

Athelas Institute, Inc.

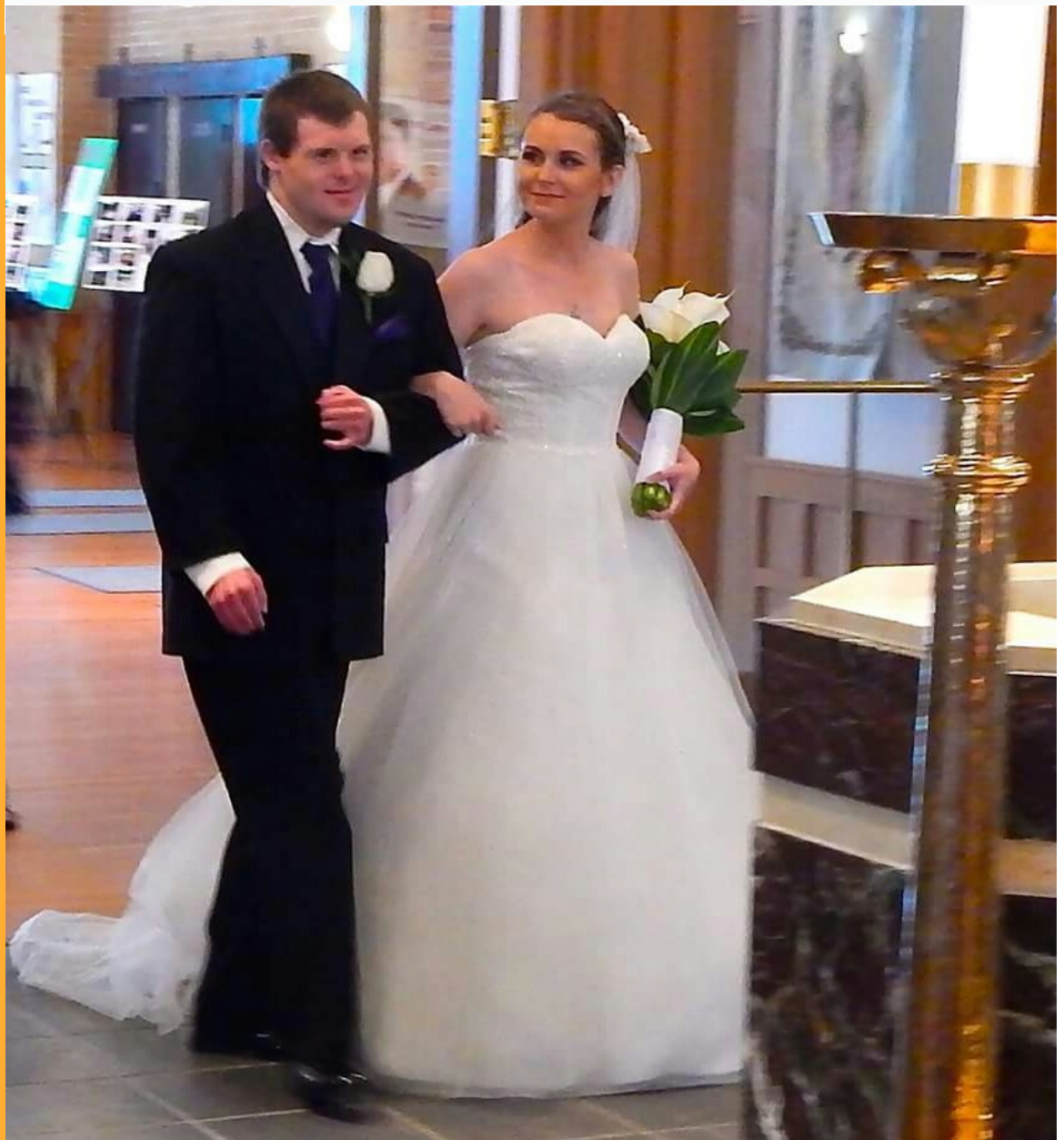
FALL/WINTER 2016

ATHELAS ADVOCATE



INSIDE THIS ISSUE:

Cover Page	1
About Athelas Institute, Inc.	2
Ways To Give	3
Golf Event	4
Caregiver's Corner	5-6
What We've Been Up To	7-9
Individual and Staff Highlights	10-11



l. to r.: Danny Westcott, Erin Westcott

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

Since 1976, Athelas has been the premier organization for 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.

ATHELAS CARDS
 ASSORTED CARDS FOR THE HOLIDAY'S
 PROMOTIONAL PRICE
\$8.00 PER 6-PACK

All proceeds go to the artists and Athelas Institute, Inc.

**For specialized orders, please contact
 Victoria Triplett at vtriplett@athelasinstitute.org**

Athelas Institute, Inc. Annual Giving Campaign

Athelas Institute, Inc. has been serving adults with disabilities for 40 years! We continuously strive to deliver quality services and programs to the individuals we serve, and as our tag line says, look to continuously provide “Opportunity, Achievement and Growth.” What a great and enjoyable journey it has been!

In early November, Athelas Institute will initiate our Annual Giving Campaign by sending out our Annual Campaign letter. We will highlight some of the 2016 successes and accomplishments of our individuals and define some goals we have for 2017. Some of our resource challenges are associated with the Federal and State initiatives like “Employment First, Meaningful Days, and Community Engagement.”

These initiatives are focused on encouraging and requiring even more active and meaningful engagement in the community, and looking at employment as a first option for the individual. We continuously strive to meet these challenges, advocate for our individuals, and deliver quality services and programs. As is often the case, we can use your help. We look to all of you - our friends, supporters, partners and the greater community - for your continued support and contributions in meeting our challenges and expanding our resources.

Also this year, Giving Tuesday (#GivingTuesday) is the same time frame as our Annual Campaign. #GivingTuesday is a global day of giving fueled by the power of social media and collaboration. Observed on the

Tuesday following Thanksgiving (11/29 this year). #GivingTuesday remains a strong global movement that celebrates and empowers giving, philanthropy and encourages charitable events throughout the year. Please look for our Annual Campaign letter, look on our website www.athelasinstitute.org, or contact us directly at 410-964-1241 to learn how you can help and give. Please be generous and know that your donations directly benefit the individuals we serve and the quality programs we deliver.”

— Jeff Callahan,
Director of Business
Development

“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.

Athelas Wishlist

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 PROGRAM

- 1.) Flat Files
- 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

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

Athelas 23rd Annual Golf Tournament

On Sept 26, 2016 Athelas Institute, Inc., held their 23rd Annual Charity Golf Tournament at Willow Springs Golf Course. Everyone enjoyed the fun and successful day with great golf, good food, and prizes for all ! A heartfelt thanks goes out to all of the businesses and individuals who participated and/or supported us with sponsorships and donations. As always your support and contributions directly benefit the individuals we serve and helps Athelas continue to deliver quality services. Again, thanks to all, and we look forward to your participation and continued support for an even bigger and more successful event next year!

Platinum Sponsor



Gold Plus Sponsor



From here. For here.

Gold Sponsor

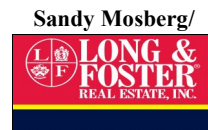
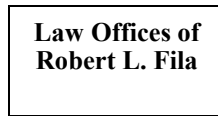


LISTENING IS JUST THE BEGINNING.®

Silver Sponsor



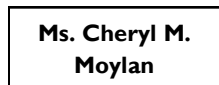
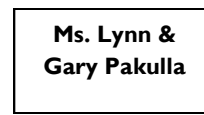
Bronze Sponsors



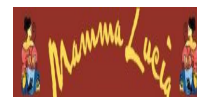
Hole Sponsors



Individual Players



Lunch Sponsor and In-Kind Sponsors



Caregiver's Corner



There is a full array of activities that a caregiver may be responsible for to ensure that the person in need is getting the help that they require. Whether it be ADLs (Activities of Daily Living), emotional support, transportation, running errands, or spending quality time with the person; a caregiver helps to facilitate the balance that is needed to obtain a healthy quality of life. At times, if a caregiver is solely focused on the person in need, they may not realize if they have lost balance in their own lives. This may present itself in various ways such as: negative emotional changes, decrease in personal ADLs, or dietary changes. This fourth installment will focus on natural ways that may help to get back personal balance.

“Ounce for ounce,
herbs and spices
have more
antioxidants than
any other food
group.”
—Michael Greger,
Physician,
Author on the
claimed benefits
of a plant-based
diet

Nutrition Knowledge: Helpful Herbs

For centuries, many people have therapeutically used natural herbs for emotional and physical remedies. In the 1960s, two scientists coined the word “Adaptogens,” to described such herbs — herbs that were particularly good at adapting to and surviving harsh conditions, and they also have the ability to help humans to do the same.

These herbs all possess 3 specific qualities:

- 1.) They are nontoxic.
- 2.) They influence multiple processes in the body.
- 3.) They have a normalizing effect.

Consult your doctor for further information.

Ashwagandha



Research: The *Journal of Alternative and Complementary Medicine* published findings that the herb may help reduce stress by 56%.

How It Works: It calms the central nervous system. It also may help to reduce unhealthy levels of inflammation.

Key Properties: rejuvenating, anti-inflammatory, antioxidant, immune balancing

Ginseng



Research: The *Journal of the National Cancer Institute* published findings that the herb may have an anti-fatigue effect.

How It Works: It contains many chemicals that affect the brain, immune system, and certain hormones.

Key Properties: memory enhancing, and immune stimulating

Rhodiola



Research: The *International Journal of Phytomedicine* published findings that the herb may offer anti-depressant benefits.

How It Works: It helps the body adapt to stress by affecting the levels and activity of serotonin, dopamine, and norepinephrine which are found in different structures in the brain, and it also influences the central nervous system.

Key Properties: anti-depression, anti-anxiety, performance enhancement (both mentally and physically)

For more information, visit:
www.amazingwellnessmag.com

How to Manage Cognitive Distortions



Cognitive distortions are exaggerated or irrational thought patterns. These patterns are believed to effect our psychopathological states, in turn, possibly causing depression and/or anxiety. These thoughts can be quick and can also be automatic. Usually these thoughts are negative, judgmental, rigid, and can be very convincing. This can consequently distort reality and contribute to feelings of stress, anxiety, depression anger, helplessness, hopelessness or fear.

To manage this issue, it is recommended that a person develop skills to become aware of these patterns, as well as learn how to challenge and modify them.

Consult your doctor for more information.

Common Kinds of Thinking Distortions:

- 1.) Overgeneralization: Thinking one bad experience will repeat itself in similar situations.
- 2.) Either/Or Thinking: Thinking you or a situation is either good or bad. Only seeing white and black instead of also acknowledging the gray area.
- 3.) Rejecting the Positive: Finding reasons to disprove positive experiences or compliments.
- 4.) Focusing on the Negative: Selectively focusing on the negative parts of a situation.
- 5.) Thinking Feelings are Facts
- 6.) Expecting Perfection: There is no allowance for mistakes in yourself or others.
- 7.) Name-Calling: Negatively labeling yourself.
- 8.) Feeling Controlled: Thinking you are powerless to influence your life.
- 9.) Feeling All-Responsible: Thinking you have control over all outcomes

personally and externally.

- 10.) Hoping for Rewards: Expectation that personal sacrifice will “pay-off.” When this does not happen, you feel resentful.
- 11.) Comparing Worth: Thinking you are not good enough.
- 12.) Always Expecting Disaster: Anticipating the worst.
- 13.) Negatively Predicting the Future in Situations
- 14.) Believing You Can Read Minds: Thinking you know what others are thinking.

This listing is based on the ideas of several published doctors and authors, such as: Albert Ellis, PhD; Aaron Beck, MD; and David Burns, MD.

For more information please read the following:

- *Healthwise Handbook*, Kaiser Permanente
- *The Healthy Mind, Healthy Body Handbook*, Drs. David Sobel and Robert Ornsrtein

“As [a man] thinks, so is he; as he continues to think, so he remains.”
— James Allen, Author

The 10-Minute Cardio Workout

Various studies have shown that a person should exercise at least 30-minutes a day to promote physical and emotional health. While 30-minutes is ideal, sometimes schedules vary.

To combat this issue, here is a suggested 10-minute bike cardio workout which is as effective as one that takes 50-minutes, according to a research study at McMaster University, Hamilton, Ontario, Canada.

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

- 2 minutes: warm up
- ↓
- 20 seconds: intense cycling
- ↓
- 2 minutes: moderate cycling
- ↓
- 20 seconds: intense cycling
- ↓
- 2 minutes: moderate cycling
- ↓
- 20 seconds: intense cycling
- ↓
- 3 minutes: cool down



Help Bryan Zapotosky Adopt a Family



Michael Brown, Gary Moore, Bryan Zapotosky

associates. Each year, staff and friends help him to gather and donate gifts to an unsuspecting family as a surprise. He meets the families for the first time when he delivers the gifts.

Bryan loves to give toys and gifts of necessity like gloves and hats because "I don't want them to catch a cold. [It] keeps them warm. It makes me feel happy to give to people in need. People need help and care. We bring everyone together."

This year, Bryan has once again located a family in need. If you would like to help Bryan in his quest to help others, please see the information below.

- Family:** 1 Mother, 3 Children
- Daughters Ages:** 3 & 16 yrs old
- Sons Age:** 11 yrs old

Donation Dates:

Nov. 1st - Dec. 16th

Drop-Off Location:

Gwynn Oak Resource Center
1717 Gwynn Oak Ave
Woodlawn, MD 21207

8:00am-4:00pm

410.964.1241 (option 9)

If you have any questions, please contact Christina Korenstra.



"To know even one life has breathed easier because you have lived.

This is to have succeeded."

— Ralph Waldo Emerson, Essayist

For the last 4 years, Bryan has galvanized staff, friends, and family to help him with his "Adopt a Family" project. He started this project on his own accord, and finds the families through

Breast Cancer Awareness Walk



Chinelle Lewis (Staff), Tabitha Smallwood, Mary Langrehr, Annamarie Iannuzzi,

The ladies from Thunderhill made their voices and opinions heard as they participated in the 15th

Annual Making Strides of Baltimore Presented by MileOne Automotive Walk on Sunday, October 16, 2016.



This 5k, non-competitive walk started at 9am at the Harry and Jeanette Weinberg Center YMCA.

The ladies responses to participating in such an event were full of joy and compassion. Mary had such a great time that she didn't want to leave.

"It was fun!"—Annamarie Iannuzzi

"I had so much fun because it was for a good cause. I love helping others and seeing other people happy." —Tabitha Smallwood



Athelas Games 2016

For 16 years, Athelas Institute Inc., under the direction of Pat Owens, Manager of Therapeutic Recreation has sponsored the Athelas Games in conjunction with National Therapeutic Recreation Month in July. Since the Athelas Therapeutic Recreation program firmly believes in individual and organized forms of recreation, the Athelas Games help to develop leisure skills and attitudes, and optimizes leisure involvement. The Athelas Games help to promote and enhance the quality of life for our individuals with physical, mental, emotional and social limitations.

Competitions are held at each Day Program where individuals come to compete with each other throughout the month of July. Some of the competitions are

Softball, Volleyball, Water Bucket Relay, Football Toss, Bean Bag Toss, Board Games, Ring Toss, Soccer Kick, Horseshoes, a Dancing Competition, and a Banner Competition. This year's Banner theme was "Choices." The winners of this year's Banner Contest are as follows: 1st Place BCRS (Behavior Communication Resource Service Program), 2nd Place GO (Gwynn Oak Resource Center), 3rd Place EU (Experiences Unlimited.)

Congratulation to all of the programs for their very creative banners. I would also like to thank our Directors, Program Managers and Staff from all of our day programs for their help in making the Athelas Games so special. Your excitement, help, and

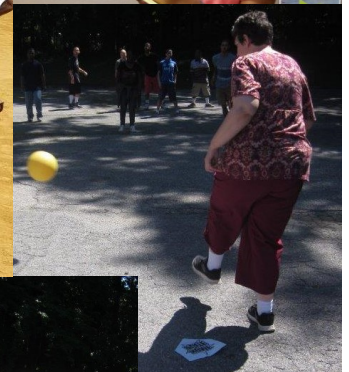
encouragement meant the world to our individuals.

This year we were happy to have the Howard County Junior ROTC color guard at our opening ceremonies, as well as volunteers from Long Reach High School.

Once again, the Athelas softball team defeated the Opportunity Builders Inc. team in a rousing game of Softball at the Bachman's Sports Complex in Glen Burnie, MD, and brought home the trophy.

A fun time was had by all and the Athelas Games concluded with a Parade of Athletes and a big Dance with our favorite DJ, DJ David Martin.

— Pat Owens, Manager of Therapeutic Recreation



Winter Special Olympics 2016



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.

Bowling Team:

Charlene Bailey, Cory Barnhard, Marley Cameron, Troy Dickerson, Jvette Edwards, John Herndon, Mary Langrehr, Damon Parker, James Powell, Tony Presti, Harold Richter, Matthew Richter, Nick Savoy, Tabitha Smallwood, Donald Tinsman, Danny Westcott

The Athelas Institute athletes practice on Saturday mornings from 10am-12pm in Rosedale, MD. In the last 2 years, participation has grown in Baltimore County from 15 to 80 athletes. The team has done well in practices and they are excited about competing in the

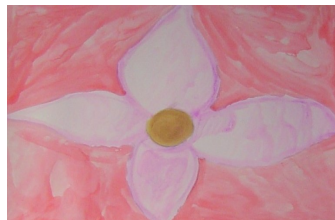
regional tournament in Glen Burnie and in the State tournament in Gaithersburg.

Corey Barnhard broke records in the regional competition last year, and he is looking forward to defending his title of a 3-game set of 541.

Soccer Team: James Anderson, Lisa Bressi, John Dingley, Evan Horstkamp, Devaughn McNeil, Peter Reider Blair Smith

The soccer team has worked hard this year to perfect their skills and will be headed to the Eastern Shore for the state finals.

15th Annual Art In The Round



Henrietta Olubi, Dahlia

The 15th Annual Art in the Round exhibition, gala, and silent auction, sponsored by the ARC of Baltimore, took place in Hunt Valley, MD on October 21st.

Athelas Institute, Inc. has participated in this highly esteemed and competitive exhibition series since 2007. This year, nineteen artists from Athelas were entered in the juried competition with 55 artworks. Twelve artists with eighteen artworks were selected from the Athelas contingent, comprising roughly 25% of the total of 80 artworks selected.

All works selected were offered in a silent auction that evening, with the artists receiving 60% of the proceeds.



Alice Henn, Flower Patch

We are proud of the creative accomplishments of all of our artists and we are happy to announce the following individuals elected to this year's event: Cy Adams with two paintings; David Bruce with two paintings; Cynthia Devonne with one selection; Joann Griggs with one ceramic object; Franco Harris with one painting and

one ceramic sculpture; Alice Henn with one ceramic object; Daniel Kim with one painting; Henrietta Olubi with two paintings; Christopher Sheely with one painting; Blair Smith with one extended drawing; Heather Tracey with two paintings; and Reginald Wells with one painting.

Congratulations to all who participated. We are so proud of your accomplishments.

— Michael Patton, Art Therapist



Franco Harris, Breathing Together

Shining Stars: Rising Above It All

We want to celebrate the individuals and staff of Athelas who are going above and beyond in their everyday lives. Their positivity, work ethic, kindness, and overall demeanor are remarkable.



Nick Savoy shows great leadership in Special Olympics. He exhibits superb sportsmanship

and is a great example for all of the athletes for Special Olympics Bowling. All of the parents and athletes love the energy and competitiveness that he brings to the lanes along with the encouragement that he offers every bowler.



Chinelle Lewis has been an inspiration and a role model to the ladies at Thunderhill.

She has encouraged the ladies to spread their philanthropist “wings,” and they have enjoyed participating in charitable events with her.



Michael Patton, our Athelas Art Therapist, is responsible for developing the Bocce Ball

competition for the Baltimore County Special Olympics. Mike dedicated himself to working with and teaching the sport to individuals from Athelas as well as other individuals in the community. His tireless efforts enabled them to bring this sport to the Baltimore County Special Olympics. Our individuals have become very competitive and have won several medals. Many of the original players are still on the team. The first 3 years were a learning experience for the players, and now the program has grown. Mike is also responsible for developing David Garner as the new

Coach, and together they have brought back a great sport for the Baltimore County Special Olympics Program.



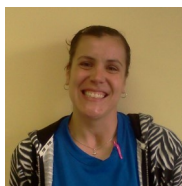
Tonier Pinckney has been an instructor at EU

(Experiences Unlimited Day Program) for many years. She motivates her individuals to try new activities. She is extremely creative with her programming and keeps her group engaged. Tonier goes above and beyond to advocate for her individuals. She is a great role model for other staff members and she is an asset at the EU Day Program.

SHINING ISS/CSLA

Joann Gilliard, Demond Jones, Joannette Jones, Rochelle Johnson, Shawnisha Lucas, Mutondo Ngaway were individually recognized at the departmental brunch for their amazing efforts and superb leadership.

Stephanie Minzak: How To Save A Life



It was a busy Wednesday at Alternative Opportunities Day Program.

The individuals were going to the back room for group therapy, and various staff were attending the weekly staff meeting. It was then that Stephanie noticed that one of her co-workers didn’t look well.

She noted facial drooping, drooling, unclear speech, and lack of movement on her left side. 911 was immediately called even though the co-worker insisted that she was okay. She was quickly transported to Howard County General Hospital. Tests confirmed that she had indeed suffered a stroke.

Due to Stephanie’s observant eye, knowledge, and quick

actions, her co-worker was treated and was back to work in 6-weeks with no residual effects.

We can’t thank staff like Stephanie enough. She was able to use her training in CPR to identify the problem and act quickly to assist her co-worker. She is truly a hero to all of Athelas.

— Tammy Griffith,
Program Director

Wellness at Athelas Institute

For the past 7 years, Athelas Institute, Inc., under the direction of Pat Owens, Manager of Therapeutic Recreation, sponsors a Biggest Loser Challenge for three months. This year's 2016 winners are:

First Place – Jannie Woods (Residential Mgr.)

Second Place – Mamie Dawes (Case Manager AO/EU)

Third Place – Shontee Price (Case Manager Day Habilitation GO).

Here are few words from the winner, Jannie Woods.



Jannie Woods, 1st Place

It all started in January 2016. My doctor said two words that caused me to re-evaluate my life — “Diabetes Markers.” I left his office feeling like I had to make some changes. I began decreasing the amount of foods I ate, I gave up all sweets, junk foods, white foods and bread. I began to do Zumba, and Shawn T video workouts. I also drank plenty of water. In making these adjustments, I lost 12 pounds.

Pat Owens, Manager of Therapeutic Recreation, noticed my commitment to health and asked me if I was going to join the Athelas Biggest Loser 3-month Challenge. I did! Continuing my journey, I lost 32.1 pounds! While on the Biggest Loser challenge my weight loss totaled 44.1 pounds.

I’ve heard the saying “lose weight in the kitchen, and tone in the gym.” I now understand. I continue to walk, attend Zumba class, and work-out with the Shawn T exercise video.

I will continue my journey to live a healthier lifestyle, and I would like to encourage everyone to join me. My current weight lost is 50 pounds.”

I used to live to eat, and now I eat to live.

— Jannie Woods, Residential House Manager



Mamie Dawes, 2nd Place



Shontee Price, 3rd Place

