



Friends of WCDC Newsletter



October 2016

Cathy's Corner

This October Newsletter is packed with information, activities and opportunities to have fun and support Friends and WCDC.

On Oct. 9th, Friends will sponsor our 4th Annual Family Picnic and we hope that you will join us for a fun filled day. Every year we offer delicious meals and mouthwatering desserts, music, Bingo and lots of prizes. The entire day is free and it's all for you and your families. Please join us!

Our Garage Sales have evolved into one of our major fund raisers. Due to the extreme heat we are behind in reaching our yearly goal. Please help support us by donating items and stopping by on Saturday, October 15th to do a little shopping.

Speaking about Major Fundraisers.... October 1st is the first day of our annual Homemade Pumpkin Roll Sale. Inside you will find information and an order form for this popular and delicious holiday dessert. Every year we receive rave reviews and we promise that this year will be the same.

Finally, I would like to congratulate WCDC, staff, clients and Board of Directors on the 2 very prestigious awards that they received in September. The Ocean City Chamber of Commerce honored WCDC as the Non-Profit of the Year at a wonderful dinner held at the Clarion Hotel and The Center for Disease Control named WCDC as the Trailblazer@work Award Winner at the CDC Headquarter in Atlanta Georgia. Please take the time to read about these inside.

Great Job WCDC. We are very proud of all you do!

Happy Halloween Everyone,
Cathy Gallagher, President

Friends & WCDC Activities

October 1 -

Pumpkin Roll Sale begins

Details & Order Form inside

October 4 -

Last day for Family Picnic reservations

October 9 -

Friends/ WCDC Family Picnic 1-5 PM

October 10 -

Friends Monthly Meeting -6 PM

October 15 -

Friends Garage Sale – 7:30 - Noon

October 19 -

WCDC Board of Directors Meeting – 6PM

October 24-28 -

Spirit Week – Info inside

October 27 -

American Legion Halloween Dance

October 28 -

Halloween Party – WCDC- 1 PM



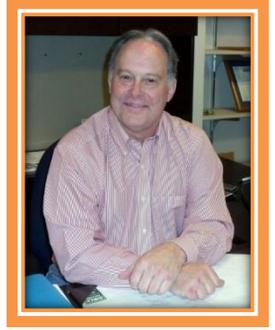
Halloween



Worcester County Developmental Center
PO Box 70, Newark, MD 21841
410-632-2382 www.wcdcservices.org

From the desk of our Executive Director

Jack's Column
will return in November



Spirit Week

Monday 10/24 – Sports Attire Day / Crafts & Games

Tuesday 10/25 – Sleeping Beauty Day (PJ'S) / Movie Day

Wednesday 10/26 – Crazy Hat Day / Scavenger Hunt

Thursday 10/27 – Funny Sock Day /Carnival Day /Am Legion Dance

Friday 10/28 – Character Day / Friends Halloween Party

The Witching Hour

Giant Golden Pumpkin, resting in the noontday sun,
I wonder if you're dreaming, of a magic night of fun.



Very soon you'll wear a smile, carved by a jackknife blade;
As you glow with candle light, while the spooks are on parade.



You sit proudly in the window, to view the eerie scene,
As the gremlins dart by, celebrating Halloween.



You will radiate with beauty, as the young and very old,
Are captured in your spell, while the witching hours unfold.



Oh Giant Golden Pumpkin, when Halloween is gone,
The enchantment that you weave, will always linger on.



LaVerne P. Larson 1966

September Birthdays



Mary Ferry, Vicki Daisey, Bruce Baldwin, Lester Mason, Vicki Tillery and James Guy

October Birthdays

Bryan Cane - Oct. 1

Mary Baker - Oct. 3

Julia Range - Oct. 7

Ariel Godwin - Oct. 10



Sedric Taylor - Oct. 14

Shyaira Church - Oct. 14

Carrie Delangel - Oct. 18

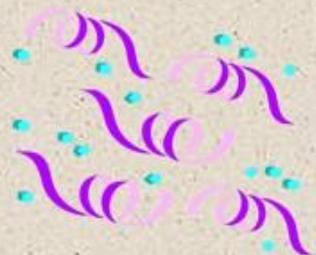
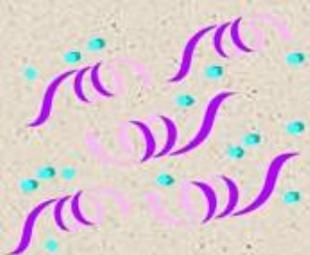
Carol George - Oct. 20



Happy
Birthday



You are invited !



4th Annual

WCDC Family Picnic

Sunday, October 9, 2016

1:00 PM- 5:00 PM

Prizes
Bingo
Dancing
Silent Auction

WCDC Facility
Cost - FREE

Fun
Music
Desserts
Fellowship

Food Buffet Opens at 1:45 PM

Dear Clients, Parents, Guardians, Staff, Board Members & Friends,

Once again Friends of WCDC are planning a wonderful day filled with fun for everyone including YOU!

Please fill out the slip below and return it to Jack Ferry at WCDC or email your response to Csgallagher1@aol.com no later than **Tuesday October 4th** so we can prepare the proper amount of food and beverages. The day is **FREE**, however, we are asking every family to bring one of the items below.

I hope to see you on Sunday, October 9th. Cathy Gallagher

WCDC Family Picnic

_____ will be attending the WCDC Family Picnic
Number attending _____ Names _____

*** I will bring _____ Salad (potato, pasta or macaroni) OR _____ Dessert
(Pease circle)

3 Down and 1 to go!

The last of our 2016 Garage Sales will be held on Saturday October 15th. Due to the extreme weather conditions, it has been a difficult year for our sales & we are hoping that our 4th & final Garage Sale for 2016 will be a huge success.

Please remember us as you change your seasonal clothing and prepare for the upcoming holidays. Remember your trash is our cash and we appreciate anything you can add to our inventory! Thank you!



Friends of WCDC
Garage Sale
Saturday October 15th
7:30 AM – Noon
338 Ocean Parkway, Ocean Pines

Come one, Come All!

We are accepting items for this sale, especially those related to Halloween, Thanksgiving & Christmas. Please drop off donations at WCDC or 338 Ocean Parkway, Ocean Pines. For information Call 570-956-4721.



It's Halloween!

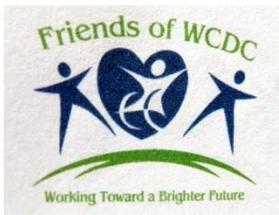


It's Halloween!

The Moon is full and bright, and we shall see what can't be seen on any other night.
Skeletons and ghosts and ghouls, grinning goblins fighting duels
Werewolves rising from their tombs, Witches on their magic brooms.
It's masks and gowns, we haunt the streets and knock on doors for Trick or treat.
Tonight we are the King and Queen, for oh Tonight it's Halloween!

Jack Prelutsky





October 1, 2016

Good Morning My Friends,

The 2016 Holidays are quickly approaching and that means that it's time for the Friends of WCDC Annual Pumpkin Roll Sale.

All ingredients are fresh and every pumpkin roll is made by hand and sprinkled with love by members of Friends. In addition to being a wonderful Thanksgiving dessert, many people purchase them for gifts, holiday gatherings and a few extra for the family freezer. 2016 is the 5th year that we are holding our Pumpkin Roll Sale and we have received wonderful comments each and every year.

All proceeds, every penny, is used to provide services and opportunities for the clients. A few of the social activities, include a trip to see the Shorebirds, a show at Marva Theatre, Halloween and Valentine Parties, and a Christmas Party where every client receives a gift selected specifically for each male & female client. Friends also assists WCDC by purchasing needed equipment and supplies that the clients use to successfully complete work within the facility and also in the community.

Attached please find an order form. Orders can be returned to WCDC, emailed back to me at Csgallagher1@aol.com or phoned to 570-956-4721. Checks can be made payable to 'Friends of WCDC'.

Thank you for your support and loyalty. The clients, staff, board of directors and Friends membership are truly grateful for all you do.

Have a wonderful Thanksgiving.

Cathy Gallagher, President
Friends of WCDC

Friends Of WCDC



2016 Homemade Pumpkin Roll Sale

\$15.00 each

Orders Due Nov. 9th - Pick up Nov. 18th
Deliveries for 5 or more



To order please list your name & phone # below

For more info contact Cathy @ 570-956-4721 or WCDC @ 410-632-2382

Company / Business Name:

Name & Phone #	# of Pumpkin Rolls	Cost / Payment
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
Total		

Ocean City Chamber of Commerce Honors WCDC as Non-Profit of 2016



Pictured above are Senator Jim Mathias; Erica Joseph, Community Foundation; Worcester County Commissioner Joe Mitrecic, Delegate Mary Beth Carozza; Jack Ferry, Executive Director, WCDC; Ocean City Mayor, Rick Meehan

On Tuesday, September 13, 2016, The Ocean City Chamber of Commerce honored local individuals and businesses at its annual awards dinner. WCDC was voted the Non-Profit of the year for providing “superior service” to our clients and the community. The Non-Profit of the year award was sponsored by the Community Foundation of the Eastern Shore. CFES President Erica Joseph provided the introduction and spoke glowingly of the good work WCDC does providing supports for its clients. She said when she visits WCDC she is always impressed by the clients’ smiling faces and the happy atmosphere.

On behalf of WCDC, Jack accepted the Key to Ocean City from Mayor Meehan, a Worcester County proclamation from Commissioner Joe Mitrecic, a proclamation from the Maryland House of Delegates from Delegate Mary Beth Carozza and from the Maryland Senate from Senator Jim Mathias.

In accepting the awards, Jack spoke about the pride the clients feel when they work and how they enjoy being able to work alongside their friends. He said it was especially important and rewarding that WCDC received this award from the business community because it shows the contribution the clients can make to the economic health of the area when they are given the chance. Representing WCDC at the dinner were Board President Ed Reid, Treasurer Mark Cerbo and his wife Toni Franks, and Friends of WCDC President Cathy Gallagher, Vice-President Mary Ferry and Treasurer Jack Ferry, Sr.

Toni Franks *
Mark Cerbo Board Treasurer *
Ed Reid Board President



Jack Ferry, Jr. *
Cathy Gallagher *
Mary Ferry *
Jack Ferry, Sr.

WCDC Wins CDC Trailblazer@Work Award



On Friday, September 23, HR Director Nicole Dobelstein attended a Work@Health conference at the Centers for Disease Control headquarters in Atlanta where she accepted an award on behalf of WCDC. The award was the Trailblazer@Work Employer of the Year and was given in recognition of WCDC's commitment to providing a healthy workplace for clients and staff.

In 2014, while discussing ways to keep our health costs down, Nicole suggested trying to improve the health of our staff and clients through better eating and exercise. Most of our clients have health issues, and a large number of our staff have pre-diabetes and high blood pressure, both of which can be controlled through diet and exercise.

We felt not just for the cost benefit but also for the welfare of our clients and staff, we would embark on a journey to make our work place healthier. Nicole formed a wellness committee whose members were called "Fitness Champions," took a survey to gauge

Pictured above are Linda Botts, Pres./CEO of ASHLIN Management Group, Nicole Dobelstein, WCDC HR Director, accepting the Trailblazer@Work Employer of the Year Award and Jason Lang, Team Lead of Workplace Health Programs, CDC.

people's interests and started to put a plan together. Initial steps included biometric screenings for everyone performed by the PRMC Wellness van, marking off walking tracks around the outside of the building and a big kickoff for the "Commit to Get Fit" campaign.

Today we have pedometers, basketballs, volleyball, football and Frisbees for use. We have an Xbox with dance and exercise videos and a mini library with books and pamphlets covering a wide range of health topics from quitting smoking to lowering cholesterol.

We also worked with Kathy Wool, a registered dietician with the Worcester County Health Department to create a 6 week cycle of health menus that we now use every day at lunch. Our participants have increased confidence and are holding themselves more accountable for their own health and well-being.

We have accomplished a lot and know we have more we can do, but being recognized by a federal agency as being the top employer of the year across the country is an incredible achievement. We are honored and proud, and we have to give a great big shout out to Nicole for all the hard work and coaching she has done in her quest to get WCDC healthier.

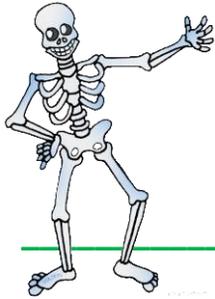


Friends of WCDC

The purpose of Friends of WCDC shall be to see that the needs of people who live with a disability are made known to the community and that these needs are being met. The members of Friends of WCDC shall be advocates for the individuals who live with a disability within the community and are participants in the programs of the Worcester County Developmental Center. Friends of WCDC shall provide support and assistance to WCDC whenever possible.

Friends of WCDC Needs You!!

- * Meetings are every 2nd Monday of the month in the WCDC cafeteria
- * Meetings start at 6:00 p.m. and last one hour
- * Yearly dues are \$5.00
- * New members are welcome at any time. Your talents and ideas are needed
- * All our projects are fun filled
- * All our efforts support the clients and programs of WCDC



2015– 2016 Officers – Friends of WCDC

President – Cathy Gallagher

Vice President – Mary Ferry

Secretary – April Davis

Treasurer – Jack Ferry, Sr.

Friends of WCDC Membership Slip

Name _____

Address _____

Phone # _____ **Cell** _____

E Mail _____



**Please return to Jack Ferry @ WCDC or mail to : Cathy Gallagher
338 Ocean Parkway
Ocean Pines, MD 21811**