

**2023 CALMRA BOARD OF DIRECTORS:**

- President:**  
Kenneth Windbeck
- Vice President:**  
Mark Mazz
- Secretary:**  
Brian Gilbert
- Treasurer:**  
David Brokate
- Directors:**  
Ronald Jackson, Jr.  
David Saville  
Steve Caplan  
Michelle Lyons  
Elsie Ziepol  
Patricia Morris  
Sara Henry  
William Moon  
Gwendolyn Jack-Rolston  
Kam Khazai
- CALMRA ADMINISTRATIVE STAFF:**
- Executive Director:**  
Nancy Tolbert
- Chief Operating Officer:**  
Danna Zacharek
- Dir. of Program Oper.:**  
Tammy Money
- RN:** Anthony Oguogho
- Director of Finance:**  
Shakeara Lynch
- PT Accounting:**  
Kun Tang
- HR Executive Assistant:**  
JeAnne Dancy
- Office Assistant:**  
Mearra Williams

- Dir. of Day Services:**  
Susie Thompson
- Activity Coordinator:**  
LeReese Parker
- Program Admin.:**  
Oriesha Peña  
Catherine Tate  
Timothy Boston
- Maintenance Supervisor:**  
Robert Money



# The CALMRA Communicator

Newsletter for and about CALMRA, INC.



VOLUME 28, ISSUE 2

SPRING, 2023

**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

Greetings,

I hope this newsletter finds everyone in good health and that you are all surviving the pollen. As this warmer weather moves in to stay, our residents/ participants will be enjoying more outdoor activities. It's always an exciting time when folks can get out and enjoy the natural beauty and events that surround our homes and communities.

Over the last few months, the board and its various committees have been meeting to lay-out our agendas for the coming year. We are always looking for additional ideas and involvement. Do you have a particular talent or passion in any of the following areas: Community Events, General Con-

tracting, Fund Raising, Brand Marketing, Social Media? If so, please consider volunteering to serve on one of our various board committees. If interested, contact the CALMRA office.

It is cliché to say "it takes a village," but it truly does. We are extremely fortunate to have talented and compassionate staff and leaders, but it takes all of us to enable CALMRA to provide the quality services we deliver. In the coming weeks, you'll be receiving a renewal request as part of our annual membership drive. I appreciate your continued support.

Here's wishing all of you a Happy Spring!

◆ Ken



Ken Windbeck  
President



### INSIDE THIS ISSUE:

Letter from the President .....	1
Letter from the Executive Director .....	2
Birthdays & New Employees .....	3
Gift With Special Meaning & DD Awareness.....	4-5
From Our Homes .....	6-15
From Our Senior Center .....	16
From Our Nurse .....	17
CALMRA Membership and Ways to Support .....	18-20

# From the Executive Director's Desk

Spring is in the air!! Ask anyone who suffers from allergies!! Everyone is looking forward to warmer weather and more outdoor activities.



This past quarter the extensive renovations were completed at our Greencastle home. Tammy and Bobby did a terrific job securing funds and overseeing this project! The home has been enhanced greatly! We are now moving on to another property for building improvements.

We welcome new Board members with enthusiasm and excitement! Welcome Mr. Steve Caplan, Mr. Ronald Jackson and a fond welcome back to Mr. Dave Saville! Looking forward to working with all of you!

We also want to welcome and thank Mr. Gary Mervak for volunteering to assist us with our Finance Committee! CALMRA is moving in the right direction!

We are utilizing Montgomery County Students who need SSL (Student Service Learning) hours to help with some virtual bingo games that the residents really love. Thanks to our new Front Desk Manager for coordinating this project!

A word of warning to all; COVID is still making rounds out there! Please be careful out there and continue to protect yourself! Everyone is vaccinated at CALMRA but some folks are testing positive. Sending healing thoughts to all!



Staff here are treading slowly and carefully into the new LTSS funding system the State has implemented. Hoping for a smooth transition!

Hope everyone enjoys the sunshine and flowers and all that comes with Spring!!

♥ Nancy



**Nancy Tolbert**  
Executive Director

FOR WAYS YOU CAN  
SUPPORT CALMRA,  
PLEASE SEE PG. 22

# Birthdays and New Employees



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

- Bianca Gatten-Rivers
- Dawit Gebretsadik
- David McDermott
- Joan Wynn
- Jeffery Rolston
- Elsie Ziepolt
- Felicia Scruggs
- Michael Reese
- Dale Bennett
- Frarida Manoli
- James Townsley
- Brian Cady
- Allan Sharlin
- Marilyn Bader
- Diane Drew
- David Ferrara

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

- |                          |                 |
|--------------------------|-----------------|
| Tina Babayale            | Radiatu Kamara  |
| Tymeka Williams          | Alice Yeku      |
| Lashawna Holcomb         | Isata Mansaray  |
| Olufunmilayo Oke-Adeniyi | Pamela Payne    |
| Kevin Merchant           | Oluwabunmi Ojo  |
| Shakeara Lynch           | Brenda Cooper   |
| Wosilat Onabiyi          | Anthony Oguogho |
| Roseleine Delice         | Nadie Bangura   |
| Silvia Njie              | Nancy Tolbert   |
| Ruth Sackey              |                 |
| Olasumbo Ogunmola        |                 |
| Theresa Enwerem          |                 |
| Marion Luma              |                 |
| Isata Jalloh             |                 |
| Diane Dekoladenu         |                 |
| Reshan Ekubagzi          |                 |
| Blessing Adedjoke        |                 |
| Adejoke Bankole          |                 |
| Olive Onwukwe            |                 |
| Mekdes Kabtiymer         |                 |
| Pascal Nokom             |                 |



## Welcome New Employees!

- Sumeet Das
- Dixia Arias
- Amber Edmonds
- Kevin Harrison
- Ashley Williams



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

## Gifts With Special Meaning

### General Donations

- ♥ Damascus United Methodist Church
- ♥ Maryland State Council - Knights of Columbus
  - ♥ Napoleon & Betty Walker
- ♥ Int'l Assoc. of Bridge, Structural, Ornamental and Reinforcing Iron Workers Local Union #5
- ♥ America's Charities MCC
  - ♥ Mary Roberts
  - ♥ Sharon Spurrier
  - ♥ Matilda Bradford

### Memorial Donations

#### In Memory of Lois Funk

- ♥ Joan Holmes

#### In Memory of Ida Lou Price Brown

- ♥ Gary Mervak

#### In Memory of Bill Lowell

- ♥ Anna M. Jelen

#### In Memory of Chris Connell & Kathy Wilson

- ♥ Michael Connell

#### In Memory of Bill & Cecelia Lowell

- ♥ Maureen Malone

*"Your life was a blessing, your memory a treasure, you are loved beyond words and missed beyond measure."*



# DD Awareness Month



The month of March is National Developmental Disabilities Awareness Month (DDAM), a time when we join with our partners to educate the public about developmental disabilities and highlight the many ways people with and without disabilities come together to form strong, diverse communities.



## News and Events from January-April 2023



**ALLVIEW**

Greetings from the ladies and staff from Allview.

The ladies are doing very well. We are all happy for Spring, we are enjoying the flowers blooming and getting ready for the warm weather. All the ladies are busy with their park and planning activities and going to the shopping mall. When the weather permits they go on neighborhood walks.

In February, Bianca celebrated her Big 30th Birthday. We had lunch with family, friends and staff at Bob Evans. We all ate lunch, had cake and Bianca opened her gifts. She was very happy with the turn out of her birthday party.

That same night they went to the Prom. They got all dressed up and had dinner, and danced the night out. They also received Crowns.

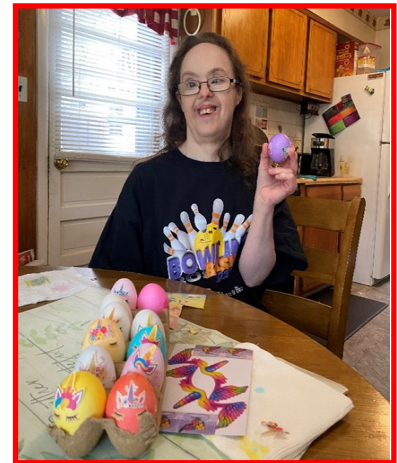
Every Saturday they go bowling. After bowling they have Coffee and Donuts. When the ladies get home we give them time to rest and then we do some activities, clean rooms and get ready for the night.

In March, Julie and Beth had family visits which they love so much. Julie attended the Chinese New Year Traditional Dance at the Kennedy Center in Washington, D.C.

For Easter they dyed Easter eggs and we colored pictures in their Easter coloring books.

♥ The ladies at Allview House hope everyone has a wonderful Spring!

# HAPPY BIRTHDAY BIANCA





**BEAUWICK**

Hello All from Beauwick,  
 This past quarter has been very challenging, the gentlemen of Beauwick have been our priority and they have remained uncompromised. We appreciate the good bill of health of our guys. Two of our guys have maintained the same Day Program and are able to attend them virtually through zoom on a regular basis with positive attitudes.

As of now, we are pursuing therapists that would help one of our residents live a more meaningful life. We are thankful for the community we live in as its diverse, we have respectful neighbors, and high expectations for everyone in the community.

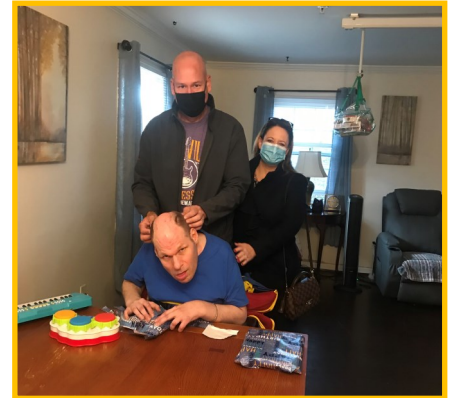
The families of our residents are very involved in their lives. They come over regularly for family visits and fun. They help us keep them social and they are involved with medical appointments.

Furthermore, we want to thank all those who have worked behind the scenes to share their time and efforts to make this past quarter meaningful for both staff and residents. We continue to value your ideas, concerns, and

enthusiasm.

As we look forward to Spring as a family, may God Bless us all in our endeavors.

◆ Beauwick



**BEECHVUE**

Greetings from the Beechvue Divas!

The ladies are doing well at Beechvue. We hope everyone enjoyed what little winter we had. The ladies have been keeping busy with their daily routines, going to the day program. They enjoy bowling on Saturdays with the Woodchoppers! They also enjoy going out to dinner on Saturday



nights. We love to take walks with the ladies and an activity they can't resist is art projects. Melynda loves to paint. She has painted a few pictures as birthday presents for some of her CALMRA friends. They went to the movies a few times this month. They saw Elvis and Puss and Boots! Melynda went to see Avatar in 3D and She loved it!

In February, the ladies celebrated Valentine's Day with treats from our staff. The ladies also were happy to dress up for the

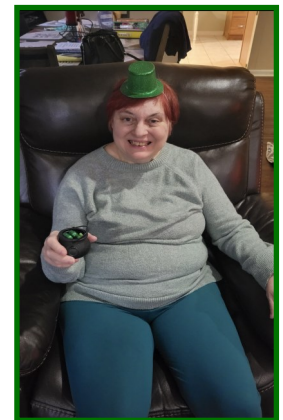
night for the Shine Prom Dance in Bowie, MD. We took a limo ride to the Prom, took lots of pictures, ate delicious food and danced the night away. The ladies went to Bob Evans to celebrate Bianca's Birthday! We would like to welcome Ashley to our home! She has been truly a joy to work with. The ladies love her already!



We hope everyone enjoys the spring and stays safe!

♥ Beechvue

In March we celebrated St. Patrick's Day! They wore the color green and colored St. Patrick's Day pictures. We went to a birthday party at Golden Corral to celebrate Elsie. The ladies enjoyed the company and food. We would like to wish Diane a Happy Birthday - also in the month of March. The ladies are looking forward to the spring weather and watching the flowers blossom. We can't wait to go for more walks in the neighborhood and the Spring Fling Dance coming in April.





**BRANCH VIEW**

Greetings from Branch View!

**HAPPY BIRTHDAY LOUIS**



Spring is here and we are looking forward to the nice warm weather.

In January, Louis celebrated his birthday with his housemate Kevin and staff. We had Cake and Ice cream. In continuation of his birthday, his family took him to Disney World. When Louis returned from his trip the staff and I asked him how was his trip and he told us that he had a really good time.

In February, the guys celebrated Valentine's Day with cupcakes. They really enjoyed that! We also delivered a Valentine's Day Cake to a house that was chosen by our CALMRA Office staff. The ladies who received the cake were so happy!

In March, we did a community walk on days that the weather permitted us. The guys really enjoyed watching how the leaves on the trees and flowers started to bloom and grow. We celebrated St. Patrick's Day by wearing Green colored T-Shirts.

Kevin and Louis really enjoy working. In the evenings after work they like to relax and watch game shows, listen to music, and watch movies. In the month of March Mearra and Lisa hosted a virtual BINGO! Everyone had so much fun playing and winning some games.

For Easter, Louis and Kevin visited family and they had so much fun and told us about their visit when they returned home.

◆ Happy Spring from Branch View!



**BUCKLIDGE**

Hello CALMRA Family,

The Bucklodge guys are doing great!

In this start of the year the guys love going on walks in the neighborhood. We went for a couple of walks as the weather permitted and they saw how the trees and flowers were growing and started to bud as time went on.

Keithlan started his Day Pro-

gram last week with the National Children's Center in Silver Spring, MD. He shows that he really likes it there and the activities they do.

We are still awaiting approval for Thomas and Peter to start their day programs.

Peter is doing well with his scheduled meetings, with the assistance of the staff setting up his iPad for them.

◆ Bucklodge







**COLUMBIA**

Greetings from Columbia!

We hope everyone is being safe and staying healthy. We are all enjoying this warm weather and looking forward to a wonderful Spring and Summer!

The guys are doing good. We are helping them stay healthy, following our meal plan and exercising. Some of their other favorite activities are Shooting targets on the bullseye, Bullseye bounce, bowling on the Nintendo Wii, playing with

puzzles, and doing arts and crafts.

This month CALMRA hosted a BINGO on zoom and the guys really enjoyed playing. The guys continue to always communicate and visit family members.

We celebrated Dawit's birthday in February at the house with cake, pizza, drinks, and dancing to music.



# Happy Birthday Dawit !!!



◆ Columbia House wishes everyone a Happy Spring season.



**DRESDEN**

Hello from the ladies and staff of Dresden House.

Spring has sprung, and the ladies are looking to engage in community outings, weather permitting. Rides have been taken to the National Mall, Columbia

Mall, and Greenbelt Mall, and driving within the community for sightseeing.

Monique continues to enjoy listening to her favorite T.V. shows such as Peppa the Pig, the Cartoon and Disney network channels. The other ladies also continue to enjoy the Cartoon and Disney channels as well.

They enjoy the Day Program activities via Zoom traveling the globe virtually and

learning various traditions, and cultures.

The ladies are looking forward to a great spring.

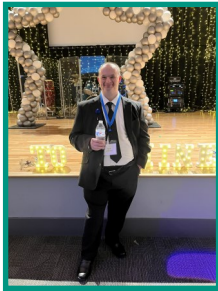
♥ Dresden





**DURANT**

Durant Guys are staying busy as usual! Loving their life with great expectations.



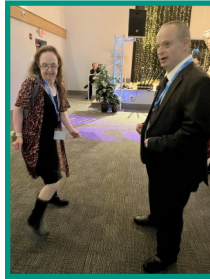
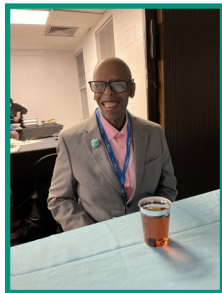
David just celebrated his 49th birthday with friends, family and is ready to celebrate the 50th next year. Stay

tuned for the invitation. David is

very active with his day program, everyday it's a new adventure. He's enjoying being out in the community meeting new friends.

Some of the places he visited with his day program are the Cathedral Temple in Washington DC, Wheaton Mall, the Library, exercising at Montgomery County recreation center and the most exciting one that he loves to visit is the Wharf in Washington DC.

David loves spending time with his family and if that's not possible he calls them on the phone every weekend. David also enjoyed going to the prom Night To Shine, he dressed as a King!

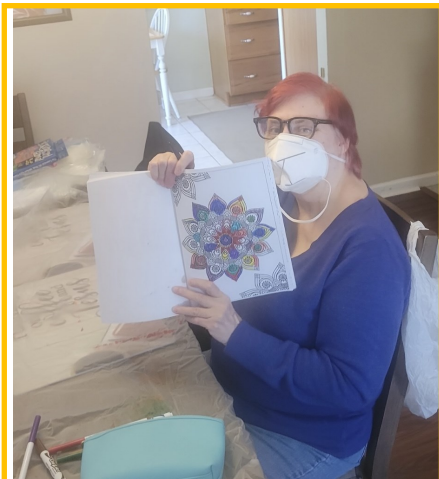
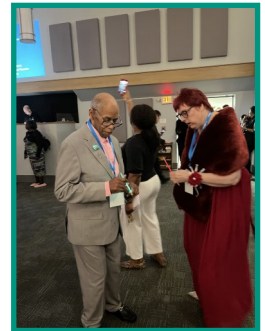


He also enjoyed a big Easter party with his day program.

Michael is feeling blessed since he is able to see better now. He's still in a healing mode but can see much better. Michael enjoys spending time with his Sister and Niece. On the weekends he enjoys being at the malls having lunch and just site seeing. He loves the restaurants in the Bowie Town Center. Michael went to the prom also, dressed to kill with his date on his arm. They danced the night away feeling like the King and Queen of the ball. Michael enjoyed meeting new friends and seeing old ones that he hadn't seen in a while. Michael also has a birthday coming up on April 11th.

The guys are getting ready for their Spring vacation, but want to remind everyone to live your life to the fullest and on purpose, be good to yourself and to be good to others.

♥ Durant



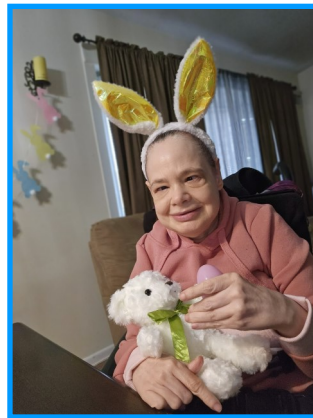


**GAVIN**

The ladies of Gavin really haven't been that busy, we have done some community outings. Most of the time we are in the house doing lots of arts and crafts , and story time.

Maureen's sister has been coming to spend time with her as a surprise during the week.

Pamela has been getting phone calls from her cousin Steve



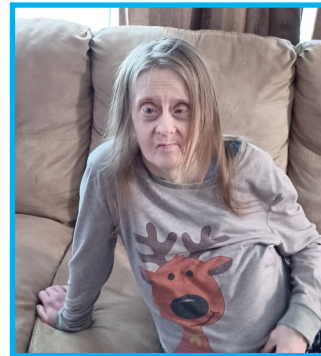
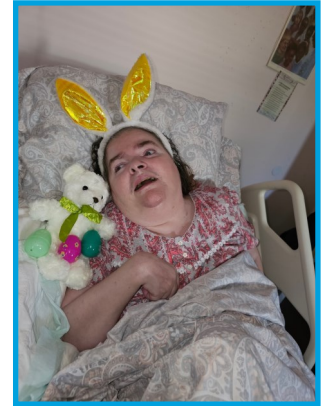
which always put a smile on her face.

We are hoping to get out more now that the weather is getting warmer.

I would like to thank each and everyone that has helped out at the Gavin House. I also know Pamela, Joan and

Maureen really appreciate each of you.

♥ Gavin



**GREENCASTLE**

Hello all. Welcome to Spring! We had a lot of fun in the winter. We took the ladies on car rides in the community. When the weather doesn't permit we stay in and enjoy different activities such as; BINGO, color in coloring books, listen to music, and watch movies. When the weather was good we sat out on the porch and looked at the sunsets.

Now that the weather will be warmer, we are excited to do more outdoor activities.

We had a good Easter celebration. We made the ladies Easter baskets and they loved them.

I would like to thank the families of Greencastle. They help a tremendous deal at the house and with the ladies. They are great supporters of the staff and myself.

We really appreciate you!

♥ Greencastle





**LACKAWANNA**

Hello Everyone,

The ladies and staff would like to congratulate Ms. Judy Friday on her retirement from CALMRA, INC. you made an incredible difference with all you did to make your ladies happy. You will truly be missed by the CALMRA family.

The ladies had a great Valentine's Day. It was filled with candy, balloons, and love.

We want to thank our PA, Catherine, for making the ladies feel special.

Julia loves her weekly visits with her Mom and Jenny. She also likes to go have lunch at Burger King where she always orders a large Coke.

Felicia goes to work at Maryland University. She enjoys hanging out with her family on her days off. She also attends church with them. Felicia will be celebrating a birthday soon.

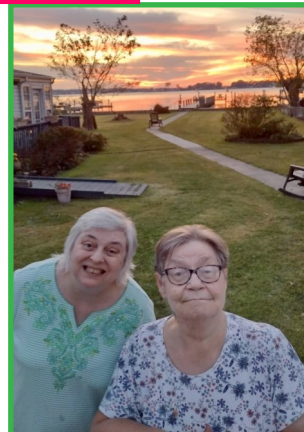
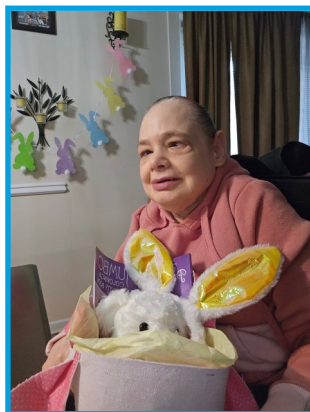
We would like to thank the men at the Knights of Columbus that bring us fresh bread every week

that we share with the agency.

We would also like to give a special thanks to Tammy and Catherine for the support during our time of transitioning and Isata M. for stepping up and helping whenever she was needed.

May God Bless us all.

♥ Lackawanna





**PARALLEL**

Greetings to all families, members and entire management team of CALMRA from the residents and staff at Parallel.

The weather is changing and we welcome spring as it will usher in summer which means more outdoor activities for us.

The Parallel men are doing good with their daily activities and are incorporating more outdoor activities into their routine.

We had some fun Valentine's day and Saint Patrick day activities where we had a splash of green painting done. Black history month had us painting some notable black historic figures and read through history once again.

The Easter day celebration was indeed one to remember as each of our gentlemen got to spend quality time with their families.

Lastly, we appreciate everyone, from family members, the management team and kind hearted people who have helped and contributed to the growth and success of CALMRA.

We hope everyone has a wonderful and safe Spring!

Thank you very much!

♥ Parallel





**PRINCESS GARDEN**

Greetings from the ladies and staff at Princess Garden.

**HAPPY BIRTHDAY ELSIE**



Diane and Julie celebrated Elsie's 76<sup>th</sup> Birthday at Golden Corral. Elsie went on a Birthday trip to New York where she saw MJ the Musical on Broadway.

Julie is happy she is back at the Day Program where she gets to see all of her Friends and her Uncle Ricky. Diane is enjoying her New Horizons Day Program virtually.

CLS Olive celebrated her Birthday which was on Easter Sunday and had a lovely luncheon celebration. Olive was awarded with Rotarian of the year at their 2022-2023 Charter Night.

Thanks to Olive for working hard to get our Picnic Food sponsored by the Rotary club of Historic Prince Georges County.

Thank you to the staff at Princess Garden for all of the hard work and dedication during a recent COVID case.

The Ladies are Healthy and back to their regular outings and activities.

♥ Princess Garden



**SCOTT**

We're grateful to God almighty for how far he's brought us.

Scott Ladies are doing well all around. Everyone is in good health.

Gwendolyn is still the boss; she enjoys watching movies and listening to nursery rhymes. Her aunt from New York checks on her and she

gets some correspondence from family in Florida.

Janet loves working on puzzles. She attends both virtual and in person Day Program. Janet goes bowling every Saturday and attends church every Sunday. Her friends and family come visit her often and she loves spending time with them. Janet is very excited for some upcoming dances that are coming up in a few weeks.

Gloria is doing great. When she wakes up the first thing she wants to do is her morning exercises. She favors going on outings with the staff, working on puzzles, listening to music, dancing, and she even sings along. She attends her Day Pro-

grams daily whether in person or virtually.

The ladies are looking forward to warmer weather to be filled with lots of fun.

Thanks to all staff for all you do to make Scott House a safe home for the ladies.

God bless all.

♥ Scott





**SHANANDALE**

Hello CALMRA Fam!  
Coming straight from the Shanandale house we say, "What's Up Everybody". We are happy that Spring is here. The warm weather is BACK!  
This means more Outings, Trips, Adventures, Parties and many other outdoor activities we can do.

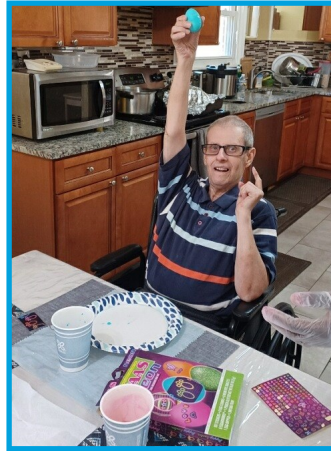
As for my fellow houses, Please let Shanandale know if you have any outings that we can join in on, we will be happy to attend.

We enjoyed all the past holidays and we just finished with our Easter. The guys painted hard boiled eggs, then we broke the shells off and enjoyed eating them.

Before dinner we watched the Pope on T.V, we had a lovely Easter feast, then we went to the living room to relax and digest our dinner.

Let's enjoy this wonderful Spring and we hope to see you all soon.

♦ Shanandale



**SUSQUEHANNA**

Hello All!  
These past few months have flown by. We are moving out winter and welcoming Spring.

We went and celebrated a CALMRA residents birthday! Our ladies had so much fun seeing their friends on this occasion.

We ended January with visiting the last of the Christmas decorations. The ladies really loved those nights seeing all the beautiful lights. Now that it has come to an end we are excited to see what this Spring has in store for us.

Since the Pandemic, the ladies have resumed in person doctor's appointments, going to the hair dressers, dentist appointments, and out on lunch dates.

We had lots of indoor activities like dart games, movie nights, table bowling, building blocks, sorting colors.

In the beginning of April, the office staff hosted a virtual BINGO game. Our residents really enjoyed it!

The Staff of Susquehanna are happy to have been honored by "My25". We were rewarded with a Crock Pot. This gift was accompanied by a congratulatory note in appreciation on following the My25 Menus and keeping residents healthy.

We hope all of our CALMRA residents are eating healthy and staying active!

♥ Susquehanna



# From Our Senior Center

MARY SOLKO SENIOR CENTER



“No winter lasts forever; no spring skips its turn.”- Hal Borland

Here at the Mary Solko Senior Center, we started the new year with great optimism and excitement about the participants returning to the building.



## January

In January, the participants continuously participated in virtual activities and **created new experiences** through Armchair travels, Dancer-cise, and Trivia.

## March

During March, participants celebrated, March birthdays, **St. Patrick's Day**, and learned about exceptional women in history.

## February

In February, the center welcomed the participants back into the building just in time to celebrate val-entine's day with a **sweetheart's dance**.



*January's Flower is the Carnation  
Birthstone is the Garnet*



*February's Flower is the Violet  
Birthstone is the Amethyst*



*March's Flower is the Daffodil  
Birthstone is the Aquamarine*







## From Our Nurse: Anthony Oguogho, RN



*Thoughts from our Nurse Anthony,*

Early Spring can be good for the trees and blossoms and miserable for allergy sufferers.

Maryland is currently seeing the earliest signs of spring in forty years according to research from the University of Arizona.

Plants, trees and grass release pollen in the springtime to fertilize other plants. The powdery particles drift in the air and are easily inhaled.

In some, inhaling pollen causes their immune system to overreact. The immune system sees the pollen as a danger and releases antibodies that attach the allergens. This leads to the release of histamines in the blood. Histamines trigger runny noses, itchy eyes and other allergy systems.

*Ways to assist in decreasing the Allergy Misery:*

*Check the Pollen count before spending time outside*

*Stay indoors, if possible, on dry windy days*

*Drive/Ride with your windows up*

*Vacuum and dust frequently!*

*When outside wear a baseball type cap and sunglasses*

*Take your allergy meds as recommended*

*Wash bedding weekly*

*Hydrate more and drink warm soothing tea or other warm beverages*

**As a reminder, Covid 19 is still going around. Wash your hands often, keep them away from your face and follow CDC recommendations.**

One last thought, thanks to all of the DSP's that continue to tirelessly do a tremendous job.

# CALMRA MEMBERSHIP

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](http://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)*

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

## 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:

- |   |   |
|---|---|
| <input type="checkbox"/> Member (\$25)          | <input type="checkbox"/> Presidents Club (\$100+) |
| <input type="checkbox"/> Family (\$40)          | <input type="checkbox"/> Sponsor (\$200+)         |
| <input type="checkbox"/> Sustaining (\$50-\$99) |   |

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

New

Renewal

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**

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.

**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](mailto: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.

*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.

## 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 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 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.

Every Penny Counts!

Search "Round Up App" in the App Store or Play Store, or use these links:

[RoundUpApp.org/iPhone](http://RoundUpApp.org/iPhone)  
[RoundUpApp.org/Android](http://RoundUpApp.org/Android)  
[App.RoundUpApp.com](http://App.RoundUpApp.com)

**ROUNDUP APP**

CALMRA, Inc.  
14100 Laurel Park Drive  
Laurel, MD 20707



**SPRING 2023**