



Friends of WCDC Newsletter



September 2016

Important

Cathy's Corner

The Summer of 2016 sure was a hot one & as a result of all this extreme weather we were only able to hold 2 of the 4 scheduled Garage Sales. We will, however, make sure we get them in before it gets cold. Look for more info inside this newsletter.

Autumn is always a busy time for 'Friends' but this year it is going to be exceptionally busy. We have the 2 remaining Garage Sales, the Family Picnic, the Pumpkin Roll Sale, Halloween party, Birthdays & the Christmas Party.

Our monthly meeting is this coming Monday, September 12th @ 6 PM. I urge everyone to make your best efforts to attend & **be an active member.** We have a lot of projects, all of which benefit the clients & programs of WCDC. These projects & activities can not continue if we don't get more active members. If everyone would get involved in just one project throughout the year the workload would be distributed.

Our membership lists 63 individuals, however, all our projects & fundraisers are planned & accomplished **by just 8 or 9 people** who are getting very tired and weary.

Please, if you feel that the work Friends is doing is valuable & is making a difference in the lives of our clients, join us on Monday evening & help

Friends continue to do good things. *Cathy*

Friends & WCDC Activities

September 12, 2016

Friends monthly meeting – 6:00 PM

September 13, 2016

OC Chamber of Commerce Dinner
WCDC selected as Non-Profit of the Year

September 14, 2016

September Birthday Celebration - Noon

September 17, 2016

Friends Garage Sale 7:30am – 12:00pm
Details inside

September 21, 2016

WCDC Board of Directors Meeting – 6 PM



2016 Friends Family Picnic

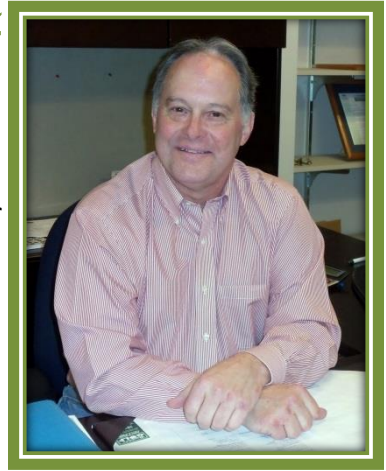
The 2016 Friends Family Picnic that was originally scheduled for Sunday September 11, 2016 has been postponed until sometime in October. Details on this great fun-filled get-together will be available after Friends September 12th meeting.

Worcester County Developmental Center
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410-632-2382 www.wcdcservices.org

From the desk of our Executive Director

It's like the Oscars, the Emmys and the Grammys all rolled into one here at WCDC. Next Tuesday, we will receive an award from the Ocean City Chamber of Commerce as the non-profit of the year, and on September 23, Nicole will be in Atlanta to accept the employer of the year award from the Centers for Disease Control and their **Work@Health** program.

We are thrilled to be receiving both honors. Being recognized by the chamber is very gratifying. The work we perform in our building provides valuable employment and training of our clients, but it also helps other businesses achieve success, too. Our clients have a positive economic impact on the community that goes beyond the money they earn and spend at other local businesses.



For the past two years, we have been part of the national **Work@Health** initiative sponsored by the Centers for Disease Control and aimed at helping employers encourage employees to lead healthier lives. Some of the initiatives we have started include walking trails inside and outside the building, Xbox dance videos and chair exercises. We worked with the Worcester County Health Department to create healthy menus which we serve every day at lunch. Also through the health department, Donte and Betty made videos that can be viewed on YouTube. We just finished an Active August challenge—winners can be seen in this newsletter—and started a “Biggest Loser” contest on September 6 that will run into December.

Our HR Director Nicole Dobelstein has been the driving force behind this program. She has been cheerleader, coach and teacher for all our clients and staff, and we thank her for her ongoing efforts.

For the past two years, I have been writing about the changes coming to our programs due to federal mandates. In the near future, we will be holding a couple informational sessions in the evening at the center to go over these changes and how they will affect the services we offer. Flyers will be sent home when we have firm dates and times.

September 11, 2001

September 11, 2001 is a day that many will never forget.

After the terrorist attacks on our World Trade Center and the Pentagon many Americans' lives changed forever. Let us remember that day, fill our hearts with strength and pay tribute to those who lost their lives on 9/11.



“If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate.”

Sandy Dahl, wife of pilot of Flight 93, Jason Dahl



May Birthdays



Vicki Daisey, Mary Ferry, Melinda Cropper, Libby Davis, Cathy Gallagher



June Birthdays



Sylvester Bratten, Jack & Mary Ferry, Ginny Tustin, Karla Purnell,
Eddie & Libby Davis



July Birthdays



Betsy Bernier, Lou Camper, Cory Dennis, Cathy Gallagher, Amy Azadi, Vicki Daisey, David Stoltzfus, Mark Pace, Valerie Reed, Libby & Eddie Davis



August Birthdays



Ericka Ingram, Logan Creed, Michael Martinez, Tracy Fields, Fritz Goetze, Carol McAllister, Karen Riner, Robin Dannelly

September Birthdays

Sept. 1 - Jamie Snyder

Sept. 15 – Lester Mason

Sept. 11 – Nick Purnell

Sept. 24 – Erica Corbin

Sept. 12 - Kashmere Spence

Sept. 27 – Bruce Baldwin

September 30 – James Guy



Friends of WCDC
Garage Sale

Saturday Sept. 17th

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 bring them to WCDC or drop off at 338 Ocean Parkway. For information Call 570-956-4721.





WCDC to receive CDC Award



The Centers for Disease Control and Prevention and ASHLIN Management Group has selected the Worcester County Developmental Center, WCDC, as the **2016 Trailblazer at Health: Employer of the Year.**

As part of the Work at Health Recognition Program, the CDC acknowledges organizations that have embraced worksite health promotion and that consistently work towards a culture of health.

Nicole Dobelstein, WCDC Human Resource Director, will accept this award on Friday September 23, 2016 at the Work @Health Conference in Atlanta, GA.

Congratulations to the staff and clients of WCDC.

We are very proud of you!

September

The golden-rod is yellow; The corn is turning brown;
The trees in apple orchards With fruit are bending down.



The gentian's bluest fringes are curling in the sun;
In dusty pods the milkweed its hidden silk has spun.

The sedges flaunt their harvest, In every meadow nook;
And asters by the brook-side make asters in the brook.

From dewy lanes at morning the grapes' sweet odors rise;
At noon the roads all flutter with yellow butterflies.

By all these lovely tokens September days are here,
With summer's best of weather, and autumn's best of cheer.

But none of all this beauty which floods the earth and air
Is unto me the secret which makes September fair.

'T a thing which I remember; To name it thrills me yet:
One day of one September I never can forget.

Helen Hunt Jackson



Active August Winners

WCDC recently held a competition called 'Active August'. Each participating staff member partnered with at least one client with the goal of logging as many active steps as they could. Active steps could be walking, dancing, playing basketball, etc..

The Residential Homes were also welcome to compete as a home.

Each Day Program winner received an Infusion Water Bottle and

Residential winners won Smart Bracelets and a jump rope.

Congratulations to all our winners!



Day Program Winners

Kern Taylor, Pat Sturgis, Mark Pace, Melinda Cropper, Danny Miller, Brenda Beckett, Betsy Bernier, Rhett Spangler, Robin Dannelly



Residential Winners

Lynne Hackensmith and Eugene Jarves

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