

The Arc of Frederick County
WE GOT SKILLS NEWSLETTER
 620-A Research Drive
 Frederick, MD 21703
 Phone: 301.663.0909
 Fax: 301.695.6454
 Email: info@arcfc.org
 Web: www.arcfc.org



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Winter 2009-10

We Got Skills



As we celebrate the holiday season, we look forward to celebrating a new year with new beginnings and new goals for ourselves, traditionally known as resolutions.

The tradition of the New Year's Resolutions goes all the way back to 153 BC—that's a long time! The New Year has not always begun on January 1, and it doesn't begin on that date everywhere today. It begins on that date only for cultures that use a 365-day solar calendar. January 1 became the beginning of the New Year in 46 BC, when Julius Caesar developed a calendar that would more accurately reflect the seasons than previous calendars had.

The Romans named the first month of the year after Janus, the god of beginnings and the guardian of doors and entrances. He was always depicted with two faces, one on the front of his head and one on the back. Thus he could look backward and forward at the same time. At midnight on December 31, the Romans imagined Janus looking back at the old year and forward to the new. The Romans began a tradition of exchanging gifts on New Year's Eve by giving one another branches from sacred trees for good fortune. Later, nuts and coins imprinted with the god Janus became more common New Year's gifts.

In the Middle Ages, Christians changed New Year's Day to December 25, the birth of Jesus. Then they changed it to March 25, a holiday called the Annunciation. In the sixteenth century, Pope Gregory XIII revised the Julian calendar, and the celebration of the New Year was returned to January 1.

The Julian and Gregorian calendars are solar calendars. Some cultures have lunar calendars; however, a year in a lunar calendar is less than 365 days because the months are based on the phases of the moon. The Chinese use a lunar calendar. Their new year begins at the same time of the first full moon (over the Far East) after the sun enters Aquarius—sometime between January 19 and February 21.

Although the date for New Year's Day is not the same in every culture, it is always a time for celebration and goal setting for the coming year. Have you made any New Year's resolutions?

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Activities & Events - Winter 09-10

FOUR SCORE AND SEVEN YEARS AGO
 January 15, 2010, 10am -ArcPower presents this program, North meads South in this suspenseful musical for young audiences. Weinberg Center for the Arts, 20 W. Patrick St. Frederick, MD 21701. Contact: (301) 500-2828

VALENTINE MAKING & VICTORIAN TEA
 February 6, 2010, 3pm. *Join the Brunswick Railroad Museum for a refined afternoon of tea and scones and ribbons and lace. All materials will be provided for the Valentine workshop. Brunswick Railroad Museum, 40 W. Potomac St. Brunswick, MD 21716. Contact: (301) 834-7100

FIRST SATURDAY FIRE & ICE
 February 6, 2010, 5-9pm. *Sparkling ice sculptures, ice carving demonstrations, marshmallow roasting and hot cocoa stations await you in Downtown Frederick. Downtown Frederick, Market & Patrick Sts., Eversely Square/Shab Row, Frederick, MD 21701. Contact: (301) 698-8118

CABIN FEVER FESTIVAL
 February 13 - 14, 2010, Sat 10am-5pm, Sun 10am-5pm. *Traditional arts and craft show. Frederick Fairgrounds, 797 E. Patrick St. Frederick, MD 21701. Contact: (301) 898-5466

SONGS OF ABRAHAM LINCOLN'S AMERICA
 February 19, 2010, 7pm. *A multi-media presentation by award-winning folk singer Judy Cook. Frederick Community College Kussmaul Theatre, 7332 Oppsumtown Pike, Frederick, MD 21702. Contact: (301) 800-4042

BOOKFEST 2010
 February 20, 2010. *Share your passion for comic books with local and regional authors, enjoy free performances and a variety of superhero activities for all ages. Frederick County Public Libraries, 110 E. Patrick St. Frederick, MD 21701. Contact: (301) 800-1630

FIRST SATURDAY - GO GREEN
 March 6, 2010, 9-11am. *Go Green with First Saturday and learn about unique and fun ways to recycle, reduce and reuse. Downtown Frederick, Market & Patrick Sts., Eversely Square/Shab Row, Frederick, MD 21701. Contact: (301) 698-8118

40TH ANNUAL MAPLE SYRUP MAKING DEMONSTRATION
 March 13, 2010, 10am-2pm. *Continuous working demonstration of the traditional maple syrup making process. Cunningham Falls State Park, William Horck Area off Cacocin Hollow Rd. Thurmont, MD 21798. Contact: (301) 271-7574



Annie Brown

Skills Educator Highlight

Annie Brown is our highlighted skills educator for this quarter. Annie has been working as a skills educator for about 5 years and has enriched the lives of the numerous individuals who have employed her. Annie has always been very reliable and flexible with the needs of the individuals she works for. She has a caring demeanor and looks to the best interest of individuals. Annie contributes good ideas to approach some difficult situations that may come up in their lives.

Annie has assisted individuals with medical appointments, grocery shopping, recreational activities, accessing resources, taking classes out in the community and continually encourages individuals to engage in self-advocacy. She keeps busy with all of the activities she supports individuals in accomplishing along with her role of being an adult foster care provider. Through all that she does, Annie is a skills educator who helps cultivate a meaningful relationship with her employers that promotes happiness and well-being for their lives.

Training Dates

TRAININGS HELD AT THE AMERICAN RED CROSS

- Call 301.662.5131 to register
- Standard First with CPR/AED Adult January 9, 14; February 6, 13; March 13, 18; April 10, 15
- CPR/AED Adult with Child & Infant January 27; February 11, 16, 17; March 10, 20; April 21, 27, 29

TRAININGS HELD AT THE ARC OF FREDERICK COUNTY

- Call 301.663.0909 to register
- Principles of Behavior Change & Programming / The Aging Process & Special Needs of The Elderly January 25, 6—8:30 PM
- General Characteristics of Individuals Served /Fundamental Rights February 4, 6—8:00 PM
- Self Determination and Supporting Individuals and Families in Making Choices/ Individual Directed Outcome Planning February 18, 6— 8:00 PM
- Community Integration & Inclusion /Community Skills/ Communicable Diseases. March 4, 5:30—8:30 PM
- Seizure Recognition & First Aid March 24, 5:30—8:30 PM
- Strategies & Techniques of Behavior Management April 12, 6—9:00 PM

Timesheet Submittal Deadlines 2010

Please pay close attention to the holiday dates as these time periods include holidays and timesheets will need to be in earlier during those weeks.

| | | | | |
|-----------|--------------------|-----------|--------------------|--------------------|
| Wednesday | December 30, 2009 | Thursday | December 31, 2009 | January 7, 2010 |
| Thursday | January 12, 2010 | Friday | January 13, 2010 | January 21, 2010 |
| Friday | January 27, 2010 | Saturday | January 29, 2010 | February 4, 2010 |
| Saturday | February 3, 2010 | Sunday | February 10, 2010 | February 18, 2010 |
| Sunday | February 24, 2010 | Monday | February 25, 2010 | March 5, 2010 |
| Monday | March 10, 2010 | Tuesday | March 11, 2010 | March 13, 2010 |
| Tuesday | March 23, 2010 | Wednesday | March 24, 2010 | March 25, 2010 |
| Wednesday | April 7, 2010 | Thursday | April 8, 2010 | April 11, 2010 |
| Thursday | April 21, 2010 | Friday | April 22, 2010 | April 23, 2010 |
| Friday | May 5, 2010 | Saturday | May 6, 2010 | May 13, 2010 |
| Saturday | May 19, 2010 | Sunday | May 20, 2010 | May 27, 2010 |
| Sunday | June 2, 2010 | Monday | June 3, 2010 | June 10, 2010 |
| Monday | June 15, 2010 | Tuesday | June 17, 2010 | June 24, 2010 |
| Tuesday | June 29, 2010 | Wednesday | June 30, 2010 | July 8, 2010 |
| Wednesday | July 14, 2010 | Thursday | July 15, 2010 | July 22, 2010 |
| Thursday | July 26, 2010 | Friday | July 27, 2010 | August 5, 2010 |
| Friday | August 11, 2010 | Saturday | August 12, 2010 | August 19, 2010 |
| Saturday | August 25, 2010 | Sunday | August 26, 2010 | September 2, 2010 |
| Sunday | September 8, 2010 | Monday | September 9, 2010 | September 18, 2010 |
| Monday | September 23, 2010 | Tuesday | September 24, 2010 | September 30, 2010 |
| Tuesday | October 5, 2010 | Wednesday | October 6, 2010 | October 10, 2010 |
| Wednesday | October 20, 2010 | Thursday | October 21, 2010 | October 28, 2010 |
| Thursday | November 3, 2010 | Friday | November 4, 2010 | November 10, 2010 |
| Friday | November 16, 2010 | Saturday | November 17, 2010 | November 24, 2010 |
| Saturday | December 1, 2010 | Sunday | December 2, 2010 | December 9, 2010 |
| Sunday | December 15, 2010 | Monday | December 16, 2010 | December 21, 2010 |

New Year's Top Ten

The following is a list of the Top Ten New Year Resolutions from over 300,000 responses worldwide.

1. Lose Weight and Get in Better Physical Shape
2. Stick to a Budget
3. Debt Reduction
4. Enjoy More Quality Time with Family & Friends
5. Find My Soul Mate
6. Quit Smoking
7. Find a Better Job
8. Learn Something New
9. Volunteer and Help Others
10. Get Organized

Whatever your resolution (s) may be, take the time to make a plan of action with your skills educator and follow through with it. Your Support Coordinator will be glad to help with these plans, also. Here's to a Healthy, Happy 2010!

Resource: Gary Ryan Blair/ www.GoalsGuru.com

New Year & Super Bowl Party Recipes

CANDY CANE COCOA

- 4 cups milk
- 3 squares semisweet chocolate, chopped (equal to 1 oz)
- 1 cup whipped cream
- 4 small peppermint candy canes

In a saucepan, heat milk until hot, but not boiling. Whisk in the chocolate and the crushed peppermint candies until melted and smooth. Pour hot cocoa into four mugs, and garnish with whipped cream. Serve each with a candy cane stirring stick.

PARTY RICE KRISPIES

- 3 Tbs butter or margarine
- 1-10 oz package regular marshmallows OR 4 cups mini marshmallows
- 6 cups rice krispies cereal
- Canned frosting or decorating gel
- Assorted candies

In a large saucepan melt butter over low heat. Add marshmallows and stir until melted. Remove from heat. Add rice krispies and stir well. Using a spatula or wax paper, evenly press mixture into 13x9 pan coated with cooking spray. Cool slightly. Using cookie cutters, cut into shapes and decorate with frosting and/or additional candies. Best if served the same day.

SPICY BEAN SALSA

- 1-15 oz can black-eyed peas
- 1-15 oz can black beans, rinsed and drained
- 1-15 oz can whole kernel corn, drained
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1-4 oz can diced jalapeno peppers
- 1-1/4 oz can diced tomatoes, drained
- 1 cup Italian-style salad dressing
- 1/2 tsp garlic salt

In a medium bowl, combine peas, beans, corn, onion, peppers and tomatoes. Season with dressing and garlic salt, mix well. Cover, and refrigerate overnight to blend flavors.



NUTS AND BOLTS PARTY MIX

- 1lb chopped peanuts
- 1lb mixed nuts
- 1-1/2 cups puffed wheat cereal
- 6-1/2 oz crispy rice cereal squares
- 10-1/2 oz toasted oat cereal
- 6 oz pretzel bits
- 6 oz flax pretzels
- 2 cups vegetable oil
- 2 Tbs Worcestershire sauce
- 1 Tbs garlic salt
- 1 Tbs seasoning salt
- 1 Tbs celery salt

Preheat oven to 200 degrees. Lightly grease two 9x13 baking dishes. Combine peanuts, nuts, cereals and pretzels in prepared baking dish. Mix together, and spread out evenly in dish. In a medium bowl, combine oil, Worcestershire sauce, garlic salt, seasoning salt, and celery salt. Mix together, and pour mixture over dry ingredients. Bake for 1-1/2 to 2 hours, or until toasted and crispy, stirring with a wooden spoon every 15 minutes.

SEVEN LAYER TACO DIP

- 1-1 oz package taco seasoning mix
- 1-16 oz can refried beans
- 1-8 oz package cream cheese, softened
- 1-16 oz container sour cream
- 1-16 oz jar salsa
- 1 large tomato, chopped
- 1 bunch chopped green onions
- 1 small head lettuce, lettuce, shredded
- 1-6 oz can sliced black olives, drained
- 2 cups shredded Cheddar cheese

Blend taco seasoning and beans. Spread mixture onto a large serving platter. Mix the sour cream and cream cheese; spread over beans and top with salsa. Place a layer of tomato, pepper, onions and lettuce over the salsa and top with cheese. Garnish with olives.

