Happy New Year!

I hope everyone had a happy and healthy holiday season. I am honored to serve another term as the President of the board for this organization. I’m happy to announce that Mark Mazz has agreed to continue as Vice President and David Brokate has elected to remain as Treasurer. Additionally, Brian Gilbert has accepted the role as Secretary. It is great to partner with such talented and committed individuals.

In 2023, we happily welcome 3 new board members. Steve Caplan and Ron Jackson were elected to the board for the first time. Additionally, we are very excited to welcome back David Saville (long-time board member and former president.) I look forward to benefiting from fresh perspectives and from the wisdom of Dave’s experience.

While it is exciting to welcome new board members, it is generally accompanied by others stepping aside. I would like to recognize three former board members whose dedication and contribution to CALMRA was far too great to list and will be sorely missed (although they have all promised to continue as active volunteers.) Many thanks to KATHY LABUKAS, JOAN ECHOLS, and SUE JOHNSTON. I greatly appreciate the heart and energy you bring with all of your efforts.

Speaking of “heart” we recently lost BILL LOWELL. You could not describe him without the word—heart. I have never known the CALMRA board without Bill. I guess I took it for granted that he would always be here, providing sage advice, leading with an empathetic compass, sharing wisdom of his experience and opening our meetings with the most moving prayers I’ve ever heard. I take comfort in knowing he is still watching over and guiding us. I thank Bill for all he has done these last 30 years and I pray for his family as they process their loss.

Like every year, 2022 had its “ups and downs.” CALMRA continued to deal with COVID related concerns, hiring slow-downs and other economic pressures. But we also celebrated our 30th Anniversary with a bang! Our staff is tirelessly committed to enriching the lives of those we serve, and our board is committed to enabling staff to deliver their best. I look forward to continuing our mission in the coming year and on behalf of the entire board, I thank you for your ongoing support. Here’s to a Great 2023!

- Ken
From the Executive Director’s Desk

Fall turned to winter. This past season held a whirlwind of activities; the annual Golf Tournament, our picnic/Fall Fest, the initiation of the Gifts Solicitation campaign, Staff Appreciation event, etc, etc. Seems like we have been busy every day!!

Gwen Jack-Rolston, Elsie Ziepolt, and I attended the 70th celebration of the ARC of Prince George’s County. CALMRA will forever be grateful to the ARC for helping us to become an independent organization!

We welcome our new Finance Director, Shakeara Lynch. She is diving in head first to the accounting world of Nonprofits and DDA and we wish her much luck, happiness, and success. The same goes for our new Program Administrator, Timothy Boston and our new agency RN, Anthony Oguogho. Glad to have all of you on Board!!

Our Annual meeting was held on December 13th. Mr. Barry Fierst, Esq. gave an informative talk on Wills, Trusts and Endowments. January’s Board meeting elects the Board Officers and sets up goals for the upcoming year.

Wishing you all a fabulous new year 2023!
CALMRA/Stu Eisen Memorial Charity Golf Tournament

Thank you to all our Sponsors and Golfers this year who supported our Annual CALMRA/Stu Eisen Memorial Charity Golf Tournament! We had 49 golfers and 17 Sponsors. This year was eventful as the first date we chose had to be canceled and rescheduled because of the rain. The second date turned out to be a nice sunny day and we still had a nice turnout! We appreciate all of the golfers that came to support CALMRA. The Waverly Woods Golf Course in Marriottsville course is beautiful. The fun Hot Shot cannon was available to all of the golfers to shoot, and the Hole in One contest had some near misses. Thank you, Dave Saville, for the delicious morning time donuts. An addition this year was having hot dogs at the turn, which everyone seemed to enjoy. Gourmet box lunches were served after the tournament was over. Many thanks to Steve Scarborough who helped manage the event this year. Our big winners, once again, were the Caporaletti Family! We’re looking forward to seeing everyone for the 2023 tournament!!
Birthdays and New Employees

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

Antonio Benton  
Monique Champion  
Louis Cox  
Bianca Callen-Rivers  
Dawit Gebretsadik  
Pamela Lacy  
David McDermott  
Peter McGeen

Jennifer Terrico  
Nancy Trainman  
David Wündbeck  
Christopher Noon  
Gwendelyn Nyschet  
Gloria Shen  
Julie Thornton

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

Blessing Adesoji  
Waidi Aruna-Ogun  
Tina Babayale  
Timothy Boston  
Cassandra Chijioke  
Katie Cummings-Lewis  
Aleah Davis  
Rose Delice  
Lashawna Holcomb  
Holly Helm  
Toma Kamara  
Audra Mitchell  
Robert Money  
Martina Njoku  
Christa Oben  
Grace Ogunmekan  
Patricia Okongwu  
Ayotunde Okuluye  
Dorcis Oladje  
Wenimo Osifuye  
Joy Sappleton-Howell  
Kia Savage  
Josephine Thomas  
Tymeka Williams  
Ashley Brooks-Williams

Welcome New Employees!

Ashley Brooks-Williams  
Timothy Boston  
Kiara Garner  
Konjit Kabiymber  
Marion Luma  
Shakeara Lynch

Olasumbo (Ola) Ogunmola  
Anthony Ogungho  
Chinenye (JJ) Okoye  
Kia Savage  
Sonya Washington
Annual Gift Solicitation

Randall & Julie Zackrisson
  Nancy Ferrant
  Kathy Labukas
  Georgina Harrell
  Nora Connell
Gary & Danna Zacharek
  Patricia Soper
ALCO Pharmacy
Rollanda Tinney
Edward Loane
Laura Bennett
Wesley & Patsy Russell
  Sandra Smith
  Josephine Wenner
  Mary Jane Phillips
  Shelia Saville
  Cheryl Geske
  Mary Julia Bailey
  Joyce Jackson
  Jacqueline Spence
  Harold Hill
  Patrick Cady
Lawrence & Phornpan Jackson
  Matilda Bradford
  Mimi Getachew
  David Elseroad Sr.
  Shirley Bader
Nicholas, Irene, Gabriel Hluchyj
Timothy Uber & Michelle Kadziel Uber
  Robert & Joy Good
  Elizabeth Markovichick
The Love of Christ Foundation
Sandy Spring Lions Club
Robert & Diane Tregoning
Edward & Anna Durkin
Garber & Sally Davidson Jr.
Thomas & Margie McKennett

James & Carol Lowell Jr.
Joseph McDonald Jr.
Virginia Bunke
Mary Kelly Perschcy
Debbie Sese
Timothy & Christine Morgan
Robert & Sue Spiers Jr.
Cecil & Barbara Torrico
Kevin Lau
Kun Tang
Dr. Joseph & Faith Codd
Damascus United Methodist Church
  Nancy Tolbert
  Patricia & Steven Morrison
  John Ryan
  Edward & Jane Wilbur
  Susan Cady Johnson
  Carroll & Marion Dudley
  Eleanor Lawrence
  Bruce Hutchinson
  Ken & Jennifer Windbeck
  Kim & Ron Busch
  Shari Allen
Kurt & Rebecca McKinney
Dorothy & Margaret Rabb
Colleen McNew
Elaine Guidry
Randall & Julie Zackrisson
  Patricia Soper
  Georgina Harrell
  Corinne Patt
  Dr. Joseph & Faith Codd
 Gifts With Special Meaning

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<tr>
<th>General Donations</th>
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<tr>
<td>Damascus United Methodist Church</td>
<td>In Memory of Jack Allen</td>
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<td>Eric Siegfried</td>
<td>Phillip P. Braswell</td>
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<td>Wanda Bailey</td>
<td>In Memory of Bill &amp; Patsy Dent</td>
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<td>Frances Schuler</td>
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<td>Hugh T. Hamilton</td>
<td>In Memory of Julia, Cecelia &amp; Bill Lowell</td>
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<td>♥ Marcel &amp; Susan Heuver</td>
<td>♥ Sheila Saville</td>
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"Your life was a blessing, your memory a treasure, you are loved beyond words and missed beyond measure."
CALMRA celebrated our 1st Fall Festival and Trunk or Treat in October. We had a sunny day and everyone was able to enjoy themselves. Thank you to our CALMRA Board, the Rotary Club of P.G. County, Staff, Family members and Volunteers that made this a success. Everyone participated in games, making your own pumpkin craft, Bows the clown made balloon art, Rita’s served some tasty Italian Ice, the fresh popped popcorn was a hit, the food was delicious and of course, DJ Stevie Ray played some good music to keep the crowd dancing, especially for our Dance Contest!
From Our Homes

News and Events from October to December 2022

enjoyed being with loved ones to celebrate Christmas and the New Year.

Every Sunday morning, the ladies watch their church services on T.V. They like playing different games throughout the day. They are also very helpful to the staff and wanting to help with house chores such as sweeping and helping with the dishes.

When the weather permits they love going for walks in the neighborhood and going to the park.

We began our New Year with a lot of blessings. We hope everyone enjoyed the New Year as we did. All the ladies had a great holiday season. They baked cookies, built gingerbread houses, we helped them decorate the living room and their bedrooms.

Beth visited her family for Christmas and for New Year. She had a wonderful time with them. Beth likes to help her roommates and staff around the house. She is really a great help to us. Beth did a lot of painting over the holiday season.

Julie and Bianca also visited their families over the holiday season. They really

We hope as the weather gets warmer we will have more activities for the ladies and we want everyone to stay safe in this upcoming year.

Thanks for all you do for us and the ladies.

— Allview House

Over the holiday they prepared Christmas cards for their friends and family. The ladies really were happy to open their presents Christmas morning. They were very happy to receive gifts from Santa, friends and family—and most of all, very thankful.
BEAUWICK
Hello all, As we transcend from the festive era and continue to adjust to the post-pandemic mode, we are grateful and appreciate all the collective efforts others have made to help us confront our challenges and exercise the resolve to stay resilient and focused despite the odds.

Halloween was sensational as the whole crew had their face painted with their costumes as they paraded, danced and shared a great gathering at the Fall Festival at the CALMRA office. They won certificates for Best Performances that were judged by the administrative team of CALMRA.

They also participated in the Covid and Flu shot drive that was orchestrated by the agency for all the residents of CALMRA and willing staff.

David celebrated his 54th Birthday in November with his roommates and staff at home. This was immediately after Thanksgiving Day. He had an Edible Arrangement, balloons, and gifts from his siblings. We also shared cake to conclude his birthday. He had a very Happy Birthday!

Christmas we had a BLAST! Santa was very generous to us. We had the privilege of interacting with others from outside our comfort zones in the spirit of the season. We visited local community places of interest, and honored invites of occasions celebrated by others.

We are very thankful for the assistance rendered by all to make life more comfortable for the Beauwick house. We also appreciate our new Program Administrator.

May God Bless us All.

BEECHVUE
Greetings from Beechvue!

The Beechvue Divas are doing well and staying healthy! We hope everyone is doing the same. The ladies are keeping busy going on outings, participating in bowling on Saturdays, and doing their zoom activities with their day programs!

In October, they did some baking and celebrated Halloween. Nancy went to pick out pumpkins to start decorating the house - she was very excited to share it with her housemates. For the Fall Festival at the CALMRA office, the ladies dressed up. Nancy was Little Red Riding Hood, Melynda was Belle from Beauty and the Beast, and Marilyn was the Little Mermaid. The ladies danced, won some of the contests we had, ate delish food, and played the carnival games. Overall we had a Blast!

In November, the ladies celebrated Audra’s birthday! They went to a Chinese restaurant called Hunan Delight. Melynda gave us this suggestion. We all enjoyed the food! For thanksgiving, Melynda went to her dad’s house to spend time with family for a few days. Marilyn was invited by Diane (Staff) to go to Hampton, VA. She enjoyed the getaway and said she loved Diane’s Family and how good the food was. Nancy went to Audra’s house and spent the holiday with her family. They had lots of fun and she enjoyed the delicious food.

In December, the cold hit us hard and we have been staying warm. They went to the Holiday Hop, danced, and socialized with their friends from Park and Planning. They had so much FUN! The ladies went to see the U.S. Army bands holiday concert at Constitution Hall in Washington, D.C. They also hosted their first Christmas Tea Party. They really loved sharing their ideas of how they wanted the Tea Party to be. Michael and David From Durant came and we played Snowman Bingo, we had a variety of Tea’s and ate snacks all while listening to Christmas Music!

The Beechvue Divas loved all of their Christmas gifts from family, Staff and Santa. Nancy felt extra special because she is a Christmas baby, so we got to celebrate twice! She loved having 2 celebrations, she even had a request for Chinese food as her birthday dinner.

We hope everyone stays safe and warm and we wish you all a Happy New Year!
In November we attended the Fall Festival at the CALMRA office. We got all dressed up in our costumes and the guys had so much FUN!! During Thanksgiving, Louis and Kevin went home to visit family.

In December, Parks and Planning had their Annual Holiday Hop that Louis and Kevin attended. There was A LOT of dancing which they both enjoyed. The following day we went to the District of Columbia to watch Christmas Carols performed by the U.S Army Band. They really enjoyed this event.

Our house Annual Christmas Party was celebrated. We had lots of food, fun, and fellowship. In collaboration with other houses, they went to watch a play in Bethesda called “The Tempest” by Macbeth. They had the opportunity to interact and build their social skills.

Everyone’s in good health. We can’t wait to see what this New Year brings all of us.

Happy New Year from Branchview!

Thomas was able to reunite with his family during Thanksgiving, Christmas, and New Years. He had such a great time with them.

Keithlan’s aunt stopped at the house for a few hours on Christmas Day.

In November, Peter went for a trial at Eastern Seal’s Day Program and he said that he LOVED it. We are still waiting to see if he was approved to start at the Day Program.

In December, our house took a ride to the Festival of Christmas Lights in Largo, MD. The guys loved all the lights and themes they saw.

Keithlan has been approved to start his Day Program at National Children’s Center this month, He is very excited to start.

Thomas celebrated his 22nd Birthday with his roommates last July. This year we looking forward to celebrating Peter’s 61st Birthday on January 29th.

—Thanks to all from the Bucklodge house.
pandemic has continued to prevent the guys from participating in their weekly Park and Planning activities and other social and sports activities. It has not stopped them from engaging in other indoor and outdoor activities that are safe for them.

At the house, they enjoy shooting targets on the bullseye magnetic darts game, playing the bullseye bounce game, playing bowling on the Wii video game, playing the puzzle games, and participating in Art and crafts.

In October, the guys attended the CALMRA Halloween party. They all had fun with their friends from other houses while they put on their beautiful costumes.

In November, Donald and Dawit went home to visit their families for Thanksgiving.

In December, all the guys enjoyed decorating the house and putting up the Christmas tree. They had the opportunity to go shopping to buy gifts for their friends and family. Donald and Dawit celebrated their Christmas day with their family while Lewis celebrated his own Christmas at the house by eating delicious food and listening to Christmas Carols.

We at Columbia house wish everyone a Prosperous New year!

Monique still enjoys meeting her fellows via Zoom. She also enjoys stories being told to her and listening to music.

For Halloween and Christmas, Monique had visits from her family that she really enjoyed. The ladies enjoyed their Thanksgiving and Christmas celebrations with lots of gifts.

Colleen and Nanita enjoy their dances, storytelling, and virtual visits to historical sites such as National Geographical Channels also via Zoom. They also watch their favorite shows which are Paw Patrol, Peppa Pig, Cartoon Network and Disney Channel. Their favorite genre of music is Smooth Jazz and Oldies.

Monique celebrated her 52nd birthday with family, her house mates and Staff.

The ladies are doing very well and are looking forward to a nice warm spring.

— Dresden
As we start off a New Year we would like to wish a Happy New Year to all our Calmra Family. We pray that everyone had a safe and blessed holiday. For us at Durant we’ve had some happy times and also sad times. We want to thank everyone that helped us celebrate Michael Holland a.k.a. Phil, with the memorial service. We will always remember him as being happy, loving, and very funny. He always kept a smile on his face, and he was the life of the party at Durant. We are grateful for the time we shared with him. We want to thank all of those who sent cards, texts, and phone calls with their condolences.

Michael and David are keeping very busy. David is back at his day program and enjoying everyday outings with the staff. Michael loves joining his day program virtually and he looks forward to seeing his friends soon. The Holidays were great for both David and Michael—they spent time with their families for Thanksgiving and Christmas and they loved going shopping for presents to give. They got spoiled with all the presents they received from their families. For the New Year they both enjoyed a family dinner and got together with staff at home and watched the ball drop on T.V. Their New Year wish is that everyone live their best life, stay safe, and love everyone.
GAVIN

Seasons Greetings from the Ladies at Gavin house! The ladies have been staying safe and healthy. Maureen has been spending a lot of time with family and friends at her Day Program. Pamela has been doing her zoom online, and I feel she enjoys seeing her peeps.

We have been enjoying community outings. We went to see the Christmas lights at Watkins Park. The holidays were spent with our loved ones. Everyone at Gavin really enjoyed the Fall Festival, we all had a great time. We will continue to keep all of CALMRA Staff and Clients in our prayers as move into a wonderful New Year 2023!

GREENCASTLE

Hello all, hope everyone is enjoying their winter and staying warm!

The ladies are doing very well, we are all happy that we made it to the New Year! We are keeping the ladies busy with at home activities and when the weather permits we have outdoor activities for them.

In October, we went to the Fall Festival at CALMRA. We had so much fun. We had lots of food, desserts, games, and even dance contests. All the ladies dressed up in their Halloween costumes.

In rolled November, and here came Thanksgiving. Jennifer’s parents brought us a lovely Thanksgiving dinner—we thank them so much for that. We had a house renovation over the summer and Jennifer’s parents also came and helped us decorate the house and her room. We are very grateful for them and all they do.

In December, we decorated the house, put up our Christmas tree, baked cookies, listened to Christmas music, and we saw Christmas lights in the neighborhood. Krissy’s mom came over to the house and brought Christmas dinner. The food was very delicious! She even brought gifts for the ladies to open Christmas morning. We had a very nice visit with her. We brought in the New Year at home and the staff made dinner for us to enjoy while we waited for the ball to drop that we watched on T.V. We were all so excited!

We hope everyone had and will have a great New Year!

—Greencastle
Lackawanna

Hello from the Residents and Staff at Lackawanna.

Julia went to CALMRA’s Fall Festival with her potential new roommate Felicia. It was a little chilly in the morning but then when the sun came out it got a little warmer and we really enjoyed the Festival. Julia went to a Harvest party at Easter Seals. She got to pick out her own outfit, which was a white long-sleeved shirt and orange pumpkin pants. She was very happy with her selection because she had a big smile on her face.

We want to thank all the staff for helping us celebrate harvest night at the house. They helped prepare lots of food and brought candy.

Sadly in November, we all said our final goodbye to out sweet Hilda Newman, aka Queen Bee, and Phil of Durant house. We would like to thank all of the CALMRA houses and family members that came out for this celebration of life. Special thanks to the Admin. Staff for helping in the planning and decorating to make this occasion so special.

Julia spent time with her family for Thanksgiving. When she returned back home, we had a nice Thanksgiving dinner for her with all the trimmings. We want to thank Julia’s mom for helping us with Julia’s transition to the Lackawanna house.

December was a very busy month for us. We got out all our Christmas decorations and put them up. We went riding around the neighborhood looking at the other houses that decorated their homes on the outside with lights.

Julia got a new roommate named Felicia. We want to welcome her to the Lackawanna Family. When Felicia moved in, she told us that she likes to cook and asked if she can make a meal for Julia and herself. She decided to make them both Spaghetti. They both enjoyed the meal together.

Julia and Felicia both spent time with their families for Christmas and they both had a great time visiting their family. They both came back with gifts from their family.

In closing we pray that all will have a safe and prosperous New Year. See you all in 2023!

♦ Lackawanna House
Season Greetings, Everyone!
With the New Year comes lots of planning, resolutions, and goal setting to attain and surpass.
CALMRA Inc. hit the 30 year mark of service and existence. We celebrated that this summer.

What an accomplishment they have made. It is such a wonderful experience to be apart of this organization and family.

In the past year, some residents, board members and friends to CALMRA have passed on and are resting in a better place. We want to remember all the good they have done for the people we serve everyday.

At every opportunity, we always appreciate the families of our residents for their steadfast support and understanding. They are truly great!

This past year was filled with fun loving moments and memories, learning curves, and opportunities to better the quality of services we render to our residents.

We had a wonderful Thanksgiving and Christmas holiday. The residents really enjoyed spending time with their family and friends.

We hope to do more activities and outings in the New Year and years to come.

Thank You and Happy New Year!! - Parallel
PRINCESS GARDEN

Greetings from the ladies and staff at Princess Garden. Happy New Year to you all!

We want to thank God for bringing us into a wonderful New Year. The ladies are doing great! They have been very busy doing their activities, Zoom meetings, and spending time with family.

After we had that celebration, the ladies and staff had our house’s annual Thanksgiving dinner. We were so happy to have family and friends over to give thanks and have a lovely meal with. After we ate we had karaoke and dancing in the living room. The ladies had an awesome time! We had a lovely Christmas and brought in the new year at Turf Valley.

Welcome to 2023!
—Princess Garden

SCOTT

We are so grateful for how far God has brought us, it’s been wonderful.

The ladies of Scott are in good health, sound and mind and we thank God for the grace to witness another year. The ladies have celebrated birthdays, CALMRA Fall Festival, Thanksgiving, Christmas and a New Year.

Janet has gone to all Park and Planning events. The activities she enjoys the most are dancing and bowling. She attends her church services every Sunday via Zoom. Her sister and friends come to visit often. She also went home to be with family and that made her very happy to spend time with them.

Gwendolyn had some health challenges, but now she is thriving and living her life to the fullest. She celebrated her birthday recently with 2 of her favorite things: Balloons and Music. Since her birthday is so close to Christmas she was showered with lots of presents from family and friends.

Gloria is doing great! She was finally able to do one of the things she loves: “VACATION!” She visited Atlantic City, New Jersey, Philadelphia, Pennsylvania, and New York. She went to the boardwalk in Atlantic City, got Lucy the Elephant, saw Absecon Lighthouse, Liberty Bell, Independent Hall, took a bus tour of the city, and went to Staten Island. We took a ferry to see the Statue of Liberty. Needless to say Gloria had a ball and she was smiling with her whole face.

The ladies are all thriving and continue to pray for good health always.

Thanks to all staff for all you do, God bless all.
SHANANDALE

Spring, Summer and Fall have come and gone. Winter is now here to come slow us down for a little. We have just enjoyed the last birthday boy of the house, Antonio. We turned it up and celebrated with Cake and Ice Cream.
We went to Pennsylvania to see the play King David. The guys had so much fun.
In October, we had some trick-or-treaters.
In November, we had some visitors over for Thanksgiving and had a BIG meal.
In December, we were so excited for Christmas. We loved opening our gifts.
For this New Year we are hoping for more parties, plays, picnics, vacations and outings.

In October, we had the Fall Festival to kick off the holidays. The ladies got to dress up in their costumes, we had lots of food and desserts. We had games to play, a photo center to take pictures, fresh popcorn and Rita’s.

SUSQUEHANNA

Hello all, hope you have enjoyed all the holidays as we have.

In November, Thanksgiving was very nice. We had a lovely thanksgiving dinner with the ladies and staff.
Before we knew it, December was here and Christmas was fast approaching.
We got our Christmas tree and decorations out and decorated the house and the ladies rooms.
The ladies of Susquehanna are doing well. We hope you and your families are doing well also. The ladies are keeping busy with their activities and outings.

Wishing all the CALMRA homes hope and wellness in the New Year. Let’s not be strangers.
— Shanandale

Happy Holidays!!

In November, Thanksgiving was very nice. We had a lovely thanksgiving dinner with the ladies and staff.
Before we knew it, December was here and Christmas was fast approaching.
We got our Christmas tree and decorations out and decorated the house and the ladies rooms.
The ladies of Susquehanna are doing well. We hope you and your families are doing well also. The ladies
In Loving Memory of Michael Phillip Holland, Hilda Delores Newman & Lincoln Pitts

Michael Phillip Holland aka Phil, 64, passed away in his home at Durant in Silver Spring MD. Phil was a very loving and energetic person. He loved music, dancing, eating good food and he was definitely a people person. He was a Christian man and loved his church family and enjoyed going to church. Phil touched the hearts of everyone he met. Phil loved to clean and dress in matching colors. Phil's' favorite pastime, besides dancing, was coloring and hanging up pictures in his bedroom. Phil also enjoyed visiting his family and going home on the holidays. Christmas was his favorite time of the year. Phil really enjoyed going to CALMRA’s day program—he didn’t want to miss a day. His Durant family misses him so much. We all miss his laughter, his funny ways and the way he always said, “I love you”.

Our Friend Phil,
Rest In Peace.

Hilda Delores Newman, we are so sad to say you passed. She was loved by everyone, and everyone loved her. Hilda was so helpful to her roommates, she would help them reach items that were too high for them to reach. She had so many friends in the day program. Her favorite game to play was Bingo. Hilda really loved to dance, shop, sing in the church choir, and grocery shop. She always loved dressing up and partying. She also played sports like Softball, Tennis, and Bocce Ball. Hilda, you are truly missed by everyone.

Rest In Peace.

We would like to remember Lincoln Pitts from ALCO who was a Great supporter of CALMRA for many years. He served on our Standing Committee, and attended many CALMRA events. He always had a smile and was an advocate for individuals with disabilities. He will be deeply missed.

May He Rest in Eternal Peace.
In Loving Memory Of Joseph W. “Bill” Lowell

Joseph W. Lowell, Jr.
“Bill”
1928-2022

CALMRA lost a long-time supporter recently and we all mourn his passing. Bill was involved with CALMRA at its inception. He sat in on planning meetings for CALMRA’s emergence and on the interview panel to hire the first Executive Director. He served on the nominating committee for all his years volunteering with us. As a Board member, he served as Chaplain and the group’s moral compass as we created and implemented the agencies operating policies. He brought in his wife, Ronnie, to assist in annual Quality Assurance reviews and supported her work on our Standing Committee.

As our Chaplain, Bill led us in prayer at each meeting and all special events. His strong faith helped see us through many ups and downs. His deep love and concern for all people with disabilities was seen throughout his home life and professional volunteerism. CALMRA and the world benefitted from his warm approach to issues, his passion and his deep commitments. We all benefited from his life and efforts.

Rest In Peace.

Gifts With Special Meaning

Joseph Morrison
John & Shelia Fellerath
Regina Bruzdinski
Debra Shapiro
Timothy & Christine Morgan
Mary Julia Bailey
Jay P. Goldman & Rebecca Salon
Thomas Wanner
Mary Moore
Nancy Tolbert

Susan Schober
Richard & Paula Goldberg
Jeannette W. McCarthy
Barbara Junghans
Adrienne Dern
Susan Cady Johnson
Max Nordeck
Sheila Saville
Abbie Hogan
From Our Senior Center

MARY SOLKO SENIOR CENTER

The New Year Stands before us, like a chapter in a book waiting to be written, we can help write that story by setting goals. – Melody Beattie

The participants of the Mary Solko Senior Center have spent the bulk of this winter exploring traditions, festivals, and cultures around the globe. Thus, creating a deeper appreciation for the diversity in our world and communities.

November

In November, participants celebrated the season by learning about Indigenous people, their contribution to our society, and the origins of Thanksgiving traditions.

December’s Flower is the Holly Birthstone is the Blue Zircon

December

December was a month filled with excitement and anticipation about the Holiday season. The participants learned about several global holidays, celebrations, and traditions, including Hanukkah, Kwanzaa, and Diwali.

January

January’s Flower is the Carnation Birthstone is the Garnet

Happy 2023! Whether or not you make formal New Year’s resolutions, branching out, meeting new people, and trying new things helps ensure this year will be the best it can be! And the best we are going to be for our participants. We are looking forward to exploring new opportunities and new adventures in 2023!
From Our Nurse: Anthony Oguogho, RN

I come from a rich background of working with people with intellectual and developmental disabilities spanning over 18 years. I began as a direct support professional (DSP), Coordinator of Community Services (CCS), and most recently as a Registered Nurse (RN). I graduated from Stratford University School of Nursing, in Alexandria Virginia, with a Bachelor of Nursing (BSN) Degree. In my spare time, I like to travel with my family, as well as exploring my intellectual curiosity in child, adolescent, and adult psychiatry. I look forward to working with all of you!
If you would like to support CALMRA by becoming a member, we would love to have you in the CALMRA family! You can sign up on our website at www.calmra.org or by completing the form on the right and returning it to us.

**We would like to thank our renewing and new members for 2022!** (as of 1/30/2023)

Sheri Allen  
Carole Aspinall  
Shirley Bader  
Mary Julia Bailey  
Laura Bennett  
Tillie Bradford  
David Brokate  
Patrick Cady  
Susan Cady Johnson  
Nora Connell  
Jennifer Costello  
Rona Eisen  
Dorothy & Tim Gay  
Mimi Getachew  
Brian Gilbert & Kristine Saville  
Robert & Kathleen Grudberg  
Elaine Guidry  
Bill Halloran  
Sara & Austin Henry  
Harold Hill  
Nicholas, Irene & Gabriel Hluchyj  
Kathy Labukas  
Del & Barbara Liphart  
Veronica & Bill Lowell, Jr.  
Jean Marron  
Mark Mazz  
Frank McKnew  
Bill Moon  
Patricia Morris  
Sheila Osborne  
John Pawulak  
John & Laura Pawulak, Jr  
Shawn Perry  
Mary Jane Phillips  
Jewel Pitts  
JoAnn Rowe  
John Ryan  
Patricia Savory  
Joshua Sharlin  
Rollanda Tinney  
Nancy Tolbert  
Cecil & Barbara Torrico  
Louis & Edna Torrico  
Clarence & Gloria Turner  
Karen Turner  
Linda Wegerisky  
Linda Wilson  
Ken & Jennifer Windbeck  
Gary & Danna Zacharek  
James Ziepolt

**Membership Form**

Do you know someone that would like to support CALMRA? Members receive a membership card, regular information about CALMRA, tax deductible dues and the knowledge that they are helping people with disabilities. Please use the form below. Thank you!

Name (please print)

__________________________

__________________________

__________________________

Address

Phone

Membership Levels:

- ☐ Member ($25)  ☐ Presidents Club ($100+)
- ☐ Family ($40)  ☐ Sponsor ($200+)
- ☐ Sustaining ($50-$99)

RETURN FORM TO:
CALMRA, Inc.  
14100 Laurel Park Drive  
Laurel, MD 20707

☐ New  ☐ Renewal

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**CALMRA, INC is a non-profit organization as defined by IRS Code 501 (c) 3. Your gift is 100% deductible. No goods or services were provided by CALMRA in return for this contribution. A copy of a current financial statement is available by calling (301) 982-7177. Documents and information submitted to the Secretary of State under Maryland Charitable Solicitations Act are available from that office for the cost of copying and postage.**
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

ADDRESS SERVICE REQUESTED
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 jdancy@calmra.org

☐ Please change the spelling of my name.
☐ Please update my address.
☐ Please send future newsletters by email.

Email Address:

☐ Please remove my name from the newsletter mailing list.

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 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.

Ways You Can Support CALMRA

TAX-DEDUCTABLE 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.

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

Thank you in advance for your participation!

Donate Your Change to Create 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 transaction 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.