

We Got Skills

Volume 5, Issue 4

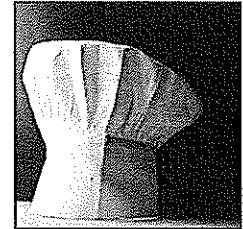
Spring 2011

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What's Been Happening and What's Coming Up!

Chef Buck is back and "cookin" up some great meals with individuals who are interested in cooking. The next class is scheduled for May 2 and 9 at 5:30—7:30 PM. We have begun holding classes at the participants' homes. So, if you are interested in taking a class or hosting the class, please let your Support Coordinator know.



Did you know Chef Buck also teaches cooking classes through Frederick County Parks and Recreation? Below is a list the classes he will be teaching soon at the Middletown cooking studio. Check it out, he would love to see you there.

Featured Classes

<u><i>Baking For Kids</i></u> (10-13 yrs) Wed 4:30-6pm 5/25-6/15 \$69	<u><i>Sauces Workshop</i></u> Tues 6:30-9pm 6/21+6/28 \$60
<u><i>Cooking For Kids</i></u> (10-13 yrs) Tues 4:30-6pm 5/24-6/14 \$68	<u><i>Spanish Tapas</i></u> Wed 6:30-9pm 5/24-6/14 \$85
<u><i>Frederick Fare</i></u> Wed 6:30-9pm 6/8-6/29 \$85	<u><i>Tour of Italy-South</i></u> Tues 6:30pm 5/24-6/14 \$85
	<u><i>The Vegetarian</i></u> Wed 6:30-9pm 5/25 + 6/2



It's a Takeover!

You may remember from a previous article in this newsletter that The Arc is expanding our Employment Services. This newsletter, "We Got Skills," is published quarterly for the purpose of providing information and ideas for skills educators and the individuals who hire them. A takeover of the newsletter by individuals interested in developing skills that would facilitate their career or job development goals is underway. The next summer issue will be written and produced by individuals and their job coaches who are interested in—just to name a few—writing, computer graphics, reporting, interviewing, computer publishing, layout and production, photography, assembly, and mailing.

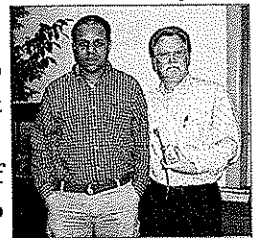
Molly Saunders and her job coach, Terri Taylor, have begun creating the feature article for the summer edition. They work together in The Arc's computer lab as well as on Molly's own computer. Molly is planning to add these experiences and skills to her resume.

If working on the "We Got Skills" newsletter would be of benefit to you for developing skills related to your career/job interests, please call Chris at 301.663.0909 ext 34 or tell your Support Coordinator. Hope to hear from you!

Skills Educator Highlight-Tom Bolthouse



On March 14, 2011, The Arc of Frederick County hosted our Annual Award Ceremony. Tom Bolthouse was presented with the Alex Keepers Award. This award is presented to a skills educator, respite provider, classroom assistant, job coach, residential staff or personal care attendant who provides dignified one-on-one support to people with developmental disabilities to empower them to increase their skills, participate in their community, and live independent person-centered lives.



Tom is, by nature, an enthusiastic, upbeat and kind person. He has a wealth of knowledge and experience with computers, business, and teaching and has a strong desire to share his talents so that others can /will "reach for their stars." Tom began by volunteering (and continues) his time and expertise to an artist who has a dream of sharing her art with others and is currently constructing a website where her art can be viewed and purchased. He has also assisted a young man with his dream to attend Frederick Community College and take classes in photography and computer technology and helped him become involved in campus activities make new friends. Tom, along with his wife, Debbie, are also facilitating participation for individuals in The Real World Weekend Experiences. They are great role models and have taught others ways of reaching their goal of living in their own apartment someday. Thank you, Tom, for supporting individuals to "reach for the stars" and make dreams come true.

Have you ever used a slow cooker or crock pot for an easy way to cook a delicious meal? Just throw the ingredients in the pot in the morning, turn it on (some have auto shut off) and several hours later sit down to a yummy creation. Try these!

TENDER ROAST BEEF

- Place a 3-4 lb rump roast in the pot.
- Add 3 peeled, diced potatoes, 12 baby carrots, 1 small diced onion, and 1 can of beef broth.
- Cover and cook on low for 8 hours.



DECADENT CHOCOLATE DELIGHT

- Spray inside of pot with nonstick cooking spray or grease with butter.
- Combine the following ingredients inside the pot: 1 package chocolate cake mix, 1 cup sour cream, 1 cup chocolate chips, 1 cup water, 4 eggs, 3/4 cup oil, and 1 package instant chocolate pudding.
- Cover and cook on low for 6-8 hours or on high for 3-4 hours. Serve with ice cream.

Check out these recipes and more in "Slow Cooker Recipes For All Occasions," one of the new cookbooks available from The Arc Library. Ask your Support Coordinator about other cookbooks you can check out as well. And, coming soon, "Slava's Personal Favorites." An individual interested in becoming a prep cook has been honing his skills and creating his own cookbook along the way!

Working Together Takes Annapolis By STORM!



Working Together member
Mary Alyce Schroyer
with Bill SB944 promotion

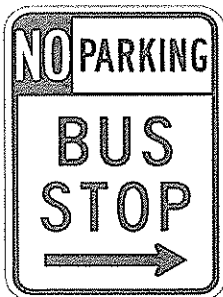
Over 20 members of the Working Together Advocacy Group attended the Annual Developmental Disability Day at the State Legislature on February 10-11 in Annapolis, MD. They spoke with local legislators to pass a bill increasing the state alcohol tax. Some of the money raised by the increase would assist people waiting for services funded through The Developmental Disabilities Administration. **UPDATE: GOOD NEWS! Bill SB944 passed on April 11, 2011. Grassroots advocacy made this happen.**

If you would like to join Working Together in their community and advocacy activities, please attend a meeting and see what it's all about. Meetings are held monthly at 3:00 to 4:00 PM on the 3rd Wednesday at Taney Apartments, 1421 Taney Avenue, Frederick (it's on the bus route). The next meetings scheduled are May 18 and June 15. For more information, call Karen 301.663.0909 ext 19 or Valerie 301.663.0909 ext 44 at The Arc.



Do you want to attend Frederick Community College? You may have heard of LEAP (Leadership Enrichment Achievement Program) at FCC, a 6 week course for students 18-21 that is offered through partnership between Frederick Community College, Frederick County Public Schools and The Arc of Frederick County, as it has been offered for several previous semesters. But, did you know that the current semester offers an orientation to campus life and a reading and math refresher? If you are interested in college, call your Support Coordinator or email Aaron Stephens astephens@arcfc.org. Cost too much? If you receive Social Security Benefits, you can have class tuition fees waived. Additional classes will be offered as interest grows. Mr. Nalley, the instructor for reading and math also teaches at Montgomery College where he has been instrumental in the development of a program offering a full and varied range of classes to many students with disabilities. Wouldn't that be great here in Frederick, too! Be a pioneer—join the wagon train and take a class at FCC! Contact your Support Coordinator for more information and assistance.

ALL ABOARD!



Do you ride TransIT, the city bus? Maybe you want to, but you're not sure which bus to take. The TransIT website www.frederickcountymd.gov now has an exciting feature that helps you select the bus numbers and routes that will get you where you want to go. It is set up similar to MapQuest and gives directions to the bus stop, which bus to take, and how much it will cost. This is a great tool for learning and facilitating independent transportation to necessary places around Frederick.

For more information, check out The Arc's website www.arcfc.org, join us on Facebook, or comment on our blog to keep up with what's going on and to give us your ideas and comments.

TIPS FOR GOOD COMMUNICATION

We communicate through talking, body language, writing, and reading. Only 10 percent of communication is through words!

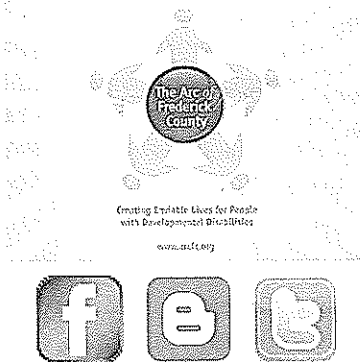
1. Be aware of your tone of voice, how you are feeling will affect your communication style.
2. Communication has a direct effect on others self esteem.
3. Never tell others what to do; suggest with choices or ask what they want to do.
4. Give others time to process information or complete tasks and give a visual as available.
5. Check understanding of communication; clarify or repeat in a different way.

WE GOT SKILLS NEWSLETTER

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Activities & Events Spring 2011

April 30 Celebrate Earth Day, Organic Warm in Adamstown, MD, 10 AM—2 PM, 301.663.3416

April 30 & May 1 Spring Festival, The Children's Museum of Rose Hill Manor Park, Saturday 10 AM—4 PM, Sunday 12 N - 4 PM, 301.600.1650

April 30 & May 1 South Mountain Creamery's Spring Festival, 8305 Bolivar Road, Middletown, Saturday 10 AM—5 PM, Sunday 11 AM—5 PM, 301.371.8565

May 7 Bark in The Park, Utica District Park, Old Frederick Road, \$5 per dog, 301.600.1646

May 7 May Fest, Downtown Frederick, 10 AM—5 PM, 301.698.8118

May 7 & June 4 First Saturday Gallery Exhibit Opening, The Cultural Arts Center, W Patrick Street, Frederick, 5-9 PM, 301.662.4190

May 7 Track Car/Museum Day, Walkersville Southern Railroad, W Pennsylvania Avenue, Walkersville, 11 AM—2 PM, 301.898.0899

May 12-15 Annual Greek Festival, 11 AM—8 PM, St Peter & Paul Greek Orthodox Church, 920 W 7th Street, 301.663.0663

May 14 East Side Art & Craft Show, Downtown Frederick, 10 AM—5 PM, 301.662.4140

May 14 & 15 Mt Airy May Fest, 9 AM—5 PM, Historic Main Street, 301.829.212

May 20-22 Frederick American Indian Pow-Wow, Frederick Fairgrounds, Friday 8AM—2 PM, Saturday 11 AM—7 PM, Sunday 11 Am—6 PM, 252.532.0821

May 21 Rock the Farm Family Festival, Crumland Farms, Frederick, 10 AM—5 PM, 240-566-5653

May 21 Walkersville Days, Walkersville Southern Railroad, W Pennsylvania Avenue, Walkersville, 11 AM—2 PM, 301.898.0899

May 21 & 22 Johnsville Ruritan Antique Tractor Pull and Engine Show, 10AM—4 PM, Clover Drive & Route 75, Union Bridge, 410.775.0169

May 24 After School Wii Teens, Brunswick Library, 3-4 PM, 301.834.9065

June 4 & 5 18th Annual Frederick Festival of the Arts, Carroll Creek Linear Park in Downtown Frederick, Saturday 10 AM—6 PM, Sunday 11 AM—5 PM, 301.662.4190

June 10 Family Movie Night in the Park, Middletown Park, Middletown, 7 PM, 301.371.6171

June 11 Teddy Bear Picnic, Everedy Square & Shab Row, 12 N—4 PM, 301.662.4140

June 11 & 12 Colonial Faire, The Children's Museum of Rose Hill Manor Park, Saturday 10 AM—4 PM, Sunday 12 N—4 PM, 301.600.1650

June 18 Pops Concert: Superhero's Frederick Symphony Orchestra, FCC Jack B Kussmaul Theatre , 8 PM, 301.663.8476

June 12, 19 & 26 Summer Concert Series, Baker Park Bandshell, Frederick, 7—8:30 PM, 301.600.2489

June 30 Summerfest Family Theatre, Baker Park Bandshell, Frederick, 10:30 -11:30 AM, 301.600.2489

