

April 2009

Volume 15, Issue 4

Potomac Community Resources, Inc.

Serving teens and adults with developmental differences

A Catalogue for Philanthropy Charity

Mailing Address: 9200 Kentsdale Dr., Potomac, MD 20854
301-365-0561, www.pcr-inc.org

2nd Annual PCR Earth Day Volunteer Activity



Join us for our 2nd Annual Inclusive Earth Day event on Saturday, April 18th. PCR has partnered with Calleva to provide an inclusive Earth Day event for individuals of all ability levels to give back to the community. Calleva has generously offered to bus PCR members to and from the Calleva Farm for this event.

PCR members, families, and friends will meet at 9:45am at the parking lot of the Our Lady of Mercy Parish House (9200 Kentsdale Drive in Potomac, MD) where we will be picked up and driven to the Calleva Farm (19120 Martinsburg Road in Dickerson, MD 20842). The bus will leave promptly at 10am. Members and their families are also welcome to meet the group at the Calleva Farm.

PCR members, families, and friends will be participating in various service activities around the farm including planting, composting, trail maintenance, feeding animals, learning about the local environment and much more. Please wear comfortable clothing that you don't mind getting dirty.

Lunch will be provided. Please contact Abby Lubran if you have dietary limitations.

PCR members, families, and friends who are making use of the bus transportation will be dropped off at the Our Lady of Mercy Parish House around 3pm.

There will be NO PCR STAFFING at this event. Transportation to and from the Calleva Farm will only be offered to people who RSVP by due date.

If you would like to participate in this event, please RSVP to Abby Lubran (301) 365-0561 or abby@pcr-inc.org before 3pm on Friday, April 10th. We hope to see you all there!

PROGRAM REGISTRATION : MAY-JULY

For programs previously being held at the SEEC/VIA location in Rockville

EVERYBODY DANCE!

Join us for a fun romp through adapted line dance, folk dance, circle dance, and creative movement to American and World music. Participants should be able to follow (independently or with minor assistance) 1- and 2-step directions, know right and left, forward and backward, and pay attention for 50 minutes.

Mondays, 6:30 pm-7:20 pm, \$ 150.00,
STARTS: 5/4, ENDS: 7/27, SKIP DATES: 5/25
Our Lady of Mercy School Gym, 9222 Kentsdale Dr. Potomac, MD 20854



MEN'S GROUP

Groups focus on increasing independence, adult friendships, career decisions, relating to family as a young adult, dating, etc. Admission by interview. Please contact Seth for placement.

Men's Group II: Wednesdays, 6:15 pm -7:05 pm, \$ 100.00
STARTS: 5/13, ENDS: 7/29, SKIP DATES: 6/3, 7/1

Men's Group I: Wednesdays, 7:10 pm -8:00 pm, \$ 100.00
STARTS: 5/13, ENDS: 7/29, SKIP DATES: 6/3, 7/1

Men's Group I & II meet at Rockville United Methodist Church, Room 33:
112 W. Montgomery Ave. Rockville, MD 20850



Men's Group III: Mondays, 6:30 pm-7:20 pm, \$100.00,
STARTS: 4/4, ENDS: 7/20, SKIP DATES: 5/25, 7/6
Teen Room: Our Lady of Mercy Parish House, 9200 Kentsdale Dr. Potomac, MD 20854

MOVIN' ALONG

A fun, aerobic way to improve balance, coordination, and muscle tone. Small groups, easy to follow 1 and 2 step directions. Exercise to upbeat music.

Movin' Along I: Wed., 6:15-7:05 pm, \$ 169.00
STARTS: 5/6, ENDS: 7/29, SKIP DATES: NONE

Movin' Along III: Tues., 6:30-7:20 pm, \$ 169.00
STARTS: 5/5, ENDS: 7/28, SKIP DATES: NONE



All programs meet at Our Lady of Mercy School Gym, 9222 Kentsdale Dr. Potomac, MD 20854

PHABULOUS PHOTOGRAPHERS

Welcomes everyone interested in photography basics to join us once a month for a lesson and chance to share our work. Members are responsible for printing their own pictures.

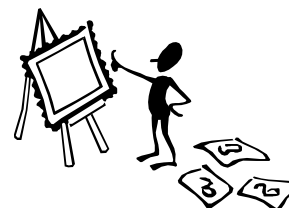
First Tuesday of the Month, 7:00 pm-8:00 pm, \$15.00
PROGRAM DATES: 5/5, 6/2, 7/7

Kennedy Room: Our Lady of Mercy School, 9222 Kentsdale Dr. Potomac, MD 20854

WEDNESDAY ART

Art enjoyment group. Have fun and express yourself using a wide variety of media to create a personal masterpiece each session.

First Wednesday of the Month,
7:00 pm -7:45 pm, \$56.00, PROGRAM DATES: 5/6, 6/3, 7/1



Rockville United Methodist Church, Room 33: 112 W. Montgomery Ave. Rockville MD 20850

SPOTLIGHT ON A PCR STAFF MEMBER



Abby Lubran started working full time with PCR in August of 2007, and currently serves as the Volunteer & Program Coordinator. She is a graduate of the University of North Carolina at Greensboro, and has a degree in Recreation and Parks Management, with a focus on Therapeutic Recreation. In October 2007 Abby earned her certification as a Certified Therapeutic Recreation Specialist. She has worked in the field in various capacities for 8 years. In addition to her role as Volunteer & Program Coordinator, Abby has worked with various community organizations and businesses to help create PCR's Earth Day activity. She has also been instrumental in the creation of PCR's daytime programs.

SPECIAL SEMINAR SERIES PRESENTATION

Potomac Community Resources, Inc. and The Arc of Montgomery County
present

Information Sessions for Parents or Guardians of Transitioning Teens

If you have a child or teen with a developmental disability who is going through the transition process, do not miss these seminars!

When: April 15th & May 20th, 2009
7:30-9pm

Where: The Arc of Montgomery County
11600 Nebel Street, Rockville MD 20852

What: Two informational sessions for parents or guardians of transitioning youth

April 15th will be a session focusing on the Fundamentals
of Financial Planning for Special Needs Families

May 20th will be a follow-up session including information on SSI,
Special Needs Trusts, Guardianship, Residential Options, and more.

Who: Tom Walsh, The Washington Group Special Care Planning Team, and PCR Director

Sponsored By: Potomac Community Resources, Inc. and The Arc of Montgomery County, as part of *Transition Times*, a program for families of individuals with developmental differences who are transitioning to adult life.

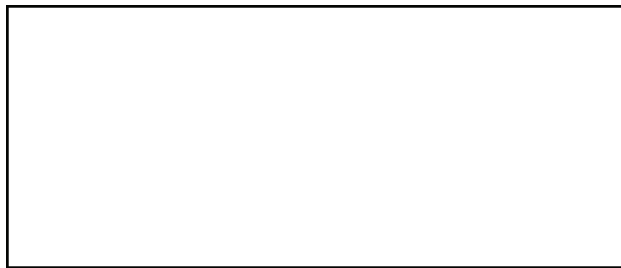
There is no cost to attend these seminars, but please RSVP to Abby Lubran at abby@pcr-inc.org or (301) 365-0561 if you would like to attend.

PCR

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SAVE THE DATE

14th Annual Patricia Sullivan Benefit
Saturday, September 26th
Most Reverend Donald W. Wuerl
Archbishop of Washington
Honorary Chair



APRIL SKIP DATES

Basketball: 4/12, 4/26	NoteAbles I & II: 4/9, 4/30
Chorus: 4/9, 4/16	NoteAbles III & IV: 4/6, 4/13
Communication Counts: 4/8, 4/15	Sing-A-Long: 4/9, 4/16
Men's Group I & II: 4/1, 4/8	Tai Ji: 4/6
Men's Group III: 4/6, 4/13	Women's Group: 4/7
Movin' Along I: 4/8	

DATES TO REMEMBER

Phabulous Photographers: 4/7
Studio 3F: 4/17
Transition Times: 4/15
Tricia Sullivan Respite I: 4/5
Tricia Sullivan Respite II: 4/19
Wednesday Art: 4/15