

2022 CALMRA BOARD OF DIRECTORS:

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Vice President:
Mark Mazz
Secretary:
Susan Cady Johnson
Treasurer:
David Brokate
Directors:
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Kathy Labukas
Bill Lowell
Michelle Lyons
Elsie Ziepol
Rollanda Tinney
Joan Echols
Patricia Morris
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Nancy Tolbert

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Danna Zacharek

Dir. of Program Oper.:
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The CALMRA Communicator

Newsletter for and about CALMRA, INC.



VOLUME 27, ISSUE 1

WINTER, 2022

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



Ken Windbeck
President

Happy New Year!

I am honored and humbled to be asked to serve as the president of CALMRA's board. Our board is a collection of extremely talented people who freely give their time and energy to ensure we are doing our best for those entrusted in our care. I look forward to partnering with each of them in the coming year.

A brief introduction of myself – I have been a member of the board for the last several years. My older brother, David, is a long-time resident of Beauwick house and a participant in CALMRA's Senior Center. My parents, Fred & Carolyn, were founding members of CALMRA and dedicated their lives to providing quality homes to those with cognitive disabilities. Each of them served numerous terms on CALMRA's board and I hope to live up to the example they provided. I live in northern Virginia with my lovely wife,

Jennifer, and we have one adult son, Kyle. I recently retired after 30+ years in financial services. In my free time I play golf and attend Bluegrass music concerts.

The last several years have been very challenging for all of us.... and CALMRA is no exception.

Our amazing staff has done a phenomenal job of quickly adapting to ensure our residents and day program participants remain safe and continue to receive fantastic services. Without the dedication and commitment of our loving staff we would be lost. As a family member of a CALMRA resident, I cannot express enough gratitude.

2022 continues to present us with various challenges and I look forward to working with the board and the CALMRA staff to continue the great care that CALMRA is known

for. On behalf of the entire board, I thank you for your ongoing support of this amazing organization. Additionally, if you have a passion and/or talent that would be beneficial to the cause – we are always looking for volunteers.

I wish you all health and happiness.

- Ken

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From the Executive Director's Desk

Happy New Year to all!
Hoping 2022 exceeds the last 2 years in happiness and health for all!

CALMRA held a "Trunk or Treat" in the parking lot for Halloween. Residents and staff had fun dressing up, getting treats, and judging carved pumpkins! The admin staff did a great job organizing this afternoon of fun!



supporters. We will forever remember: Trudy Thornton, Bill Dent, Rebecca Wright, Lois Funk, Eileen Harrington, and Mary Kenney.

We are once again dealing with Covid infections that are up and spreading in the community. Please be safe and careful as we are doing here in our homes and programs.

I Hope all the readers had a nice Christmas holiday and as we move into the new year, everyone remains healthy and happy!

The CALMRA Annual meeting was also held in December. This was also a virtual event. Participants were able to hear Rob Baynard from the Prince George's Provider Council discuss happenings in Prince George's County and the State as it relates to providing services to people with Intellectual disabilities. Participants were able to look at/hear about CALMRA's Annual Report and members of the Board of Directors were elected.

We received our certification with the Standards of Excellence via MD Non-profits. This is our 3rd recertification and is good until 2026.

CALMRA had a lot of losses in 2021 and it was a hard year to lose our friends and

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



Nancy Tolbert
Executive Director



Our annual staff appreciation event was held on December 9th and this year. Like last, the event was virtual. Although we miss getting together for this afternoon of celebrating, everyone had fun recognizing employees work anniversaries, watching the admin staff dance and sing, getting door prizes, and of course, bonuses! Thanks to the Board for ensuring this event was able to occur for all our hard-working employees.

Birthdays and New Employees



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

- | | |
|------------------------|-----------------|
| Louis Cox | Lilli Gray |
| Peter C. McGean | Jeffrey Rolston |
| Hilda "Dolores" Newman | Joan Wyill |
| Gloria Shen | Elsie Ziepoll |
| Bianca Gatten-Rivers | |
| Dawit Gebretsadik | |
| David McDermott | |

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

- | | |
|----------------------|-------------------------|
| Senait Ashenafi | Julian Greene |
| Joy Sappleton Howell | Tymeka Williams |
| Cassandra Chijioko | George Morgan Jr. |
| Louis Kamara | Lashawna Holcomb |
| Kim Washington | Olufunilayo Oke-Adeniyi |
| Patricia Okongwu | Wosifat Onabiyi |
| Catherine Tate | Roseline Delice |
| Abebech Tebeje | Ruth Sackey |
| Rose Delice | Theresa Enwerem |
| Atinuke Babayale | Isata Jalloh |
| | Diane Delokadenu |

Welcome New Employees!



- Abebech Tebeje
 Efuetsngu Atabong
 Hyat Ahemed
 Modupeola Ogunmekan
 Nicola Timmons

- Senait Ashenafi
 Agnes Bangura
 Tedolia Jackson
 Silvia Njie
 Doris Atud Epse Nda



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

Gifts With Special Meaning

Annual Gift Solicitation

*David Elseroad
 Mary Julia Bailey
 Mary Jane Phillips
 Ruth Brannon
 Shirley Bader
 Joyce Jackson
 Nicholas, Irene, Gabriel Hluchyj
 Bob & Lynn Doyle
 June Cozart
 Audell Barbour
 Timothy Uber & Michelle Kadziel-Uber
 Robert & Joy Good
 Michael Schecter
 ALCO Pharmacy
 Veronica & Bill Lowell Jr.
 Hazel Roeder
 James & Carol Lowell Sr.
 Kevin Lau
 Thomas & Margie McKennett
 Cheryl Geske
 Josephine Werner
 Andrea & Vernon McDougall Jr.
 Mary Alice Silbert
 Evelyn & Larry Kamanitz
 Damascus United Methodist Church
 Laura Bennett
 Virginia Bunke
 John Koslosky
 Nancy Ferrant
 Edward & Anna Durkin
 Georgiana Harrell
 JoAnn Rowe
 Del & Barbara Liphart
 Jean Jack
 Gale Jack
 Gwendolyn Jack-Rolston
 Matilda Bradford
 Frank McKnew
 Elisabeth Saville
 Laura Torrico
 Dorothy Andes*

*Jacqueline Spence
 Bruce Hutchinson
 Ken & Jennifer Windbeck
 Sheri Allen
 Donald & Margaret Raab
 Kathy Labukas
 Gary & Danna Zacharek
 Cecil & Barbara Torrico
 Sheila Saville
 Mary Kelly Perschy
 Barbara Junghams
 Sandy Springs Lions Club
 Donald & Luana Beeson
 Kurt & Rebecca McKinney
 William & Anne Cairnes
 Robert & Sue Spiers Jr.
 Dorothy & Tim Gay
 Isadore & Florence McKinney
 Harold Hill
 Robert & Kathleen Grudberg
 Joseph McDonald
 Patricia Soper
 John & Elizabeth Roeder
 Edward & Jane Wilbur
 Napoleon & Betty Walker
 Nora Connell
 Lawrence & Phorpan Jackson
 Nancy Tolbert
 Dr. Joseph & Faith Codd
 Wesley & Patsy Russell
 Edward & Jane Sutton
 Susan Cady Johnson & Patrick Cady
 Wendy Ridgely
 Colleen McKnew
 Anne & Joseph O'Brien*



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

Gifts With Special Meaning

General Donations

Eric Siegried	Katie Nivens
Christopher Otley	Mimi Getachew
Marcel & Susan Huever	Anne Shippis
Constance Barber	Mary Wade
Frances Schuler	Patricia Morris
Julie Vermeulen	James Langworthy
Sharon Spurrier	Christine Proctor
Michelle Lyons	

In Memory of Stu Eisen

Howard Rumerman
Cynthia Perry

In Memory of Lois Funk

Nancy Tolbert
Kathleen McFarland

In Memory of Eileen Harrington

Debra Hale

In Memory of Trudy Thornton

Nancy Tolbert

In Memory of Fred Windbeck

Dennis Maltby

In Honor of Melynda Pawulak

John & Laura Pawulak

Memorial Donations

In Memory of Jack Allen

Deirdre Blackmore

In Memory of Bill Dent

Christopher Arthur
Nancy Tolbert
Mark Mazz

Ronald & Patricia Swerczyck

In Memory of Mary Kenney

Brian Gilbert	Mary Pitcher
Karl Straley	Robert Dopera
Joseph & Teresa Fulmer	Nancy Tolbert
Tricia Strusowski	Susan Sciannella
Diane & Paul Lohrmann	John Patarini
Ann Connor	Kathy Labukas
Sheila & Dave Saville	Kimberly Kenney Yeatman
Caterina Daneiri	

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



From Our Homes

News and Events from October to December 2021



ALLVIEW

The ladies and staff hope everyone is staying safe and healthy! We are doing our best here. Although we have gone through a couple of big losses in the last three months. We lost Lois Funk our Queen/Grandma of the house. And we recently lost Julie's Mom, Mrs. Kenney— a great supporter of CALMRA and our home. They both will be truly missed but will live in our hearts forever. Thanks for the love and support we have received from our CALMRA family and friends. This has been a hard pill to swallow however we are still striving and doing our best to get through.

The ladies celebrated Halloween with a trunk or treat party at the Calmra Day program office parking lot! They had fun. Julie was a Hippie, and boy was she a cute one. Bianca was a Cover Girl Model on a magazine cover. She looked

hot! She was proud she helped make her costume. The ladies gave out candy on the actual day to the kids in the neighborhood! They both have been enjoying going bowling on Saturdays with The Woodchoppers! They write down their scores and keep up with how much they improved each week. My ladies take bowling seriously!



friends and family. Julie and Bianca had fun decorating the ornaments for the CALMRA tree. They enjoyed shopping for their friends and family. Julie went out shopping with her sister in law, Lisa. She loved that.

They also loved the annual Xmas party we had at the Allview house. It was a Taco Christmas party! We listened to Christmas songs and dances and gave gifts out to each other! What fun that was! The ladies had a lovely Christmas as well. Julie was very excited about one particular gift, DWTS tickets at the MGM—here she comes! Bianca loved her new Bowling bowl and bag, Gift cards, money and, more! The Staff at Allview want to thank the Board members for the staff appreciation event and the bonus that was received. It was much appreciated!



In November, the ladies celebrated our late Lois's birthday with some of her favorite foods and had a toast to her in heaven. Julie celebrated her fiancés 50th birthday at Fridays. Scott loved her gifts and the special treat. Julie went to her sister-in law

and brother-in-law's house for Thanksgiving. Bianca went to see her Mom that weekend. They both enjoyed their visits. Julie has been cheering her football team

on. She even made Facebook posts about them, Go Washington Team!

In December the ladies were excited for the holidays. They kicked off at the annual Holiday Hop. They enjoyed



the dances and especially seeing their friends. Bianca went to Cracker Barrel to celebrate a good friend's birthday. She loved the food and celebrating with



Stay warm this winter and everyone stay safe!



BEAUWICK

As we transcend through another variant of the Covid-19 virus, we are appreciative of the fact that the guys and staff are well and maintaining their activities of daily living. We are all in sync with CDC as well as administrative guidelines to keep us in check to stay healthy and avert the spread of the virus.

Having said that, it is worthy to note that this quarter has been

very eventful for us at Beauwick . The guys were able to attend the Halloween event that was hosted by the CALMRA administrative staff on the agency's building car park. Both residents and staff were able to meet, share pleasantries and had trunk-o-treat within the confines of the property. We had lots of candies, cupcakes,



water, juice and a variety of toys to choose from. The guys posed with staff and

other residents from various homes and we all enjoyed the camaraderie despite the

cold weather. Also, they all engaged in doing out treats to trick-o-treaters that showed up at their front door on Halloween night and they had a blast doing so.

It was also resourceful of the agency to organize the Flu shots drive and the guys and staff were able to get their shots together the very same day with no hiccups. These are some of the enhancers to boost our antibodies and keep us fortified against the pandemic.

The guys interact on a daily basis with parents, relatives, including day program mates and the possibilities are endless



through social mediums. Of course, David and Allan get physical visits from their loved ones and sometimes, if the weather permits, they get to do wheelchair rides with them around their neighborhood which avails them an opportunity to

meet and socialize with the neighbors. David celebrated his 54th birthday at home with his roommates, staff and including his Brother and Sister-in-law, as well . He got presents from them and was very excited to open them with their help. Christmas was pleasant as Santa was very generous to everyone and we are thankful for the New Year.

On behalf of the guys and staff, Happy New Year to all .



BEECHVUE

Greeting from the ladies and the staff from Beechvue house. Happy New Year! We began the new year with a lot of Hope and Blessings. We hope everyone is enjoying the New Year as we are. Nancy Trainman had a very nice birthday, she turned 75 years old. She was very excited about her birthday celebration. She picked the cake and the decorations from the store.

Marilyn had a wonderful holiday. Also, she was very effective helping

her house mates and staff, prepare Christmas card for friends and family.

She enjoyed doing a lot of art and crafts projects.

Melynda visited her family for Christmas and New Years.

We had an unforgettable time going to Gaithersburg Winter Light Festival and Christmas Lights at Brookside Gardens.

Every Sunday morning, they are attending church on tv. We play different games such us UNO, Candy land, Darts, Bowling etc., and they do physical activities like biking, group Senior activity on YouTube and senior center dance class. They also take rides

to different parks in the neighborhood. They continue to help Staff with house chores.

Happy 75th Birthday!



The ladies received beautiful Christmas gifts from friends and families. They were very happy and Thankful. We are wishing a Happy New Year to Calmra families and friends and stay safe.





BRANCH VIEW

Greetings from Branch View House.

The guys are doing their regular activities as usual.

The guys attended their Annual Holiday Hop from Park and Planning. Both Kevin and Louis can't



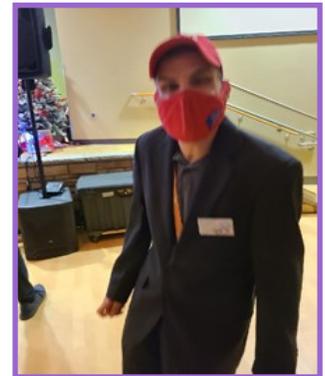
wait to go back to their regular Activities.

Louis visited family in Buffalo he had a nice time.

Kevin visited his sister for Thanksgiving he had a good time.

All the guys with the help of Staff, decorated their Christmas tree. The guys went out for their Christmas Shopping. On Christmas day, Kevin and Wade opened their gifts they were happy. Louis went home for the night with his sister. When he came home, he opened his gifts and he was very happy. Louis also went to camp.

Everyone is in good health. Stay safe Everyone.



BUCKLODGE

Hello Friends and Families of CALMRA. Bucklodge Staff and the Residents are great and we give glory to the Almighty. It has been so rough this time around because Covid- 19 has limited us from so many activities. May Almighty let the vaccine work for us and let us be able to sustain whatever shot we are given, amen. May almighty lay his hands on

those who are on the sick bed and grant that peace who have already died of it.

Bucklodge staff and residents sent their condolences to those who lost their loved ones.

Thomas went home with his family for Thanksgiving and Christmas.

Bucklodge staff and residents are celebrated Peter's 60th birthday—January 29th .Thomas is doing great with his reading and some exercise and while Peter is doing well with his meetings on zoom on his tablet with the help of the staff four days a week. The guys welcomed a new house-mate, Keithlan Sproles. Welcome to Bucklodge, Keithlan!





COLUMBIA

Greetings from Columbia House! Our residents and staff wish everyone a Happy new year.

The guys have been really busy as usual. They still continue to keep in shape by watching their diets and exercising. Even though the



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 shop-

ping 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 Merry Christmas and Prosperous New year.



DRESDEN

Greetings from both the ladies of Dresden and Staff.

Winter has been quite mild so far. All the Ladies are Hearty and Healthy. The Ladies continue enjoy their community outings weather permitting. They enjoy rides to the Malls, and sightseeing and enjoying the Christmas decorations within the community.

Monique still continues to enjoy meeting her fellow friends via Zoom, storytelling and listening to music. Colleen and Nanita also continue to enjoy the dance program and storytelling that takes place on Tuesday, Wednesday and

Thursday. The y also enjoy their favorite programs such as Paw Patrol, Peppa Pig, the Cartoon Network, Disney Network and Listening to Oldies Music.

Monique celebrated her 51st birthday with family, her housemates, and Staff.

The ladies enjoyed Christmas celebration with lots of gifts. The ladies are doing well, and looking forward to Spring.

Happy 51st Birthday Monique!





DURANT



November was a great month for the guys as they went to their family’s houses to enjoy Thanksgiving. They came home with food and had Lots of fun and memories.

December was the greatest—as you know they received all kinds of gifts from their family and staff. The smiles on their faces are a joy for a lifetime. While opening gifts



the guys were laughing, smiling, and singing and just enjoying the festivities of the Holiday Season.



October was filled with lots of love and laughter as Michael,

David, and Phil participated in the CALMRA Halloween extravaganza—Trunk or Treat.

They had a great time socializing with their CALMRA friends and enjoyed all of the wonderful costumes and plenty of candy, snacks, and drinks. The guys had a wonderful time enjoying the festivities.



Request for On-line Bingo Prizes



If you have any items in your Home that may be used for prizes at our on-line bingo games

We would appreciate your Donations!

The Residents enjoy playing (& Winning!)

Bingo in the virtual Format.



GAVIN

Seasons Greetings from Gavin House! The Ladies have been

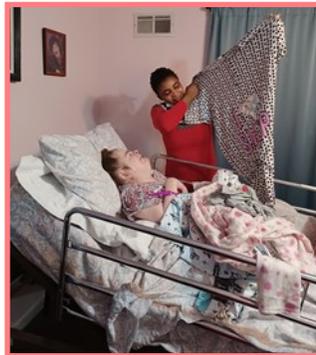


doing well during this ongoing Pandemic. We are so glad to

have Joan back home with us for Christmas. The Staff and Ladies had a good Christmas, we decided to do something different this year, instead of Christmas dinner we had a Brunch and it was a hit—we all had a good time. For our



Staff for all that they do and did to jump in and care for our Ladies needs.



New Year celebration, we quietly celebrated at home instead of going out due to this new COVID variant. On behalf of the Ladies and myself I would like to Thank the



GREENCASTLE

Special greetings from Greencastle house! To all CALMRA management and staff we are wishing you and yours a Safe, Healthy, and Happy New Year.

The Ladies and all Greencastle house staff had a very good Christmas and New Year. There were a lot of activities for Christmas. Jennifer's family came and decorated our house outside and in with the help of our Staff. On Thanksgiving and

Christmas Eve day our Wonderful Families brought dinner for the House.

The Ladies have been busy with indoor and outdoor activities. They enjoy watching movies, listening to music and doing their exercises with the CALMRA day program on Zoom. We go to the park and some Community drives which they enjoy.

Gabby spends her day watching different movies and listening to music. She loves to work her muscles with staff doing range of motion exercises. Her Family came to visit for Christmas and She was so happy to see her Mom and Three Sisters—they had a really nice visit.

Kristen was happy celebrating Christmas with her housemates. Her family came to see her and brought a lot of gifts and she loved it. She is always happy to see her family. Her Mom comes often to visit with her.

Jennifer had a good Christmas and New Year celebration. Her family came to see her and she was so happy. She was excited and got a lot of gifts from the family and Staff.

Finally, I would like to say Thank You to all the Families for their Support and Appreciation for the Staff here at Greencastle. We also Appreciate you! The Greencastle Staff.





LACKAWANNA

We first begin our Newsletter, Giving Thanks to God for all He has done for us, and our wonderful family and friends.

In October we had fun stuffing bags in anticipation for any Trick or Treaters that might



come out.

We kept our residents entertained with the many games, and along with Susie and Tiffany with the Zoom Dancercise twice a week and the Book Club once a week. Tiffany is



amazing and very entertaining.

Thanksgiving was a quiet day, however there was plenty of food and we had Face time with our out of town family and friends. This is always fun. The folks here love talking when they see the folks they haven't seen for a while.

Christmas we spent 2 days putting up our Christmas Tree and decorating it. What a fantastic sight when it was all lit up. On Christmas morning we opened gifts, and watched programs on television.

On a sadder note, In De-



ember, our beloved housemate Eileen Harrington passed away. This of course left a emptiness in our lives and Christmas wasn't the same. As was stated by a family member "Heaven gained one of it's Greatest Angels".

Eileen was a joy to be around, and very easy to live with. She had great support from all around. Her Family members were al-

ways on hand for any questions or concerns that came up about something we didn't understand or figure out. A special Thank you to her sister Rose Johnson, who spent almost as much time here as we did. She came with pictures of the family and she cares so much. Rose decorated her room with all the things she loved so much. Eileen was a serious Redskins fan. We appreciate all the help you gave to staff over the Years that your sister was here with us. Without you, it would have been ten times more difficult to get her settled in her new home with us. I think most of all, no one had the effect on Eileen than her baby brother, Kerry. He was so good with her, and we were glad to see him on his visits.

Susie Thompson of the Mary Solko Senior Center where Eileen attended was amazing with her, as she is with all of her people. Thank you Susie for all your help and advice you gave in helping us learn the Eileen that you knew.

For our last Activity of the year, we spent an exciting, evening touring the Merriweather Post Pavilion enjoying all the beautiful Decorations, Lights and Sounds.

We also want to Thank CALMRA Admin. Office and the Board of Directors for the Beautiful Staff Appreciation Celebration, along with the wonderful speeches

each gave, Let us not forget to include the most amazing song that was performed by our Executive Director Nancy Tolbert and her friend Steve who was also on the guitar—who knew.

Staff had a great and fun time at our Christmas Party including "The Ugly Sweater" contest. This is the only place I have ever seen anything like it. I guess every one may have heard by now but our Director of Operations Tammy



Money-Helsel had on a hat that was uglier than the sweater. Congratulations to Sham from Columbia and JeAnne our Office manager for winning.

In closing we want to wish our many families, friends, and Readers (near and far), our Staff and Individuals a very Happy and a Blessed New Year.





PARALLEL

Season Greetings Everyone.

It is another Holiday Season and also time to sit back and reflect on past activities and events that took place.

Despite all the sad events and happenings around us, we should remain thankful to the Almighty for his love and mercies upon us as individuals and collectively as one family.

For few of us at CALMRA Inc, it is a first time experience for us. From the Halloween Trunk or Treat at the office and to Staff

Christmas party also held at the office, it was absolute fun and entertainment. A big shout out to the organizers and everyone present.

Christopher had a birthday in October and he did enjoy his day, the attention and gifts he received. He is always a star attraction at his day program's zoom meeting because of his happy disposition and laughter.

Happy Birthday Christopher!



Jeffrey became an uncle recently and he had his moment of uncle duties.

Brian loves the outdoors and a big Thank You to Ms. Sue for always being there, planning and taking Brian out.

To everyone one supporting us in their own ways, from the gentlemen and staff of Parallel house, we want to wish you a happy new year filled with happiness, joy and love.





PRINCESS GARDEN

The Ladies of Princess Garden had a very busy Fall with



their Zoom activities and Community Drives. We visited a Pumpkin patch and they picked and painted their pumpkins to display outside

for Halloween. We attended



the Trunk or Treat at the CALM-RA Office and they got to see their friends and socialize while going from trunk to trunk trick or treating. We celebrated Julie's 58th birthday with a luncheon and a dinner with the Rota-



ry Club of Prince Georges County.

Thanksgiving and Christmas was full of good food and fellowship. Diane, Julie and Elsie spent lots of time with Family over the holidays and they loved every minute with their loved ones. Princess Garden wishes everyone a Healthy and Blessed New Year.



Happy Birthday Julie!



SCOTT

It's a privilege to be alive and well— We're appreciative of God's love over us.

The ladies are in good health and sound mind even with all that's going on around the world. We had an amazing Thanksgiv-

ing, a Wholesome Christmas and a very Satisfying New Year. All the ladies are still attending their respective day programs which they seem to be enjoying, they all went to see the Festival of Lights at Watkins Park.

Welcome to our new housemate—Janet Stallings!

Janet loves to talk on the phone and she works on her puzzles, attends zoom meetings with CALMRA day Program which she

enjoys, and talks with staff.

Gloria is doing well, she is still doing her exercises, continually works on her puzzles and she's looking forward to her Birthday coming up soon.

Gwendolyn is still our boss. She attends Ardmore day program every day, she had her Birthday last month with an Ice-cream cake.

We are grateful to Sheila and Dave for their support and the unlimited

gifts they showered on us, Thanks as Always.

A Big Thanks to Scott's Staff for all they do, God Bless all.





SHANANDALE

This is the best season ever, bar none. David, Antonio, and James continued daily with their day programs virtually. We did Scenic drives through

some places sight-seeing & admiring the decorations and people on the streets - walking to avoid boredom.

David celebrated Thanksgiving and Christmas dinners with his sisters and family and was very elated. He came back with some toys (racing cars).

We also celebrated Antonio's birthday with a variety of food and plenty of drinks.

James was just happy to feast on the sumptuous dishes prepared for the occasion.

We wish the pandemic will come to an end soon so that we can stay more outdoors for more time to enjoy without fear of getting the virus.

We look forward to the Winter season and hopefully some snow.

On behalf of the residents and staff at Shanandale

house wish to Thank everyone for their support and Wish them a Merry Christmas and Happy New Year. May God bless and keep everyone safe forever wherever you may be. Shalom



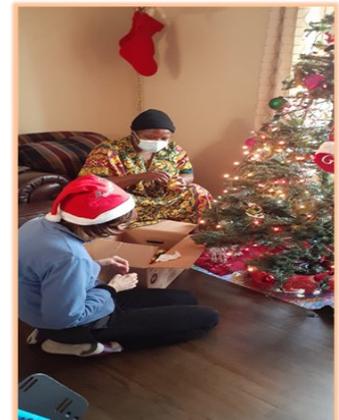
SUSQUEHANNA

The beautiful summer finally came to an end.

Highlights during the reporting period are projected by photos below:

YAAY, WE ARE ALL BOOSTED!

Halloween Trunk or Treat



Happy Holidays!





In Loving Memory Of Eileen Harrington, Mary Kenney & Larry Oshodi

Heaven gained one of its greatest angels, Eileen Patricia Harrington, 66, of Hyattsville, Maryland, who passed away December 5th, 2021



Eileen was born with special needs but was one of the strongest, most independent, determined, loving, and amazing women you will ever meet.

she graduated from Bowie Special Center in 1974 and obtained a certificate at Prince George’s Community College. After graduating, she attended Melwood Horticultural Center to pursue her love of flowers and plants.

After her retirement she joined the CALMRA Senior Center where she reconnected with many of her old friends, Eileen spent the last four years living at the Lackawanna House, with two of her friends from the Senior Center and three wonderful and loving caretakers (Judy Friday, Isata Mansaray, and Cassandra Chijoke) who made sure she had a busy, fulfilling, and active life.

Mary Ann Kenney was peacefully called home on December 14 ,2021.



Mary Kenney was a long time supporter of CALMRA, Inc. In the most recent years she served on CALMRA’s Board of Directors. Her daughter Julie lives in one of the CALMRA homes and Mary helped to support not only her daughter but all the residents there. She shared her beach house with the staff and residents and was a loving, special woman. She will be missed by many.

Mr. Larry Oshodi, a long time (26 years) employee passed away on January 24, 2022. His death was sudden and unexpected. The entire CALMRA family shares in the grief of this loss. Mr. Oshodi was a Live-In Supervisor at our Shandale home and he served the men living in this home extremely well. We send condolences to staff who worked with him, the residents he lived with, the whole CALMRA family and his biological family. Rest in Peace.



From Our Senior Center



MARY SOLKO SENIOR CENTER



*"When I look at a snowflake
You come to mind,
Cause just like the snowflake,
you are one of a kind."*

As the year ends, we want to say thank you to the remarkable participants of Mary Solko Senior Center. Weekly they have demonstrated their strength, flexibility, compassion, patience, support, and ability to overcome obstacles thrown at them. Since the pandemic, they have participated in virtual activities with smiles and excitement. Each week they are ecstatic to hear what will come next.

They are indeed "One of a kind."



From Our Nurse: by Kadi Decker, RN



COVID-Omicron Variant

Omicron Symptoms:

Early evidence suggests that for most people, at least those who are up to date on their Covid vaccines, omicron appears to cause milder illness that can resemble the common cold, another form of the coronavirus.

These appear to be the prominent symptoms from omicron:

- ◆ Cough
- ◆ Fatigue or tiredness
- ◆ Congestion and runny nose
- ◆ Sore throat
- ◆ Headache

"We're seeing a lot of sore throat, runny nose, fatigue and mild headache," said Dr. Rahul Sharma, the emergency physician-in-chief at the New York-Presbyterian/Weill Cornell Medical Center.

Unlike in previous variants, the loss of taste and smell seems to be uncommon, doctors say.

But Poehling, who is also a member of the Advisory Committee on Immunization Practices, which helps guide the Centers for Disease Control and Prevention's decisions on vaccines, and others stress that those symptoms are based on early reports of omicron cases, not scientific studies.

"Anecdotal reports represent just one person," said Dr. Bruce Y. Lee, a professor of health policy and management at the City University of New York School of Public Health. "We have to take them with a grain of salt."

What's more, they may only reflect certain segments of the population: young and otherwise healthy, as well as those who are fully vaccinated.

"It is clear that if you're vaccinated, particularly [if you've had a booster](#), omicron tends to produce milder infections," said Dr. William Schaffner, an infectious disease expert at the Vanderbilt University Medical Center in Nashville, Tennessee.

"What we haven't seen yet is a substantial body of information about what omicron will do in unvaccinated people," he added.

Indeed, at least one person who was not vaccinated is reported to have died of omicron. Officials in Houston announced in December that the [unvaccinated man in his 50s](#) succumbed to the virus.

For people who have been vaccinated, but have [not had a booster](#), typical symptoms include more coughing, more fever and more fatigue than those who have received an extra dose, said Dr. Craig Spencer, director of global health in emergency medicine at New York-Presbyterian/Columbia University Medical Center.

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 you 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 Petty Cash order? YES () NO ()

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 or by completing the form on the right and returning it to us.

We would like to thank our renewing and new members for 2021! (as of 2/3/2022)

- | | |
|--|-------------------------------------|
| <i>Joan Ahrens</i> | <i>Cynthia Manock</i> |
| <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>Tammy Money-Helsel</i> |
| <i>Tillie Bradford</i> | <i>Patricia Morris</i> |
| <i>David Brokate</i> | <i>Carol Neill</i> |
| <i>Patrick Cady</i> | <i>Sheila Osborne</i> |
| <i>Susan Cady Johnson</i> | <i>John & Laura Pawulak, Jr</i> |
| <i>William & Anne Cairns</i> | <i>Shawn Perry</i> |
| <i>Nora Connell</i> | <i>Mary Jane Phillips</i> |
| <i>Bill Dent</i> | <i>JoAnn Rowe</i> |
| <i>Joan Echols</i> | <i>John Ryan</i> |
| <i>Rona Eisen</i> | <i>June Savage</i> |
| <i>Dorothy & Tim Gay</i> | <i>David & Sheila Saville</i> |
| <i>Roger Gerrits</i> | <i>Patricia Savory</i> |
| <i>Mimi Getachew</i> | <i>Debbie Sese</i> |
| <i>Brian Gilbert</i> | <i>Sandra Smith</i> |
| <i>Robert & Kathleen Grudberg</i> | <i>Fran Speight</i> |
| <i>Elaine Guidry</i> | <i>Jacqueline Spence</i> |
| <i>Bill & Sandy Halloran</i> | <i>Margaret Syski</i> |
| <i>Jeanne & Bill Hassenzahl</i> | <i>Rollanda Tinney</i> |
| <i>Clareen Heikal</i> | <i>Nancy Tolbert</i> |
| <i>Sara & Austin Henry</i> | <i>Cecil & Barbara Torrico</i> |
| <i>Harold Hill</i> | <i>Laura Torrico</i> |
| <i>Nicholas, Irene & Gabriel Hluchyj</i> | <i>Robert & Diane Tregoning</i> |
| <i>Joan Holmes</i> | <i>Mary Wade</i> |
| <i>John & Ruth Hudson</i> | <i>Liz Walters</i> |
| <i>Gwendolyn Jack-Rolston</i> | <i>Joan Whitley</i> |
| <i>Rosemary Johnston</i> | <i>Ken & Jennifer Windbeck</i> |
| <i>Theodore Junghans</i> | <i>Gary & Danna Zacharek</i> |
| <i>Ted & Katie Junghans</i> | <i>Thomas Zeender</i> |
| <i>Mary Kenney</i> | <i>James Ziepol</i> |
| <i>Kathy Labukas</i> | |
| <i>Del & Barbara Liphart</i> | |
| <i>Veronica & Bill Lowell, Jr.</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**

- | | |
|------------------------------|----------------------------------|
| <input type="checkbox"/> New | <input type="checkbox"/> 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

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.

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 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.

Every Penny Counts!

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

RoundUpApp.org/iPhone
RoundUpApp.org/Android
App.RoundUpApp.com

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



Winter 2022