



We Got Skills

Volume 1, Issue 5

Spring 2007

Welcome!



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What's Happening This Spring?

Do you remember the last edition of "We Got Skills" or did all those holiday treats erase your memory? Well, Spring has sprung and we have some exciting new classes starting! In the last edition of "We Got Skills", Amy Mummert wrote a great article on opportunities for individuals supported by The Arc of Frederick County to attend various classes and how their staff can support them. In this edition, we want to expand on that and let you know that these classes are happening NOW!

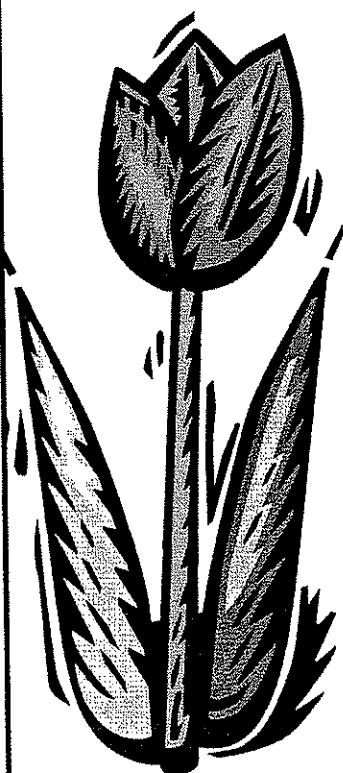
Ann Vallandingham (formerly Ann Delise, for those who don't know) does a great job of coordinating with the Delaplaine Visual Arts Educational Center to get art classes rolling for individuals we support. Our next session of classes will start on March 15th and will run for six consecutive Thursdays until April 19, 2007. The time is from 6-7:30 pm and the classes are held at The Delaplaine. The classes are usually only opened to six people so that everyone can get individualized attention and support on their projects. So make sure to communicate with your Coordinator about the next sessions because these classes tend to fill up quickly! This particular session will focus on "Exploring Drawing", and is taught by Kristen Bohlander. Many individuals that attend these classes ask their Skills Educators to attend with them. Skills Educators, whether great artists or not, can play an important role in these classes. They can help an individual focus on the task at hand and provide feedback on their work. Most importantly, like Amy had suggested, individuals can then use those skills learned as an opportunity for more projects to be done at home. In addition to taking the Art classes, opportunities have been made available, thanks to Ann's hard work, for individuals' art to be displayed during parts of the summer on the Delaplaine's Community Wall and can also be entered in art contests within the Delaplaine. Don't forget about the Great Frederick Fair's community building where arts & crafts can be entered for judging and prizes. These are all opportunities for you and your Skills Educator, even after the classes are over, to continue enjoying the benefit of them while out in the community or at home. Art can enrich your life; experience it!

Beate Frankel, our Development Director, does a great job of raising funds to benefit The Arc and all those individuals supported by us. But that's not all she does. Beate coordi-

nates with Russell Reed, most notoriously known as "Chef Buck", to get cooking classes going for individuals supported by The Arc of Frederick County. The classes are taught in Chef Buck's home to emphasize the "cooking at home" principal. Most of us don't cook in commercial kitchens; we cook at home in our *own* kitchens. The latest session of classes starts on April 2nd, and runs for 4 consecutive Mondays until April 23rd, 2007. The time is from 6:30-8:30pm and classes are again held at Chef Buck's home in New Market, MD. These classes are usually only opened to 6 people to ensure individualized attention. The cooking classes are probably most popular for individuals to attend with their Skills Educators. This again is a great opportunity to take those skills learned in Chef Buck's kitchen and then apply them to your own life and kitchen with the assistance of your Skills Educator. Meal planning can be done, then grocery shopping trips, and eventually you are sitting down to a fabulous meal prepared by none other than YOU!!! Take it one step further and plan a dinner party for yourself and some friends. You and your Skills Educator can work on this project together.

Last, but certainly not least is the upcoming Adult Basic Education class, also known as "ABE" class. Amy Mummert and Carly Hatalsky help to coordinate these classes with Frederick County Public Schools. They will both be teaching the classes this spring. This session of classes starts on Monday, March 19th and will go until Monday, June 4th. They will be following the FCPS schedule so there will be no class on April 9th or May 28th. The time is from 3:30-5pm and classes will be held at Hillcrest Elementary. The main focus of these classes is for improvement in Independent Living skills and Academic skills. However, they will be teaching a number of skills including some math, money handling, reading comprehension, writing, health, fitness, nutrition, meal planning, economical grocery shopping, check writing skills, possibly a community excursion on accessing your local library, and vocational planning. This is a time where Skills Educators can prove themselves very valuable. The above mentioned subjects are probably something you may already be working with someone on, or could be. How great is it to then be able to incorporate those skills into regular community and home activities! Remember, you can help individuals out the most when you teach them to be INDEPENDENT!!

~Rachael Shankle





Here Comes the Sun.....

Sometimes it is nice to get away from the everyday life and relax while on a vacation in the destination of your choice. Vacations are what you make them. They can be fast paced with many activities, or more relaxed and easygoing. Vacations can suit your interests and desires. Going on vacation can give you an opportunity to explore other cultures and meet new people.

Skills educators can help individuals with planning a vacation that meets their interests and desires. About 3 years ago, two individuals planned a week long trip to Florida with the help of their skills educator and support coordinator. Tawanda and Loretta had an enjoyable trip to Florida with their skills trainer, Ann Boston. Loretta's support coordinator helped with getting the tickets they needed. Ann helped them with the trip planning activities. There was a first for both Tawanda and Loretta—the plane ride. Everything went okay with their flight and Loretta was not even aware of when the plane took off because she was really into listening to music through her earphones. They stayed at 101 Dalmatians near Disney World. Loretta expressed that she liked the rides at Disney World. Both Loretta and Tawanda were in

Florida over their birthdays. Ann's brother lives in Florida and he helped Ann with planning a surprise birthday party for Loretta and Tawanda at his house. The ladies took one day to take a rental car and explore different cities and towns. Ann was pretty familiar with the area since she grew up in Orlando. She showed Tawanda and Loretta where she grew up and introduced them to some friends she knew. Ann also showed them a spring where she used to canoe, which they thought was pretty neat. A visit to MGM Studios was another hit with the ladies. They also enjoyed swimming and lots of eating while in sunny Florida. The ladies would get together and talk in the evenings about what they wanted to do the next day. They took the planning of activities day by day. Tawanda and Loretta decided where they wanted to eat each day. Ann expressed that Tawanda seemed to win something everywhere they went. Loretta expressed "I had fun down there, but it would have been scary to go by myself." She also liked getting away from Frederick.

Vacations can involve a bit of planning to make sure your trip is successful. A skills educator can really help individuals feel more comfortable with planning a trip, especially if it is their first time going to a

new place. There are a lot of things to consider when planning a trip. How are you going to get to your destination? Where are you going to stay? How long do you want to stay and if you can afford that length of a stay? How much will the trip cost? Do you want a package trip or do you want the freedom to plan your own activities and sightseeing? A skills educator can help individuals make sure they have all of the basics covered in planning a vacation. Individuals could plan a vacation to go with their skills educators, a family member, a friend, or on their own. Skills educators can help individuals explore their options. For example, there are travel programs designed for people with disabilities such as Guided Tour (www.guidedtours.com). There are group tours with Kewl Tours Busline. Individuals can explore travel options online through different travel agencies such as Expedia, Orbitz, and AAA. If interested in a camping experience, there are themed weeks for both people with and without a disability. You can find a list of camps in this newsletter. There are many things to consider, but individuals can plan a vacation they desire with help and guidance from their skills educator.

Bon Voyage!

—Amy Mummert



A Few Reminders Regarding Timesheets:

- ☞ Please submit timesheets every 2 weeks, or maximum within 30 days of date worked
- ☞ Please submit the skills education progress notes with the timesheets
- ☞ Please use the new timesheet form mailed to you recently & effective on 2/28/07

Summer Camps 2007



Camp Brendan—a summer sailing camp for children with learning disabilities sponsored by Annapolis Sailing School and the Brendan Corporation. Contact the Brendan Corporation at 1500 K St. NW, Suite 350, Washington, DC 20005. Phone: 703-352-9606 or 202-638-2788

Camp Greentop—a residential camp for people with disabilities in the Catoctin Mountain National Park of Maryland (next door to Camp David). The League for People with Disabilities, 1111 E. Cold Spring Lane, Baltimore, MD 21239-3998. Phone: 410-323-0500

Camp Pecometh—offers the camping experience to adults over 16 who are mentally and/or physically challenged. 136 Bookers Wharf Road, Centerville, MD 21617. Phone: 410-758-0304

Fairlee Manor—offers services for children and adults with disabilities in Delaware and on

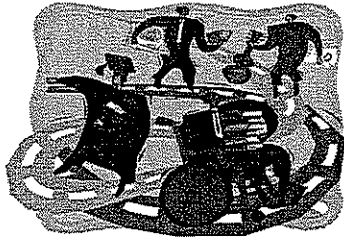
Maryland's Eastern Shore, including summer camp sessions, adventure education, nurturing family camp, respite weekends, and elderhostel. 22242 Bay Shore Rd., Chestertown, MD 21620. Phone: 410-778-0566

Kamp-A-Kom-plish—provides an inclusive setting where children with a variety of abilities, including developmental disabilities, emotional issues and physical disabilities, are supported by a more intense staff to camper ratio. 9035 Ironsides Road, Nanjemoy, MD 20662. Phone: 301-870-3226

The Lodge at Swallow Hill—on Deep Creek Lake in western Maryland, has a summer recreation program for individuals with developmental disabilities. Activities include: swimming, fishing, canoeing, hiking, nature study, gardening, crafts, shopping excursions, sight seeing, water skiing, dinners out in restaurants, and visits to the Washington Redskins Training Camp at Frostburg State University. Phone: 301-387-8455, or our Westminster, MD office at 410-848-9090

Skills Educator Highlight

Ann Boston



Ann Boston is the skills educator being highlighted this quarter. Ann has worked as a skills educator for 5 years and though over this time she has worked for numerous individuals with varying duties is her job description, she has always been dependable, caring, and an advocate for each individual. She has

assisted people with personal care and medical appointments. She has helped people locate housing to meet their changing needs, helped them move, and then help with organizing and decorating the new place. She has helped people plan and take vacations.

Ann currently works with AJ, assisting him very early in the morning to get ready to go to his day job. She also works with Carly to help her (and her mother) with personal care needs, the doctor visits to Baltimore, and the ensuing treatment recommendations. Ann assists Gabe weekly on a day off

from his work in his home. His mother is able to maintain a routine and schedule for the whole family and Gabe has some time for gaining more independence. She also assists Tawanda with shopping, cooking, doctor's appointments, and problem solving through the day-to-day dilemmas that we all encounter.

Ann supports the people she works with to promote self-advocacy. She supports them in looking for resources when wanted and needed to ensure personal safety, happiness, and well-being.



Tips & Recipes

Easter Egg Decorating Tips



Hard-cooked eggs are best when you want a sturdy egg for hiding and when you want to eat them when you're done.

How To Prepare the Perfect Hard-cooked Egg:

- ✍ Place eggs in single layer in saucepan. Add water to at least 1" above eggs.
- ✍ Cover. Quickly bring just to boiling. Turn off heat.
- ✍ If necessary, remove pan from burner to prevent further boiling. Let eggs stand, covered, in the hot water for 15 minutes for large eggs (12 minutes for medium, 18 for extra large eggs.)
- ✍ Immediately run cold water over eggs or place them in ice water until completely cooled.

Next, follow dying or coloring instructions on egg dye kit.

Use your imagination to create cool looking eggs by gluing on fun materials found at craft stores, like fake gems, sequins, trims and ribbons. You can also use paint, including gold or silver metallic paints, to make your eggs "eggstra" special!

To Make Eggs With Several Different Colors:

Draw on the egg with the clear wax "magic crayon" found in many decorating kits. Each time you use the crayon, you protect that color from dye. For example, keep an area white by drawing on the egg before you dip your egg in any color. Then dip the egg in the lighter colored dye first and then move to darker colored dyes. Just be sure to let the first dye color dry before dipping it into the next color "bath". Cover up more areas to keep the color, and peel the wax off other areas to add color. When you've finished dying your egg, peel off all the wax layers to reveal an interesting multi-colored design. Polish the egg by rubbing in any remaining wax (heat egg slightly in hot water).

However you decide to decorate your eggs, have fun and a Happy Spring!

Baked Ham with Pineapple

Ingredients:

- ✓ 1 smoked picnic shoulder, fully cooked, about 5 to 7 pounds
- ✓ 1 can (15 ounces) pineapple slices in juice
- ✓ 1/4 cup light brown sugar, packed
- ✓ 1/4 cup honey
- ✓ Maraschino cherries
- ✓ Whole cloves

Preparation:

Remove skin from ham; place on a rack in a baking pan, fat side up. Cover loosely with aluminum foil; bake at 325 degrees for about 30 minutes a pound, or to 140 degrees on a meat thermometer.

Drain pineapple, reserving 1/4 cup of juice. Combine the reserved juice, brown sugar, and honey in a saucepan; cook over low heat until sugar is dissolved, stirring occasionally.

Remove foil from ham; score fat in a diamond pattern. Brush ham with pineapple-honey mixture. Arrange pineapple slices and cherries in a pattern over the top of the ham, securing toothpicks. Stud with cloves, if desired, and brush again with pineapple-honey mixture. Bake an additional 30 minutes at 325°, basting with pineapple-honey mixture.

Serves about 10 to 12.

WE GOT SKILLS NEWSLETTER

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*Advocacy, Resources, and Connections for People
with Developmental Disabilities.*



Activities and Events - Spring '07

In Frederick County...

***March 30, 2007**—22nd annual Trivia Play-off at 6:30pm to benefit The Arc of Frederick County. Please volunteer to help out at the event. Call Beate Frankel at The Arc of Frederick County for more information. The theme is the Wild Wild West. Event will be held at the Independent Hose Company #1 on 310 Baughman's Lane, in Frederick. (call 301-663-0909)

March 31, 2007—Easter Eggstravaganza in Brunswick at Railroad Square. (call 301-834-7500)

March 31, 2007—Half price trip on the Shenandoah River in Harpers Ferry. (call 800-326-7238)

April 1,8,15,22,29, 2007—Weekly Carillon festival in Frederick. (call 301-846-4781)

***May 18-19, 2007**—Annual Arc of MD and People on the Go self-advocacy group conference at Holiday Inn Select, Solomon's Island. This is a great way to assist the individual you are serving with learning more about self-advocacy. Please contact support

coordinators at the Arc of Frederick County for assistance in registering yourself and the individual you serve for the conference. (call 301-663-0909)

May 5, 2007—Mayfest in Downtown Frederick from 10am to 5pm, Mayfest at Shab Row and Eveready Square in Frederick from 10am to 9pm, and First Saturday Gallery Walk in Downtown Frederick until 9pm. (call 301-698-8118)

May 12, 2007—Frederick Celtic Festival 10am to 10pm at the Urbana Volunteer Fire Department Fairgrounds in Urbana, MD. (call 301-846-0406)

May 30 and 31, 2007—Historic National Road Yard Sale Days from dawn to dusk along the National Road. (call 765-825-6295)

June 2 and 3, 2007—Frederick Festival of the Arts from 10 am until 6 pm at Carroll Creek Park in Frederick. (call 301-694-9632)

Upcoming Trainings...

April 5, 2007

"Open House"

April 12, 2007

"Principles of Behavior Change & Programming"

May 10, 2007

"The Aging Process & Special Needs of the Elderly"

May 31, 2007

"Strategies & Techniques of Behavior Management"

**All Trainings held at
The Arc of Frederick County**

