community Living, Inc.

## A word from our CEO

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Summer is winding down – kids are getting ready to go back to school and families are wrapping up their vacations.

Most people look forward to summer vacation as perhaps the highlight of their year, and people who have intellectual and developmental disabilities are no exception.

We take the name “Community Living” seriously because we are always striving to make sure people are connected to their communities through a variety of ways — including vacations. We have supported people to go to the beach, Dollywood, Disney, Deep Creek Lake, and Nashville. We even supported a group of people to go to South Africa once.

I remember once a visitor came to one of our group homes. She saw some photos of the ladies who live there and staff from a trip to Ocean City. She asked, somewhat surprised, “You take people on

vacation?”

While she was surprised to learn this, I was surprised that she asked. I just considered it a regular part of what we do.

And besides vacations, this summer we took people to the theater, baseball games, wrestling matches, and Redskins training camp.

We facilitate visits with family and make sure people who want to go get to church. All of these things are important to people we support and, while we are always striving for health and safety, the things people remember are the experiences they have.

So for everyone who supports Community Living in multiple ways, your support is helping give people we serve memories that will last a lifetime.

From our family to yours, thank you for helping us make a difference.



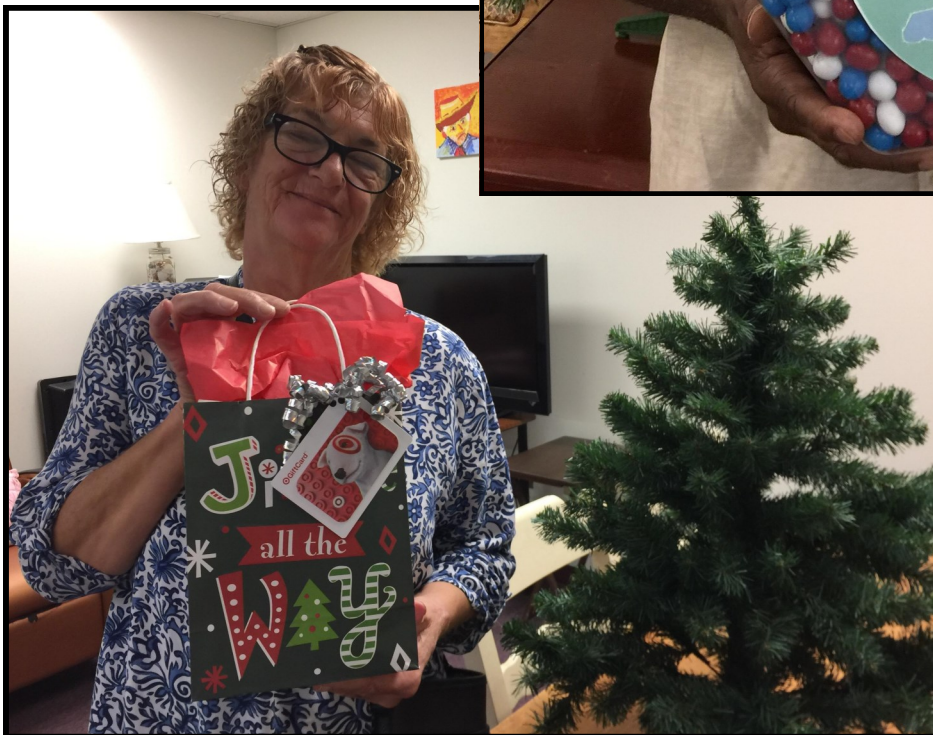
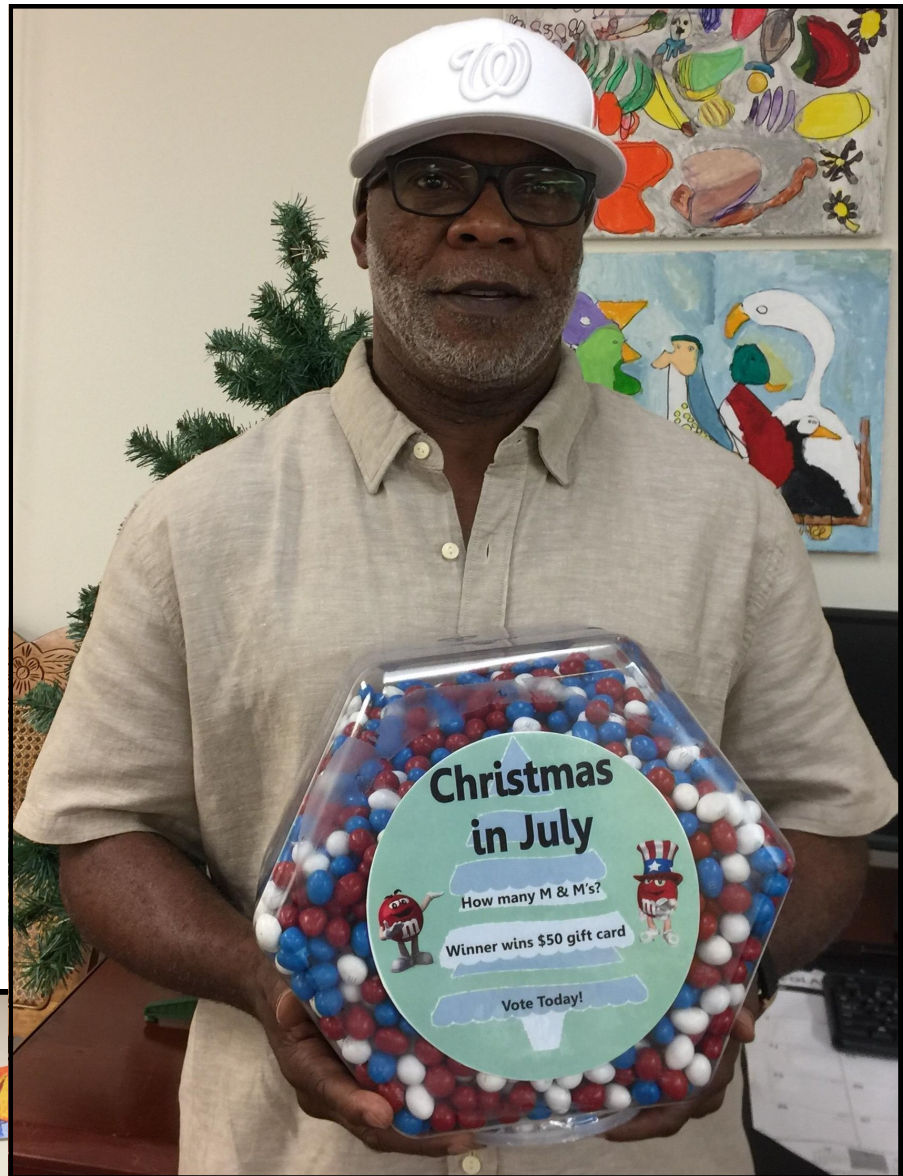
—Michael Planz

## Recent events

### Christmas in July

We celebrated Christmas in July here at CLI with a guessing contest. We invited our staff to guess how many M&M's were in the container shown to the right.

Blair's guess earned him first prize, a gift card, and over 2,000 M&M's. Sharon's guess landed her in second place, with a gift card prize!





## Recent events

### Community Fun Day



We had so much fun at our annual Community Fun Day on Saturday, August 4. We had a bunch of vendors come out to sell their products, including the talented bakers from [Two Sweet, LLC](#), who created these amazing (and delicious!) CLI cookies.



[WFRE](#) came out to broadcast live from the Fun Day, and we even had adoptable dogs and cats from the [Frederick Animal Shelter](#) there.

Special thanks to our friends at [Wegmans](#) for sponsoring the Fun Day and making it possible!

## Recent events

### Outreach Programs

Outreach is a huge part of what we do here at CLI. Though we primarily provide services ranging from residential to retirement for people who have intellectual and developmental disabilities, we realize that making a difference goes far beyond the walls of our offices and group homes.

That's why we believe it's so important that we get out in the community and host educational programs. At these events, we reach people of all ages and discuss the importance of empathy and understanding, what the term "intellectual and developmental disability" really means, and how we can foster a more inclusive community for people of all backgrounds and ability levels.

The world is a better place when we work together. If you think your school, church, youth group, workplace, or organization could benefit from a disability training seminar, please contact [Elaina](#).





## Recent events

### FUNomenon

The Patty Pollatos Fund, Inc. held its 13th Annual Family Fundraiser *FUNomenon* on August 25th. We were so grateful that they donated several tickets to us so that the people we serve could attend. Everyone had a great time!



## Thank you!

We'd like to give a special shout out to a few community partners who have, especially over the last quarter, gone above and beyond to support CLI:



**Wegmans** is an ongoing supporter of Community Living. Most recently, they sponsored our Community Fun Day, and brought water and snacks for the attendees, too. We are proud to shop exclusively at Wegmans for our grocery and household needs!

**Trinity United Methodist Church** has been a community partner for several years. From the spring and Christmas parties they host for the people we serve, to the event spaces they offer for our fundraisers (most recently, the Community Fun Day), we couldn't be more grateful for their continued support of our organization.

**WFRE** is so passionate about finding opportunities to highlight good in the community, and it truly shows. Special thanks to them for coming out to our Fun Day, and being so kind and just fun to work with. We are so appreciative!

**AstraZeneca** — our neighbors — are always on the lookout for ways they can help the community, and we have been so fortunate to be on the receiving end of that generosity on several occasions. Their donations of office supplies have been so useful to us, and we are so grateful for this continued relationship.

## Trainer's Nook

The National Alliance for Direct Support Professionals created a list of competencies that may be used in the near future when it comes to the DSP credentialing. The NADSP is based out of New York, so this may not be adopted here in Maryland, but the skills they list are helpful for any staff to have, and we strive to ensure that our DSPs are trained in as many of these areas as possible.

Please note: The following items are a partial list directly from the NADSP. For the full document, [click here](#).

### ⇒ **Participant Empowerment**

The Direct Support Professional enhances the ability of the participant to lead a self-determining life by providing the support and information necessary to build self-esteem, and assertiveness; and to make decisions.

### ⇒ **Communication**

The Direct Support Professional should be knowledgeable about the range of effective communication strategies and skills necessary to establish a collaborative relationship with the participant.

### ⇒ **Community Living Skills & Supports**

The Direct Support Professional has the ability to match specific supports and interventions to the unique needs of individual participants and recognizes the importance of friends, family and community relationships.

### ⇒ **Education, Training & Self-Development**

The Direct Support Professional should be able to identify areas for self improvement, pursue necessary educational/training resources, and share knowledge with others.

### ⇒ **Advocacy**

The Direct Support Professional should be knowledgeable about the diverse challenges facing participants (e.g., human rights, legal, administrative and financial) and should be able to identify and use effective advocacy strategies to overcome such challenges.

### ⇒ **Vocational, Educational & Career Support**

The Direct Support Professional should be knowledgeable about the career and education related concerns of the participant and should be able to mobilize the resources and support necessary to assist the participant to reach his or her goals.

### ⇒ **Building and Maintaining Friendships & Relationships**

The Direct Support Professional supports the participant in the development of friendships and other relationships.

### ⇒ **Provide Person Centered Supports**

The Direct Support Professional facilitates what is important to the person, which requires continual listening and learning in alliance with the person, their family and friends.

### ⇒ **Supporting Health and Wellness**

The Direct Support Professional promotes the health and wellness of people receiving supports and services.



## News from Support Services

The gang at Support Services has had a really fun summer, despite the ever-constant rain. There were many activities we couldn't do because of the weather, but that just made the sunny days more enjoyable!

The people we serve had fun going to Frederick Keys games, concerts, Ravens games, and shows. We also played sports like indoor bocce, indoor floor hockey, and more; took classes like art and internet safety; and worked on cooking and skills.

All of that was in addition to working at jobs ranging from places like Dublin Roasters to Planet Fitness.

We've had a great summer, but we're really looking forward to the events and activities that the fall has to offer!





## News from our Vocational Program

Jobs, jobs, jobs!

CLI's ongoing partnership with the Division of Rehabilitation Services (DORS), which provides funding for intensive job coaching, combined with funding for ongoing employment supports provided by the Developmental Disabilities Administration (DDA) has allowed us to support several people in new jobs this summer. CLI supports nearly 30 people who continue to be successfully employed in competitive, integrated jobs at more than 20 local businesses, including CVS, Dublin Roasters,



Frederick Memorial Hospital, St. John's Catholic Prep, Studio Allure Hair Design, Wendy's, Westview Regal Cinemas, and Weis Markets (to name a few!)

Most recently, Colleen (pictured above) began working at the Wendy's on Monocacy Boulevard. Congratulations on your new job, Colleen!

We're constantly on the lookout for exciting employment opportunities in our community. If you have a friend or acquaintance who might be willing to offer a tour or an informational interview at their place of business, please contact either [Randy Kiser](#) or [Tom Buttner](#).

And please remember that October is National Disability Employment Awareness Month!

## News from Retirement Our Way (ROW)

This past June, we welcomed Thomas Wornah as the new coordinator of the Retirement Our Way (ROW) program. Thomas and the ROW staff have been doing a fantastic job encouraging the people we support to get out and explore Frederick this summer. Whether bowling, participating in music therapy, taking in a movie at a local theater, receiving a tour of one of Frederick's fine fire departments, playing bingo at the senior center, or simply going to the park for some relaxation on a swing, participants in the ROW program can regularly be seen out and around town!





## News from Residential

Summertime and the living is EASY! The people we serve in our Residential program have made the most of the summer with trips to a lot of fun places, including Busch Gardens, Ocean City, the Great Wolf Lodge, and even the Crayola Experience Amusement Center in Pennsylvania.

Others stayed closer to home, got together, and went to more local events like “Beauty and the Beast” at The Way Off Broadway Dinner Theatre, and “Mamma Mia” at Toby’s Dinner Theatre. They all came back with stories of the fun time they had.

We also recently welcomed new Residential Coordinator, Dennis Waters (below, right). Dennis has many years of experience in the field that will be helpful to him as he gets to know all of the folks we serve here at CLI. Good to have you on board, Dennis!



## Happening Now

### *Unity Campaign for Frederick*

CLI is honored to be participating in this year's [Unity Campaign for Frederick](#).

The Unity Campaign is an annual event started in 2014 that aims to “fill the gap” to support our neighbors in the community who struggle to afford necessities.

Community Living employs almost 300

staff members, the majority of whom are direct care staff. These hard-working men and women oftentimes have more than one job and at least one child to care for. About 10% of our staff are single mothers who earn less than the Household Survival Budget for Frederick County outlined in the [United Way's ALICE \(Asset Limited, Income Constrained, Employed\) Report](#).

We are striving to take some of the financial burden off of our amazing employees by creating a child care relief fund for staff who fall below this line and have children. Through this program, 10 employees would be chosen each year to receive a \$1,000 grant paid directly to their licensed child care provider. We are hoping to raise \$10,000 for a total of 10 grants for this fund's inaugural year. This would alleviate a great deal of the financial burden some of our employees face.

To make a donation, [click here](#) or text UnityFrederick43 to 71777.





## Upcoming Events

### Candy Campaign

Snag some beautiful jewelry and make a difference at the same time by participating in CLI's Charity By Design event at [Alex & Ani Montgomery Mall](#)!

Stop by and see us between 4 and 7 p.m. Friday, September 21st. A portion of all regular sales during that time will be donated to CLI.

See you there!

ALEX AND ANI<sup>®</sup>  
CHARITY BY DESIGN

LET'S MAKE  
**A POSITIVE IMPACT**  
TOGETHER

SHOP TO GIVE BACK  
to causes close to your heart

15% of all ALEX AND ANI sales\* will be donated to:

**Community Living, INC**

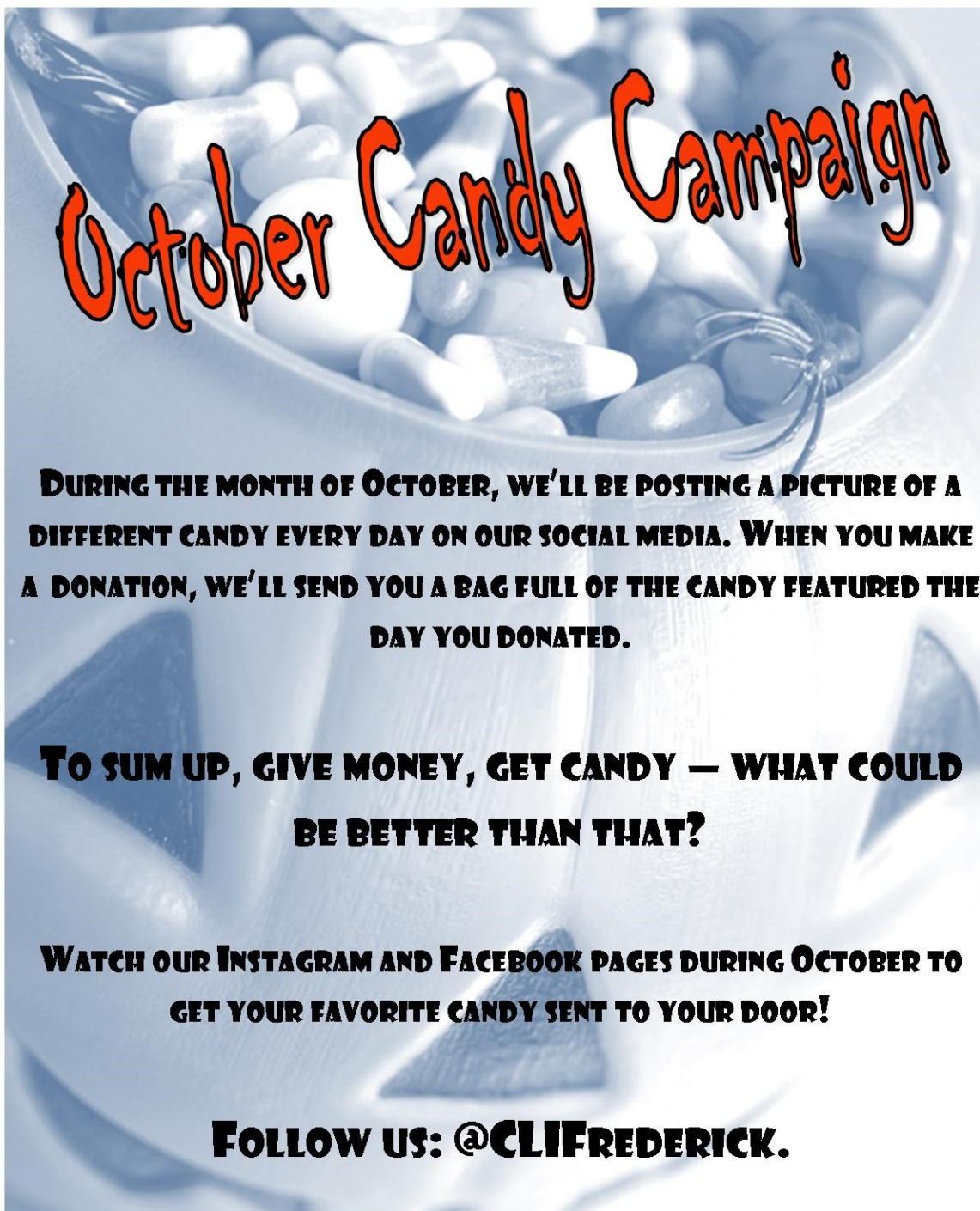
FRIDAY | SEPTEMBER 21ST, 2018 | 4-7PM  
ALEX AND ANI Montgomery Mall  
7101 Democracy Blvd. Bethesda, MD | 301.365.0570  
Hosted by: Elaine Lyons  
RSVP: [elainal@clifrederick.org](mailto:elainal@clifrederick.org)

Doing **GOOD** looks **GREAT** on you!

\*excludes CHARITY BY DESIGN<sup>®</sup>, Licensed Product, and LIBERTY COPPER<sup>®</sup>  
© ALEX AND ANI 2018

## Upcoming Events

### Candy Campaign



**DURING THE MONTH OF OCTOBER, WE'LL BE POSTING A PICTURE OF A DIFFERENT CANDY EVERY DAY ON OUR SOCIAL MEDIA. WHEN YOU MAKE A DONATION, WE'LL SEND YOU A BAG FULL OF THE CANDY FEATURED THE DAY YOU DONATED.**

**TO SUM UP, GIVE MONEY, GET CANDY — WHAT COULD BE BETTER THAN THAT?**

**WATCH OUR INSTAGRAM AND FACEBOOK PAGES DURING OCTOBER TO GET YOUR FAVORITE CANDY SENT TO YOUR DOOR!**

**FOLLOW US: @CLIFREDERICK.**



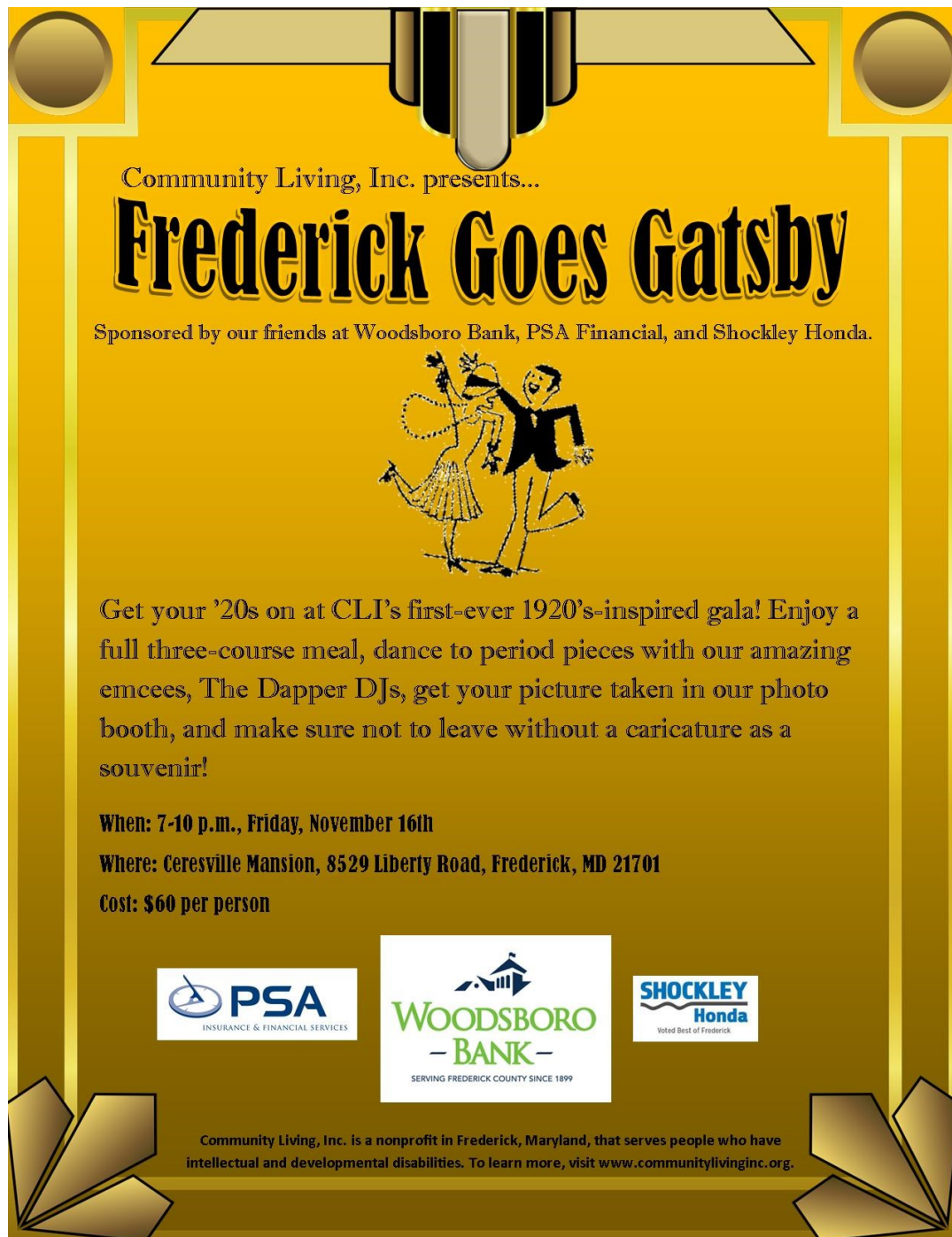
Community Living, Inc. is a 501(c)3 nonprofit that provides services to people who have intellectual and developmental disabilities. Learn more at [www.communitylivinginc.org](http://www.communitylivinginc.org).



## Upcoming Events

### Frederick Goes Gatsby

Buy your tickets now for [Frederick Goes Gatsby](#), CLI's first-ever '20s-themed event! Enjoy a three-course meal, dancing and music led by [The Dapper DJs](#), and more! Tickets are \$60, and they're selling out fast. Buy your tickets [here](#). And don't forget to wear your best '20s attire!

The poster is for the 'Frederick Goes Gatsby' event. It has a yellow background with a gold border. At the top, there's a stylized illustration of a chandelier. Below it, the text 'Community Living, Inc. presents...' is in a small, black, serif font. The main title 'Frederick Goes Gatsby' is in a large, bold, black, serif font with a gold outline. Below the title, it says 'Sponsored by our friends at Woodsboro Bank, PSA Financial, and Shockley Honda.' in a small, black, sans-serif font. In the center, there's a black and white illustration of a man in a tuxedo and a woman in a 1920s dress dancing. Below the illustration, the text 'Get your '20s on at CLI's first-ever 1920's-inspired gala! Enjoy a full three-course meal, dance to period pieces with our amazing emcees, The Dapper DJs, get your picture taken in our photo booth, and make sure not to leave without a caricature as a souvenir!' is in a black, serif font. Below this, the event details are listed: 'When: 7-10 p.m., Friday, November 16th', 'Where: Ceresville Mansion, 8529 Liberty Road, Frederick, MD 21701', and 'Cost: \$60 per person'. At the bottom, there are three logos: PSA Insurance & Financial Services, Woodsboro Bank (Serving Frederick County since 1899), and Shockley Honda (Voted Best of Frederick). At the very bottom, there's a small line of text: 'Community Living, Inc. is a nonprofit in Frederick, Maryland, that serves people who have intellectual and developmental disabilities. To learn more, visit www.communitylivinginc.org.'

Welcome, new employees:

1. Favour Nwankwo
2. Mabel Asafu-Adjaye
3. Viviane Tchoupe
4. Monique Martin
5. Conchita Acosta
6. Krista Maddox
7. Brady Oehler
8. Dennis Waters
9. Bailey Coop
10. Saratu Tanyi



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](mailto:elainal@clifrederick.org).**

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

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