

# Reflections

## IN PROGRESS

CENTER FOR SOCIAL CHANGE

VOLUME 1 | NUMBER 1 | WINTER 2010



ALL PROGRAMS  
ACCREDITED BY CARF

Dear friend of CSC,

In June, CSC received accreditation by the Commission on Accreditation of Rehabilitation Facilities. Our standards, and those of CARF, are based on quality - and that's how we make a difference in the communities we serve.

At CSC, we help individuals that we support interact with the community where they live.

In this issue, you'll read about visits made by individuals to Sharp's Farm and the Northwest Hospital Health Fair. One of the individuals supported by CSC was chosen to flip the switch at a local Tree Lighting Ceremony!

A visit of another kind was made by Tony Mason to the Big Apple, where he saw the Statue of Liberty and Times Square. Tony's strong sense of independence is a quality we all appreciate.

Everyone has rights, and the most precious is casting a vote. Individuals who reside with CSC exercised their rights when they registered to vote in Maryland. They visited candidate forums and asked questions about issues that affected them.

The CARF accreditation gave everyone at CSC a strong sense of pride, which was evident at our Halloween Party and celebration for "Center for Social Change Day."

Personal choices result in an enhanced quality of life. Nathan Stokes, a long time resident with CSC, makes daily choices regarding where he lives, who he lives with, and how he interacts in the community.

As a friend of CSC, your financial contribution will help us assist the individuals that we support build strong connections to their communities, and ensure they continue to be good neighbors and active participants. Please join us in our mission by returning the enclosed envelope with your donation.

Sincerely,  
Dr. Joseph Mathew

### WHAT'S INSIDE

#### COMMUNITY INTEGRATION



*Being Great Neighbors*

2

#### INDEPENDENCE



*Life is an adventure!*

4

#### INDIVIDUAL RIGHTS



*Casting ballots!*

6

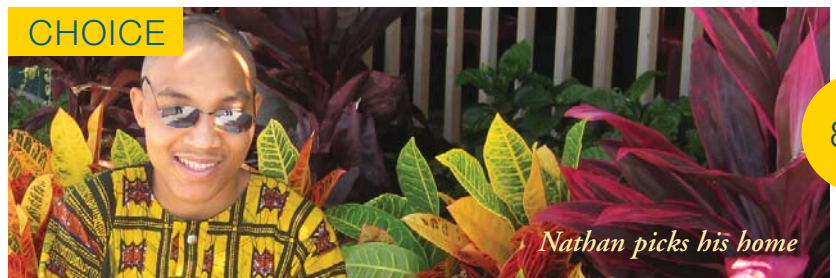
#### PRIDE



*Feeling good about CSC!*

7

#### CHOICE



*Nathan picks his home*

8



*Nathan Stokes at the Health Fair*



## CSC Participates in Community Health Fair

Communities are vital to the quality of our lives, and a strong connection to them benefits everyone – Nathan Stokes and Fred Jackson are no exception.

The two men receive support from the CSC and they recently visited the Community Health Fair held at Northwest Hospital in Randallstown, MD.

After visiting more than 20 separate tables that held information about everything from stroke education to heart

care and exercise, the pair listened to presentations about heart health and diabetes.

Besides learning how to keep healthy, Nathan and Fred also entered into drawings for prizes that were raffled throughout the day. While neither of them were winners, the information they took home with them will help them lead healthier, and more productive lives.

## CSC Brings Light to Darkness

December 3 was a cold, blustery night, but one part of Maryland was a little brighter, and warmer, thanks to Wyndella McCray, an individual who receives support from CSC.

Wyndella lives in Randallstown’s Fieldstone Community

and was asked to play the key role in her community’s tree lighting ceremony. Fulfilling this important position is an excellent example of how Wyndella has bonded with her local community.

The festivities began with singing and dancing and finished with the lighting of the Christmas tree. There was hot chocolate and hot cider - which warmed everyone who braved the chilly December night.

The lighting was made possible thanks to three different sponsors of the event, which included the Community for Social Change, Northwest Hospital and a local Sonic restaurant. Working together with the local government and community, the Center for Social Change was able to provide a festive evening, with a moment that Wyndella will never forget.



*Wyndella, Rebecca and Janet with Sonic Drive-in Mascot at Tree Lighting Ceremony*



*Wyndella at tree lighting ceremony*

# Down on the FARM

*This October, harvest time provided a perfect opportunity for several individuals supported by CSC, along with staff members, to visit a working farm located in western Maryland.*

**W**hen the van pulled up to Sharp's Farm, everyone was eager to get out and visit the animals, pick out a pumpkin and visit the store that was stocked with jams, jellies, wreaths and a variety of homemade crafts.

After feeding corn to the goats and looking at the chickens, the group attended presentations about how farms worked in earlier times. They also learned how meals were prepared and the kinds of clothes the farm hands wore.

Trips like these are educational for everyone, and it also helps individuals supported by CSC become familiar with the community and the people who live there. We're already looking forward to another trip to the farm in 2011!



*Rick Zengle visits Sharp's Farm*

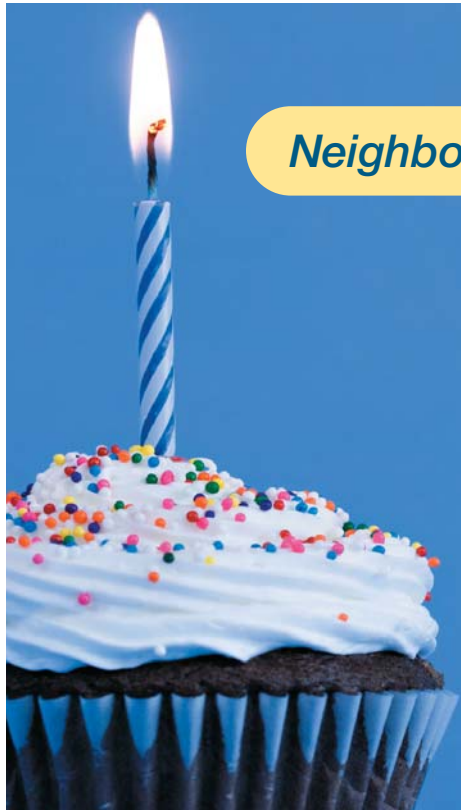
## **Neighbors, Friends & Family Celebrate Alex's Birthday**

As October drew to a close, Alex Vega celebrated his 27th birthday, along with his guinea pig, Sylvester L. Vega!

Alex's birthday party included his neighbors from across the street, who told us that Alex and his housemates have brought a great amount of activity and fun to the neighborhood. Other guests included Dana and Arthur from CSC, Alex's Service coordinator and her son, and his housemates.

The party menu consisted of pizza, chips, dips, soda and iced tea and after the signing of Happy Birthday, Alex received a new regulation soccer ball, work tools, and cash from his brother and mother.

"I had a great time at my birthday party," Alex said.



## Tony Mason Takes New York!

Frank Sinatra sang of New York “If I can make it here, I’ll make it anywhere.” Well, consider Tony Mason to have made it!

In September Tony and his director support staff member Apponlonus Anyanaso visited the Big Apple. Excitement was running high for Tony, a 10-year resident of CSC’s group home residential program.

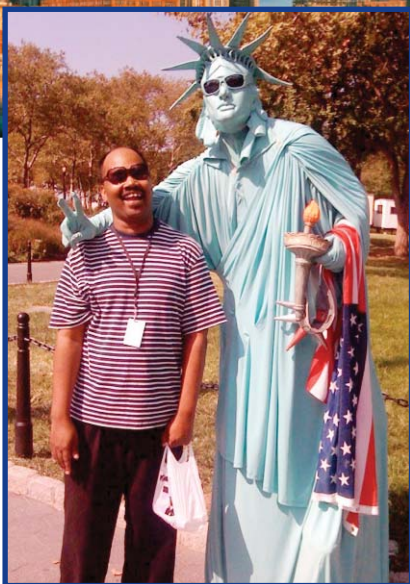
“He was very excited,” said Apponlonus. “He was standing at the front door hours before we were scheduled to leave.”

Tony and Apponlonus took the train from Baltimore to Penn Station and their first stop was the Empire State Building. The duo climbed aboard the NY Skyride, a virtual tour that took them through more than 30 places in the Big Apple.

But Tony’s sense of adventure wasn’t satisfied, it was time to see the sights for himself. After a boat ride to Ellis Island and the Statue of Liberty, the two visited Times Square, where Tony bought presents for staff members and friends.

“He bought shirts, a hat, and sunglasses for himself, and Statue of Liberties for the rest of the staff,” said Apponlonus.

With great memories and plenty of stories to tell, Tony and Apponlonus returned on Sunday. Tony’s travel stories have brightened the day of every staff member who hears them. CSC was happy to escort Tony to New York and we can’t wait to hear more stories about his next adventure.



Tony Mason on his trip to New York

## Summer in the South

*Spending a summer day at the beach is one of the joys of life, and this year’s trip to Virginia Beach was filled with all kinds of summer fun.*

Thirty individuals, accompanied by our support staff, climbed into nine vans and departed for the sunny beaches of Virginia Beach. Before the vans left, there was plenty of packing to be done, medications to be organized and transportation arranged, but hard work from everyone accomplished this challenge without a hitch.

Once the group arrived in Virginia Beach, they unpacked their belongings and headed out for dinners at local restaurants, games on the boardwalk, fishing trips, movies, souvenir shopping and side trips to the local aquarium and other spots of interest. Time slipped away as it often does during summer vacation and with vows to return next year, the vans were packed up and everyone headed home.



Six Flags





*Alex working at McDonald's*



## Make Mine McDonald's

Having a job and making money are two integral parts of being independent, and Donald Williams and Alex Vega have learned that hard work pays off.

Donald recently began work at a local McDonald's restaurant, and he's learned a variety of skills and had experiences that will benefit him for many years.

His area supervisor, Umar Malik, told us, "There has been a huge difference in Donald's people-skills since he began working here. We've trained Donald to be a hard worker, and that's paid off because he gives back just as much as he takes."

Another success story at the Golden Arches is Alex Vega, who works at a McDonald's in King's Contrivance in Columbia, MD. When Alex began, he had much to learn, and now he's more self sufficient and independent, according to Brandon Bell, owner and manager.

"Alex has been a huge help to the store. He used to always ask us questions on what to do, but he doesn't have to ask anymore," Brandon remarked. "He goes straight to work with no supervision at all!"



*Donald working at McDonald's*

## EXERCISING THE RIGHT TO



**M**any Americans take the right to vote for granted, but the individuals who reside with the Center for Social Change proudly exercised this right in November.

The CSC staff worked with individuals they support to determine their voting status prior to Election Day. Anyone who wasn't registered was assisted in completing their voter registration applications. In addition, everyone was taught to ask for assistance at the polls if they needed it, and they also learned the fundamentals of voting on a computerized voting machine.

Another part of the voting process is listening to what the candidates pledge to do if they're elected.

Experiencing this first-hand were Nathan and Alex, two individuals who are served by CSC. They asked questions about the candidates' positions, which centered on funding for provider agencies, and possible additional sources of revenue.

When voting day arrived, those who could went to the polls to make sure that their voice was heard.

Actions like voting and attending political forums expand the life, and world, of individuals supported by CSC. They'll be actively participating in the next round of elections!



*Joel Jones Headed for the Polls*



*Alex Vega with Secretary Alexander Sanchez*



*Alex Vega with candidate Lori Alban*

# A Party Filled with Tricks - And Treats!

The end of October was a chilling affair, with spooks and ghosts haunting the halls of CSC's offices.

A Halloween party was held at the center, with plenty of friends and staff in attendance. A pizza dinner was served, along with refreshments and other treats. There was a special pumpkin decorating table, and a chance to get pictures taken in a room decorated for Halloween.

Of course, CSC staff members and our friends wore their scariest, and craziest, costumes! Besides the food and fun, everyone took a turn on the dance floor, along with mummies, witches, nurses, clowns and other colorful costumed partygoers.

Coming together and celebrating special holidays gives everyone the chance to get together and draw closer to each other. These events go a long way in helping everyone feel proud to be part of the CSC community.



*Fun at CSC Halloween Party*



*George McCauley and Ellen Wright Dance at the Halloween Party*



*Audrey Yelity November 8 Day*

*November 8 marked the annual celebration of the "Center for Social Change Day." On this day in 2008, the governor of Maryland officially recognized the hard work performed by CSC and the individuals it supports.*

Purple decorations greeted everyone who attended, and the event was kicked off by Arthur Gold, Director of Community Relations. He reminded everyone what a special day it was, and the pride that everyone feels through their association with CSC.

After Arthur's welcoming speech, a catered dinner was served by the staff! Once the plates were cleared, Kemi and Ghazala offered their face painting services to everyone in attendance. Adding to the fun was a disc jockey, who had everyone up and dancing to their favorite tunes!

The good times and feelings of pride lasted long after the party was over.



*Group picture on CSC Day*



*Left to right: George McCauley, Joe Swift, Nathan Stokes, Darnell Buckner, Donald Williams on Center for Social Change Day*



6600 Amberton Drive  
Elkridge, Maryland 21075

410-579-6789 office  
1-800-269-0383 toll free  
410-796-1201 fax

[www.centerforsocialchange.org](http://www.centerforsocialchange.org)



ALL PROGRAMS  
ACCREDITED BY CARF

PRSRT STD  
US POSTAGE  
**PAID**  
ELKRIDGE, MD  
PERMIT NO. 100

## INDIVIDUAL RIGHTS



### Picking a Place to *Live*

*Nathan Stokes  
decides to live in  
Randallstown.*

**C**hoosing a place to live might be one of the most important decisions a person can make. There are a great many things you have to consider, and the choice you finally make will have an impact on how happy, and content, you feel every day.

When he arrived at CSC, Nathan Stokes made a choice about where he decided to live, and it has made all difference in his world. His house is located in a suburb of Baltimore called Randallstown. With a front yard and lots of neighbors, Nathan and his house mates have plenty of opportunities to meet and interact with the community.

“I like everything about my house,” Nathan said, “I’m blessed and thankful for everything I’ve received, and all that CSC has done for me.”

CSC works closely with the individuals we support to help them decide where they want to live and with whom. As always, community plays a vital role in this choice, as does the house’s location in regard to places of employment, mass transportation, shopping centers and other necessities.

“I get along very well with my housemates, we do everything together! We go to church, the movies, dinner. We’re always doing something.”

When he’s not working at his job as a custodian at a pharmacy, Nathan spends time at his house, cooking or watching television with his housemates.

