

Athelas Institute, Inc.

SUMMER/FALL 2019

ATHELAS ADVOCATE



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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, 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 over 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, highlights of the outstanding works that our individuals do in their everyday life, feature stories, and updates on events such as Special Olympics, Fundraisers, 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 within 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.

“There is no more important or noble work than to have the opportunity to have a positive impact on someone’s life.”
 — Ray Jordan,
 Founder,
 Athelas Institute
 Inc.

Check Out Our New Website!

We are happy and excited to announce that Athelas Institute has a new website! Same www.athelasinstitute.org address but it has a whole new look & feel!

Take a look! We have updated information, amazing content and registration pages for upcoming events and fundraisers.

This new website will showcase our individuals and “What We Do” in a much more dynamic fashion. In addition, this new website is social media savvy and “mobile friendly,” so take a look from your smartphone!

Pass the news along to your family, friends, colleagues, etc. Enjoy the new look and come back often for updates, new features, news and more!





LOOKING FOR TEAM PLAYERS?

IF YOU ARE LOOKING FOR DEPENDABLE, HARD-WORKING, AND EFFICIENT TEAM MEMBERS FOR YOUR BUSINESS, PLEASE CONTACT ATHELAS' EMPLOYMENT COORDINATOR, SCHERAZADE AGURTO
 410.964.1241 x 173
 SAGURTO@ATHELASINSTITUTE.ORG

*BUSINESSES ACCOMMODATING PEOPLE WITH DISABILITIES MAY QUALIFY FOR SOME TAX CREDITS AND DEDUCTIONS



“A Mile in My Shoes!” - A Community Event

~ A 5K run & 1 mile walk fundraising event supporting
People with Intellectual and Developmental Disabilities ~

Sponsored by Athelas Institute and our community partners

Come join us to make our inaugural run / walk community event special. Here is your chance to “sprint to the finish,” tired but feeling great about doing your part to support people with Intellectual and Developmental Disabilities. Then stay, enjoy the great food and entertainment. But, most importantly, stay to meet and mingle with our individuals, our families , our staff and our community partners!

We look forward to your participation and generosity. Help us make this event one of our best ever!



About Us

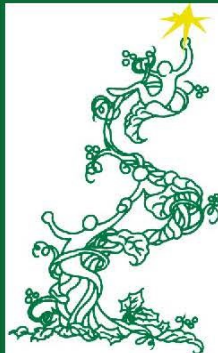
Athelas Institute is a non-profit organization founded in 1976 to inspire, empower and enrich the lives of adults with Intellectual and Developmental Disabilities.

Athelas has pioneered and continues to develop a variety of specialized programs and services, such as: community based learning, residential services, customized / supported employment programs, Individual support services, as well as, specialized and community based day programs.

Athelas continues to be a recognized leader in our field due to the creative programs and dedicated staff who meet the specific needs and desires of the individuals we serve.

Athelas Institute, Inc.

9104 Red Branch Road, Columbia, MD 21045
410-964-1241 www.athelasinstitute.org



Run / Walk a
**An Athelas Institute, Inc.
Community Event
10/5/2019**

“A Mile in My Shoes!” Run / Walk - Event Details

*~ A 5K run & 1 mile walk fundraising event supporting
People with Intellectual and Developmental Disabilities ~
Sponsored by Athelas Institute and our Community Partners*

Event details -

Date: October 5, 2019

Time:

7:00 - 8:00 am Registration

8:00 am Race Starts

8:30 am Walk Starts

9:30 am Prizes awarded

9:30 am—12:00 noon

Food, drinks, entertainment and more!

Location: Fairway Hills Golf Club
5100 Columbia Road
Columbia, MD 21044

Cost:

Individual runner or walker registration, \$25

\$35 after 9/16/2019; \$45 on Race Day

\$10 for children 10 and under

This is a “CHIP-TIMED” event for runners

\$10 Registration fee all others (food only)

Sponsorship opportunities -

Platinum Sponsor, \$2,500

Sponsor 10 slots for runners, walkers, or attendees
Company name on all promotional media, free t-shirts,
Table for advertising (if desired), Awards presenter

Brunch or T-Shirt or Entertainment Sponsor, \$1,200

You get all of the benefits of a GOLD Sponsor, PLUS . . .
Special "Shout Outs!" and Signage along the course.

Gold Sponsor, \$1,000

Sponsor 5 slots for runners, walkers, or attendees
Company name on all promotional media, free t-shirts,
Table for advertising (if desired)

Silver Sponsor, \$500

Sponsor 2 slots for runners, walkers, or attendees
Company name on all promotional media, free t-shirts,
Table for advertising (if desired)

Bronze Sponsor, \$250

Corporate Name & Logo signage (small) along course

Additional Sponsorships available - Please Inquire

For additional details please call Jeff Callahan, Pat Owens or Scherazade Agurto at 410.964.1241

Go to www.athelasinstitute.org for more info and to register

**Providing Opportunities for
Achievement and Growth!**

Athelas Institute, Inc.

Are you a
CAREGIVER,
or do you know
someone who is?

Powerful Tools FOR Caregivers

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

This six-week series of 90-minute classes offers caregivers opportunities to explore a variety of self-care tools in a supportive environment, designed to help you:

- reduce personal stress
- change negative self-talk
- communicate more effectively in challenging situations
- manage your emotions
- make tough caregiving decisions

Previous participants have found the learned program tools improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also helped them better manage their emotions, increased confidence in their ability to meet caregiving demands, and improved their ability to seek out and utilize community resources.

**If you or someone you know is a caregiver,
we encourage you to register today!**

Our goal is to improve the lives of caregivers (and, ultimately, their care recipients) through outreach, conversation, training and resources.

If you need this information in an alternate format, or need accommodations to participate, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

Athelas Institute
9104 Red Branch Road
Columbia, MD 21045

2019 FALL PROGRAM OPPORTUNITIES

September 10 THROUGH **October 15**
6:00 to 7:30 pm

— SIX CONSECUTIVE TUESDAYS —

Ellicott City 50+ Center
9401 Frederick Road, Ellicott City 21042

October 9 THROUGH **November 13**
6:00 to 7:30 pm

— SIX CONSECUTIVE WEDNESDAYS —

Office on Aging and Independence
9830 Patuxent Woods Drive, Columbia 21046

\$30 Fee Covers All Materials

— FOR MORE INFORMATION OR TO REGISTER —

Kathy Wehr

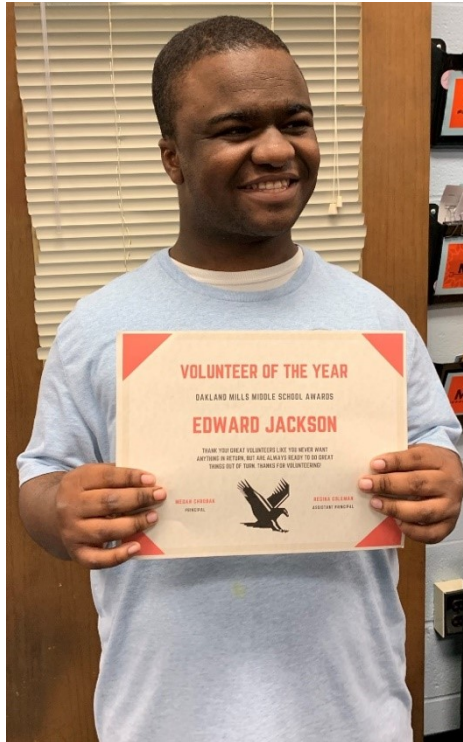
CAREGIVER SUPPORT PROGRAM MANAGER

410-313-5955 (VOICE/RELAY) • kwehr@howardcountymd.gov

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

Giving Back Moves Everyone Forward

“Life’s most persistent and urgent question is, What are you doing for others?”
— Martin Luther King, Jr., Activist



A Letter from Megan Chrobak, Principal of Oakland Mills Middle School

On Wednesday, June 5, 2019, Oakland Mills Middle had the pleasure of honoring Mr. Edward Jackson with our volunteer of the year award. Eddie is one of the most beloved members of the school family. He works approximately 2.5 hours each week supporting in the gym, cafeteria, classrooms and the office. He prepares materials for teachers, delivers packages and mail, helps with equipment and more. Most importantly he brings joy to our workplace. Eddie has done such a tremendous job we've asked him to continue volunteering in the office this summer! Eddie truly deserves this honor and we are grateful for his contribution.

*Megan Chrobak
Principal*

MEET JAKE

Jake has been a volunteer at Athelas since March 13, 2019 under the direction of Pat Owens. Jake's duties are varied and he enjoys the diversity in his office assignments. Along with doing filing, copying and collating, he helps organize recreational equipment and gives a hand when needed with some facility maintenance. He recently picked up the Howard County Volunteer Fair Tickets from the Howard County Executive's office, and helped Pat Owens facilitate the month long Athelas Games. Jake has been a great asset to the volunteer program at Athelas. Jake is always cheerful, on time and ready to help wherever needed. Thank you, Jake for your service!



— Pat Owens, Therapeutic Recreation Manager/Volunteer Coordinator

Celebrate Athelas

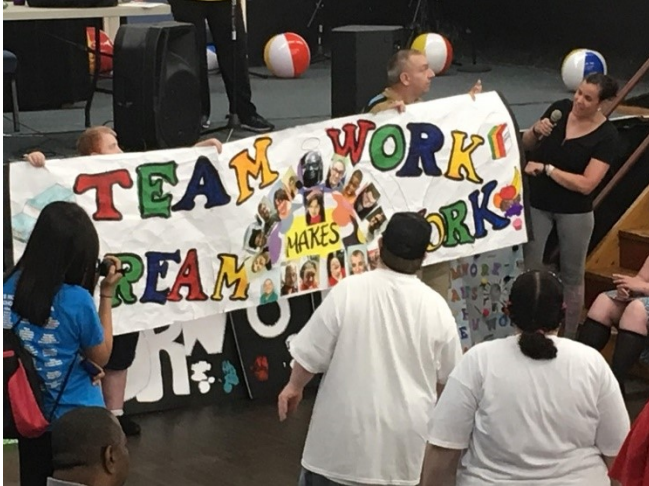
Here's what happens when we spend the day Celebrating each other and Athelas! Complete with Extreme Air in Line Jumpers, Rodeos, Karaoke, Food, Sports, and fun!!



Celebrate Athelas



Athelas Games 2019



The 19th Athelas Games were celebrated during the month of July. Needless to say the sun shined bright on all of the activity days. Our torch runners from the various day programs started off our Games on July 8th with our Executive Director, Diane LaSov presiding over the opening ceremonies. Various competitive games were played throughout the month at the main office and day programs (Softball, kickball, Ring Toss, Volleyball, Horse Shoes, Water Bucket and Trash Can Relays, Pool, Air Hockey and various board games.) We were excited to have the

volunteer support of local high school and college students. These students helped to facilitate all games, cheer on our individuals, and take great pictures. Mr. John Toich of Gwynn Oak lent himself again to our dunking booth challenge. All of our programs got a chance to dunk "Mr. John." Our big Softball game took place in Ellicott City this year and once again, it was a big Athelas win. Thanks to our coaches Derrick Weddington and Hardy Bryan for making this activity a lot of fun along with 3 Howard County volunteers from the Marriotts Ridge High School Baseball team. All of the programs had an opportunity to submit a Banner Theme. Christie Scott from CRC was the winner with her suggestion of "Teamwork Makes the Dream Work."

The winners of the banner contest were:
 1st place - Behavior Communication Resource Services
 2nd place – Gwynn Oak
 3rd place – Alternative Opportunities

The consolation prize for the other programs was an ice cream treat. The closing day of the Athelas Games took place on August 1 with all of the day programs coming to the main office for a Parade of Athletes, special dance with DJ Owl, and refreshments. The highlight of the dance was a visit from our special mascot friend POE from the Baltimore Ravens. To see the gleaming faces and brilliant smiles, and sheer excitement of our individuals make us all realize why we so love this field. Special thanks to the great day program staff for also helping to facilitate the recreation and leisure activities throughout the month.

— Pat Owens, Therapeutic Recreation Manager/Volunteer Coordinator



Come & Joins Us: Community Events

Our amazing Activity Coordination Team (A.C.T) has been working hard to plan exciting events that the individuals and community at large can enjoy together. Here are the 2 events that we did this quarter. Check out our website for coming events, and JOIN US!!

<https://www.athelasinstitute.org/news-events/event-calendar.html>

Paint and Sips — April 6 & September 7, 2019

This event was facilitated by artist's from Pinot's Palette of Ellicott City. It was a great afternoon of art and creativity! A special sparkling toast was made for all of the teachers upon the completion of the event.



Bingo Bash — July 12, 2019

Community members and individuals from Athelas enjoyed a very entertaining evening of fun and special prizes. Our bingo caller extraordinaire, Alex Hauserman, made the event special with his creative calling antics, and game choices. Douglas Tabb was our Jackpot winner, and we even had designer purses as prizes.



**YOUR SUPPORT HELPS TO PROMOTE
A BETTER QUALITY OF LIFE**

**Serving almost 400
individuals in a
variety of programs
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

