

Fall 2019

CONNECTIONS



The quarterly newsletter of Community Living

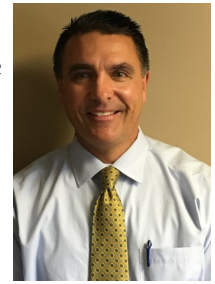
A word from our CEO

Over the last few years, CLI has gained a lot of new followers and supporters, so I think now's as good a time as any to explain what we do for the people who don't know, and give a refresher for the people who do.

Every day, CLI supports about 160 people. Our oldest and largest service is Residential – commonly known as group homes. Here we support almost 80 people in everything from cooking and cleaning, personal care and medical needs, to outings and activities in their neighborhoods and communities. We carry this out every day through the hard work of staff who receive nearly 40 hours of training before starting. The houses are maintained by a 5-person maintenance crew. (Think of everything you have to do in your house every day – they have 26 houses to keep up with!) We employ nurses who visit regularly working with residents, staff and families to help keep everyone in tip-top shape.

We also provide Personal Support Services (PSS). These services are provided to people who live on their own, with a roommate or with family. The beauty of this service is flexibility. PSS staff

provide supports to do just about anything the individual we support wants or needs. It could be banking, shopping or going to a sporting event. The overall goal is to ensure people can live as independently as possible.



Michael Planz

And, finally we provide what is officially named Meaningful Day Services. "Meaningful Day" is just what it sounds like — it provides an opportunity for people to do something during the day besides just hanging around the house. We support many people in jobs, from 2 to 40 hours per week. Other people who may not be ready for work are supported in volunteer activities. Still others participate in activities to help build skills that are meaningful and will help them move to the next level in their life course. Meaningful Day also includes our retirement program, where people have a more leisurely pace and enjoy activities at various locations.

So you see, our tag line "Live, Work, Play, Retire" truly says it all. We're here for every stage of adult life for the people we support.

And, as always, we appreciate **YOUR** support.

—Michael Planz

A word from our Board President

As a long-time resident of Frederick County, and the president of the Board of Directors at CLI, I want to take a moment to tell you my story. You see, what CLI does for our community is personal to me because my family has benefited from the organization's services for many years.

My son, Matthew, was born in 1987 and diagnosed with cerebral palsy and significant developmental delays. As he got older, we struggled with his care. Due to his medical needs, it was essential that his mom, Pam, continue to work to keep insurance coverage for him. I started a construction business to allow me the flexibility to be available for medical appointments, therapy sessions, and to meet the bus each morning once he started school.

We began our search for additional



support, first by adding Matt's name to the Maryland Developmental Disabilities Administration (DDA) waiting list for services. Eventually we were granted funding for respite care. Part of the DDA service coordination included selecting a service provider. Having become familiar with CLI after joining their board in 1994, the organization was our first choice.



Larry Schaffert

When Matt graduated from Rock Creek School, he was able to join a day program in Washington County, as CLI did not offer such a program at that time (though it does now). When Matt turned 27, we applied to the DDA for full residential services, recognizing that his continuing need for full-time supervision was an incredible and increasing challenge for a family with two parents working full-time. Matt received his approval and in the fall of 2013, he moved into one of CLI's 26 group homes. Shortly



A word from our Board President, Cont'd

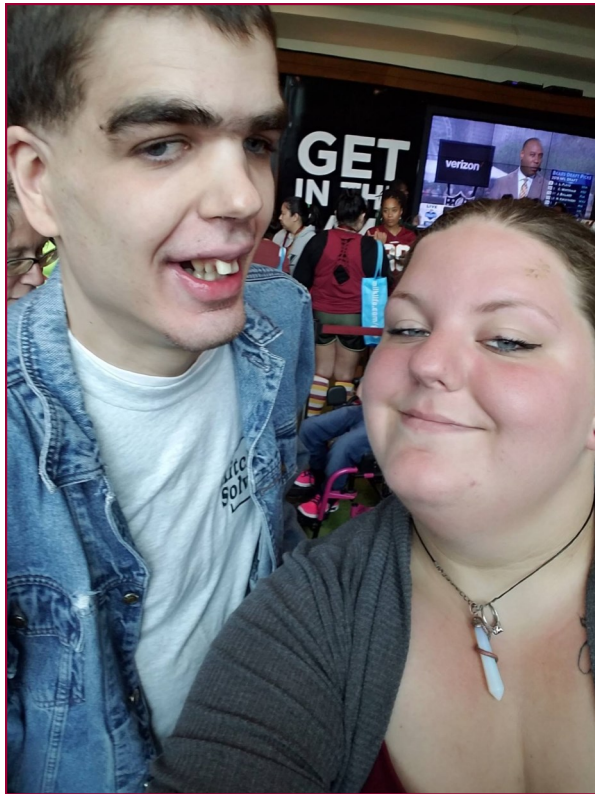
thereafter, he joined CLI's budding day program. Six years later, he is happy and thriving, able to be more involved in the greater community, and has even traveled to Disney World!

CLI is primarily funded through state and federal supports for people with disabilities. This funding has not kept pace with expenses. Rising employee health insurance and the continuing minimum wage increase are two examples of factors that are expected to contribute to the growing strain on organizational resources.

I have shared my story with you because I believe that what CLI does is not just important – it is vital. Through my son, I have seen first-hand the necessity of having an agency like CLI in our community. Without CLI, my family's life would be completely different – Matt's life would be completely different. He has been given a level of independence and fulfillment we never thought possible.

I believe in CLI and hope you will consider joining me in making a donation to support their mission of providing life-changing services to people with developmental disabilities, like my son, Matthew.

For more information about Community Living, Inc., or to make a contribution, please visit www.communitylivinginc.org or call 301-663-8811. Your support – at any level – makes a difference!



Interested in sharing your story? We want to hear how CLI has touched your family's life. Email Elaina at elainal@clifrederick.org to learn more.



Recent events

Community Fun Day

On Saturday, August 3rd, we held our annual Community Fun Day! The event was so ~ dare we say ~ fun, with two food trucks, vendors, a bounce house, Rita's Italian Ice, and more.

Special thanks to our volunteers, without whom this event wouldn't have been possible.

Shout out to MiddletownValley Bank for sponsoring, and Baltimore Coffee and Tea for donating iced tea and coffee.



We'd also like to recognize Rita's Italian Ice, Backyard Inflatables, Pizza Llama, Traditional Authentic Mexican Food, K.A.T. Café, Frederick County Animal Control, Maryland Relay, YMCA of Frederick County, Janice Milkis, Anna Ellis, Crochet by Carmen, Treetrekkers, Healthcare Access Maryland, LuLaroe by Catalina, the Alzheimer's Association, Grifols Biomat USA, Kandi's Picture Perfect Tips and Toes, Novacare, Hair Cuttery, Kids First Swim School, ThirtyOne Bags, AllGood Massage, Alexandria's Bakery, Home Rehabilitation Network, Toothman Orthodontics, Natural Beauty Brand, Games to Go, and HCD International/Green Healthy Home Initiative (GHHI).

And thank you Frederick Keys, The Original Children's Playhouse, Shockley Honda, and Kids First Swim School for donating our raffle prizes!



Recent events

HRC Presentation

On June 25th, we had the honor of presenting before the Frederick County Human Relations Commission. We had a great time explaining what CLI does and why it's important for the community. The HRC also donated \$100 to CLI! Thank you to Mari and everyone at the HRC for having us, and for your generosity!

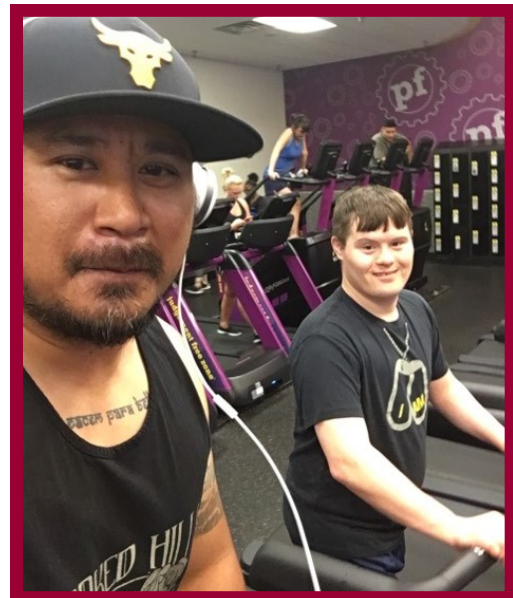


Thank you

Planet Fitness

Special thank you to Planet Fitness on Route 40. The manager there offered to let the people we support work out for free whenever they'd like. Gym memberships are a great way to get intuitive movement in, especially when the weather isn't conducive for outdoor exercise.

Thank you Planet Fitness and manager Gabe!



News from Residential

Summer is the season for vacations, and CLI is no exception. The people we support in our Residential Department had a blast going on a ton of fun trips, including to places like Ocean City and Gettysburg, PA. Married couple Linda and Gerald celebrated their anniversary with a trip to Richmond, VA to see Ronnie Milsap in concert.

All in all, this summer has been one of adventure and excitement, and we're all excited to see what the fall has in store!

News from Support Services

This summer has been full of adventures and quick changes of plans for the folks in the Support Services Department at CLI. The numerous storms this season have forced many of us to learn the importance of flexibility, and be willing to change our plans quickly. Concerts outdoors became singing and cooking indoors; outside golf became mini indoor golf; and kayaking became just hanging out time.

Timmy had a blast on vacation to Rehobeth Beach in July!



Vacation plans had last minute changes, but we made them happen. Many folks have enjoyed their vacations, with the most fun being Disney World. Other trips to Florida were memorable visiting old friends.

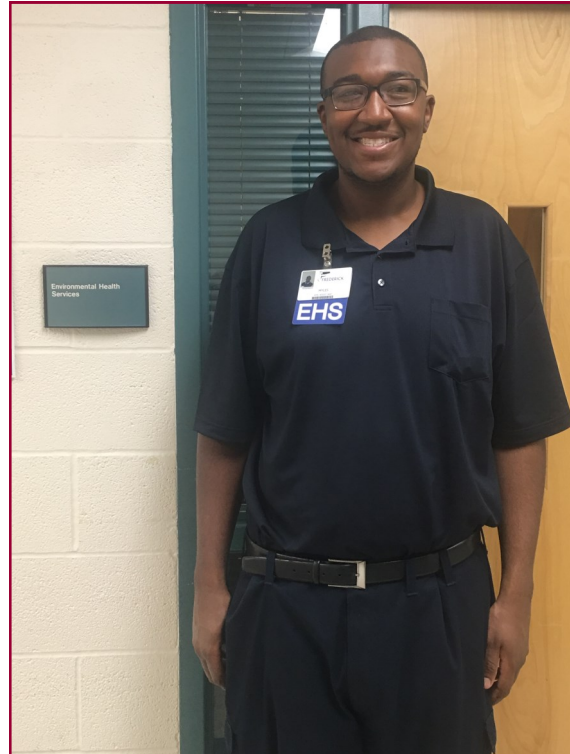
Learning to be flexible is very valuable, especially for the people we support who have jobs. As anyone in the workforce knows, days and hours of work can sometimes vary, and having the ability to deal with that in a positive way is extremely important.

CONNECTIONS

News from Meaningful Day Supports

Community Living proudly supports **Myles**, pictured right. Myles graduated from FCPS' SUCCESS program in May.

While in SUCCESS, he had the opportunity to obtain several volunteer opportunities — including one at Frederick Memorial Hospital — that helped him gain real-world experience in the workforce. His good performance, coupled with his outgoing and likable personality, resulted in Myles being hired as an Environmental Health Services Assistant at FMH. Myles' transition from school to employment is a great example of how seamlessly this process can work.



Myles began his employment at FMH on April 23rd, and was initially supported by a FCPS job coach, who worked side-by-side with him as he learned his job responsibilities. On May 21st, when Myles graduated, his FCPS support ended, and CLI picked up where they left off.

Over the last few months, that intensive (1-to-1) job coaching has faded out, and Myles now works independently, with the same “natural supports” as any other employee of FMH. CLI continues to provide drop-in and follow-along supports to ensure Myles is doing well on-the-job, and also provides transportation training and personal supports. This support enables Myles to build new relationships and be a well-rounded and active member of his community.

Throughout this process, Myles has benefitted from the support of his educators, his coordinator of community supports, his Department of Rehabilitation Services (DORS) counselor, his supervisors and coworkers at FMH, his team at Community Living and, most of all, his family. We are happy to be a part of Myles' team and to be able to contribute to him achieving his success at work, while also empowering him to achieve independence in all aspects of his life.

News from Meaningful Day Supports

While Maryland is an Employment First state (in which employment is the first option for people of working age who receive DDA funded services), Community Living is also committed to a person-centered approach that recognizes that each individual is unique, with different dreams and goals. We strive to provide day services and supports that are sensitive to this diversity, so that each person is supported in what is meaningful to them. CLI's day services for retired individuals supports people in a variety of community-based activities — whether it is going to the beauty salon, music therapy, bowling or playing bingo and participating in other activities, with similarly-aged peers, at one of the local senior centers.



Upcoming Events

Sponsored by Woodsboro Bank, Frederick Mutual Insurance Company

Frederick Goes...70s!



McPherson & Associates

Sass Magazine

Community Living is turning 40!

We're celebrating in style with a 70s-themed gala! Enjoy music and dancing presented by the Dapper DJs, silent auctions featuring gift cards and certificates worth more than \$1,000, a full catered meal and dessert, a candy buffet, a caricature artist, and more!

When: Saturday, Oct. 26th from 6 p.m. to 10 p.m.

Where: Clarion Inn, 5400 Holiday Dr., Frederick, MD 21703

Cost: \$60 per person, or \$450 for a table of 8

Tickets: Visit <http://buytickets.at/communitylivinginc/281191>



Community Living, Inc. is a nonprofit that serves people who have intellectual and developmental disabilities in Frederick, MD.

Learn more: www.communitylivinginc.org.

Frederick Book Arts Center, PSA Financial, and Service Glass Industries

Welcome, new employees:

Tenitia Chapman—Beverly Missick—Olabode Obadofin—Antonio Johnson—Ludy Garcia—Ruth Vickers—Michele Webb—Jonquil Naylor—Thierry Tchabert—Anuoluwapo Sam Arumajoye—Olayinka Ademuyiwa—Ashley Carrillo—Fatumata Zweb—Maima Quermorllue—Kevin Hutto—Dana Burns—Carla Green—Paul Karingu—Alyce Burton—Margo Hale—Olayinka Ademuyiwa—Che Ngwengang—La-Toya Allen—GiaNashika Green—Andrea Tait—Mieshia Proctor—Dylan Hyde

It's our anniversary! We're going big for our 40th anniversary year.

Last year, with your help, we raised \$110,000. This year, for our 40th anniversary, we want to increase that by \$40,000!

Help us reach our goal of raising **\$150,000** this year! Together, we can make a difference!



To make your donation, visit www.communitylivinginc.org/donate.

Or, mail in your donation to:

Community Living, Inc.
620B Research Court
Frederick, MD 21703.



620B Research Court, Frederick, MD 21703

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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.

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