

TRANSFORMING NEIGHBORHOODS INTO EXTRAORDINARY COMMUNITIES

OUR MISSION

Empowering people to improve their communities through collaboration and engagement.



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2019 So Far

It's summertime at CTI! It's hard to believe half of the year has gone by. CTI staff have been very busy. With the departure of Duncan Ferguson and the hiring of Cinthya Rivera it has been a whirlwind. We wish Duncan well in all his future endeavors and thank him for all his contributions to CTI. We would like to introduce Cinthya who comes to us after working most recently with foster children. Cinthya was first introduced to CTI when she was an intern with Camp Fire. Her addition to our staff has increased our capabilities with our diverse population. She is also trilingual, including American Sign Language and Spanish.

Over the past 10 months the Communities Together, Inc. Board of Directors have worked to define the mission, vision and values of the organization. Working with staff, the advisory board, owners and community members, we are navigating the road to an effective resident engagement organization. In the discussions we developed the following values to implement our mission.

OUR CORE VALUES:

- The success of society as a whole depends upon fairness and equal opportunity
- All people have a right to live in healthy, holistic communities
- Providing opportunities and tools to remove barriers and empower people in achieving their full potential
- When people are comfortable in their homes they will engage in and contribute to their communities





COMMUNITY HIGHLIGHTS



❖ **University Manor, Langley Gardens, Auburn Manor, Quebec Arms, and Queens Manor** hosted a **Global Day of Parents event**; it was CTI's way of showing the parents that they are appreciated. This was a key event for resident engagement and finding out the needs of the residents while having fun. The event started off with a tasty meal followed by arts and crafts for the kids. Children made picture frame holders with a personalized special message to show their admiration and appreciation for their parents. Throughout the event, music was playing in the background for children to dance to and for the residents to enjoy. CTI staff took the time to introduce themselves to the residents and to talk more about CTI's future plans, emphasizing that we need increased resident engagement in order to fulfill those plans. Residents took the time to learn more about what volunteerism could potentially look like at their properties. Camp Fire volunteers and staff assisted Cinthya Rivera in hosting the events. 10-65 residents attended each event.

❖ **A vision boards and empowerment event at Royal Courts and Savannah Heights** was a huge success. Hosted by management and facilitated by a program specialist, this event allowed residents to examine who they are, set personal goals and created a vision for their future. More than 30 residents participated in the session.



❖ **Friendly Garden and Penn Mar** hosted Randy Heart of Dreamers Avenue for a series of four art workshops. Mr. Heart delivered a positivity-infused motivational art workshop for children and parents. Randy created a safe and accepting environment through art for the families; from learning positive words and learning how to apply them personally, to outlining their body and drawing in the positivity that they see in themselves. Families really enjoyed creating art together and learning to always bring in positivity. Approximately 120 residents participated in these events over a four-month period.

❖ **Mosby backyard kids' bible club** continues in partnership with the local Presbyterian Church. Approximately 30 to 40 kids participate in weekly programs.

❖ **Mosby backyard bible summer camp, Renew Camp**, was again held in collaboration with the local Presbyterian Church and community partners. Children engaged in recreational activities such as art, music, water fun, science and much more.

❖ **Summer Enrichment Program: University Manor, Langley Gardens, Auburn Manor, Quebec Arms, and Queens Manor** created a fun, safe summer camp for the youth on the properties. Through our partnership with Camp Fire Patuxent and CAFE, more than 60 young people and volunteers made the summer program possible for the youth on the properties. For a month, the youth were able to participate in many fun, educational activities, including reading, arts and crafts, science, sports, cooking, culture, music, and more. The youth continued to express the joy that camp has brought them and they look forward to more exciting weeks of camps in the future. Participating youth built new friendships with young adult role models and are sharing with us that this is a great experience that they have very much enjoyed. They are making a movie to share information about the programs.

❖ The No Kids Hungry organization provided the youth at **University Manor, Langley Gardens, Quebec Arms, and Queens Manor** with endless games to play while enjoying their healthy, free lunches over the summer break. Youth enjoy their meals in groups and then grab a game to play with their friends. The No Kids Hungry program visited the youth and provided each of them with sunglasses and frisbees. The youth were very happy to have the No Kids Hungry Organization come visit them.

❖ **Spring Flings: Mosby, Penn Mar, Royal/Savannah** held **Spring Flings** to welcome the spring. Arts and Crafts, games and a meal-filled the day. Egg rolls modeled on the White House egg roll were also held to test kids talent. Camp Fire Teens and staff helped to deliver the programs and engage the residents at Penn Mar, Royal Courts and Savannah Heights.

❖ **Summer Food Lunch Program: University Manor, Langley Gardens, Auburn Manor, Quebec Arms, Queens Manor, and Penn Mar** have made sure that no child was without a lunch during summer break. The managers and supporting staff, CTI, Camp Fire Patuxent, and Catholic Communities have worked together effortlessly with Prince George's County and Montgomery County to ensure healthy meals were delivered to the youth at the properties. Residents have continued to express how grateful they are to have this program continued at their properties. More than 80 youths have continued to receive healthy lunches over the summer school break at no cost to them.



❖ **Community Network Building at 3 Tree Flats and Metro Village** have started to engage residents in Community Building Network Nights over the last few months. The goal is to engage residents in community-building activities and empower residents, and it is expanding and proceeding smoothly. Residents take pride in their properties and want to continue building on it as a community. Managers, residents and CTI have worked hard to bring network nights to these properties

❖ **2019-2020 Interns.** In partnership with Camp Fire, we will engage undergraduate social work students from Gallaudet University and social work graduate students in social work from the University of Maryland. CTI believes in helping people attain their goals and have meaningful employment. This career readiness program helps these young people have real time experiences that prepare them for work in the field of family services and senior living.

Summer Youth Employment Program with Prince George's County: In partnership with Camp Fire and Prince Georges County Summer Youth Employment Program, 22 teens and young adults provided staffing for summer programming at 10 properties. This has been a real success in engaging residents with so many interactions. We conducted pre-tests on their career readiness and will evaluate the program for success in helping young people build job skills. Our goal in 2020 is to have many of our own residents engage in this employment program.



AT A GLANCE...

- ❖ Virginia Health Care Services will be rolling out at Potomac Woods, and will be continuing at Madison House and Mill Park Terrace.
- ❖ Family movie/game nights are being scheduled at family properties with the help of Camp Fire Teens and volunteers. Residents share time together, watch a movie with movie-type snacks and share in a night of fun. These will be held at a number of locations and will provide a great opportunity for family activity.
- ❖ CAFE: Cultural Academy For Excellence to kick off their new year in late August/early September
- ❖ Camp Fire: To continue family nights at family and senior properties. Along with the managers we are planning some field trips for seniors to get them into the community and allow them to have fun.

UPCOMING EVENTS

- ❖ Laurel Lakes is hosting a Building Bridges Block Party with the help of vendors.
- ❖ University Manor, Langley Gardens, Auburn Manor, Quebec Arms, Penn Mar, 3 Tree Flats and Queens Manor are hosting Resident Appreciation/Community Expo Days.
- ❖ National Night Out at Mill Park, Mosby Heights, and Langley Garden
- ❖ Metro Village will host a resident-hosted Summer Block Party.
- ❖ End of Summer Crab feasts, Clinton Manor, Metro Village, 3 Tree Flats, Fort Washington Manor
- ❖ Summer Luaus at Mill Park and Madison House

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.



- ❖ **Community Food Pantries** are in the process of being hosted at Fort Washington Manor and Clinton Manor. Clinton Manor, in collaboration with Earnie's Plate has been approved to start food distribution.
- ❖ **Spring Senior Expos:** Hosted at **Laurel Lakes, Madison House, Mill Park, Potomac Woods, and Fort Washington Manor.** A number of community members were invited to individual expos. Vendors included local businesses, lawyers, nonprofit organizations, health care and home care agencies, and local restaurants. The goal of the expo is to introduce the community and residents to each other. At all properties, it was a major success and the beginning of new partnerships were formed. Interns from Camp Fire assisted with planning and implementation of the events. 17-25 vendors were present at each event and 35-60 residents attended.
- ❖ **Fort Washington Manor** is planning a resident volunteer group. Residents will work with management to identify what the group will do.

❖ **Intergenerational Enrichment Programs and Events:** **Laurel Lakes, Clinton Manor, Fort Washington Manor, Potomac Woods, Mill Park** participated in intergenerational activities geared toward engaging the residents in conversation, social activities, physical activity, and educational activities. The youth and young adults spent days with planned events, food, and volunteering. Some of the young adults even went around inviting residents who may not normally come to events to join us. Door knocking is a component of Community Network building, to which all of our interns and summer youth employees have been introduced. At Laurel and Clinton, a number of grandchildren joined the summer teens and had a great time learning new things and making new friends. Seniors without grandchildren engaged with the children and made positive interactions with them.



❖ **The Maples:** We are working on a plan to engage teens from Camp Fire in service opportunities with residents at the Maples.

- ❖ **Mosby Spring Programing:** The Annual seniors luncheon and gardening event was held to celebrate the beginning of Spring. Seniors received gardening tools to get the garden started for the season.
- ❖ **International Night at Laurel Lakes** was an amazing event celebrating different cultures. Residents enjoyed food, music, fellowship and learning with their neighbors.



By the Numbers...

- Ø More than 1,850 resident contacts* on family properties took place during the period
- Ø More than 3,088 resident contacts* took place on Senior Properties during this period
- Ø Staff from CTI participated in more than 75 activities with residents and helped managers with planning on many more
- Ø CTI staff conducted Community Network Building trainings for managers and partners
- Ø Community Volunteers contributed more than 1200 hours of service with an approximate value of \$50,000
- Ø 128 youth volunteers assisted on family properties
- Ø More than 88 programs had partner agencies participate

** a contact represents one resident participation in one activity*

Resident winner and community member at a senior expo.





Communities Together Inc

Metro Village's March Network Night



Resident raffle winner at senior expo



Randy Heart of Dreamers Avenue Family Art Work Shop



Resident raffle winner at senior expo



Board Survey Raffle Winner



Network Night



Community Network Building Training with Community Partners



Res One Staff Engaging with Residents



Annual HAND Meeting



Global Day of Parents



Welcome Committee



Potomac Woods Staff at Senior Expo



3 Tree Network Night



Community Network Training with Partners



Trinity Singers at Fort Washington Manor



Oberlin College Performing with CAFÉ at Queens Manor

Randy Heart with Staff and Residents at Penn Mar



Royal Courts and Savannah Heights Vision Boards