

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
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:**
Out Sourced
- FT Accounting:**
Kun Tang
- HR Executive Assistant:**
JeAnne Dancy
- Office Manager/ Assistant:**
Mearra Williams
Victor Cooper
- Dir. of Day Services:**
Susie Thompson
- Activity Coordinator:**
Sonya Washington
- Program Admin.:**
Oriesha Peña
Catherine Tate
Timothy Boston
- Maintenance Supervisor:**
Robert Money



The CALMRA Communicator

Newsletter for and about CALMRA, INC.



VOLUME 29, ISSUE 1

WINTER, 2023 - 2024

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 hope you all had a happy and healthy holiday season. I suspect many of your families (like mine) had to deal with some type of cold or flu during the holidays. Hopefully everyone is on the backside of that and things have returned to normal.

Given I procrastinated in writing this message, I just had the privilege of shoveling the first significant snow of the year. We've been blessed with back-to-back mild winters. I guess we were due. While I love the snow, it can be inconvenient at times.

It is hard to believe another year has passed (it still feels strange to say 2024.) I am happy to announce that all of our board officers were unanimously elected to continue in their roles. I want to thank Mark Mazz, David Brokate and Brian Gilbert for continuing to serve. I'd also like to thank Sara Henry for her many years of service to the board and her long history of contribu-

tions to CALMRA. Her term expired at the end of 2023, but I hope she will continue to volunteer her talents.

In November, we held our annual Staff Recognition function. Thank you to all who donated prizes and/or funds to assist with this event. Our staff is the heart that keeps our organization pumping and this event is just a small way of thanking them and acknowledging their many contributions to CALMRA. As both a board member and family member, I am extremely fortunate to have such loving and dedicated staff to care for those we serve.

In addition to the staff, I would like to thank all of the volunteers that offer their time and talents to this great cause. Volunteerism takes various forms – board service, event planning and execution, quality assurance visits, administrative assistance, etc. I encourage everyone to consider volunteering your talents to CALMRA. Each interaction with our residents,

day center participants and staff proves extremely rewarding. If you are interested in how you can participate, please contact the office.

Here's wishing all of us a wonderful 2024!!

Warmly,

◆ Ken



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From the Executive Director's Desk

The Holidays are over and winter is finally here bringing with it the snow (after a two-year hiatus!!)!! Bobby has been great keeping our parking lot and walkways free of snow and ice!

We held our Staff Appreciation event in early December and again, we had a virtual event. This virtual (computer) mode allows many more staff to participate in the event. Staff heard from Board members, administrative staff, and we honored staff for their longevity in working with CALMRA. Everyone received a bonus and a door prize! We are so very thankful to our family members and vendors who generously donated cash and gift cards for our door prizes.

We thank our administrative support staff for making the office and conference room so festive with Christmas decorations and a huge tree in our conference room.

The extensive renovations funded via Montgomery County at our Columbia Home are finally completed! They have a new kitchen, bathroom, new outdoor deck and shed. After spending time at Deep Creek Lake and a local hotel, the guys (and Staff) are happy to be back in their home. We thank Tammy for obtaining the funds and coordinating this major job!!

We have decided to outsource the functions of the Finance Director in order to have more timely and accurate financials. We welcome Young/Brophy Consultants to CALMRA for a mutually beneficial relationship.

CALMRA is mourning the loss of a long-term resident, Joan Wyvill. Joan has been with CALMRA for 31 years and we pray her soul rests in peace.

I hope everyone stays warm as we wait for the Spring thaw !!!

♥ Nancy

A festive graphic with the words "Happy New Year" in a large, bubbly, pink and yellow font. The text is surrounded by colorful, swirling streamers in shades of purple, green, and yellow.

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



Nancy Tolbert
Executive Director

Birthdays and New Employees



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

- David Windbeck
- Antonio Benton
- Julie Thorton
- Nancy Trainman
- Gwen Nyschot
- Louis Cox
- Gloria Shen
- Peter McGean

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

- Edith Ampohsah
- Audra Mitchell
- Robert (Bobby) Money
- Jevoan Salmon
- Timothy Boston
- Toma Kamara
- LaCreama Burgess
- Blessing Adesoji
- Ashley Williams
- Lateef Kadiku
- Aleah Davis
- Waidi Aruna- Ogun
- Christa Oben
- Niarra Washington
- Ayotunde Okuleye
- Joy Sappleton-Howell
- Cassandra Chijoke
- Louis Kamara
- Patricia Okongwu
- Catherine Tate
- Rose Delice



Welcome New Employees!

- Miryam Ysabel Rojas
- George Ukwu
- Mariama Sillah
- Ajara Tifuh
- Makda Degene
- Camryn Eberline
- Tashina Blythe





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

Gifts With Special Meaning

General Donations

Gift Solicitation

Ken & Jennifer Windbeck
 Susan Cady Johnson
 Mike Jackson
 Hugh Hamilton
 Brooke Pehrson
 Eric Bierman
 Malie Statuto
 Kimberly Conte
 Mike & Nancy Rasmussen
 Ben Keefer
 Damascus United Methodist Church
 Mimi Getachew
 Jean Marron
 Mary Ruth Keys
 Del & Barbara Liphart
 Napoleon & Betty Walter

Barbara Junghans
 Christopher Otley
 The Love of Christ Foundation
 Mark Mazz
 David & Evalyn Aiken
 Marcel & Susan Heuver
 Michael G. Brannon Charity Fund
 Steve Caplan
 David Elseroad Sr.
 Maryland State Council
 Knights of Columbus
 Severna Park High School

Kathy Labukas
 Susan Cady Johnson
 Nancy Tolbert
 Paul & Anne Eggers
 Dorothy & Tim J. Gay
 Sheila Saville
 Sandy Spring Lions Club
 Robert & Kathleen Grudburg
 Ruth Brannon
 Lawrence & Phornpan
 Dr. Joseph & Faith Codd
 Wesley & Patsy Russell
 Mary Julia Bailey
 Joseph McDonald
 William & Anne Carins
 John & Ruth Hudson
 Robert & Joy Good
 Edward & Jane Wilbur
 Josephine Wenner
 Sheri Allen
 Patricia Savory
 The Love of Christ Foundation

Elizabeth Markovchick
 Mark Mazz
 Edward & Jane Sutton
 David Elseroad Sr.

In Honor of David Windbeck

- ♥ Hugh Hamilton
- ♥ Brooke Pehrson
- ♥ Kimberly Conte
- ♥ Ben Keefer

Memorial Donations

In Memory of Bill Lowell

- ♥ Mary Ruth Keys
- ♥ Barbara Junghans

In Honor of Melynda Grace Pawulak

- ♥ Dona Snead

In Honor of Gabrielle Roeder

- ♥ Jean Marron

In Honor of Timothy Brian Cady

- ♥ Susan Cady Johnson

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





Dorothy Fitzgerald

On October 12, 2023 Dorothy (Dottie) was awarded with Employee of the Year for the workforce commitment and contributions to The Prince George’s County Community. She was recognized in the 9th Annual “Pathways To Employment” virtual event.

*In Loving Memory of
Joan (Joanie) Cynthia Wyvill*



Sunrise

March 10, 1958

Sunset

December 23, 2023



*As I close my eyes, I can hear your voice singing a soft lullaby
It’s not the actual words to the song but more like when doves
cry.*

*As I close my eyes, I begin to imagine what your laughter have
the same sound in heaven, If so I ask that you would continue to
shine bright in our lives as you have done for so many years at
Gavin.*

*As I close my eyes, I’m deeply saddened because I don’t want to
say goodbye, so we will reminisce on only the good times for you
would not want us to cry.*

*As I close my eyes, I can see you smiling because you are now at
peace, We will continue to hold you in our hearts until the next
time we meet.*

Joan Cynthia Wyvill will forever be in our hearts.

Continue to Rest In Peace.

♥ *Gavin House*



ALLVIEW

Greetings from the ladies and staff from Allview.

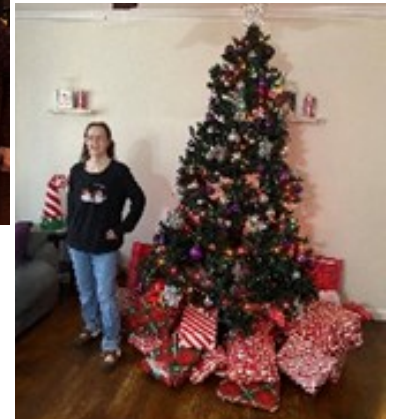
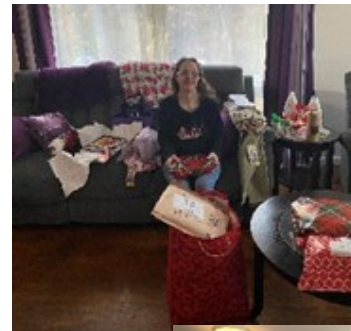
We hope everyone enjoys the New Year as we do here. All the ladies had a good holiday season. They ladies participated in different holiday activities such as Holiday Hope, baked holiday cookies, built ginger bread house, they decorated the living room and their room. They went to watch Christmas lights at Olney and Watkin reginal park, Christmas movies at Regal theater.

Julie had wonderful holidays. Also, she was very effective helping her house chores, she did a lot of painting for Christmas and new year, and she visited her families for Christmas and new year. Bianca also visited her aunt and uncles.

Every Sunday morning, they attend church on tv. They are playing different game like uno, darts, Bingo, and preparing Christmas cards for friends and family as well as they going out for bowling and going to the malls when the weather is good. They take rides in the parks. The ladies received

their Christmas gifts from Santa, friends and families. They were very happy and thankful.

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





BEAUWICK

Hello All from Beauwick.

With the change of season, we continue to brace for what nature has to throw at us. The guys were thankful for all that they had accomplished through the previous year. They are blessed with longevity and a steady state of being through this quarter as both David and Dale maintained their regularly scheduled virtual classes and celebrated Thanksgiving Day together including David celebrated his 57th birthday at the

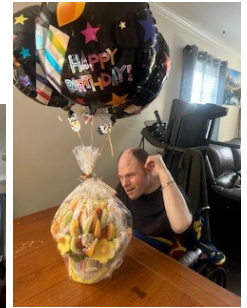
end of November. He had an edible fruit arrangement with balloons from his sibling and a chocolate cake from the house.

The Christmas holidays turned out to be as pleasant as we wished. We had a jolly day and lots of gifts including good tidings of Allan gaining acceptance at the Community Options Day Program and David returning to the senior center in person. We also got a combination of frequent visits from relatives and collaborated community integration with family members and staff within our locality. The year ended with much to be grateful for and full of laughter.

Please remember Allan in your prayers. He is dealing

with some health challenges. We continue to thank all those who enabled us to pull through the previous year and wish us a better New Year. May we all live long as a family and prosper on purpose.

◆ Beauwick



BEECHVUE

Happy New Year to everyone and hope this new year brings many blessings upon everyone. The Ladies at Beechvue had a wonderful holiday season. They enjoyed Christmas decorations and on Christmas Day they enjoyed opening their presents. They liked going to see the different Christmas light decorations. Marilyn and Melynda enjoyed a mini vacation trip with parks and planning to NY city. We celebrated Nancy's 77th birthday where we had a

small dinner party with friends and housemates. The ladies have been keeping up with the house chores and helping with making dinner, Nancy also enjoyed helping staff with the baking. The ladies started back their bowling which they look forward to every weekend. The last few weeks the ladies enjoyed going to the movies and watching The Color Purple in the theater. Then they went to Olive Garden for dinner. So I hope that we continue to have a wonderful and healthy rest of the year.

♥ Beechvue





BRANCH VIEW

Greetings from Branch View!

Branch View residence had an exciting quarter. Louis and Kevin had an opportunity to join in a mini trip to New York City with a few of their friends who are also participants with the Park and Rec.

They shared that they truly enjoyed their time and are excited to attend again in 2024. Some of the activities that they enjoyed were seeing the Radio City Rockettes, a holiday cruise around the Hudson River, and partook in some delicious eats at nice restaurants throughout the city. Louis and

Kevin continue to enjoy engaging with members of their community.

They especially enjoy going to church each Sunday as well as visiting the Laurel Race Track to watch the horse's race.

During Christmas they opened presents with one another and relaxed. They both shared that they continue to love their home as well as each other and their staff.

- ◆ Happy New Year from Branch View!



BUCKLUDGE

Hello Friends and Families of Calmra Inc. The Bucklodge guys are doing well with their daily activities. They're up to date with their medical appointments.

Thomas went home on Christmas and thanksgiving day spent time with his family. Keithlan participated in the concert at his day program on the 15th of December. He really performed well at the con-

cert dancing with the group with some some pictures taken at the occasion.

On the 1st of January Bucklodge residents and staff went to Largo to watch Christmas festivities lights we did some video recording.

Peter is doing well with his zoom meetings seven days weekly with the help of the staff. Thomas and Keith are working on their puzzles and coloring. Every Wednesday they clean up their rooms with supervision.

- ◆ Bucklodge





COLUMBIA

Greetings from Columbia!

The residents and staff at Columbia House want to wish everyone Happy Holidays and a Happy New Year.

The guys continue to keep in shape by watching their diets and exercising regularly. They continue to enjoy their indoor activities like Shooting targets on the Bullseye Magnetic Darts game, playing the Bullseye Bounce game, playing Bowling on the Wil video game, playing

the puzzle games, and participating in Arts and Crafts

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

In November, Dawit went home to visit his family while Donald sister and brother visited him at the house for Thanksgiving.

In December, the Columbia House went on a 2 weeks' vacation to Deep Creek, Maryland. We all have fun throughout our vacation at Deep Creek.

We at Columbia House will like to use this opportunity to thank the Montgomery County and Calmra for renovating our house.

We at Columbia House wish everyone a prosperous New Year.

- ◆ Columbia House wishes everyone a Happy Spring season.



DRESDEN

Hello from the ladies and staff of Dresden House.

Compliments of the season and Happy New Year from the staff and the ladies of Dresden House.

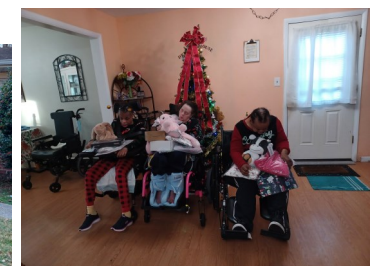
We are all grateful for new beginnings and good health. The ladies enjoyed their community outings, weather permitting. Rides

were taken to the local Malls; Greenbelt Mall, Laurel Mall, and the National Mall.

Monique continues to enjoy her favorite shows on Cartoon Network, Disney Channel, and The Baby First Adventure Channel. Her housemates enjoy these too!

Nanita continues to enjoy going to the day program and having new adventures. Thanksgiving and Christmas were a blast for the ladies, and the staff had many gifts and fun.

- ♥ Dresden





DURANT

Durant Guys have been staying busy, David is doing something different everyday with his day program. He celebrated his best friend's birthday and enjoyed dinner at P.F. Chang's in Columbia Mall with his day program peers. He also enjoys bowling, cooking lessons and making Christmas ornaments with his day program.

Michael really loves being at day program, he doesn't want to miss a day, he enjoys the outings they go on to the malls and all the other activities. Michael has been playing his piano a lot and getting better singing the songs he plays. For the Thanksgiving Holiday they both went home and spend time with family, they both talk about all the food they ate and how good it was.

For Christmas the guys did a lot of shopping for themselves they also assisted with wrapping their gifts and decorating the Christmas tree. David put a lot of decorations around the house that his Mother

gave him. He misses his parents so that put a smile on his face that he still has decorations from his childhood. Both David and Michael enjoy Christmas parties and even enjoy a birthday party for their friend Nancy.

Michael spent Christmas with his Niece and Sister said he enjoyed himself and ate very good. His sister made his favorite, sweet potato pie. David went to his brother's house for New Years and got a chance to see the ball drop. He was still so excited when he came back home.

David has started planning his birthday party for next month, the big 50. Stay tuned for your invitation. Both David and Michael are planning their next vacation to go on a cruise.

Well, the guys lived a good life last year but this year they plan on living their best life and wishing everyone peace, love and happiness.

♥ Durant





GAVIN

Seasons Greetings from Gavin.

The ladies really didn't go on a vacation this year, but we kept busy with community outings. The Ladies have been to see Christmas lights in the neighborhood.

We had a wonderful Holiday season. Maureen visited with her sister at work and had lunch with her. Maureen always enjoys it when her sister comes to spend

time with her. She also enjoys it when the staff takes her to listen to music.

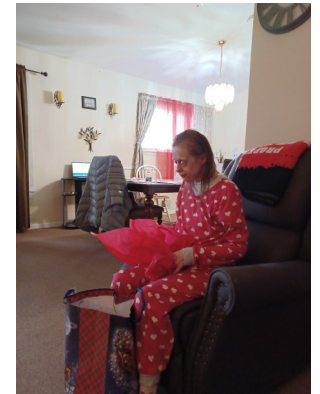
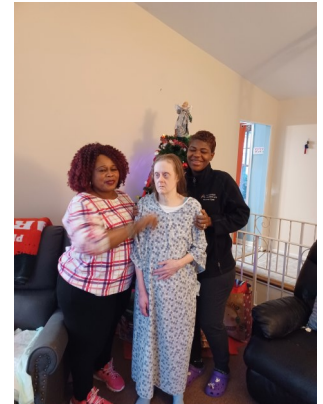
Pamela and I like to have one on one time together, whether it's to sit outside on the deck and listen to music or do Arts and Craft she enjoys. Pamela really enjoys her time out with the staff.

Joan really enjoyed it when the staff took her on walks in the neighborhood. She also enjoyed her time with staff at the library, she could be there all day if allowed. Her favorite part was the music section.

♥ Gavin

Post Script:

Rest in Peace Joan.



GREENCASTLE

Greetings from Greencastle. Happy New Year!

We are excited to say the ladies are now all attending Day Programs after being virtual for so long they are finally back in person. The ladies are loving it.

For our holiday season we have had lots of visits from family members, sharing meals together, decorating the Christmas tree, listening to Christmas music, dancing

to the songs, and making Christmas treats for Santa.

Before Christmas, our wonderful families brought meals for the ladies to have for Christmas dinner. We are so thankful for them and all they do for the ladies and us as staff.

We also got visits from other staff members that came to bring gifts to the ladies during the holiday season.

On Christmas morning, the ladies were so excited to see all the gifts under the tree. We helped them open the gifts and they had a lovely day just relaxing.

♥ Greencastle





LACKAWANNA

Hello Everyone,

Happy New Year to all from the ladies of Lackawanna! These past few months have been busy, exciting and the first holidays together at Lackawanna.

Julia has had the whole house to herself and at the end of October she got 2 new housemates, Beth and Janet. The two ladies bring a different energy to the house and it's none stop.

Now that they are here, there has been more activities to do as a group. They have been having weekend coffee outings and going to the mall.

The ladies have been enjoying bowling, dancing, passing candy out for Halloween, hosting Thanksgiving dinner and having families over for the holidays or going home to visit family.

The holidays are over, and winter is here. We continue to go out for fun on the weekends, as long as weather permits. We find ways to

pass the time if stuck in the house.

We still have plans for more dancing, bowling weekend fun and many activities to come. The ladies of Lackawanna don't want to slow down unless we must. As Janet likes to say, "I wish summer would hurry up and get here".

Until next time'
♥ Lackawanna





PARALLEL

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

Happy New Year from Parallel House.

It's the beginning of a new year, with lots of planning to do, new year resolutions to make and keep. The residents visited and spent time with their families during the Christmas and New Year holiday and the feedback was that they enjoyed every bit of these family moments.

Now that the holidays are over and everyone is settling back to business, Brian and Christopher enjoy going for rides in and around the community and love keeping up with their medical appointments as this gives them time to interact with their medical

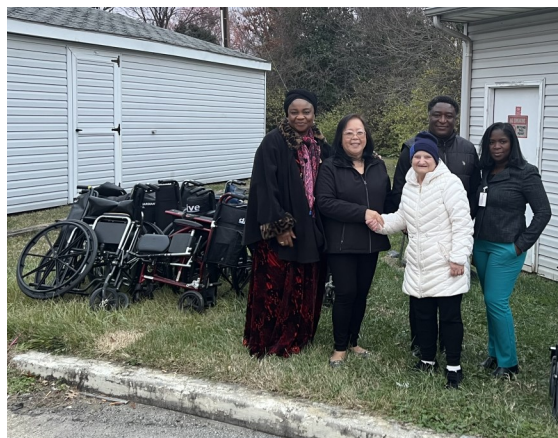
team. Both gentlemen are getting ready for eventual integration to their respective day programs. Jeffrey keeps up with his appointments and enjoys his day program activities. Our goal this year is to increase our community integration, outing and participation.

Thanks to everyone who have contributed to the wellbeing of Parallel house, the staff, residents, families, administrative staff, and other members of the Calmra family, you have all made it possible in 2023.

We can do more in 2024.

Thank you very much!

♥ Parallel





PRINCESS GARDEN

Greetings from the ladies and staff at Princess Garden.

Here are the highlights of our holiday season. We are wishing everyone a Happy & Prosperous New Year!

♥ Princess Garden



SCOTT

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

We thank God for his faithfulness over us all, We're grateful. The ladies celebrated Christmas and new year with good health, good food and with great staff around them.

Gloria is very active; she does her exercises every morning without failing, lis-

tens to music, she still the puzzle queen whenever she feels like it, goes on outings with staff, she visited the following stores -Costco, target, giant, amish market and so on.

Gloria goes to in person Day program every day as weather permits and she loves it. She's looking forward to going on vacation soon and celebrating her birthday.

Gwendolyn celebrated her birthday in December, she is still the boss of Scott as she keeps everyone on their toes, her health is getting better, and we were glad to hear from her family members who are from out of state, she loves to sit on her recliner and watch eve-

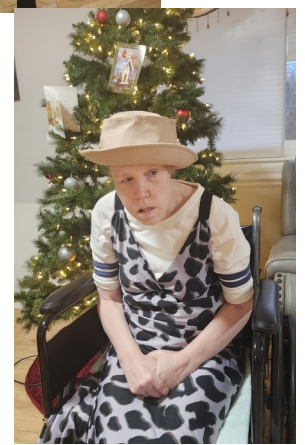
rything that goes by, she listens to nursery rhymes, watches TV whenever she feels like it.

She's looking forward to a better health so she can get back to herself.

We look forward to good tidings coming our way. Thanks to all staff for all they do.

God bless all.

♥ Scott





SHANANDALE

Hello CALMRA Fam!

In November the guys of Shanandale enjoyed their Thanksgiving feast catered by Bob Evans.

David had a wonderful time with his family. He visited them for Thanksgiving and Christmas.

The house was decorated for Christmas. Everyone was so excited to see the house

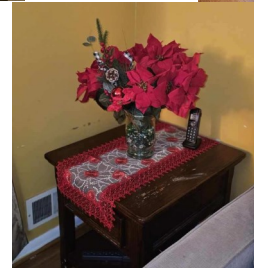
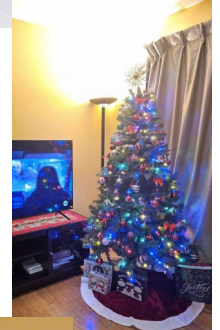
fully decorated with lights, the Christmas tree, and table décor.

On Christmas morning the guys were so excited to open their gifts.

We welcomed Brian. He is new addition to Shanandale's house. The guys adjusted to him very well. And we are all having a good time getting to know Brian.

Shanandale would like to wish everyone a happy and prosperous year.

◆ Shanandale



SUSQUEHANNA

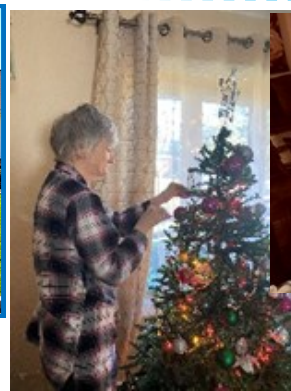
Hello All!

NOVEMBER: THANKSGIVING CELEBRATIONS (DINNER)

CELEBRATING BIRTHDAYS WITH FRIENDS AT OTHER CALMRA HOMES

DECEMBER: CHRISTMAS ACTIVITIES OPENING CHRISTMAS PRESENTS.

♥ Susquehanna



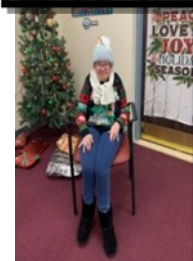
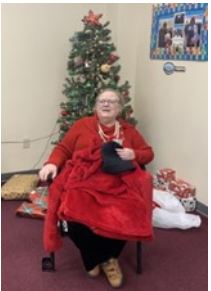
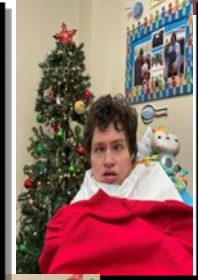
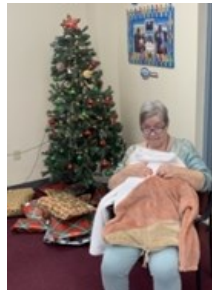
From Our Senior Center

MARY SOLKO
SENIOR CENTER



Great Endings and New Beginnings!

The Mary Solko Senior Center is the perfect place to celebrate the holidays because the attendees know how to have fun. They sang and danced to the tunes of holiday music, ate delicious delicacies, and opened Christmas gifts from Santa Susie. What an excellent way to kick off the holidays!



Every new beginning stems from the end of a previous one. To kick off a new beginning at the senior center, the participants took photos to show off their beautiful smiles, spectacular poses and stunning personalities.



From Our Nurse: Anthony Oguogho, RN

The Fatal Five

Five major health issues are commonly linked to preventable death in individuals with intellectual and developmental disability (IDD). These health issues, commonly referred to as “The Fatal Five” are Aspiration, Dehydration, Sepsis, constipation, and Seizures. To provide the best support and care possible, direct support professionals (DSPs) must learn the signs and symptoms of these fatal five and know what to do when they occur. I will discuss aspiration, dehydration, and sepsis in this issue while constipation and seizures will be discussed in the next issue of the newsletter.

Aspiration occurs when a person accidentally inhales particles of food, and fluids (saliva, vomits, beverages) into the airways. The symptoms of aspiration include gagging/choking during meals, persistent coughing during or after meals, difficulty breathing, drooling, wheezing, or gurgling sounds. If someone is choking, encourage them to spit out the offending particles remaining in the mouth, avoid giving more food or fluids until they return to their baseline; do a Heimlich maneuver if you suspect a large particle of food or a piece of meat is lodged in the airways. Call 911 if the individual is in serious respiratory distress.

People naturally lose fluids all the time through sweat, urine, and other normal bodily functions. Replacing those fluids is what keeps our bodies hydrated. Anything that causes a person to lose extra fluids, or to take in less fluids, can result in dehydration. Except for individuals who are on water restriction, the recommended daily water intake for men is about 15.5 cups (3.7 liters) a day. For women, the recommended daily water intake is about 11.5 cups (2.7 liters) a day.

Sepsis is potentially a life-threatening medical emergency, which happens when an existing infection triggers a chain reaction throughout the body. It can quickly lead to tissue damage, organ failure, and death if not treated quickly. To help prevent sepsis, keep cuts and wounds clean and covered until they are healed unless otherwise directed, help the people you serve to manage chronic health conditions such as diabetes, lung disease, cancer, and kidney disease, and encourage good personal hygiene, including handwashing.



It is recommended that every house should have a measuring cup as shown in this picture to accurately dispense water.

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 2023! (as of 1/18/2024)

- | | |
|--|-------------------------------------|
| <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 & 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 & Tim Gay</i> | <i>John Ryan</i> |
| <i>Mimi Getachew</i> | <i>Patricia Savory</i> |
| <i>Brian Gilbert & Kristine Saville</i> | <i>Joshua Sharlin</i> |
| <i>Robert & Kathleen Grudberg</i> | <i>Rollanda Tinney</i> |
| <i>Elaine Guidry</i> | <i>Nancy Tolbert</i> |
| <i>Bill Halloran</i> | <i>Cecil & Barbara Torrico</i> |
| <i>Sara & Austin Henry</i> | <i>Louis & Edna Torrico</i> |
| <i>Harold Hill</i> | <i>Clarence & Gloria Turner</i> |
| <i>Nicholas, Irene & Gabriel Hluchyj</i> | <i>Karen Turner</i> |
| <i>Kathy Labukas</i> | <i>Linda Wegerski</i> |
| <i>Del & Barbara Liphart</i> | <i>Linda Wilson</i> |
| <i>Veronica & Bill Lowell, Jr.</i> | <i>Ken & Jennifer Windbeck</i> |
| | <i>Gary & 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**

- | | |
|------------------------------|----------------------------------|
| <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

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

- 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-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
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
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ROUNDUP APP

CALMRA, Inc.
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Laurel, MD 20707



WINTER 2023