

Athelas Institute, Inc.

SUMMER 2018

ATHELAS ADVOCATE



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Sheena Crandall is enjoying an Ocean City boat ride on her vacation

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.

“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!

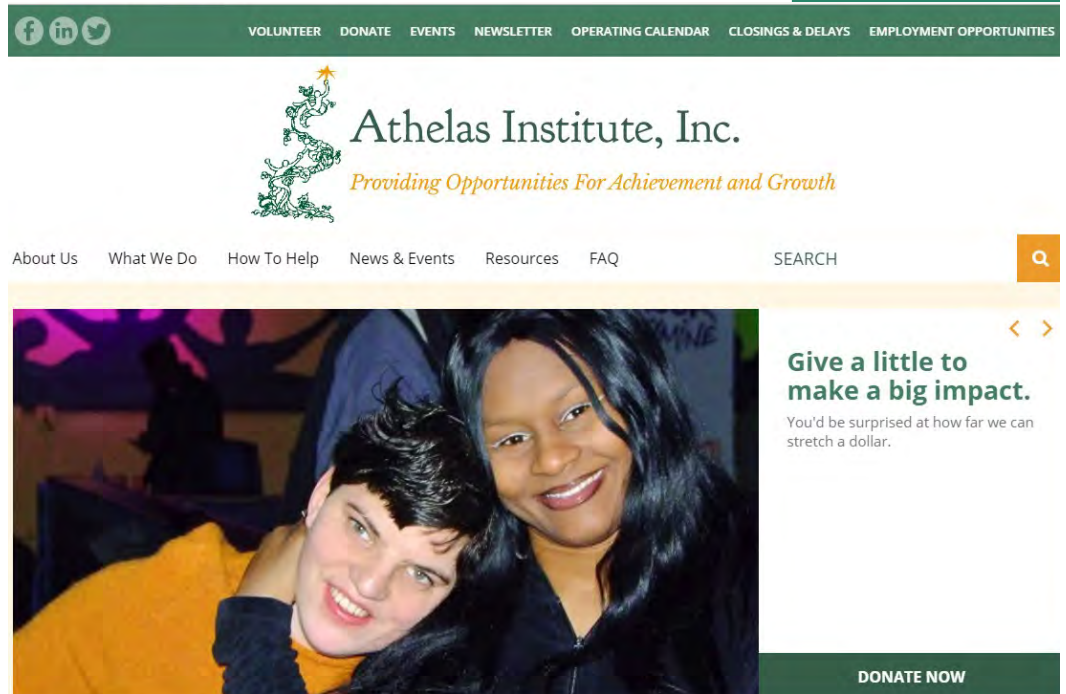
We are happy and excited to announce that Athelas Institute has a new website! Same www.athelasinstitute.org address but it has a whole new look & feel!

Take some time and take a look. We have updated content, created new content and have even created a new registration page for our 25th Annual Golf Tournament.

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!



25th Annual Golf Tournament

Join us at one of our premier events -

The Athelas Institute Annual Golf Tournament!

This year's event will be even more special than usual. Not only is it our 25th year for this event, we will also be commemorating and remembering the life of the late Raymond D. Jordan, Founder and Executive Director of Athelas Institute, Inc.

Be sure you and your friends plan to join us.

Monday Sept 24, 2018

The event will held at Fairway Hill Golf Club in Columbia, MD, and the event will be catered by Tino's Italian Bistro. Make plans to join us for an exciting day of golf, with contests & prizes, good food, and great camaraderie!

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

Jeff Callahan: jcallahan@athelasinstitute.org

Pat Owens: plowens@athelasinstitute.org

Or Call 410.964.1241

Visit our website:

www.athelasinstitute.org/25th-annual-golf-tournament/

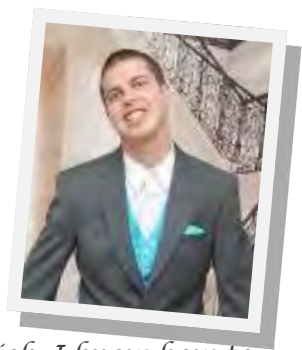


YOUR SUPPORT HELPS TO PROMOTE A BETTER QUALITY OF LIFE

**Serving almost 400
individuals in a
variety of programs
and
locations**

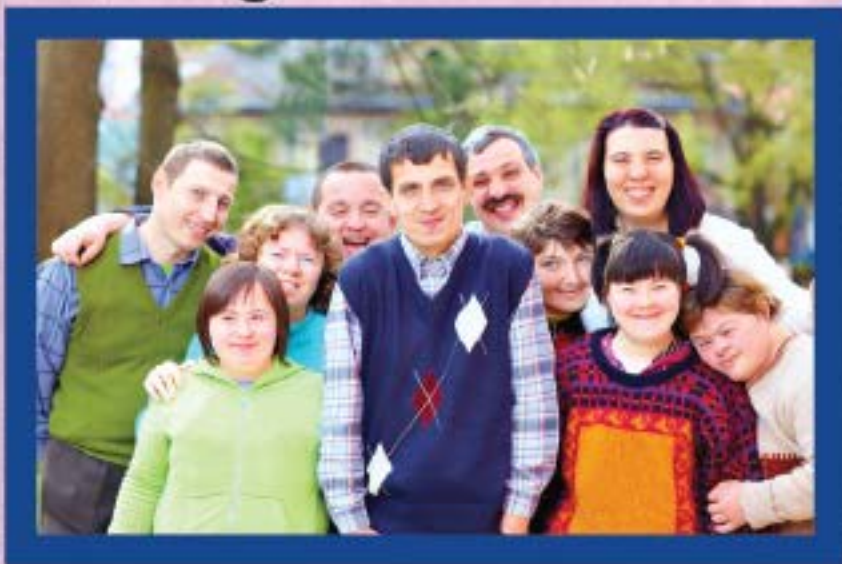
“Athelas has helped me to live a more independent life. I have a job, I know how to budget and I always feel welcomed. I have also learned how to be a good leader. Without everybody I would not be where I am now.”

— James Powell





Fostering Strong Communities



Capitol Office Solutions, a Xerox Company is a proud supporter of the Athelas Institute. We are Headquartered in Columbia, Maryland and have experience servicing our local communities. Give us a call today at 301-210-4360 and see how we can help your organization with its mission.

www.GoToCOS.com



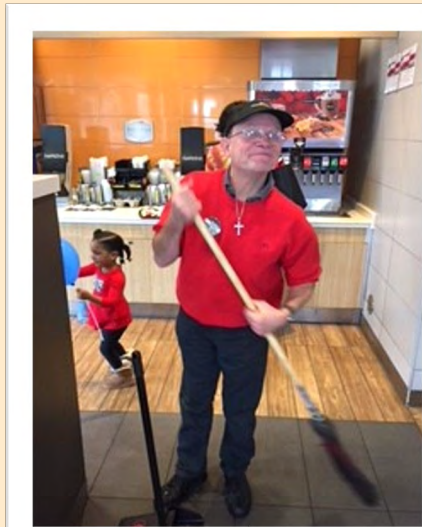


EMPLOYMENT 
MARYLAND



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



Howard County: A Community that Volunteers

The staff and individuals at Athelas Institute, Inc., would like to thank all of the volunteers who have supported Athelas through the giving their time, showing compassion, and personally connecting with us.

For more information about volunteer opportunities at Athelas Institute, please contact:

Pat Owens, Volunteer Coord.
410-964-1241 Ext. 128



Rebuilding Together

Formerly known as Christmas in April, Rebuilding Together was formed in 1992 when a group of committed Howard County Residents and businesses joined together to mobilize volunteers and provide free home repairs to low-income families in Howard County.

Athelas was selected to receive help from this organization. The volunteers worked on the Dalton house. Astoundingly, almost every room in the house was painted, and the volunteers did an impressive job on the clean-up.



St. John Baptist Church

We are truly grateful to the volunteers for working at our Raccoon house. Not only did they do a beautiful job on painting the back porch, the volunteers also helped with some addition clean-up work. Since the weather has gotten hotter, the porch has gotten plenty of use!



Mt. Hebron Key Club

Spring brought us sunshine, and the Mt. Hebron Key Club volunteers. On a lovely spring day, the residents at the Windharp house participated in an Art & Crafts session which was absolutely wonderful! The residents had such a fun time, and the volunteers did an amazing job with keeping them engaged. The artwork is displayed throughout the house with honor. Everyone is really proud of themselves!



Towson University

The Big Event is Towson University's largest day of community service where students, staff, faculty, and alumni give back to the community. Athelas has been a recipient of their goodwill on various occasions. This year, volunteers did an exquisite job at our Southwick house. The ladies enjoyed their time with the volunteers, and impressive

landscaping (gardening) was done in the front yard. The new flowers are already in bloom!

*“How wonderful it is that nobody need wait a single moment before starting to improve the world.”
— Anne Frank, Diarist*

MACS Volunteer Recognition Award



Laila and Raju Satish are the recipients of the MACS (Maryland Association of Community Services) award for Athelas Institute.

Laila and Raju Satish are a truly amazing and dedicated pair of volunteers. They have volunteered with Athelas for a total of 214 hours each since June, 2017. Ms. Satish and her son, Raju, volunteered in our Training, Nursing, Residential, and Accounting Departments. They were very flexible with their time, and they always completed their assignments in record time. Laila and Raju not only worked seamlessly with our staff, but they also had great rapport with our individuals. We are grateful for their time, and assistance. Their support has been invaluable; they have accomplished great work for Athelas.

Raju has since found a paid position. When he called to tell us, he thanked Athelas for all the opportunities, guidance, and valuable learned information regarding how a human service non-profit company operates. He also commented that he knows this experience will help him in his working career.

For more information about volunteer opportunities at Athelas Institute, please contact: Pat Owens, Volunteer Coord. at 410-964-1241 Ext. 128 or e-mail her at plowens@athelasinstitute.org

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

Athelas Volunteers



Susan Goodhand

Laura Webster

Jane Wessley

On any given day at Athelas, you may see a special smiling face in our main office. It will be one of our volunteers.

Athelas is extremely fortunate to have Jane Wessley, Susan Goodhand and Laura Webster volunteering with us. All three women have given numerous hours to Athelas over the past year.

Jane Wessley has been working with the Residential Department to transfer paper files into electronic copies, assisted in our reception area, and helped with our Fashion Show. She has even agreed to participate in our newly established Activity Coordination Team — a committee which seeks to enhance activities, and create meaningful experiences for the individuals that Athelas supports.

Susan Goodhand volunteers in our Nursing Department, Personal Supports Department, and works with our Employment Coordinator. She also keeps Athelas in mind for donations; bringing clothing and stationery donations to Athelas. Without fail, Susan can always be called on in a “pinch” when needed!

Laura Whittaker-Brown fills her volunteer hours filing in the Nursing Department, and assisting with special projects.

These ladies are incredible. They have various responsibilities in their daily lives, and they still find the time and energy to share their time and talents with Athelas. Athelas is grateful for their dedication, willingness, and consistency.

We Care, So We Volunteer

Many of the individuals at Athelas understand the importance of helping others and volunteerism. Here a few projects that our individuals are involved in within their communities.



Stars for Our Troops, CRC Individuals

The project is in coordination with the Stars for Our Troops, Inc., a 501c3 charitable organization. Volunteers package old tattered stars from faded US flags that are retired from service and pass the legacy of the Stars to those who are currently defending our country. Kathy Acuff, Samantha Anderson's aunt, has cut and prepared 6500 Stars to share with active duty service members to be deployed this Fall on a Navy aircraft carrier. Each service member will receive a pouch containing a Star along with a note which reads: "I am part of our American flag that has flown over the USA. I can no longer fly. The sun and winds caused me to become tattered and torn. Please carry me as a reminder that You are not forgotten."

"No one is more cherished in this world than someone who lightens the burden of another."

— Author Unknown

Meals on Wheels Volunteer, Cynthia DeVonne

Meals on Wheels is a program that provides and transports nutritious meals to those who are homebound due to age or disability.

Cynthia has been involved with Meals on Wheels for 10 years! She makes it a point to volunteer 1-2 times a week because she knows the a nutritious meal is important. Her main responsibility is to help personally deliver the meals door-to-door. This is actually her favorite part of her job because she loves being out in the community, and she loves talking to the people who receive the food.

Cynthia said that it also "makes me feel good because I know I do a good job."



Restoration Worship Center, Men of Rosemary House

The gentleman who reside at the Athelas Rosemary House really enjoy volunteering together. The roommates have taken on volunteer responsibilities at Restoration Worship Center in Baltimore, Maryland. They initially were introduced to the church through a community outreach breakfast that the church hosted. The housemate liked the people so much that they asked staff to help them get involved with helping the church for other events. This year, they have helped at various

Bishop James Sutton, David R., Blair S., Tomarey S. (House Manager)

events where they have served food to elders, set-up tables, and used their creativity to decorate for festivities. Due to their consistency, servitude and willingness, David, Blair, Germaine, James, Evan, and their House Manager, Tomarey Styron, received Certificates of Recognition for their hardwork.

Paul Phillips Excels at Lincoln Tech



*“Work hard, study,
and have fun doing
it!”*

— Paul Phillips,
Student



Perfect Attendance

1.) Why did you want to go to Lincoln Tech?

To learn how to work on cars. I only know how to work on a few things on a car. I am a beginner, and I want to become an expert.

2.) How did you first learn to work on cars? In high school, I had a job coach who got me an internship at an auto shop. Then I got a job at an auto mechanic place, and then I worked on a Mustang as my very first job.

3.) Why do you like working on cars? I like working on cars because it's fun and messy. I started being interested in cars when I was in high school.

4.) How did you hear about Lincoln Tech? How did you apply to the school?

I knew about Lincoln Tech because I would walk past it all of the time. I wanted to know what the place was about, so I went in and they gave me a tour. My mom helped me to apply for school.

5.) How long have you been wanting to go to Lincoln Tech? I've been wanting to go to Lincoln Tech since last year. I was working full-time, so I waited until I saved enough money, and now I attend school full-time.

6.) Were you nervous about going to this new school (meeting new people)? Not really, it's life. You are going to meet new people everywhere you go.

7.) What is the name of your course? I have completed the Introduction class, and now I am in the class called Automotive Mechanics.

The online description is as follows: Provide the graduate with the entry-level knowledge and skills required to correctly test, replace, repair and adjust automobile: basic gasoline engines, electrical charging, starting and lighting systems, brake, steering, suspension, air conditioning, and electrical accessory systems.

8.) Do you like your teacher and your classmates? Yes. I've made friends with my classmates. We help each other because we all want to pass!

9.) What is your typical class like each day? Class is from 7:30am-3:30pm M-Th. The teacher takes attendance, we have a morning quiz, and then we all go over the homework and ask questions. After our morning break, we get into our assigned groups and go to the lab to work on specific hands-on

assignments. At the end of class we have another quiz, and then we clean up.

10.) How often do you study at home? Does anyone help you? I study everyday. Everything is computerized, so I am really independent.

11.) What type of degree will you earn? How long is the course? I will earn a Lower Division Certification once I complete all of the required courses. It will take at least year.

The online description is as follows: Upon completion of the program, graduates will be qualified for entry into the automotive service career field as a mechanic capable of performing most common service operations in the systems listed and with supervision may perform more complex tasks

12.) After school what is your plan to get a job? I will job hunt and I will work with a job coach.

13.) Where would you like to work? What is your dream job? It doesn't matter where, I just want to be in a place where I can work on cars and learn more.

14.) How did you feel when you finished last semester with a 91%?

I was really surprised. I usually don't do well on tests and quizzes, but the teacher did a really good job at explaining everything. He made it easy to understand and remember.

MakingChange: A Financial Course

MakingChange: a Partnership with Athelas Institute, Inc., is a 5-week Financial Literacy and Job Readiness course. The purpose of the course is to enhance our individuals' knowledge of job readiness, and



financial wellness. This partnership has fostered independence and a sense of success for those who participate. Not only has it had an impact on our individuals, but it has also had a positive impact on those who work with MakingChange. *This years class graduated on June 12, 2018.

Here is a letter from Ken Henderson, a volunteer who helped this years graduating class.

Two years ago, I had a meeting with Athelas Institute's Volunteer Coordinator, Pat Owens. I expressed that I thought MakingChange would be able to support Athelas clients with some of the courses MakingChange offers such as "Job Readiness" & "Financial Literacy." Pat agreed, and that became the beginning of a wonderful, ongoing journey benefitting both of our organizations.

Shortly thereafter, Andrea Callahan, Director of Day Services, and I met and we all agreed that together we would begin a partnership that would enhance Athelas individual's knowledge of finances, and work readiness. After this meeting, I then went to work addressing Andrea's concerns and specific subjects that she felt needed to be covered in the sessions that MakingChange would be teaching. It was now up to me to customize our presentations and make certain they were appropriate for Athelas. I then got together with Roy Yenoli who is the Education Program Coordinator at MakingChange and went to work creating a customized "Special Needs" series of classes. The result of that work is a comprehensive 5-week course complete with a Certificate of Achievement presented to the students at a graduation ceremony and celebration held at Athelas.

I am a volunteer for MakingChange and this was my first experience working with special needs individuals. I am happy to add that this has proven to be a highlight of my career! The individuals were all very dedicated and committed and very much a pleasure to work with. I have been most impressed with the outstanding progress these young people have made. It is quite simply because of their willingness, dedication and desire to learn, all of which were brought to the classroom, that helped them understand and achieve success with the course materials.

MakingChange has now taught two classes for Athelas Institute individuals, resulting in 28 graduates to date. These young people are a testament to the integrity of Athelas' overall program. We look forward to continuing our relationship as well as improving and expanding our courses. It has been very gratifying to both Roy and myself to share in these learning experiences.

We will soon be preparing for another course session at Athelas Institute, Inc. Our partnership with Athelas will continue to provide educational benefits to an even greater number of individuals!

Ken Henderson
Volunteer

Graduates

Brandon Brown

Marvin Chesil

Rosa Hudgins

Edward Jackson

Joel Jackson

Kaitlyn Jackson

Stanley Lesane

Harold Richter

Tabitha Smallwood

Danyella Williams

Bryan Zapatosky

Commitment to Excellence



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.): Stacy Bennett, ISS; Christina Korenstra, GO; Charlene Lemmon, GO; Betty Enoch, CRC; Tomarey Styron, Residential, Darlene Burgess, AO
(hosted by Samantha Jordan, Shontee Witherspoon, and Diane LaSov)

2018 Biggest Loser Winners



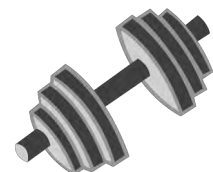
To increase awareness in fitness and nutrition, each spring, Athelas has a 3-month Biggest Loser Challenge. The top 3 “losers” get a cash prize!

Amazingly, this years participating staff (49 in total) lost a whopping total of 296.6lbs!!

1st Place: Lisa Hogue, Quality Support, \$225

2nd Place: Mamie Dawes, AO/EU, \$125.

3rd Place: Shawn Mills, CRC, \$100



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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