

Athelas Institute, Inc.

SUMMER 2017

ATHELAS ADVOCATE



INSIDE THIS ISSUE:

Cover Page	1
About Athelas Institute, Inc.	2
Annual Golf Tournament Info.	3
Caregiver's Corner	5
What We've Been Up To	7-9
Special Olympics	10
Staff Highlights & Wish List	11



l. to r. Melanie Harries and Leslie Nicholson sharing a sweet moment at the park.

Athelas Institute
9104 Red Branch Road
Columbia, MD 21045

410.964.1241
www.athelasinstitute.org
www.facebook.com/AthelasInstitute

Who We Are and What We Do: Athelas Institute, Inc.

Since 1976, Athelas has been the premier organization serving individuals with Intellectual and Developmental Disabilities. We continually strive to help both individuals and their caregivers. Currently we have services in Baltimore City, Baltimore County, Carroll County and Howard County. Limited services may also be available in Anne Arundel County.

Our mission has always been to provide opportunities for growth and personal accomplishment to individuals with Intellectual and Developmental Disabilities complemented by quality services and meaningful community engagement.

For 40 years, Athelas has pioneered specialized programs in residential services, individual services, and specialized day programs for disabled seniors, dually diagnosed individuals and for individuals with autism.

This quarterly newsletter is intended to be a resource for the community. Inside these pages, you will find information about our organization, useful tools and supportive information for caregivers, health tips, highlights of the outstanding works that our individuals do in their everyday life, feature stories, and updates on events such as Special Olympics and the Athelas Institute Annual Campaign.

Our hope is to be a beacon of help, hope and light to the community. We have fantastic individuals who are working, volunteering and having fulfilling days at our programs and in the community. Their journey and that of their caregivers deserves to be shared; thus opening the conversation on how to further support each other, and how to make a difference in the lives of others.

For more information on our organization, or to make a donation, please visit our website: www.athelasinstitute.org or call 410.964.1241.

New Athelas Mission & Vision



After 40 years of operation, Athelas' executive team has been reviewing many of our

policies, etc. to make sure that we are working within the best practices for a non-profit organization. This is being done in an effort to assure that we are using current language and program philosophies in all we do. As a part of this process, we spent several sessions updating the Athelas Mission and Vision statements. Neither had been

refreshed in at least 20 years!

Below are the new Mission and Vision statements which, we feel, much more accurately portray where we are now (our Mission) and where we see ourselves going (our Vision).

Mission Statement:

Providing opportunities for growth and personal accomplishment to individuals with Intellectual and Developmental Disabilities complemented by quality services and meaningful community engagement.

Vision Statement:

To participate in a world where all people are empowered to live a life of opportunity, individual satisfaction and success.

You will see these new statements all around Athelas. We are encouraging staff to use these as a guide in all we do "For the Individual."



24th Annual Golf Tournament

Summer is almost here and before you make all your vacation plans, be sure you add us to your "calendar of events!" Join us at one of our premier events -

The Athelas Institute Annual Charity Golf Tournament!

Be sure you and your friends "save the date"

Monday Sept 25, 2017

Make plans to join us for an exciting day of golf, with contests & prizes, good food, and great camaraderie! Once again we will be at Willow Springs, supporting their rebuilding efforts after an unfortunate fire in 2016. Come enjoy their new clubhouse while golfing and supporting Athelas!

For more information or to inquire about sponsorship opportunities, please contact:

John Contreras: jcontreras@athelasinstitute.org

Jeff Callahan: jcallahan@athelasinstitute.org

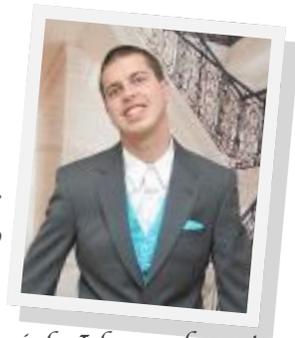
Pat Owens: plowens@athelasinstitute.org

Or Call 410.964.1241



YOUR SUPPORT HELPS TO PROMOTE A BETTER QUALITY OF LIFE

Serving almost 400 individuals in a variety of programs, facilities, and locations.



"Athelas has helped me to live a more independent life. I have a job, I know how to budget and I always feel welcomed. I have also learned how to be a good leader. Without everybody I would not be where I am now."

— James Powell

"There is no more important or noble work than to have the opportunity to have a positive impact on someone's life."

— Ray Jordan,

Executive

Director,

Athelas Institute

Inc.

Wegmans

Food Markets

Empowered
to make a difference



Making a difference in every community we serve has been part of our mission since 1916! As a family-owned company, we're committed to helping our customers and employees live healthier, better lives through food.

wegmans.com/communitygiving

A special THANKYOU goes to our friends at Wegmans!!

They have been a sponsor for our Annual Golf Tournament for many years, and have now become a sponsor for our Residential Summer Picnic.

Please make sure to stop by and shop at the Columbia store!!

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Caregiver's Corner

While taking care of others is the main concern of a caregiver, one must also remember that self-care is just as important. Taking time for yourself can go a long way in recharging your batteries. Whether it's taking 5 minutes to write in a journal or taking a full day to rest, making time for yourself will help everyone involved in your daily life.

"It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary."
- Mandy Hale,
Author

Nutrition Knowledge: Fixer Foods

Comfort food can be a saving grace for any "trying" day.

A perfect scoop of ice cream, a serving of cheesy macaroni, or a perfectly cooked burger can all turn a bad day good in less than 30 seconds. The momentary happiness is gratifying; the amount of fat...not so much.

Here are some sites that have published comfort food recipes with a healthy "makeover."

Consult your doctor to create a plan that works for you.

1.) Breakfast Burritos:



www.delish.com/cooking/recipe-ideas/recipes/a51807/low-carb-breakfast-burritos-recipe/

2.) Eggs, Avocado & Toast:



www.simplegreenmoms.com/skinny-fried-egg-avocado-toast/

2.) Low-Calorie Sandwiches:



www.greatist.com/health/35-quick-and-healthy-low-calorie-lunches

3.) Baked Garlic Fries:



www.bonappetit.com/recipe/san-francisco-garlic-fries

4.) Chicken Parmesan:



www.marthastewart.com/316385/light-chicken-parmesan

5.) Make Healthy Ice Cream in Your Blender



www.prevention.com/food/healthy-blender-ice-cream-recipes

6.) Light Cherry Cheesecake



www.marthastewart.com/316192/light-cherry-cheesecake



Athelas Institute, Inc. is now connected with AmazonSmile!!
Simply use the link below and log-in using your amazon username
and password!!

<https://smile.amazon.com/ch/52-1225887>

5% of your purchases will be donated back to Athelas Institute!

[ALWAYS USE Smile.Amazon.com](https://smile.amazon.com)
when shopping through Amazon, and the donations will go
directly to Athelas!!

College Bound: Howard Community College

“The most important attitude that can be found is the desire to go on learning.”
— John Dewey, Philosopher



l. to r. Germaine Nangle and Eva Elder (Staff)

“Ms. Eva helped me go to school!”
— Germaine, HCC Student

School is in session for two of our individuals! Germaine Nangle and James Powell are both enrolled at Howard Community College. Germaine is in his second semester and James is in his first semester. We caught up with the two gentlemen to get an update about their academic careers.

1.) What course(s) are you taking?

J: GED Program (Basic Skills for Adults)

G: Reading (last semester) and Basic Math (current semester)

2.) Why did you want to take the class?

J: I wanted to get a GED so that I can get a better job in the future. I found out about the program because Germaine was taking classes.

G: When I was young and working, I wanted to save money, and I thought now would be a good time to go. I want to get better. I want to go to college full-time. I want to take care of bills.

2.) How long have you wanted to go to school?

J: I've been wanting to go for a year, but I thought I wasn't focused enough. I worked on my job, and Billy (his supervisor) helped me focus on the right things. Now I feel ready to go to school.

G: For a while, so I just jumped in and did it!

5.) What future classes would you like to take?

J: I want to take classes about electronics. I like to know how things work; like a lamp.

G: I want to be like Bill Gates. I like that he makes programs, so I want to take technology classes (Programming).

6.) How often do you go to class?

J: Monday-Thursday *l. to r. Germaine Nangle and James Powell at the MACS Awards*

G: Every Thursday

7.) Were you nervous?

J: No, I'm excited! I'm wonderful!

G: I was not nervous, I was happy.

8.) Do you like your classmates and teacher?

J: There are 8 people in my class. My classmates are cool, funny, and nice to me. I like my teacher because she is sarcastic and funny.

G: It is a one-on-one class. I like my teacher because she is kind and nice and she likes for me to do my homework.

9.) How often do you study?

J: I study one hour each night.

G: I study about 20 minutes every other day. I have books that I read and books that break down words (phonetics). I like studying, and staff help me. I like to read funny books.



I am reading about a cat named Pete now. I also like doing math. I am working on Addition & Subtraction. I see the math problem and I figure it out.

10.) How have you changed since you decided to become a student?

J: I am more confident.

G: I feel better about myself.

Due to his persistence, Germaine was recognized at the Maryland Association of Community Services (MACS) Achievement Awards in April.

The desire for higher education seems to be infectious. While Germaine was the first to enroll at HCC, James soon followed, and now another one of their friends would like to enroll next semester.

MakingChange: Financial Literacy Course



On Friday, February 10, 2017, Athelas had an amazing graduation ceremony for the individuals who participated in the MakingChange Financial Literacy and Job Readiness course. This 6-week course was a partnership between Athelas Supported Employment Department and MakingChange to enhance our individuals' knowledge of job readiness, and financial wellness. Students were taught: how to prepare for interviews, how to dress, how to shake hands, and how to conduct themselves in front of employers. The instructors also went over budgeting and finance. Specifically, how to save money and how to set realistic goals of how much money to save from their paychecks. They also learned about net pay and gross pay.

Tegra Hughes, Ariel Neal, Erroll Totten were interviewed to get some feedback on how the class has changed their view of money as well as how it improved their job interview skills.

What did you do with your money prior to the class?

A&T: [We] spent it on groceries and clothes from favorite stores.

E: I spent it on groceries and shoes.

What did you like about the class, and what did you take away?

A: I liked learning how to act in a job interview.

E: The teachers were nice, and I was comfortable in class, and they answered my questions.

T: Everything! It reminded me how to use my bank account.

How has your relationship to money changed?

A: I used to overspend, and now I save more.

E: I budget, and put extra money in a savings account.

T: I will know how to save money in the future.

What did you learn about work/interviewing etiquette?

A: Being on time is important. Being early is always good. Plan to get up early. Tell staff about your work schedule.

E: To have a positive attitude at work, and to breathe if you are having a bad day.

T: Be prepared at an interview. Have your resume, paper and pencil, and turn off your phone.

What were your parents' reactions?

A: My mom said that she was happy that I was taking this class to learn about money and being professional.

E: My mom said that it was good to take the class because I would grow and understand more. My friends want to take the course now.

T: I surprised my mom because she did not know that I was taking the course, and she was really proud of me when I told her.

One other technique that they all were excited to show was a relaxation technique which uses your hands. If you rest your hands in your lap with your fingertips touching each other, it may help you to become calm when nervous (see right).

For more information, go to: <http://makingchangecenter.org/>

Graduates:

Cory Barnhard

Eric Blackwell

Kenny Brown

Jasmine Clarke

Emerald Coleman

Terrence Dunnock

Jvette Edwards

John Hawkins

Tegra Hughes

Rachel Kalatzis

Takeya McDougal

Ariel Neal

Christopher Snell

Erroll Totten



Annual Art Exhibit and Talent Show

Fifty Athelas artists exhibited over two hundred of their latest sensational artworks and thirteen performers rocked the overflow audience on Friday, May 19, at the 9th Annual Art Exhibit and Talent Show held at the Athelas Gwynn Oak Center.

The Talent Show performance, with sound tech production by Will Murray, included a variety of acts; featuring Christopher Sheely on keyboards and in fine voice on his own covers of Peter Gabriel, Phil Collins, Neil Young, Brian Adams and Bob Seeger. He also provided critical supporting accompaniment to numerous other combinations of singers.

The dynamic duo of sisters Carlie and Carrie Murphy delivered great spirit and energy to songs like "Annie's Song," "Good Morning Baltimore" and Journey's "Open Arms." Charisse Wilson headed up a medley of Taylor Swift numbers, with others pitching in on "Mine" and "You Belong with Me," sung with heartfelt effect. Charisse also joined in with Danyella Williams, Heather Tracey, Franco Harris, Stanley Lesane, Adam Rabau, Colin Rabau, Carlie and Carrie and Julie Luthy on a medley of Beach Boy's songs, that Chris anchored vocally and instrumentally. Julie and the sisters Murphy performed "Edelweiss" and the group sang "Do-Re-Mi," both from "The Sound of Music." Danyella and Stanley performed a soulful "I Believe I can Fly," followed by Franco, Blair and Stanley on "Scooby-Do" and "Teenage Mutant Ninja Turtles." Heather Tracey tap-danced delightfully to several of the

songs before joining the whole group for an exceptionally choreographed Hip Hop number. With choreography and instruction by Lindsay Sanders, who is an instructor and choreographer at The Back Stage Dance Company in Columbia, the group grooved to "Uptown Funk" by Mark Ronson ft. Bruno Mars, and had the audience dancing along with them. Blythe Reid and Cory Barnhard joined the other dancers for this special performance. Cory also performed an original Rap song and dance of this own, and a comedy routine. Don't miss him next year.

The audience numbered approximately 150 friends, family, and savvy supporters of "Art at Athelas" and they responded enthusiastically and generously. Thirteen artists sold over \$995 worth of artwork: Franco Harris sold 5 paintings and 1 ceramic sculpture; Christopher Sheely sold an oil pastel painting; Hawlie Yang sold a watercolor painting; Alice Henn sold several ceramic flower "patches" and one painting; Joann Griggs sold a ceramic sculpture; Blair Smith sold a set of 5 ceramic sculptures titled "Skyscraper's Group"; Krissy Pierce sold a mixed media painting titled "Squirrel Garden"; Heather Tracy sold two watercolor paintings; Charisse Wilson sold a watercolor painting "Flying Fish"; Towanda Ferguson sold a ceramic bowl; Kevin Gold sold a group of ceramic sculptures, and Barbara Hart sold a watercolor painting.

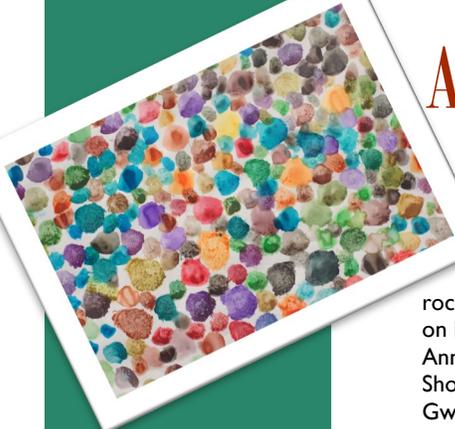
Congratulations to all the artists who exhibited their personal and priceless creations.

Many people at Athelas were involved in making this community event a great success. Victoria Triplett and Christie Scott transcribed and graciously entered all the labeling information for the artwork. Bill Triplett and his crew (James Powell, Paul Phillips, and Billy Clancy), along with Jeff Callahan and Cory Barnhard, transformed the performance space at Gwynn Oak, they delivered new chairs, and trimmed the hedges in 90 degree weather. They generally made things look good along with more necessary help and cooperation from John Toich and his staff at Gwynn Oak, especially Joannette Jones and her cleaning crew. Vernetta Edwards organized all the A&A areas, keeping track of individuals allowing John to do his organizing, and assisted him with refreshments for the evening. Jeff Callahan printed the labels, set up the raffle and coordinated with John Contreras, Scherazade Agurto, Mike Patton and Andrea Callahan in planning the event and setting up the space. Mike Patton curated and framed the artwork, labeled and hung the exhibition and directed The Talent Show rehearsals and the performance. Will Murray was key to amplifying the singing and John Contreras documented the evening via camera and video.

Clearly it was a community effort for a community event. The spirit was sweet, positive and affectionate and the outcome was outstanding.

— Mike Patton

*Please check our Facebook each Monday for *FeelGoodMoments*: Clips from the Talent Show.



Hawlie Yang, The Crowd



Debbie Lee Taylor,
The Orchard



Toby Doremus,
Tyrant King of the
Dinosaurs

Summer Special Olympics



Special Olympics

Founded in 1968, the mission of the Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with Intellectual Disabilities. This gives them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Once again, the Bocce Team and the Track Team performed with great sportsmanship and vigor throughout the season. Also, for the first time ever, the team selected James Powell as the Team Leader and Assistant Coach. James did an outstanding job in assisting in the players development as well as assisting during Tuesday night practices.

Bocce Team

Lisa Bressi, Marley Cameron, Ronald Claud, John Dingley, John Herndon, Anna Marie Iannuzzi, Damon Parker, James Powell, Harold Richter, Matthew Richter, Nick Savoy, Tabitha Smallwood, Danny Westcott

Bocce Medals

Lisa Bressi (Singles) - Silver
 AnnaMarie Iannuzzi (Singles)- Silver
 AnnaMarie Iannuzzi (Doubles) - Gold
 Damon Parker (Singles) - Gold
 Damon Parker (Doubles) - Silver
 James Powell (Singles) - Silver
 James Powell (Doubles) - Silver
 Harold Richter (Doubles) - Silver
 Matthew Richter (Doubles) - Silver
 Danny Westcott (Singles) - Gold
 Danny Westcott (Doubles) - Gold

Track Team

Cory Barnhard, Troy Dickerson, Jvette Edwards, Leo Hart, Mary Langrher, DeVaughn McNeil, Germaine Nangle, Tony Presti, Peter Reider, Blair Smith, Douglas Tabb, Donald Tinsman

Track Medals

Cory Barnhard - 2 gold, 2 silver
 Troy Dickerson - 1 silver
 Jvette Edwards - 1 gold, 1 silver, 1 bronze
 Leo Hart - 3 silver, 1 bronze
 Mary Langrher - 2 gold, 1 bronze
 DeVaughn McNeil - 1 gold
 Germaine Nangle - 2 gold, 2 silver, 1 bronze
 Tony Presti - 3 gold
 Peter Reider - 1 gold, 2 silver
 Blair Smith - 1 gold, 1 silver, 1 bronze
 Douglas Tabb - 1 gold, 1 silver, 2 bronze
 Donald Tinsman - 4 silver



Commitment to Excellence Recipients



Athelas Institute has created the Commitment to Excellence program to pay tribute to those who have personified “For the Individual” by going above and beyond in their daily duties. These staff members can be counted on time and time again. They are also strong advocates for the individuals we serve. The recipients were treated to lunch with executive staff and received other special awards.

Recipients (l. to r.): Candy Johnson, EU; Eva Elder, Residential; Laurie Scott, AO; Billy Triplett, Facilities

Athelas Wish List

If you would like to donate any of these items, or other items, please contact:

Pat Owens
plowens@athelasinstitute.org
 410.964.1241 x 128

ART & MUSIC PROGRAM

- 1.) Flat Files: for storing and curating 2-D artwork
- 2.) Frames: All sizes, with or without painting, prints, photographs
- 3.) Art Supplies: new & used brushes, paints, canvases, paper, pastels, pencils, sketch pads, etc.
- 4.) Karaoke Machine
- 5.) Art History Books
- 6.) Jewelry supplies, and craft materials

- 7.) Rhythm Instruments & Recordings: drums, rattles, drum sticks, rhythm sticks, tambourine, triangles, cymbals, bells
- 8.) Art books, Exhibitions books, Coffee Table books

BCRS/CRC

- 1.) Medium, large & extra large clothes (especially sweatpants)
- 2.) Small Clothes
- 3.) Working vacuums
- 4.) iPads
- 5.) Clear plastic shoe boxes with lids

GO

- 1.) Medium, large & extra large clothes (especially sweatpants)
- 2.) Portfolios (for interviews)
- 3.) 4 desk calendars

- 4.) Electrical hot water pot

RESIDENTIAL

- 1.) Patio furniture
- 2.) Dining room sets
- 3.) Decorative pictures
- 4.) Curtains
- 5.) Bathroom Rugs
- 6.) Shower Curtains
- 7.) Pots and Pans
- 8.) Storage containers
- 9.) Board games
- 10.) Puzzles
- 11.) Coloring books
- 12.) Outside sporting equipment
- 13.) Electronics, video games
- 14.) DVDs – movies
- 15.) CDs
- 16.) Radios
- 17.) Flat Screen TVs

