

**WE GOT SKILLS NEWSLETTER**

The Arc of Frederick County

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**Activities & Events - Fall 2009**

- October 1-November 2 - *Summer's Farm Festival* in Frederick, MD off Butterfly Lane pumpkin patch, hay rides, etc. Contact 301-620-9316
- October 1-October 31 - *Living Pumpkin Patch* in Mt. Airy, MD Pumpkin Patch, hay rides, etc. Contact 301-865-5315
- October 17 - *2009 Fall Festival* in Middlestown Park in Middlestown, MD
- October 24-25 - *Harvest Market* at Adventure Park USA, monster truck show in New Market, MD contact 301-865-6800
- November 7 - *Holiday Open House at the Shalom Center* in Frederick along with *First Shalom in Downtown Frederick* kick off of the holiday season, contact 301-698-8118
- November 20-29 - *Mountain Christmas Show* at the Frederick Fairgrounds, contact 301-898-5466
- November 27 - *Frederick Festival of the Greens and Holiday Arts Market* at the Cultural Arts Center in Frederick County
- November 28 - *Frederick County Christmas Concert* at the Weinberg Center in Frederick. Free with canned food donation, contact 301-600-2828
- December 2 - *Santas and Snows Commemoration* - come and enjoy the free holiday gift-giving and floral displays, 5:30 pm at the Delaplaine Visual Arts Center in Frederick, contact 301-600-2884
- December 4 - *Live Nativity Procession* in Downtown Frederick at Everett Square and Shaw Row at 6:30 pm, contact 301-690-2844
- December 5 - *2009 Holiday* holiday activities at Urbans Regional Library in Frederick, contact 301-698-8188
- December 12 - *Honoree Holiday* all day holiday festivities at Historic downtown and City Park in Brunswick, MD on West Potomac Street, contact 301-834-7900
- December 12-13 - *Santa Train Rides* sponsored by Walkersville Railroad, reservations required, contact 301-898-6899 and *Children's Christmas* full of St. Nick activities in Frederick, MD, contact 301-600-2944
- December 19 - *Santa's Elf Around the City* in Brunswick, MD, contact 301-834-7900
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# We Got Skills

Volume 3, Issue 3

Fall 2009

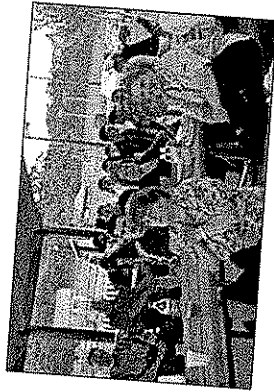
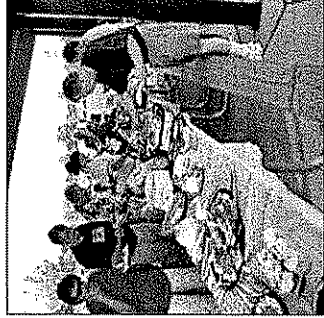
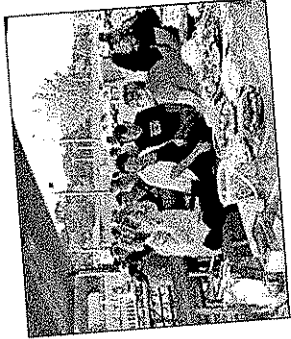
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4th Annual / Thank You!  
Picnic / Thank You!  
Thank You!

The 4th Annual Skills Educator/Respite Care Provider Appreciation Picnic was held on September 18, 2009 at Ballenger Creek Park. Please see page 3 for the photos of Skills Educators and individuals they work for who were able to attend this year's event.

Thank you, everyone, for the work that you do to help people learn and live enviable lives. Hope to see you for The 5th Annual celebration next September!





## Flu Season Update

There will be two different vaccines offered this year. One vaccine is for the regular seasonal flu and the other is for the Pandemic H1N1 flu. There are flu clinics in the area that are currently providing the seasonal flu vaccine only. There is no appointment necessary to get the vaccine at the clinics. The following are the clinic dates and times for the seasonal flu vaccine (Flu shots - \$20 and Flu Mist - \$25):

- Brunswick High School, 101 Cummings Drive, Brunswick, MD
- Thomas Johnson High School, 1501 North Market Street, Frederick, MD
- Urbana High School, 3471 Campus Drive, Hamsville, MD
- October 22, 2009 (9am-3pm)
- Guardian Hose Company Activity Building, 123 East Main Street, Thurmont, MD
- October 23, 2009 (11pm - 6pm)
- Emmitsburg Senior Center, 300 South Seton Avenue, Emmitsburg, MD



The following are recommendations from the Center for Disease Control website to prevent the spread of illness:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

\* Frederick County Health Department will announce when the Pandemic H1N1 flu vaccines are available.

## Recipes



**YUM, YUM!** We had a variety of great food at our picnic. Here's two crock pot recipes everyone enjoyed. You may want to try them at home!

### Hot Beef "Sloppy Joes" Recipe

This is my great-grandmother's recipe that has been tweaked a bit. She used to make this when Keedysville would have its town picnic. She'd make such a large batch that the town bought her a new washtub each year to mix them in. - Shannon Long

- 1 lb Ground Beef
- 3 Sliced of bread, soaked in water
- 1 small onion, diced

Squeeze out any excess water on bread; mix with meat and onion (the more you mix, the better the recipe!).

- Add:
- 2 Tbsp Ketchup
  - 1 Tbsp Teriyaki Sauce
  - Salt and Pepper to taste

The mixture can be cooked in a pot on top of the stove or in a crock pot and amounts can be increased to make larger batches. Enjoy!

### Crock Pot Hot Dogs and Sauerkraut

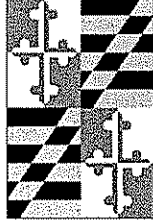
- 2 lb Bag of Sauerkraut
- 2 packs of 6 Hot Dogs (12 total)
- 12 Hot Dog Buns

Put all of the sauerkraut into the crock pot and set on low. Allow to cook for 1 hour. Add the hot dogs and continue to cook on low for another 30 minutes. You may want to scoop some of the sauerkraut from the bottom of the crock pot and put it on top of the hot dogs. Place hot dogs in rolls and top with sauerkraut to serve. - Amy Schlitzer



# Photo Campaign 2009

On August 26, Governor O'Malley announced a cut of \$24 million dollars to the Developmental Disabilities Administration (DDA) budget; 2% of this cut is to community provider agencies. This cut directly affects you and the services you receive such as skills education. Please consider sending a photo of you and your skills educator working together and tell elected officials how important this service is to you. For more information and/or assistance with your photo, please contact your Support Coordinator at The Arc of Frederick County at 301.663.0909.



Please provide feedback to Governor O'Malley on how these budget cuts will affect you and your family member. Here's how . . .

- By Phone:  
800.811.8336  
800.735.2258 Maryland Relay
- Visit this Website:  
[www.governor.maryland.gov/mail/](http://www.governor.maryland.gov/mail/)

- By Mail:  
100 State Circle  
Annapolis, Maryland 21401-1925

- Join The End The Wait Now! Campaign  
Contact Michele Hill, Statewide Coordinator  
410.974.6895 x 109 / [www.endthewaitnow.com](http://www.endthewaitnow.com)