



We Got Skills

Volume 4, Issue 1

Spring 2010

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April Showers Bring May Flowers...

Let's Talk About Gardening!

Spring into gardening with your skills educator and reap some great benefits. If you are looking for a new or additional activity to do with your skills educator, gardening just might be the right fit for spring. Gardening can add a positive boost to many aspects of your life. Let's take a look at some of the benefits you can experience through gardening....



STRESS RELIEF!!!

About.com says that planting a beautiful garden can be a great way to relive stress and the website presents great information on why:

Sunlight: Just getting out in the sunlight can actually improve your mood! Sunlight also provides an influx of vitamin D, and the fresh air that goes with it is good for your health.

Getting In Touch With Nature: Being in touch with nature and the great outdoors can help you feel more removed from the stressors of daily life. With the amount of time we spend indoors (at work, watching t.v., etc) many people feel an urge to connect with nature that goes unfulfilled.

Creating Beauty: The beauty of nature is a great stress reliever in itself. (Just think of how many times relaxation has been connected with pictures of stunning landscapes or recordings of nature's sounds.) Having your own bit of beauty available as a place for meditation, contemplation and relaxation can provide quite a bit of relief from stress.

EXERCISE!!!

Sparkpeople.com says gardening is an ideal form of exercise because it combines three important types of physical activity: strength, endurance and flexibility. The website includes some tips to help you use multiple muscle groups while gardening. It suggests working at a steady, constant speed, but be sure to change positions every 10 minutes or so to avoid overusing a particular muscle group. If you start by bending down to pull weeds, stand to prune the hedges next. Also alternate which side of the body you use. For example, pull weeds with you right hand, and then switch to your left. Researchers estimate gardening burns an average of 300 calories per hour.

HEALTHY BENEFITS!!!

More servings, more benefits: Eating fresh fruits and vegetables every day is one of the most important things you can do for your health. Research continues to show that many essential nutrients in fresh produce may protect you from cancer, high blood pressure, heart disease and Type 2 diabetes, and they also give you more energy, help reduce weight gain and may even reduce the effects of aging.

Mighty phytochemicals: These powerful food factors elicit profound effects on human health maintenance and disease prevention. Yellow, orange, red, green and purple fruits and vegetables generally contain the most phytochemicals, with more than 900 found in plant foods.

Keep it crunchy: If you want to cook your veggies lightly saute or steam them to keep them crispy and crunchy. Once they lose their crunch, they have also lost their nutritional value.

Growing inspires eating: Once you are blessed with a harvest, you will have newfound interest in finding recipes. It is also fun for children to pick their own vegetables and then eat them.

Consider gardening as a new skill to explore with your skills educator. Start by going to the library or book store with your skills educator to look at some gardening books. Get ideas for the type of garden you would like to work on and plan out steps to create it. You could consider flower or vegetable gardening with pots and planters if you live in an apartment. Be creative and most importantly HAVE FUN!!!

~Amy Schlitzer



Skills Educator Highlight-Dante Brown

Like the saying goes, "the apple doesn't fall far from the tree", Dante Brown has taken after his mother, Annie Brown, when it comes to helping others. Dante grew up in Knoxville, MD and graduated from Brunswick High School in 2004. Following high school, he went on to receive his B.A. in Psychology from Hood College. Currently, Dante is working on obtaining a Master's degree in school counseling from McDaniel College. This degree will lead to licensure to counsel families and children.

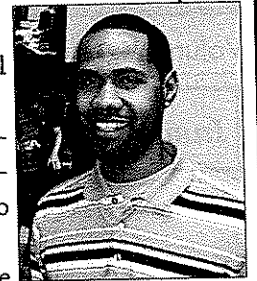
Dante's interest in The Arc was first sparked as a Hood College student. He attended a volunteer/internship fair and learned about The Arc's Parent's Day Out program and began spending one Saturday per month volunteering to help children with disabilities and their siblings. Arc staff began to take notice of his interaction and suggested that he submit an application to become a skills educator.

In addition to currently working 20-25 hours per week as a skills educator and being a full time graduate student, Dante also works as a residential counselor at the Jefferson School in Frederick, MD. When asked what he likes to do for fun, Dante responded with a laugh because of his already jam-packed schedule. However, when he can find a spare moment, he enjoys going to the gym and movies, as well as spending time with family and friends.

It has been three years now since Dante embarked on this journey. Currently, he is working with Kurtis, Robert, Slava, Howard, Gary, and Tom. However, his work as a skills educator does not stop there; he has also assisted Working Together Advocacy Group with their annual overnight trips to Annapolis, MD for Developmental Disabilities Day at the Legislature and with taking people to The Arc of Maryland Conventions.

When asked what he likes most about being a skills educator, his response was "I like the versatility of the job. Each day is different and I work with so many different people. I like to help them accomplish their goals and objectives." As a young adult, Dante has already made it his life's mission to assist others. Kurtis summed him up best, "He is wonderful. He is very reliable, very dependable, and very helpful."

Thank you, Dante, for all of your hard work and dedication to helping others!



"What's Cookin' Good Lookin'"



Chef Buck has scheduled Cooking Classes for April 19, 26 & May 3, 6:00-8:00 PM. He is also teaching classes through Frederick County Parks & Recreation— check their website at www.recreator.com or call your Support Coordinator for information.

Baked Penne & Sausage

8 oz penne, cooked
 1/2 c ricotta cheese
 1 tsp Italian herbs
 1/2 c Parmesan cheese
 1-1/4 c Mozzarella cheese
 5 Italian sausage links, cooked
 1-1/2 c spaghetti sauce

Preheat oven to 375. Mix together the penne with 1/4 c Parmesan, 1/2 c mozzarella and Italian herbs. Toss mixture with 1/2 c of sauce. Place in a casserole dish; arrange sausages around the sides. Top with remaining sauce and cheeses. Bake until cheese melts and begins to brown, about 30 minutes. Serve hot.

BASIC RULES OF KITCHEN SAFETY

- Never cook in loose clothes and keep long hair tied back
- Turn pot handles away from the front of the stove
- Don't let temperature-sensitive foods sit out in the kitchen
- Wipe up spills immediately
- Separate raw meat and poultry from other items whenever you use or store them
- Wash your hands before handling food and after handling meat or poultry
- Get a fire extinguisher for your kitchen
- Always use a dry potholder or oven mitt when handling pots and pans
- Keep wet hands away from electrical outlets
- Always pick up a knife by its handle, not its blade
- When cutting, always cut away from yourself
- When you're finished cooking, always make sure all oven and stove dials are turned off

A Word About Trainings...

As The Arc of Frederick County assists the individuals and families we serve to hire their own skills educators/employees, we also assist them to provide training for their skills educators. Your employers (the individuals and families you work for as a skills educator) determines the trainings they think you should have to effectively provide the duties of your job with them.

The Arc offers the "Training Opportunities" as listed in this newsletter every 3-6 months. Please check with your employer and/or the Support Coordinator who works with them to see what trainings they are requesting of you and RSVP to the The Arc at 301.663.0909 ext 34.

On occasion you will also receive information about other trainings in the local community that may be of interest or assistance in your role as a skills educator. If you become aware of a training you are interested in attending, please contact your employer and their Support Coordinator and discuss this with them.

Training is a valuable tool and you are encouraged to use this tool to aide the growth of yours kills and knowledge. Also, please provide a copy of any *Certificate of Training* you receive to your Support Coordinator. Thank you!

Training Opportunities 2010

April 22, 2010

6:00- 8:00 PM

RSVP asap

"General Characteristics of Individuals Served"

"Fundamental Rights"

April 29, 2010

6:00- 8:00 PM

RSVP by Apr 23

"Self Determination and Supporting Individuals & Families In Making Choices"

"Individual Directed Outcome Planning"

May 3, 2010

6:00- 8:30 PM

RSVP by Apr 27

"Principles of Behavior Change & Programming"

"The Aging Process & Special Needs of The Elderly"

May 13, 2010

5:30- 8:30 PM

RSVP by May 7

"Community Integration & Inclusion"

"Communication Skills"

"Communicable Diseases & Universal Precautions"

May 17, 2010

6:00 - 9:00 PM

RSVP by May 10

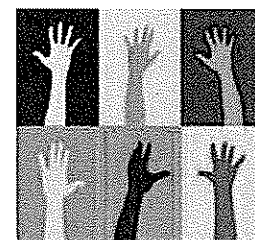
"Strategies and Techniques of Behavior Management"

June 2, 2010

5:30 - 7:30 PM

RSVP by Apr 30

"Seizure Recognition & First Aid"



**For the 2010 CPR & First Aid Class Schedule go to www.FrederickRedCross.org*

2010 Annual Awards Ceremony



CONGRATULATIONS TO: Laura Scafide, who was awarded with the Alex Keepers Award and to Debbie Bolthouse, Annie Brown and Robin Rich, recipients of the Alex Keepers Award Certificate of Appreciation.



Summer Camps

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Camp Monocacy (through Frederick County Parks and Recreation)

* for kids ages 6 to 11 years old, \$119 per participant per week

* 8 week sessions that run Monday through Friday

6/21-6/25, 6/28-7/2, 7/5-7/9, 7/12-7/16, 7/19-7/23, 7/26-7/30, 8/2-8/6, 8/9-8/13 * register by calling 301-600-2936 or online at www.Recreator.com

Themed Camps through Frederick County Parks and Recreation

Visit their website at www.Recreator.com or call 301-600-2936 for information on the following camps:

* Nature Camps * History Camps * Art Camps * Sports Camps
* Performing Arts Camps

The League

Visit their website at www.leagueforpeople.org for information on the following camps:

Traditional Camp Sessions

Session 1: 6/16 - 6/23 Youth Traditional Camp
Session 2: 6/26 - 7/3 All Ages Traditional Camp
Session 3: 7/6 - 7/13 Adult Vacation Camp
Session 4: 7/16 - 7/27 Adult Vacation Camp

The League, continued

Session 5: 7/31 - 8/9 All Ages Traditional Camp

Session 6: 8/13 - 8/21 Youth Traditional Camp

Day Camp Sessions

8:30am to 5:30pm

Session 1: 6/17 - 6/22

Session 2: 6/27 - 7/2

Session 3: no session 3 due to extended school year

Session 4: no session 4 due to extended school year

Session 5: 8/1 - 8/8

Session 6: 8/14 - 8/20

Travel Camp Sessions

Session 1: 6/17 - 6/20 Washington DC/Baltimore

Session 2: 6/27 - 7/2 Pittsburgh, PA

Session 3: 7/7 - 7/12 Philadelphia, PA

Session 4: 7/17 - 7/22 Upstate New York

Session 5: 8/2 - 8/7 The Beaches of MD & DE

Session 6: 8/13 - 8/16 Lancaster County, PA

WE GOT SKILLS NEWSLETTER

The Arc of Frederick County

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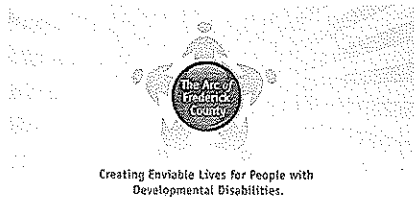
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Activities & Events - Spring 2010

Bark In The Park, May 8 @ Baker Park; 301.600.2489.

Frederick Celtic Festival, May 8 @ Utica Park; 301.600.2983.

Annual Greek Festival, May 13, 14, 15 & 16, 11 AM—8 PM
@ Saints Peter & Paul Greek Orthodox Church, Frederick;
301.663.0663.

Beyond The Garden Gates Tour, May 15-16, 1 PM—5 PM.
Self-guided tour, downtown Frederick. 301.600.2489.

Beauty and The Beast, April 24—June 12 @ Maryland En-
semble Theatre, Frederick. 301.694.4744.

The Comedy Pigs, May 1, 9 PM—11 PM @ Maryland Ensem-
ble Theatre, Frederick. 301.694.4744.

Carillon Concerts, Sundays @ 12 N @ Baker Park.
301.600.4047.

Hood College Spring Concert, May 1 & 2, 3 PM-4 PM @
Coffman Chapel. 301.696.3429.

The 17th Annual Frederick Festival of The Arts, June 5 & 6 @
The Carroll Creek Linear Park. Free admission.
301.662.4190.

Family Movie Night in The Park, June 6, 7 PM @ Middle-
town Park. 301.371.6171.

Teddy Bear Picnic, June 12 @ Everedy Square & Shab Row.
301.662.4140.

Summer Concert Series, June 13, 20 & 27, 7 PM—9 PM @
Baker Park Bandshell. 301.600.2489.

Historic Barn Tour w/ Frederick County Landmarks Founda-
tion, June 19, 10 AM—5 PM. 301.834.5096.

