

OUR WORK IN A NUTSHELL

Over the past eight months we have brought Communities Together, Inc. online. The efforts of the Board of Directors, staff, partner agencies and volunteers has allowed us to create some great opportunities for residents living on our properties, including educational activities, social events, camps for seniors and children, resident appreciation activities and so much more. Read on for further details.



Intergenerational Camp

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Intergenerational Activities

During Summer 2018 we had two intergenerational Summer Camps. They were held at Laurel Lakes and Clinton Manor. Youth from Camp Fire, Encounter, and the community engaged with our residents in social activities, artistic activities, gardening activities, and special meals. Teens learned about the seniors and the Seniors encouraged the teens. At Laurel Lakes, Grandchildren of the residents participated.

New Organization Creating the Vision

During the past several months the Board and the staff have worked closely together to create a vision, develop relationships with property staff, and created opportunities for residents to participate in a variety of activities that are designed to engage them in community at our properties.

Staff includes Duncan Ferguson and Anastasia Wroblewski.

Contract Staff includes staff from Camp Fire Patuxent under the direction of Rosemary Pezzuto (at most properties), Cultural Academy for Excellence under the direction of Lorna Green (at Queens Manor), and the Catholic Community of Langley Park under the direction of Fr. Eric Lopez (for Langley Park communities).

In February we held a training for all managers to launch Communities Together. The event allowed managers at all properties to join us for a day of vision sharing, orientation to our work, and to share thoughts and ideas about what we can do in the future. We were joined by a few Board members, staff and volunteers who support our programs.

Our staff and the staff from Camp Fire, along with volunteers from the community and our properties have been meeting with residents, managers and key informants including owners, Board members and community specialists to gather input on what they see as state-of-the-art programming for residential engagement. The data gathered will be used by the Board and staff to create a working strategic plan for the next few years. The Board and staff will meet in September to evaluate the findings and to create a program that incorporates best practices, the needs of our residents, and the vision of owners, Board members, and the community for quality residential engagement for youth, families and senior citizens.

There is still much work to do but, with a great team and strong commitment, we will continue to provide quality programs that meet needs and enrich our communities.



Langley Park Camp

Family Property Highlights

Family properties have had a variety of social, educational and community building activities during the past several months



Royal Courts

Resident Engagement staff, volunteers and management staff have been very busy over the past few months creating opportunities for our residents and their families at our family properties.

Royal Courts/Savannah Heights, University Manor, Langley Gardens and Auburn Manor hosted spring camp programs for youth on the properties. More than 60 young people and volunteers participated in 2-3 days of wonderful activities including art, music, sports, games, nature, cooking and more. The program was coordinated by Camp Fire Patuxent. The youth participants were very excited and look forward to more program over the next few months.



University Manor Camp

Neighborhood Network Building:

During this period we have introduced the concept of community building to a number of managers and residents on our properties. Our goal is to engage residents in community building activities that encourage them to have ownership and relationships within the properties and to have them take responsibility for activities that build engagement. Currently we are working at Metro Village, 3 Tree Flats and University Manor. We have additionally engaged residents from a number of properties in assisting in the interviewing and information gathering for our strategic planning.

National Night Out, a partnership that supports local law enforcement was held on Aug. 7th. Activities were held at Belle Courts and Mosby Heights. Residents from other properties were encouraged to participate in National Night Out activities held in their communities.

ENGAGING VOLUNTEERS WITH OUR RESIDENTS IS HELPING US DELIVER MORE PROGRAMS AND INCREASE OUR IMPACT.

Camp Programs: Engaging youth in meaningful summer activities

During the summer 2018 we provided summer programs to approximately 80 youth on 4 properties. This included University Manor, Langley Gardens, Royal Courts/Savannah Heights, and Auburn Manor. Staffed by Camp Fire 20 adults and 80 teen volunteers, youth engaged in cooking, sports and games, arts and crafts, self-reliance, and nature activities. Youth reflections provided us with insight into the importance of these programs. Youth told us that they loved the activities, wanted to have more opportunities for activities, and wanted to find ways to do some community service in the future.

Through a partnership with Covenant United Methodist Church we were able to provide camp programs in Harrisonburg VA, at Mosby Heights. Youth engaged in outdoor activities, games, arts and crafts, and other activities. Youth from the program were also invited to participate in Vacation Bible school at the church.

Family properties offered the following activities during the period:

- Family Movie Nights
- Family Game Nights
- English Language Programs
- Food Distribution Programs
- Resident Appreciation Days
- Academic Tutoring
- Music Programs
- Art and Wine Nights
- Bingo Parties
- Casino Trips
- Weekly Community Gatherings with the Managers
- Ice Cream Socials
- Gardening Events
- Community Service Projects

Senior Property Highlights

Providing programs that help seniors age in place is key to the efforts of **Communities Together, Inc.** Programs that provide social interaction, support daily living and encourage engagement help seniors to age gracefully and feel as though they are part of a community.

Intergenerational Camp Programs at Laurel Lakes and Clinton Manor

Residents at Laurel Lakes were invited to bring their grandchildren to join them for a one-week intergenerational camp. More than 40 youth and grandparents came together along with Camp Fire staff and volunteers to engage in nature arts, planting, arts and crafts, games and a picnic. The noise and excitement that emerged from the community room was energizing for the community. Many of those who had no grandchildren present told us that they hoped to engage their children in the future.

At Clinton Manor, teens from Camp Fire Programs joined the seniors

for a variety of activities. They planted flowers around the property, completed art activities, played games, enjoyed conversation, and planned a service project for late August packing school supplies for our other properties.

Wellness and Health Care for Seniors

Mill Park and Madison House have programs sponsored by our partnership with Virginia Health Care Services. Residents have support with health assessment, community health awareness classes, exercise classes and referrals for health services.

Seniors Celebrate Summer:

Mill Park and Madison House Residents celebrated summer with luau's and Fourth of July picnics. They enjoyed luau-themed food and drinks, played luau games and won prizes for their accomplishments.

Laurel Lakes held an in-house Casino Night and International Night for the residents. They have weekly breakfasts, social events, and are very engaged in supporting each other.

Fort Washington Manor has held movie nights, birthday celebrations a Fourth of July Picnic and bi-weekly gathering of residents to enjoy each others' company.

Clinton Manor has held a number of community picnics and barbecues, game activities, resident meetings and has summer morning community coffee.

Potomac Woods has hosted community picnics, bingo, birthday celebrations, breakfasts and is currently planning a luau.



Laurel Lakes Camp



Crab Feast



Laurel Lakes

BY THE NUMBERS: RESIDENT ENGAGEMENT

- ◆ More than 1,132 resident contacts* on family properties took place during the period
- ◆ More than 3,051 resident contacts took place on Senior Properties during this period
- ◆ Staff from CTI participated in over 60 activities with residents and helped managers with planning on many more
- ◆ CTI staff conducted trainings for all properties and managers both in group and individual settings
- ◆ 288 senior resident volunteer contacts took place during the period
- ◆ 668 outside volunteers assisted with senior programs
- ◆ 120 youth volunteers assisted on family properties

- ◆ 22 residents volunteered to helped with programs on family properties
- ◆ More than 78 programs had partner agencies participate

* a contact represents one resident participation in one activity.



Clinton Manor Planting



Upcoming Events

Laurel Lakes is hosting a Senior Carnival for residents with the help of Camp Fire Teens

Clinton Manor and Ft. Washington Manor are hosting Crab Feasts, Movie Nights and Game Nights along with service projects with teens

Penn Mar, 3 Tree Flats, Royal Courts/Savannah Heights, and Metro Village are hosting back to school events and Resident Appreciation Days

Candy Bar Bingo is being planned for some of our Family Properties. Residents bring a candy bar to add to the winner's pot

Plans are underway for Fall Fests at a variety of properties during the months of September and October. In early October we are going to have a County wide Senior Event for Residents at Laurel Lakes, Clinton Manor, and Ft. Washington

Thanksgiving Dinners are being planned at our Senior properties

Family Movie/Game Nights are being schedule at family properties. Residents share time together, watch a movie with movie-type food, and share some fun



Resident Engagement



Art and Wine



Metro Village Celebration





CTI Staff Training and Kickoff





Garden Project
at Clinton
Manor



Royal Courts



Garden Project with Teens



Intergenerational Camp
Laurel Lake





Savannah Heights
and Royal Courts
Camp Programs



Camp Program



3 Trees Flat



Senior Service Project



Senior Luau



3 Three Tree Flats



Packing school supplies for CTI



