

# Connections

The quarterly newsletter of Community Living, Inc.

## A word from our CEO

### INSIDE THIS ISSUE:

Recent events	2, 3, 4
Special thanks	5
CLI and the Community	6
Trainer's Nook	7
News from Support Services	8
News from Vocational Services	9
News from ROW	10
News from Residential	11
Coming Up	12
Stay in touch	13

Community Living, Inc.

(CLI) continues to be a leader in services for people who have intellectual and developmental disabilities in the Frederick area.

As we come to the end of another year, I can look back and reflect on our many successes from our continuing partnerships to our increased support for people who want to work, to our ongoing efforts to offer people safe and comfortable places to live.

As the people we support age, we face new and different challenges. However, it is also rewarding to see new, younger faces coming in – the faces of people we can help support to become adults and begin to live their dreams. Change is inevitable.

The system in which we work is undergoing significant transformation, some of it readily visible and other parts are less so, and

CLI will need to continue to change, as well.

For example, our oldest and largest service, residential/housing, is changing as new models of support are developed and individuals and families are presented with innovative and different options for how to live their lives.

These days, people with disabilities have opportunities for inclusion that may not have been available just a few years ago, and those experiences in turn teach the public about people with disabilities and their contributions.

CLI and its partners will need to maintain our effort to promote inclusion making sure people with intellectual and developmental disabilities feel valued and valuable. Please continue to follow our progress and support us in whatever way is best for you.

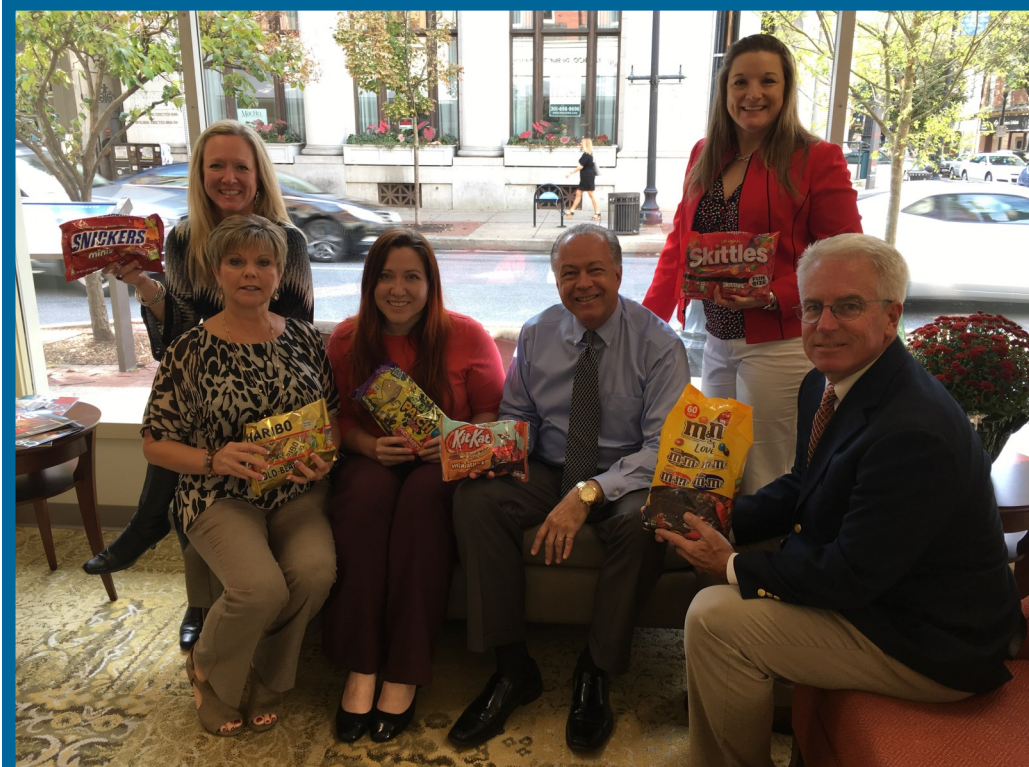
—Michael Planz



## Recent events

### Candy Campaign

Our first-ever Candy Campaign in October was a huge success! We raised more than \$1,000, and gave away a TON of candy. Thank you to everyone who donated and shared our posts throughout the month! We are also very grateful to Woodsboro Bank, pictured below — right, and Frederick County Bank, below — left, for helping to spread the word about the event.



## Recent events

### Halloween Party

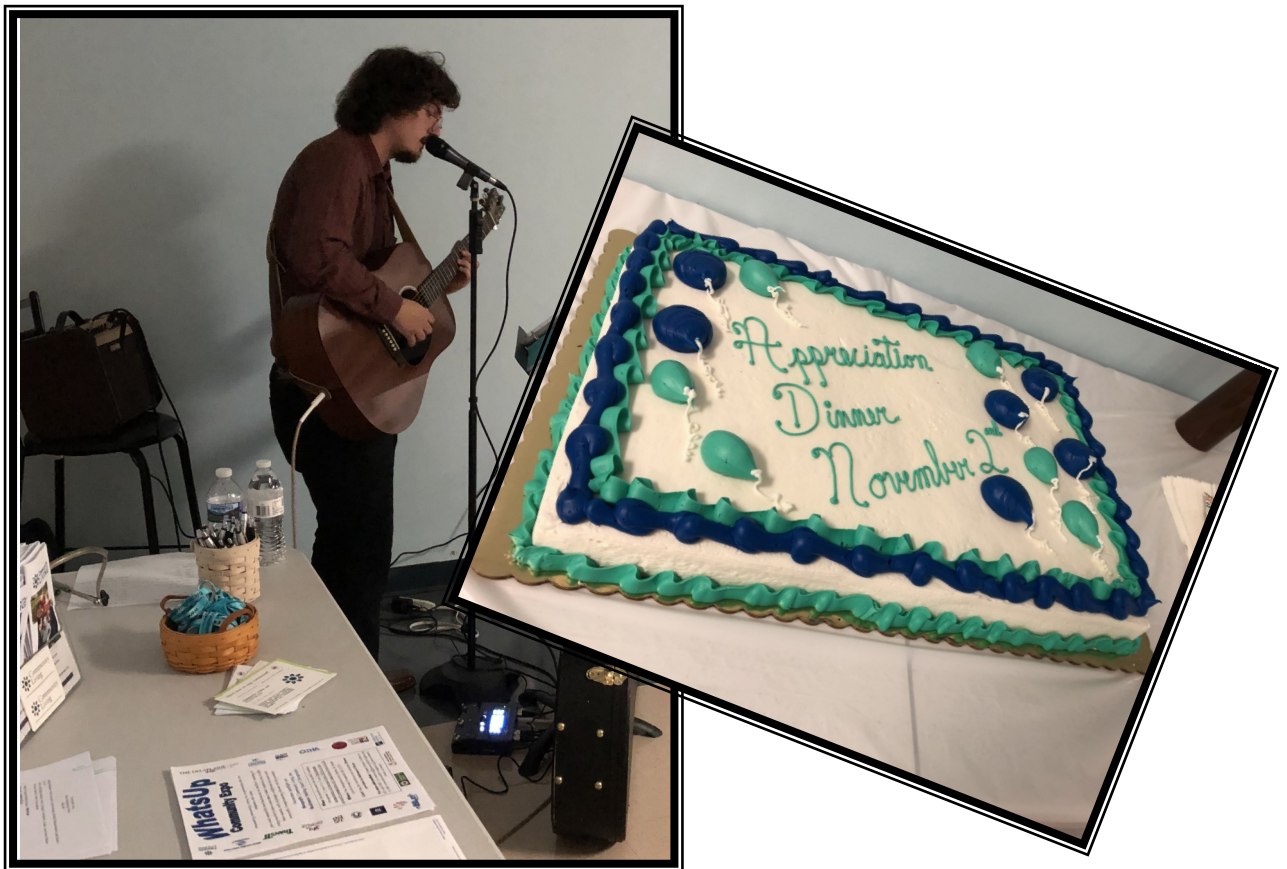
On Sunday, Oct. 29, the Yellow Springs Lions Club threw their annual Halloween party for the people we serve. There was a costume contest, delicious pizza and cookies, and goodie bags for everyone in attendance. So fun!



## Recent events

### Appreciation Dinner

On Thursday, Nov. 2, we hosted our Appreciation Dinner, an event meant to show our gratitude and appreciation for our amazing donors, sponsors and supporters. The room was packed, and our guests enjoyed great food catered by Renaissance Chef, and the beautiful musical accompaniment of Alexander Gallows. We are so thankful for our wonderful, generous community, and were proud to be able to host an evening just for them.



## Special Thanks

### The Wawa Foundation and the Safeway

Since our last Connections, we were awarded two community grants. Special thanks to the Safeway Foundation and the Wawa Foundation for your generous support! We are so appreciative!

Right: From left, Michael Planz, CLI CEO, and Elaina Clarke, fundraising & marketing director at CLI, accept a \$5,000 grant from the Safeway Foundation's Beth Goldberg, senior manager of Community & Public Affairs.



Dear Ms. Clarke:

I am pleased to inform you that The Wawa Foundation has selected Community Living, Inc. to be a recipient of a 2017 grant. Enclosed is a check in the amount of \$1,000.00 to support the services that you provide to adults with intellectual and developmental disabilities.

On the occasion of its 50<sup>th</sup> anniversary in retail, Wawa formalized its longstanding commitment to the communities it serves by launching The Wawa Foundation. Through The Wawa Foundation, Wawa will have the opportunity to create even more positive change and awareness for its community partners in our focus areas of Health, Hunger and Everyday Heroes.

Please acknowledge receipt of this gift by completing and returning the enclosed Grant Acknowledgment Form. Should you have any questions, please contact us via email at: [thewawafoundation@wawa.com](mailto:thewawafoundation@wawa.com).

We wish you much success and the best of luck with your continued efforts to support our communities.

Sincerely,

## CLI & the Community

Have you heard? The Community Forum Night is now the WhatsUp Community Expo!

In November, we officially moved to the Delaplaine Arts Center, and we made some other big changes, too! We've partnered with local businesses to offer coupons to each attendee at all of our events. Plus, we'll have business presenters in addition to nonprofits every month.

The event is still totally free, and dinner is provided. Each Expo is held on the first Tuesday of the month from 5 to 7 p.m. There's a parking deck right next to the Delaplaine for easy access.

To learn more about the Expo, or to get involved in the event, email Elaina at [elainac@communitylivinginc.org](mailto:elainac@communitylivinginc.org). You can also feel free to visit our website [www.communitylivinginc.org/news-events/whats-up-expo/](http://www.communitylivinginc.org/news-events/whats-up-expo/).



GREAT FUTURES START HERE.



TRANSIT



DAYBREAK



JSE



BARKER ADOPTION



GARDENS OF HOPE



MARYLAND RELAY

# WhatsUp

## Community Expo

Presented by Community Living, Inc. in partnership with The Delaplaine Arts Center.

Join local nonprofits and businesses on the first Tuesday of every month to learn more about what Frederick has to offer. Each month, we'll highlight a different business and nonprofit. Complimentary dinner will be provided!

December spotlight on:  
**Nonprofit:** The Religious Coalition  
**Business:** Business Management Company, Inc. (BMC)

**When:** This month's event will be held Tuesday, Dec. 5, from 5 to 7 p.m. The business presentation will be held from 5:30 to 6; the nonprofit presentation will take place from 6-6:30.

**Where:** The Delaplaine Arts Center, 40 South Carroll Street, Frederick MD 21701

**Cost:** Free, but donations are welcome.  
**Complimentary dinner will be provided!**

**For more information:** Contact Elaina Clarke at 301-663-8811 or [elainac@communitylivinginc.org](mailto:elainac@communitylivinginc.org) or visit [www.communitylivinginc.org/news-events/whats-up-expo](http://www.communitylivinginc.org/news-events/whats-up-expo)

THE DELAPLAINE ARTS CENTER












## Trainer's Nook

### A word of advice from CLI's trainer, Matt Cora

Throughout the year, there may be times when we feel the need to take or make a call, or to read or even respond to a text while we are driving. There are certain myths that continue to be perpetuated when it comes to using our cell phones while driving. Let's explore a few:

#### **Myth #1 – Drivers can multitask.**

The human brain cannot do two things at the same time – take watching TV and holding a phone conversation as an example. One activity will get the majority of the focus, and the other will fall to the wayside. The same is true when driving and talking on your phone. The brain switches between the two tasks, and this slows our reaction time.



#### **Myth #2 – Talking on a cell phone is just like speaking to a passenger.**

Backseat drivers can be good for you. Adult passengers can help the driver stay alert to traffic or other roadway problems. On the other hand, people on the other end of phones cannot see what is going on, and are unable to provide this assistance.

#### **Myth #3 – Speaking hands-free is safe to use while driving.**

Drivers talking on cell phones can miss seeing up to 50% of their driving environments, including pedestrians and red lights. Conversations are more visual than we might expect, leading drivers to ignore parts of the outside world in favor of their inner 'visual world'.

#### **Myth #4 – I only use my phone at stop lights, so it's OK.**

Even at stop lights, it is important to remain an attentive driver. For example, a recent AAA study shows that people are distracted up to 27 seconds after they finish sending a voice text.

#### **Myth #5 Voice-to-text is safe to do while driving.**

It is actually still very distracting. You're not only mentally distracted, but you're visually distracted due to the common autocorrect errors.

## News from Support Services

The Support Services department has had quite a packed few months. In September, 11 people we serve went on the trip of a lifetime that they had been planning for almost two years.

The trip began with a flight from BWI to Utah, and then off to the Canyonlands, the Arches National Park, and to Dead Horse Park. From there, they went to the Mesa Verde and the Colorado Trail in Colorado, before heading to the Grand Canyon in Arizona, and finally

stopping in Las Vegas on the way back to the airport.

Staff and volunteers

drove three vans and took turns riding with different friends for some of the road trips. To make a trip like this a success, we needed funds, but we also needed to make sure each participant was prepared with adequate social, independent living,

and community integration skills. After months of preparation, each person was ready to make the adventure a reality. Though they were encouraged and reminded of what had to be done, everyone did their share, and the trip was an experience that they will never forget. We are so thankful for amazing staff and volunteers who made this trip an unforgettable experience for the people we serve. We can't wait to do it again!



Above: Timmy and Nick had a blast on their vacation in September!

Left and below: Day trips and sightseeing were a must on our epic road trip this past fall.



### **News from our Vocational Program**

**Congratulations to Searia Dutrow for recently celebrating one full year of working at Shockley Honda!**

Searia is one of more than 30 men and women who are currently supported by CLI in community-based, integrated employment throughout Frederick County.

We at CLI believe that all people are capable of working and being part of our community when given the proper support. It is important that we all remember that the recently-implemented nationwide Employment First initiative is not only about employment, but also about creating opportunities for meaningful activities within our community. The idea behind Employment First is that employment should be the first option for people who have significant disabilities. Each and every member of our CLI team is needed to make this effort a success, as we transition from a “caregiver” model to more of a “support” model. Ultimately, it’s about simply helping people understand the multitude of options that are available to them and helping them make informed decisions about their own lives.

We are all excited about what the future holds for Searia and other individuals who have intellectual and developmental disabilities, as more and more people experience the joys of working — and living — in the community.



# **Congrats!**

## News from Retirement Our Way (ROW)

The participants in the Retirement Our Way program can typically be found at our local senior center playing bingo, crafting, attending music therapy — among other outings and activities. But with the holidays around the corner, ROW has been busy decking the halls and party planning! As fall approached, we painted pumpkins and dressed up for Halloween. On Thanksgiving Eve, ROW had a festive luncheon to celebrate the holiday. The wonderful ROW staff brought some delicious Thanksgiving staples for our party. We love the holiday season!



## News from Residential

Whew!

CLI residents had an amazing summer with many vacations to a multitude of places including Lancaster and Gettysburg, PA, Pigeon Forge, TN, and as usual, Ocean City right here in Maryland.

As we moved in to fall, the focus of events has been football games and wrestling matches. Those less interested in sports, had a wonderful night at Toby's dinner theatre where they enjoyed the show of "Dream Girls!"



Above: Sharon had a blast at her trip to Tennessee with staff Angelique earlier this fall!  
Left: Robert, staff Kenneth, and Jamie enjoyed a day at Baker Park before the weather got too cold earlier this fall.

Many residents got to take advantage of the unseasonably warm weather we had into much of fall, too.

Everyone is looking forward to the holiday season with lots of visits to family in the planning.

Each household seems eager for parties and presents and holiday cheer!

## Coming up at CLI

### Alex & Ani Fundraiser

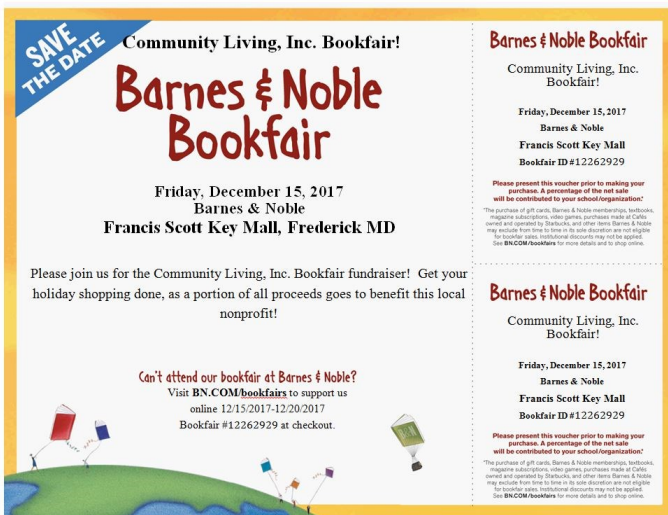
We'll be at Alex & Ani in Montgomery Mall from 3 to 5 p.m. Sunday, Dec. 10. During that time, 15% of all proceeds will be donated to CLI! Come by to say "hi" and get some of your Christmas shopping done, all while helping out your favorite local nonprofit!



### Barnes & Noble Fundraiser

On Friday, Dec. 15, stop by Barnes & Noble in FSK Mall! If you use this voucher at check-out, a portion of the proceeds from your purchase will

benefit CLI. We'll be there from 10 a.m. to 4 p.m. and we'd love to see you! Visit our Facebook page to print out a flyer.



And if you can't stop by, no worries! Use the bookfair ID number on this flyer from the 15th through the 20th, and a portion of the proceeds will go toward CLI.

*Fir more information about these and other CLI events,  
"like" us on Facebook and be sure to follow us on  
Instagram!*

*@CLIFrederick*

## Our new employees:

- |                      |                       |                     |
|----------------------|-----------------------|---------------------|
| 1. Rebecca, Ogundare | 9. Ya-Jainaba Jarra   | 16. Constance Owusu |
| 2. Vivian Saah       | 10. Kyrstyn Valentine | 17. Marcus Powell   |
| 3. Deirdre Thomas    | 11. Kariem Bullock    | 18. Morgan Skinner  |
| 4. Angie Roberts     | 11. Kariem Bullock    | 19. Oshea Foster    |
| 5. Antoinette Blamo  | 12. Brianna Savage    | 20. Mbalou Camara   |
| 6. Amanda Holland    | 13. Carla Adjibodou   | 21. Kingsley Akrofi |
| 7. British Worrell   | 14. Matthew           |                     |
| 8. Estherlynn        | McHargue              |                     |
| Ojukutu-Macauley     | 15. Jazmin Pastora    |                     |

# Welcome!



## 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  
[elainac@communitylivinginc.org](mailto:elainac@communitylivinginc.org).**

**And be sure to follow us on social media:  
[www.facebook.com/CLIFrederick](https://www.facebook.com/CLIFrederick)  
[@CLIFrederick](https://twitter.com/CLIFrederick)**