

Connections

The internal newsletter of Community Living, Inc.

A word from our CEO

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Developmental and intellectual disabilities are still largely misunderstood in our society. Many people mistakenly believe them to be mental illnesses, or make sweeping generalizations about them. If you don't have a family member with, or know someone who has, an intellectual or developmental disability, you may not feel as though they can ever touch your life, so why should you care?

That's why, at Community Living, we feel it's important to work to change the public perception of these disabilities. By being more informed about them, people can gain an understanding that will lead to increased acceptance and inclusion. With education comes the ability and desire to embrace all people – regardless of ability – so that everyone's uniqueness and contributions are celebrated in our community.

March is Developmental Disabilities Awareness Month, and organizations across the country are making the effort to increase inclusion and raise

awareness of developmental disabilities. To enhance this effort, Community Living has created a short commercial that will play at



local movie theaters during the month of March -- it's just one more way of making people aware of what we do and the people we support. We are so appreciative of the sponsors who made this commercial possible: Wegmans, WLR Automotive Group, Money Mentor Group, Matt Wesp of Heartland Foods, and Soldier Fit.

This month, and all months, CLI is working toward making inclusion a reality for not just everyone we serve, but for all members of our community. We are so excited to share this commercial with you at Westview Theater, in Frederick, and on our website later this month.

Thank you for your ongoing support!

—Michael Planz

Recent events

Valentine's Day Raffle

CLI held its first Valentine's Day Raffle last month. We were so appreciative of the support we received from the community. We were given amazing donations to use as prizes: Dutch's Daughter Restaurant donated a \$50 gift card; Flower Fashions donated a \$40 gift certificate; and Lindsey Beaman, of Adelenia Ray Jewelry Collection, donated a jewelry set valued at \$120.

Our winners, Karen Keegan, left, and Sue Keller, right, were so happy to receive their prizes! We can't wait to hold another Valentine's Day raffle next year!

Valentine's Day Raffle!

Let CLI help you surprise your special someone this Valentine's Day!

We're offering a raffle with three great prizes!

Prize 1: \$5 per ticket
A box of chocolates and a \$40 gift card to Flower Fashions.

Prize 2: \$10 per ticket
A set of rose quartz stone, gem-filled jewelry valued at \$120.

Prize 3: \$15 per ticket
Dinner and a movie! A \$25 gift card to Regal Cinema and a \$50 gift card to Dutch's Daughter.

How to enter:
To enter your name into the raffle, call Elaine at 301-663-8811 or email elaine@communitylivinginc.org. No limit for tickets — buy as many as you'd like! Raffle winners will be announced Thursday, Feb. 9. Prizes will be available for pickup the same day. If you live in Frederick, we'll bring your prize to you!

Proceeds benefit Community Living, Inc., a nonprofit that provides residential and vocational services to adults in Frederick County who have developmental and intellectual disabilities.



Alex & Ani fundraiser

We were so thrilled to be able to host a fundraiser at Alex & Ani, at Montgomery Mall in Bethesda. The event was held just in time for the holidays, on Dec. 19, and there was a great turnout! A portion of the proceeds from sales while we were there will be donated to CLI. Special thanks to Alex & Ani for reaching out to us with this opportunity. We are looking forward to partnering with Alex & Ani again in the near future. Stay tuned!



Recent events

Valentine's Day Party

We are so grateful to the Yellow Springs Lions Club for once again throwing an amazing Valentine's Day party for the people we serve. This year's party featured pizza, cookies, music, dancing, and a ton of fun! We are so appreciative to have such wonderful supporters in the community!



CLI & the Community

During the holidays, CLI held an employee giving campaign. We picked an organization near and dear to our hearts — Hospice of Frederick County — and more than half of the staff donated to this worthy nonprofit. We are so proud to have been able to raise \$160. On Feb. 8, we presented Hospice with a check for the money we raised.



At CLI, we are passionate about helping the community. Whether by fulfilling our own mission or helping to further another worthy cause, it's so important to us that we constantly strive to make a positive difference. And we could not be more proud to have a staff that values giving back and helping others as much as ours does.



CLI & the Community

The **Community Forum Night** is going strong! In fact, it's growing rapidly. We now have 19 participating organizations. As part of this initiative, CLI is partnering with the Grant Seeker's Resource Center of Frederick County Public Library to present a monthly event through which members of the community can learn more about the agencies and organizations Frederick has to offer.

Held from 5 to 7 p.m. the first Tuesday of every month in the Community Room of the C. Burr Artz Public Library, the event is free, and dinner is provided.

We're lucky to have several participating organizations who attend each month to offer information and insight into what they do in and for the community.

Each month is hosted by a different organization, but at each event, all partner organizations are present to hand out information and talk with attendees.

This is a great networking opportunity for businesspeople, organizations, community members, and interested volunteers.

To learn more, visit communitylivinginc.org/news-events/community-forum-night or email Elaina Clarke at elainac@communitylivinginc.org.



News from Residential

CLI residents enjoyed an easy, mild winter that was filled with holiday fun, Special Olympic sports and the usual winter activities. The highlight of the year for many is meeting Santa at the annual Christmas party provided by Trinity United Methodist Church. The residents packed the activity center at the church where they had a delicious dinner, sang Christmas carols and were greeted with a lively round of “Ho! Ho! Ho!” from Santa, who came bearing great satchels of gifts for all. For the remainder of December and into January, we had folks coming and going as they went to visit and share the holidays with families near and far. As the New Year began, so did bowling, skiing, and the competition of the Games. Many were committed to body building at Anytime Fitness and Soldier Fit. There was not much lying around here! Many of those who didn’t participate were cheering on their teams at Towson University or Mount Saint Mary’s where basketball was the sport of the season. Others were making crafts and enjoying activities in the community. One of our houses even had a visit from some pups courtesy of Go Team Therapy Dogs — Frederick, a local branch of a national nonprofit that places well-trained, certified therapy dog teams in programs that provide comfort and caring to members of the community. It is our hope that everyone had fun despite the lack of snow. We look forward to the start of spring that seems to be arriving early this year!



News from Support Services

Winter has been busy for the folks we serve in Support Services. We've been participating in community activities from going to Redskins games and sporting events at colleges and high schools around the state, to going hiking, snowshoeing, bowling, to Soldier Fit and the YMCA, and more. Plus the winter Special Olympics, as well!

But there's been plenty of "fun" with the "games." We've also gone to parties, including a Super Bowl party, dances, church events, the Special Olympics winter games dance and more. There have also been plenty of trips to parks around Frederick, plus the usual appointments of day to day life everybody has to get done!

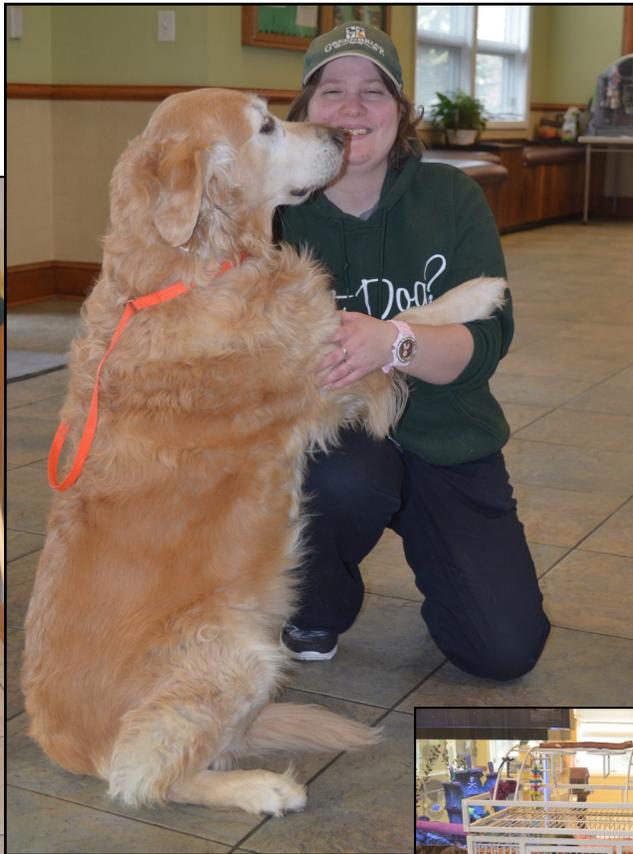


Stories of Success

Megan Dagenhart works at Greenbrier Veterinary Hospital and Resort, in Urbana, doing janitorial work 5 days a week. She started working there in February 2016 and we are all so very proud of her. Megan is always willing to do whatever it takes at her job to be the best employee that she can be - and it all pays off. She just had her yearly review and words can't describe how well it went. Most recently, she was assigned a new task at her job — one that she's wanted to do since she started — working in the Doggy Day Camp.



Congratulations, Megan! Keep up the hard work!



Coming up at CLI – Spring Bingo

It's almost that time of year again! We're gearing up for our next bingo fundraiser. It's scheduled for Saturday, May 13, so be sure to mark your calendars!



We think it's really important to work together to make our community the best it can be. This year, we're proud to be able to partner with the Religious Coalition. Proceeds

from the tickets they sell will go back to the Coalition to support its many programs and efforts in Frederick. All tickets sold by CLI, and all donations received by CLI for bingo, will benefit Community Living.

We're working on some amazing prizes, and we can't wait to share what's in the works. Stay tuned for details!

Staff Photo Contest

We're having our second annual staff photo contest! From March 6 to April 6, we're asking our staff to send in their very best pictures in one of two categories: Downtown and Cutest Pets. We'll be announcing the winning photos on Facebook and Instagram in mid-April, so stay tuned!



Useful information:

If you have a family member who lives in CLI housing, your first point of contact after the direct support staff is the residential coordinator.

Here is how you can reach them:

RC Matt Cora – 301-663-8811 x 1233

House	House phone number
110 Andover Court	240-578-4619
1712 Country Court	240-651-3961
590 Hillcrest Drive	240-578-4522
1331 Hillcrest Drive	240-578-4317
1848 Millstream Drive	240-578-4318
424 Pinoak Place	301-732-6499
1829 Millstream Drive	301-732-6393
1813 Beaver Creek	240-578-4572

Useful information:

**These are the residential coordinators
and the houses they manage (cont'd):**

RC Farhan Akhtar —
farhana@communitylivinginc.org
301-663-8811 x 1230

House	House phone number
1775 Heather Lane	240-651-0068
214 Linden Ave.	301-378-2090
3030 Mill Island Parkway, Apt. 104	240-651-0046
827 Motter Ave.	240-457-4190
7219 Rainbow Lane	240-578-4671
5012 St. Simon Court	301-798-8941
246 Wyngate Drive	301-732-5709
1501 W. Tenth St.	240-651-0278

Useful information:

**These are the residential coordinators
and the houses they manage (cont'd):**

RC Assunta Hage – 301-663-8811 x 1216
assuntah@communitylivinginc.org

House	House phone number
425 Carrollton Drive	301-732-6090
208 Thomas Ave.	301-898-2017
50 Pennsylvania Ave.	240-651-5567
1401 Pinewood Drive	301-732-6406
412 Sherman Ave.	240-651-0067
1368 Hitching Post	240-578-4575

RC Martha Weeks – 301-663-8811 x 1215
marthaw@communitylivinginc.org

House	House phone number
1112 Young Place	240-651-0386
225 Wyngate Drive	240-651-0905
1807 Meadowgrove Lane	301-378-8573
6116 Quinn Orchard	240-651-0961

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.**

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

