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# The CALMRA Communicator

Newsletter for and about CALMRA, INC.



VOLUME 23, ISSUE 4

FALL, 2018

**CALMRA'S MISSION:** to improve the lives of persons with developmental disabilities by providing the highest quality residential and other support services in an ethical and loving environment.

## Letter From the President

Calmra has lost one of its most treasured members, Carolyn Windbeck. Carolyn was a wonderful, sweet, friendly, generous and caring person. Carolyn was active with Calmra since its inception, including serving on the board of directors at Calmra for many years. My sympathies go out to Fred and Ken and their entire family. Carolyn will be truly missed.

Wow, where did the summer go? As Fall approaches it means that the end of the year is just around the corner. I'd like to reflect on the many positive things that Calmra has accomplished this past year. To start with, Calmra is hiring (at an extraordinary rate) decent and qualified people to take care of our family members. Morale seems to be better. The new building is shaping up with new walls, doors and painting, (thanks to our maintenance crew). A contractor is working hard to finish the kitchen and bathrooms in preparation for the day program moving from its current location. Our homes have never been in better shape thanks to our 3 in-house

maintenance technicians. We had a fantastic golf tournament (raising more than \$12,000).

We have had a rough year financially. This is due to mandatory wage increases by the state and counties as well as the expense of maintaining the new building. We are looking at ways to reduce energy costs which should help considerably and moving the day program and serving more clients will benefit us tremendously. All these things take time, but we are certainly on the right track.

Finally, Sheila and I have purchased a home in Vero Beach, Florida and plan on spending winters in the sunshine state. I will not be running for President of the Board of Directors in 2019. I encourage members of the board as well as anyone else to consider serving on the board as President. Board meetings are every other month, and Calmra needs capable and dedicated people for us to succeed.

Sincerely, David Saville



**Dave Saville**  
President, 2018

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# From the Executive Director's Desk



It's Fall!! The leaves are turning, the squirrels are gathering nuts, vacations are winding down and we look forward to cooler temperatures, football, and general change!!



**Nancy Tolbert,  
Executive Director**

We celebrated Direct Support Professionals week in September with the following:

Monday—goodie baskets delivered to each house



Tuesday-Lunch for Senior Center staff

Wednesday- Certificates and appreciation pins

Thursday- T shirts

Friday-luncheon and goodie filled water bottles!!

The Administrative staff received excellent help from Cynthia Winston who decorated our party room and made it look festive and bright!! Thank you Cynthia!!

We are looking forward to the Prince George's County Employment Awards as well as the Montgomery County Staff recognition event both in October!

All the homes have received new lap tops!! The current



shuttle systems are slowing down and preventing staff from performing their tasks quickly and with ease so new computers were purchased and are now deployed!!

We have hired a new Office Manager, Micah Simon. Two new Program Administrators have also been hired—Fostina Kamara and Margaret Mbeseha. Welcome to all!

All programs are gearing up for our implementation of the new Medicaid Waiver regulations—Community, community, community and integration

is our number one goal for all programs and services.

We are working hard to get the new building ready for the Senior Center to move over. Our facilities/maintenance guys have been working overtime and we send our big Kudos to them for all the work they do, not only around here but in the homes as well.

Once again I want to thank all our new and longtime supporters....We could never do it without you!! THANKS and all of us at CALMRA appreciate all you do!



**FOR WAYS YOU CAN  
SUPPORT CALMRA,  
PLEASE SEE PG. 25**

# Birthdays and New Employees



CALMRA would like to recognize the following residents who have celebrated or will soon celebrate a birthday:

- Jennifer Torrico*
- Chris Moon*
- Monique Champion*
- Wade Windsor*
- Pam Lacy*
- Alvin Brown*
- Lois Funk*
- David Windbeck*
- Antonio Benton*
- Julie Thornton*
- Nancy Trainman*
- Gwen Nyschot*

CALMRA would like to recognize the following staff members who have celebrated or will soon celebrate a birthday:

- |                                   |                          |
|-----------------------------------|--------------------------|
| <i>Dorcas Olaleye</i>             | <i>Lateef Kadiku</i>     |
| <i>Rugatu S. Fanday</i>           | <i>Marvalyn E. Gayle</i> |
| <i>Neje Cooper</i>                | <i>Patience B. Nkomo</i> |
| <i>Rose Ejuh Acha</i>             | <i>Aleah Z. Davis</i>    |
| <i>Sylvia O. Aghariaiha</i>       | <i>Paula A. LaFemina</i> |
| <i>Wemimo D. Osifuye</i>          | <i>Christa Oben</i>      |
| <i>Audra Mitchell</i>             | <i>Ayotunde Okuleye</i>  |
| <i>Robert Money</i>               |                          |
| <i>Robyn Roundtree</i>            |                          |
| <i>Shenekwa Hutchinson</i>        |                          |
| <i>Oluwatosin A .Taiwo</i>        |                          |
| <i>Gbade I. Adeleye</i>           |                          |
| <i>Kareen Adams</i>               |                          |
| <i>Eliane T. Yondou</i>           |                          |
| <i>Olamiposi Blessing Adesoji</i> |                          |
| <i>Lucretia T. Mitchell</i>       |                          |



## Welcome New Employees!

- Harriete Jing Mbanwie*
- Fostina Kamara*
- Margaret Mbeseha*
- Rasaq Soewu*

Being rich is not about how much we have, but how much we give.



# Gifts With Special Meaning (through 10/30/18)

## General Donations

Gretchen Rosencrantz  
Kate Perry  
Elaine Guidry  
Laura Bennett  
Clareen Heikal  
Fred & Carolyn  
Windbeck

David Brokate  
George Dent  
Damascus United  
Methodist Church  
Mary Wade  
William Moon



## In Memory of



### Carolyn Windbeck

Ken Windbeck  
John Henneberger  
Tracie Meador  
Joshua Frazier  
Kyle Viele

### Rose Redding

Cathy Olson



### Liz Labukas

Kate Perry

## Day Program Donations

Cecil & Barbara Torrico  
Matilda Bradford  
George Dent

## MARY SOLKO SENIOR CENTER RENOVATIONS ARE UNDERWAY!

We are very happy to finally announce that the renovations necessary for expansion of the Mary Solko Senior Center to our new building at 14100 Laurel Park Drive in Laurel are now underway! Renovations include adding a commercial kitchen, a laundry room and upgrading bathrooms to be fully accessible. This will allow us to greatly increase our capacity to provide services to more people at the Senior Center. Major work is being completed by Azar Construction. CALMRA Maintenance Staff are also assisting with projects to help keep costs down. We appreciate all of their efforts! Projected completion is December 2018.

Any donations to assist with the cost of this project would be greatly appreciated.



# From Our Homes

News and Events from July 2018 through September 2018.



## ALLVIEW

Greetings from Allview! We hope everyone enjoyed their summer as much as we did! The ladies enjoyed their 4th of July! We went to see fireworks in College Park which were awesome! The ladies also kept busy with Park and Planning social club activities!

In August, the ladies got ready for their trips for the Summer! Bianca went to



Camp Fairlee and had an awesome time! She went swimming, performed karaoke, sat around a few camp fires and even tried zip lining! Bianca met new friends as well!



Julie and Lois went to Las Vegas! It was very hot there! We stayed at a really nice hotel called Treasure Island! The ladies also saw famous musical artists in concert! Julie went to see Lionel Ritchie with Audra, and Lois went to see Reba and Brooks and Dunn with Diane! They loved it! We also enjoyed a Vegas show together! It was lots of fun!

In September, we enjoyed a Labor Day celebration cookout with our friends at Princess Garden! We had a ball! We ate lots of good food and sang with our friends while Elsie played the piano! We drank Pina Colodas too! Yum yum! Julie spent time with her family at the beach! Lois and

Julie went to see the movie South Pacific! Bianca read scripture at her church's homecoming, and Elfreda was there to support her! They both stayed for the social gathering afterwards and ate delicious food made by the church members!



Julie has started back doing Floor Hockey with her friends from Park and Planning. She is excited about that! Lois got to



spend a little time with her adopted sister Kathy at Olive Garden! She

loved that! Lois also loved spending time with her adopted grandkids! She loves playing the grandma role! Lois came with gifts for Simon's birthday too!

We want to thank the Administrative staff for all the nice treats for Direct Support Staff Week! Thanks! We also want to welcome our newest staff member—Nadine! She is a blessing to us! It has been a rainy summer! Let's hope for a safe and beautiful Fall!





**BEAUWICK**

The Beauwick House continues to traverse through challenges that we are confronted with while dealing with our activities of daily living. Each day we muster the courage to stay focus and resilient in our purpose to create and uphold the lives of those we serve.

In mid-June, the guys took a trip to the Battle of Bladensburg Visitors Center, which is located

along the Anacostia River near the site of the Battle of Bladensburg in the War of 1812. The guys learned about the devastating American military defeat, which allowed the British to proceed to Washington, D.C. There, many government buildings were burned, including the U.S. Capitol and White House.

Also, the guys enjoyed the Silver Spring Summer Concert Series that was sponsored by Discovery Communications. These are free, outdoor concerts featuring



a variety of musicians for everyone to enjoy. We attended two concerts on

Thursday evenings on the Veterans Plaza at Ellsworth Drive and Fenton Street, which is in the heart of downtown Silver Spring.

The guys also visited the NASA Goddard Visitor Center. Visitors can bring their own rockets from home to launch at the center. Both Dale and David watched, but didn't launch any rockets. The guys enjoyed the sounds, take off and motions of the models.

This past month, David was engaged in intensive physical therapies on Mondays and Wednesdays. He attended occupational therapy on Tuesdays and Thursdays. David also lost his mom, which created a void in his life we can only imagine. She was a strong advocate for David, his roommates, staff and the CALMRA family. She was also a strong pillar in

this shift for community integration and will be missed by those lives she touched.

We continue to thank those who have helped make our lives comfortable and our work meaningful. We are thrilled about the approaching holidays and wish everyone happy holidays in advance.



**BEECHVUE**

Greetings from the ladies and staff at the Beechvue House! We had a wonderful and busy Summer. The ladies participated in a lot of community outings and visited friends. This summer the ladies also worked hard to keep the backyard clean and green.

Melynda spent a few hours at the water park with staff. She spent some time at the swimming pool, enjoying splashes of water. Melynda also had lunch there. She really enjoyed the experience and was thankful for it.



Marilyn also had an amazing Summer. She visited different parks and gardens that interested her, including Brookside Gardens and the Green House. At the house, Marilyn watered the flowers and vegetables every

morning and night. She was able to grow beautiful flowers, tomatoes and green peppers too.



Nancy had a wonderful Summer. She enjoyed walking in the neighborhood every evening, and introduced herself to new people. Nancy loved sitting on the front porch to relax and getting fresh air. She was also motivated to do things like shopping, cleaning, and physical activities.

The ladies had many happy moments together. They went to church every Sunday, attended friends' birthdays, went to the park, shopped, ate out, and met new friends.





**BRANCH VIEW**

This Summer is cooling down into Fall. Wade, Kevin and Louis love to get out



and travel around, waving at every car they see and the neighbors. They enjoy jamming out to the greatest tunes too. The guys could not stop smiling



about their trip to the Montgomery County Fair this August. They even got to pet some awesome animals.

Wade loves to sing and eat and continues to do his coloring at home. Kevin still cannot get enough of oldies like The Temptations and Aretha Franklin. When he gets home from work he loves the program on BounceTV and the Food Network. A little known fact about Kevin is he is an excellent bowler. Louis



loves to accessorize with all of his cool watches. He's also a great bowler. The guys continue to eat out at different restaurants which they all enjoy.

I would like to thank my staff who supported me in putting Branchview together, especially Mary Oliver- Ohue. Kudos to her! I appreciate all of my staff, and we look forward to the Fall season.



**BUCKLODGE**

Hello friends and families of Calmra. Due to Eugene's condition, he has limited access to sports activities with Park and Planning groups. However, on a good day when the weather is nice, the staff and Eugene go to parks for recreational activities or the mall. Last Monday, the staff took Eugene to the



Dulles International Airport to pick up a family member in Virginia. His sister visits him every Sunday.

For Labor Day, Eugene attended the Labor Day cookout hosted by Princess Garden where he met new and old friends. Last Thursday, the staff took Eugene to floor hockey to meet his friends, and we took pic-

tures. Eugene went to the College Park Aviation Museum too.





**COLUMBIA**

Greetings from Columbia! We hope everyone enjoyed a safe and happy Summer. The guys have been really busy as usual. They continue to keep in shape by participating in Parks and Plan-



ning, fitness training and floor hockey once a week. They both use the treadmill at the house as well. Now bowling has started every Saturday.



In September, Donald celebrated his birthday by having parties in three places: in his house, at his sister's house and at the Day Program. Donald's

sister and brother still continue to pick him up on some weekends and public holidays.

The Columbia staff takes Dawit to his parents' home anytime they want to spend weekends and holiday days with him. Donald and Dawit continue to attend invited birthday parties and cookouts too.



We are looking forward to our Halloween parties. The Columbia house is also getting ready for the Fall and Winter holiday season, and everyone is looking forward to shopping and eating some great meals.



**DRESDEN**

Greetings from the ladies and staff at the Dresden House. The ladies had a great Summer. They visited places like Macy's, Marshall's, Boston Market, Baskin Robbins, McDonald's, Beltsville Library, Plant Stand, Ross, Subway, Wendy's and Downtown Silver Spring.

They also visited Centennial Park, Brookside Gardens, Greenbelt Mall, and The Mall at Prince Georges.



Nanita just celebrated her 52nd Birthday with her housemates and her Day Program friends.

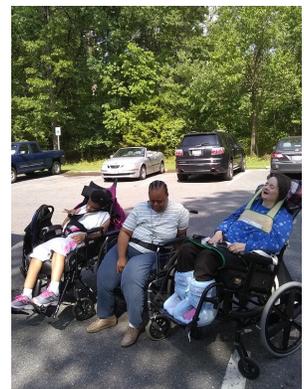
For her birthday she had cake, ice cream,

and lots of fun. The ladies enjoyed visiting Wheaton Plaza. They rode the choo-choo



train and experienced the scenery of the park. We had a rainy Summer, but nevertheless, the ladies had a wonderful Summer. At Dresden we're looking forward to the Fall season. Halloween is

around the corner, and the ladies are ready to dress up and have fun.





**DURANT**

The guys have been having a wonderful Summer thus far. We started the month by watching a flag football game, and then we took a ride to Sandy Point Beach for a cookout. It was great to get some sand between our toes.

I took Christopher Connell, David McDermott and Michael Reese to the see the 2018 version of Superfly. Following the movie, Chris jumped out of his seat and



yelled, "YES! That was a great movie!"

On July 4th, we joined our neighbors at the neighborhood festival. The guys watched the parade of firetrucks stroll down the street. Then we saw the main event, the fireworks. The fireworks display lasted about an hour, ending with a shower of lights and sound that shook the entire

neighborhood.

That Friday, Christopher and Michael went on short vacations with their sisters. When they returned, we all went out for dinner and a movie. We saw The Rock's new film, *Skyscraper* and ate at Red Lobster. The guys really enjoyed the movie,



but they loved Red Lobster and can't wait to go back.

Last Friday, David left for a ten-day stay in Virginia Beach with his brother Jim. Then that Sunday, Chris and Michael attended Good Hope Road Church followed by a cookout.

As the month of August began, the group took evening strolls through the Laurel Lakes Mall. The guys enjoyed the experience so much, we changed venues to the Briggs Chaney Mall.

On August 18th, Michael and David took a road trip to Philadelphia to the visit the Philadelphia Art Museum, the Rocky statue and took a riverboat ride. They had the time of their lives!

While Michael was out visiting family, Chris and David had a ball. First, they enjoyed a mid-day



concert at Bowie Town Center. Then, they went to the movies to see *Skyscraper*. After the movie we had dinner at Olive Garden. The dinner and movie left them both happy and full. The following day, with nothing but time on their hands, the guys creped over to their new favorite spot, Red Lobster, for dinner.

Upon Michael's return, the group needed to do a little shopping, so all of us jumped into the van and headed to Walmart. There, we shopped and had dinner at McDonald's. That weekend the guys went to Greenbelt Park for a little light exercise.

Michael and I spent three days in Ocean City. We drove up Monday afternoon and checked into our hotel at The Holiday Inn on Coastal Highway. Then, after winding down from the drive, we went to dinner at Clyde's.

The next morning we ate our complimentary break-

fast at the hotel. We let our big breakfast digest, got changed and headed to the beach. Michael doesn't like the water, so we chilled on the beach. We took pictures and enjoyed the sights and



sounds. Afterwards we got hungry so we left and had lunch at IHOP. Then we went back to the room to take a nap before we went to the club, Secrets. At the club, Michael danced while having a ball watching the band. He even took pictures of the band after their set.

The following day we had breakfast at the hotel and relaxed for a few hours. Next we went to lunch and saw Denzel Washington's movie, *Equalizer II*. Michael loves action movies, so he was very excited. After the movie, we had dinner at Red Lobster. At this point, I'm not sure who likes this place more, Michael or me!

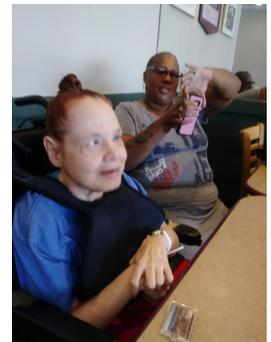


**GAVIN**

Gavin House is waving goodbye to the Summer and embracing Fall with all arms open wide. Shawn, Joan and Maureen spent their Summer relaxing in the sun and enjoying ice cream and Slurpee's trying to stay cool.

The ladies enjoyed a wonderful vacation to Ocean City, Maryland in August. They stayed at a resort with an indoor water park. All the ladies enjoyed daily walks on the boardwalk too. Maureen decided to take a dip in the water. She was all smiles. Shawn enjoyed Ripley's Believe It or Not, and Joan was all laughter while enjoying ice cream and milk shakes. We had a blast and can't wait to enjoy another fun-filled Summer.

Gavin House is looking forward to cool Fall breezes, and we accept any challenge Winter will bring. Joan, Maureen and Shawn have so much more to look forward to in the coming seasons.



**GREENCASTLE**

The Greencastle ladies have enjoyed this Summer, and we hate to see it go, but we are looking forward to the upcoming events and holidays. We have enjoyed celebrating Gabrielle Roeder and Kristin Coffman's birthdays. We celebrat-

ed their birthdays with lasagna made by their parents, and then had cake and ice cream.



We all enjoyed going to CALMRA's Silent Auction. We are also enjoying the Keurig coffee maker that we bid on and won. All of the Summer activities have come to an end, but we are looking forward to all the fun things we have planned for the Fall.





**LACKAWANNA**

Greetings,

It's that time again to share some of the wonderful things and activities the folks here have been up to since our last news article.



First of all and most importantly, we continue to begin our news article period with serving the Lord. We attend a small church (Community Baptist Church) that has a fantastic group of worshipers that never fail to make a big deal over us. One of the ministers is usually watching for our van and comes out to assist us with the wheelchair and helps escort our folks inside to their chosen pew. They say there's no place like home, and that applies to our church home also. We send a shout-out to our Pastor Carl E Keels, Rev. Homer Starks, and our Minister of

Music, Dr. Shirley Abel, to name a few, but it applies to the whole congregation.

In July, we hung out in Annapolis with Uncle Bill. He was doing well and full of laughs about his live-in girlfriend. All of them are upwards of ninety and enjoying life. We had lunch, and then on the way home we stopped at a Dunkin Donuts to go with next day's



breakfast. We also had a Fourth of July cookout at home with family and friends. We attended our church cookout too, but didn't stay very long, as the heat that day was unbearable even in the shade. It didn't seem to bother the kids and teenagers at all. They never missed a beat.

We also had a great time at The Latin Festival held in downtown Silver Spring. The suits and

dresses were all so colorful. The live music was another fun treat, along with the dance. There were also many food vendors with all types of their native dishes that we had to try. Moving right along, we celebrated the CLS birthday with lots of funny decorations, a lovely cake with ice cream, flowers, cards and gifts. It



was a great day. We celebrated family and friends at church with another cookout, along with some not too hot weather.

In closing we want to send a shout-out to Mama Cille, our North Carolina host, who never fails to send up lots of N.C goodies anytime she hears of someone coming our way. Also a shout-out goes to Brother Bill, who still remembers to bring us all those many different types of rolls that our other homes enjoy.

Let us not forget Kerry Harrington, (brother to our Eileen), who has given us so many different types of veggies, including the sweetest cucumber we have ever eaten. Thank you again Kerry.

On a sadder note, we would like to express our sympathy to the family of Carolyn Windbeck. Our hearts cry with you at your loss. Let us know if there's anything we can do.

Also thank you CALMRA for the many gifts and luncheon you provided for the staff during Staff Appreciation Week.

In closing, we want to wish all of you a blessed Fall, the most beautiful time of the year.

Delores, Pam, Eileen, and Staff.





**PARALLEL**

Wow!!! It is Fall again, my favorite season of the year. During the past Summer the guys had a great time. With Jeffrey Rolston joining Parallel House it's been fun-filled Summer. The guys



are ready for bowling! It's that time of the year again.

The guys are still participating in the MNCPPC activities. They celebrated the 4th of July with friends and family

members. For the celebration they had a cookout and went to see the fireworks at Laurel Lake Park. With the help of the staff, the guys were able to travel to places of interest within the metropolitan area. This included seeing the dog show in Beltsville. Christopher Moon is a lover of dogs. He's always happy each time we go to the show. The guys also went to places like Bladensburg Waterfront, National



Wildlife Center and so many other places of interest. It was a fun-filled Summer for every member of Parallel House. We wish everyone a safe and nice

holiday in advance!



**PERSONAL SUPPORTS**

Linda and Alan Snowden enjoyed a nice evening at the Bay Sox stadium in August. The Bay Sox crushed the competition and all cheered loudly. In addition ,Linda and Alan enjoyed many outings, as well as fireworks over the Summer.

Alvin loved his visit to Busch Gardens in Williamsburg on Labor Day. He rode the roller coasters and got soaked in log flume. Alvin also went to Metapeake Beach and swam and hunted for shells this Summer.

Ruth enjoyed going to the beach as well. She enjoyed swimming and laying under the sun. Ruth continues to focus on maintaining a healthy lifestyle and her job that she loves so much.

Debbie has enjoyed bowling, water aerobics and water Zumba. Debbie continues to work at Giant as much she can. Debbie is also enjoying the library more these days with her new counselor, Ms. Joyce.

From Bobbie Sease:

I want to thank everyone for all of their support. During the past three months it's been very hard for my family and me since I lost my niece. I am trying to work very hard to cope with everything and have fun, but sometimes I just don't want to do anything. During the Summer time we went to the pool. It was very nice. We also celebrated Alan and Linda's birthdays. They got so many birthday gifts.



## *What Independent Living Means to Me*



**What Independent Living** means to me is learning how to let go of family members' hands, so that you can grow.

**What Independent Living** means to me is trying to do things for yourself, even if you need some assistance from others.

**What Independent Living** means to me is having your own place that you call home!

**What Independent Living** means to me is going out into the community to make it on your own.

**What Independent Living** means to me is sometimes going out into a community for help and making new, wonderful friends now and forever!

**What Independent Living** means to me is being your own person, and people can't tell you or try to tell you how to run your life.

**The best thing "I love about my independent living"** here at Inwood House is my **FREEDOM!!!**

By Hope #402

Respect Acceptance Love  
Integrity Patience Freedom  
Responsibility Kindness Fun





**PRINCESS GARDEN**

Princess Garden hosted our first annual Labor Day Cook-out! Thank you to our friends at Bucklodge, Allview and Beechvue for coming and celebrating with us. We also had family and friends join us for the afternoon.



It was too hot to go outside so Elsie Ziepolz played the organ to entertain everyone, and we had a marvelous sing-along.

My staff and I prepared hamburgers, hot dogs, chicken, ribs, jallof rice and fried plantains. Elsie made a delicious potato salad from her grandmother's recipe. Allview and Beechvue brought side dishes and dessert, and everything was delicious. We cooled off with frozen virgin Daiquiri's.

What a great afternoon we had on Monday! Thank you to my staff for preparing and making it a rousing success!

Also in September, we braved the rain and went to Bingo and a movie-Thanks to Nancy for forwarding that information.

The ladies of Princess Garden also went to their individual

activities: swimming, music lessons and family visits.



**SCOTT**

Greetings from Scott House. We're all in good health, so there's nothing to complain about, and we thank God for an eventful Summer. It was as hot as it could be, but we persevered.

Thanks to the volunteers from Ashton United Methodist Church Youth Group that helped move the stones around the house and took out the weeds. We're very thankful and grateful for all the hard work. God bless and reward all of their efforts.

The ladies enjoyed going to different parks in Greenbelt, Laurel and Wheaton. They also did lots of sightseeing and shopping at Wheaten Mall, Anne Arundel Mills, The Mall at Prince Georges and Target. The ladies enjoyed the restoration center cookout in August that was so much fun. Gloria was very excited to see familiar faces because she comes to the church often. Rebecca smiled all through the event, and Gwen was happy to eat all she could.

Rebecca visits her mom and vice versa. She's always happy



to go on home visits, and she enjoys all outings with staff. She can't wait to start bowling again.

Gwen is doing very well. She's more engaging and seems to be in good spirits, but she's still bossy. We're planning a trip to NYC soon to visit her aunt. I am sure it will be a lot of fun for her.

Gloria still works on her puzzle at the DP, dances and listens to music at home. She went with her uncle and other family members to dinner recently. She said she enjoyed herself. I believe her because she smiled through the night.

The ladies are looking forward to a nice vacation very soon. It will be a blast!

Thanks to all staff for all of their support. God's blessings to everyone.



# THANK YOU!!!

A HUGE THANK YOU to the volunteers from Ashton United Methodist Church Youth Group who helped us move stones around the house and removed weeds from the yard at our Scott home. Thank you again for your help and hard work!





**SHANANDALE**

James, Antonio and David traveled to a variety of places, including parks in Washington, D.C., Virginia and Maryland. They also went to malls for window shopping, snacks and the movies, as well as attended church services.

The guys participated in other fun experiences as well. They attended a show in downtown Silver Spring. We also took a



journey to Cape May and Atlantic City in New Jersey. We started the trip from Cape Lewes, Delaware on a boat. Things had

changed since the last time we had taken the ferry across the ocean. The ferry didn't have the lift to the deck any longer. Our van was the last to board the boat, and we were in the rear. This made it impossible for the guys to exit the van while in transit, but I opened the side door briefly for them to see the ocean.

David told me he enjoyed the trip so much that he would like to do it again. I promised him we would do that, but not anytime soon. We also went to a West Indian festival at the Howard County Fairgrounds. It was

rained out all day, so all we could do was buy food to take home.

On behalf of the residents and staff at Shanandale House, we would like to thank everyone that helped and supported the welfare of our residents. May the Almighty Father continue to bless everybody.



**SUSQUEHANNA**

Welcome to Susquehanna House Everyone. During reporting period, the ladies enjoyed the Summer and had many exiting activities. Thanks to the staff, staff at the day programs (Catholic Charities, CALMRA and their families as well. The ladies enjoyed their monthly haircut and pampering at the hair salon, enhanced with a Fridays manicure at the CALMRA Day Program. In the month of July, Patricia attended a four-day camp at the Claggett Retreat Center in Fredrick county, MD. The story and experience, including the new friends she met, were in the forefront of all discussions/conversations during the period. Then came August, which was another exciting month for Patricia as she celebrated her birthday amidst house mates, friends and family. Her family spent a three-day celebration with her. It was all crowned

with a surprise birthday party organized by staff and house mates. Residents and staff of Durant house and family attended. She also shared her cake with staff and friends at the Day Program. See photo below:



To crown it all for Patricia, during the outing to the Casino organized by the Day Program, Patricia won some money. The reporting period was quite exiting for Patricia in her own words. During reporting period, Pat drove out to flea markets and farmers' markets in Spencerville road and Laurel as she enjoyed outdoor shopping. Dottie continues to enjoy her weekends with visits from her sister. She also enjoyed her

outings to the coffee shop with house mates. September crowned Dottie's birthday. She celebrated her birthday by taking her housemates out for dinner where she shared her cake with all who were around her in the restaurant. See picture below:



August 13th to 17th, Farida attended "THE FAIR" at Montgomery County, organized by her Day Program. She was so excited and happy. Because Farida enjoys and loves music and dance, the ladies would attend outdoor music shows in front of the Laurel Mall on Thursdays or Saturday evenings.

Photo as seen below portray most of their activities and outings during these Summer months.



Photo as seen portrays the ladies state of excitement and happiness during activities and outings for these Summer months. As Summer wraps up, ladies confirm they did enjoy it. The ladies and staff of Susquehanna wish you the best before the next reporting period. Keep warm everyone!



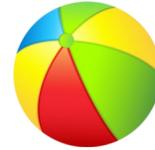
# From Our Senior Center



News and Events from the end of July, 2018, to the end of September, 2018..



## HELLO JULY



**MARY SOLKO  
SENIOR CENTER**

We closed the last newsletter with us looking forward to the Summer and all of the adventures it would bring. When we started writing this newsletter, wondering where the time went. **Summer is gone!** Even though Summer is officially gone, the day program participants are left with fanatic memories of all the fun we had. We started the Summer with our annual **Cow Appreciation Day**, followed by an adventurous trip to Maryland **Live Casino**, and finally, our very first **Ice Cream Social**.

We would like to **share** some of our **highlights**

We all look forward to what the month of **July** brings... **Cow Appreciation Day** at **Chick-Fil-A**. We had an **“udder-ly moo-rvelous time”** as we **“hoof it”** to various **Chick-Fil-A** restaurants **dressed** in our decorative attire, in search of tasty delectable chicken. **“Moo-chas”** Gracias to all who participated!!!



# From Our Senior Center



News and Events from the end of July, 2018, to the end of September, 2018..



## HELLO AUGUST



The month of **August** was filled with ventures to several parks and nature centers. However, the most exciting venture was to Maryland **Live Casino**. Those who went played every game with an attitude of, **“All or Nothing.”** With that being said, Marilyn Bader walked away the big winner of the day, after hitting it big on the **slot machine**.



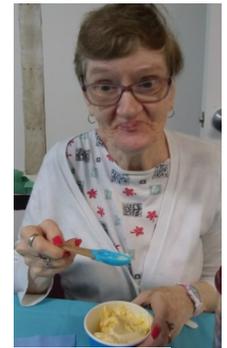
# From Our Senior Center



News and Events from the end of July, 2018, to the end of September, 2018..



In the month of **September** we had our first **Ice Cream Social**. To prepare for this occasion, the participants made ice cream cone center pieces to decorate the tables with. When the day finally arrived, everyone indulged in a variety of sugar free and regular ice cream, cookies, and a variety of toppings to include: hot fudge, caramel, nuts, and cherries. What a treat!!!



# From Our Senior Center



News and Events from the end of July, 2018, to the end of September, 2018..

## Welcome to the Family

Also, in the month of August we had a new family member join our team, Marvalyn Gayle. With her beautiful smile and cheerful personality, Marvalyn has warmed her way into the hearts of all.



Summer tans may fade away however, the memories we created this Summer will last forever!!! On that note, we are saying **“Goodbye Summer”** and **“Hello Autumn.”**





## From Our Nurse: by Mary Ellen Denny, RN Metabolic Syndrome



Metabolic syndrome is the name for a group of risk factors that raises your risk for heart disease and other health problems, such as diabetes and stroke.

The term "metabolic" refers to the biochemical processes involved in the body's normal functioning. Risk factors are traits, conditions, or habits that increase your chance of developing a disease.

The five conditions described below are metabolic risk factors. You can have any one of these risk factors by itself, but they tend to occur together. You must have at least three metabolic risk factors to be diagnosed with metabolic syndrome.

- A large waistline. This also is called abdominal obesity or "having an apple shape." Excess fat in the stomach area is a greater risk factor for heart disease than excess fat in other parts of the body, such as on the hips.
- A high triglyceride level (or you're on medicine to treat high triglycerides). Triglycerides are a type of fat found in the blood.
- A low HDL cholesterol level (or you're on medicine to treat low

HDL cholesterol). HDL sometimes is called "good" cholesterol. This is because it helps remove cholesterol from your arteries. A low HDL cholesterol level raises your risk for heart disease.

- High blood pressure (or you're on medicine to treat high blood pressure). Blood pressure is the force of blood pushing against the walls of your arteries as your heart pumps blood. If this pressure rises and stays high over time, it can damage your heart and lead to plaque buildup.
- High fasting blood sugar (or you're on medicine to treat high blood sugar). Mildly high blood sugar may be an early sign of diabetes.

Your risk for heart disease, diabetes, and stroke increases with the number of metabolic risk factors you have. The risk of having metabolic syndrome is closely linked to overweight and obesity and a lack of physical activity.

Insulin resistance also may increase your risk for metabolic syndrome. Insulin resistance is a condi-

tion in which the body can't use its insulin properly. Insulin is a hormone that helps move blood sugar into cells where it's used for energy. Insulin resistance can lead to high blood sugar levels, and it's closely linked to overweight and obesity. Genetics (ethnicity and family history) and older age are other factors that may play a role in causing metabolic syndrome.

Metabolic syndrome is becoming more common due to a rise in obesity rates among adults. In the future, metabolic syndrome may overtake smoking as the leading risk factor for heart disease.

It is possible to prevent or delay metabolic syndrome, mainly with lifestyle changes. A healthy lifestyle is a lifelong commitment. Successfully controlling metabolic syndrome requires long-term effort and teamwork with your health care providers.

The best way to prevent metabolic syndrome is to adopt heart-healthy lifestyle changes. Make

sure to schedule routine doctor visits to keep track of your cholesterol, blood pressure, and blood sugar levels. Speak with your doctor about a blood test called a lipoprotein panel, which shows your levels of total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides.

Diagnosis is made by screening for the five factors that cause metabolic syndrome. Your doctor will diagnose metabolic syndrome based on the results of a physical exam and blood tests. You must have at least three of the five metabolic risk factors to be diagnosed with metabolic syndrome.

The major goal of treating metabolic syndrome is to reduce the risk of coronary heart disease. Treatment is directed first at lowering LDL cholesterol and high blood pressure and managing diabetes (if these conditions are present).

The second goal of treatment is to prevent the onset of

type 2 diabetes, if it hasn't already developed. Long-term complications of diabetes often include heart and kidney disease, vision loss, and foot or leg amputation. If diabetes is present, the goal of treatment is to reduce your risk for heart disease by controlling all of your risk factors.

Heart-healthy lifestyle changes include heart-healthy eating, aiming for a healthy weight, managing stress, physical activity, and quitting smoking.

Medications may need to be prescribed to lower cholesterol and triglyceride levels, lower high blood pressure, prevent blood clots, treat heart disease, and diabetes,

Metabolic syndrome is a lifelong condition. However, lifestyle changes and taking medications if needed can help you control your risk factors and reduce your risk for coronary heart disease and diabetes.

# Comedy Show



We had a wonderful time at the comedy night and silent auction on Saturday, October 6. A special thanks to our sponsors, comedian Mark Matusof and our guests for the great occasion!



**Thank you to our sponsors:** Akbar Masood, DDS, PA—Pearl Dental Center Laurel Lakes, Ruth Shipp, Sheri Allen, Clarissa Mitchell, Pamela Gregory, Mary Kenney, SECU Credit Union, Rona Eisen

# Direct Support Professionals Week

*The week of September 9th—15th was National Direct Support Professionals Week! We celebrated our Direct Support Professionals of the wonderful people who serve our clients and CLS's. Our direct support professionals received gift baskets, lunch, t-shirts and cups filled with treats! We cannot thank them enough for all they do!*



# Giant Food Fundraiser!

CALMRA is selling Giant Food Gift cards that you can use just like cash at any Giant.

CALMRA will earn 5% of each card sold!

Cards are good for their face values (i.e. \$25.00, \$50.00, & \$100.00).

PLEASE Consider purchasing these cards for your grocery shopping needs, gift needs, etc.

Thanks for helping!!

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Street

City

State

Zip

I would like a total of \$ \_\_\_\_\_ in Giant food cards in the following denomination(s):

\_\_\_\_\_ x \$25.00 card (s)= \$ \_\_\_\_\_

\_\_\_\_\_ x \$50.00 card (s)= \$ \_\_\_\_\_

\_\_\_\_\_ x \$100.00 card (s)= \$ \_\_\_\_\_

Payment options:

\_\_\_\_\_ Cash

\_\_\_\_\_ Check

\_\_\_\_\_ Credit Card Type: \_\_\_\_ Visa \_\_\_\_ MasterCard \_\_\_\_ Discover

Card number: \_\_\_\_\_

Expiration date: \_\_\_\_\_ CVC: \_\_\_\_\_

Signature: \_\_\_\_\_

\*\*\*\*\*Staff use only\*\*\*\*\*

Date Processed: \_\_\_\_/\_\_\_\_/\_\_\_\_ Staff fulfilling order: \_\_\_\_\_

Is this a Petty Cash order? YES ( ) NO ( )



**CALMRA,  
Inc.**

-Serving people with cognitive disabilities-

**14100 Laurel Park Drive  
Laurel, MD 20707**

Phone: 301-982-7177

Fax: 301-982-7805

Maryland Relay: 1-800-735-2258

The mission of CALMRA, Inc. is to improve the lives of persons with cognitive disabilities by providing the highest quality residential, day and other support services in an ethical and loving environment.

It is the goal of CALMRA to ensure that each person who has a cognitive disability has the opportunity to live his/her life in a manner which is as close to normal as his/her disability allows. This includes assuring that the services which are needed to help individuals are available and accessible and that they operate in a way that meets the individual's needs while offering him/her the freedom, dignity, and respect to which he/she is entitled. To accomplish this, CALMRA works with governmental agencies, private agencies, and providers of generic and specialized services to develop and provide services which are not otherwise available. CALMRA's ultimate goal is to assure that each person who has a cognitive disability has the opportunity to be fully integrated as an equal partner into the community at large.



*Thank you in advance for  
your participation!*

# Ways You Can Support CALMRA

## TAX-DEDUCTIBLE MONETARY DONATIONS

CALMRA is always accepting monetary donations for our general operations, memorials, special events, gift solicitation drive, and CALMRA membership. Please send checks to:

**CALMRA, INC.  
14100 Laurel Park Drive  
Laurel, MD 20707**

You can also donate through our website at <http://www.calmra.org/Donations.htm>. Once you have donated, you will receive a "Thank You" card with our tax ID number that can be used to document your donation.

## PURCHASE GIANT GIFT CARDS

Please remember that CALMRA continues to sell GIANT grocery gift cards. You get the full value of your purchase and CALMRA earns 5%. Please call the office to order (301-982-7177), or you can complete the Giant Gift Card Order form on the preceding page.

## SHOP ONLINE AT AMAZONSMILE

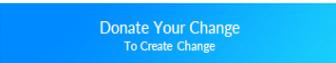
Amazon donates 0.5% of the price of your eligible Amazon Smile purchases to the charitable organization of your choice. Just visit <http://smile.amazon.com> and choose CALMRA!

## SHOP ONLINE AT GOODSHOP

Many major online retailers will donate a portion of their profits to non-profits like CALMRA. Before buying online, go to the website <http://www.goodsearch.com/goodshop> and select CALMRA as your organization. Then link to one of the 700 big-name stores hosted by the site (i.e. Travelocity, Best Buy, Amazon.com, etc.). Good Shop will automatically donate up to 37 percent of your purchase to CALMRA!



## DONATE YOUR CHANGE



**Make a Difference Without Breaking the Bank**

The Round Up App allows you to automatically donate the change from your credit or debit card transactions to support our work.

Once you create an account, you do not need to use the app while making a purchase. Just swipe your card as usual.

You are in complete control, and can cap your maximum monthly donation if desired.



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Please make any name and/or address corrections right on your label and return it to us at the address above, or send an email request to [bamar-atsen@calmra.org](mailto:bamar-atsen@calmra.org).

Please change the spelling of my name.  
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 14100 Laurel Park Drive  
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