



Potomac Community Resources, Inc.

A Catalogue of Philanthropy Charity

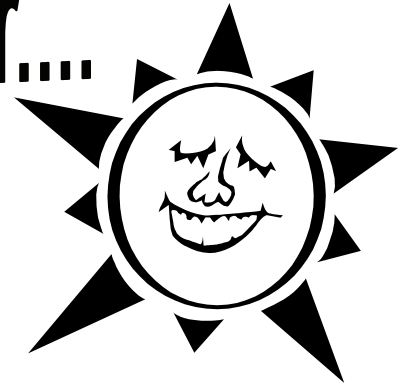
February 2007

Volume 13, Issue 2

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

The Weather is Perfect for....

THE PCR



**FRIDAY, FEBRUARY 9th
6:30—9:30 PM**

Connelly School of the Holy Child
9029 Bradley Blvd., Potomac, MD 20854

**Arts & Crafts, Snacks,
and a Live DJ !**

Attire: Shorts, T-shirts, flip-flops,

FREE If you RSVP by
WEDNESDAY, JANUARY 31
\$5 for no RSVP or late RSVP



Program	Description	Day/time
NoteAbles I, II, III, IV	Music therapy/enjoyment. Basic music skills, drumming, singing, dance, movement, socializing. Uses a wide variety of percussion instruments, parachutes, and many other creative approaches. Love of music is the prerequisite! Fun, friendly environment. Each section is a little different, so check with PCR to see which is the right fit for you! SUMMER TIME CHANGE FOR NOTEABLES I & II IN LATER NEWSLETTER!	I Thursdays 7:00- 7:50 pm II Thursdays 6:00- 6:50 pm III Mondays 7:30- 8:20 pm IV Mondays 6:30- 7:20 pm
Movin' Along I, II, III	A fun, aerobic way to improve balance, coordination, and muscle tone. Small groups, easy to follow directions. Lots of variety of activity. Exercise to upbeat music. A full workout! Great social opportunity.	I Wednesdays 6:15- 7:05 pm II Wednesdays 7:15- 8:05 pm III Tuesdays 6:30- 7:20 pm
Men's Group I, II	Facilitated by clinical social worker. Focus on increasing independence, adult friendships, career decisions, relating to family as a young adult, dating, etc. Admission by interview. Groups are unique, so call the office and speak to Julia to see which is right for you.	I Wednesdays 7:10- 8:00 pm II Wednesdays 6:15- 7:05 pm
Studio 3F	A Friday night social club for PCR members and friends. Come dance, shoot hoops, play billiards, do art, play board games, and hang with friends. Staff ratio is 1:10, must be able to socialize independently. PLEASE SEE INSERT FOR REGISTRATION PROCESS!	Third Friday of each month 7:00 -10:00 pm
Sports: Basketball & Tennis	Players at all levels of skill welcome to join us for friendly, informal game. Register for Spring Sports if you wish to participate in either basketball or tennis. If you plan to do both, only one registration and payment needed. TENNIS DATES TO BE ANNOUNCED AT A LATER DATE!	Sundays 5- 6 pm
Tricia Sullivan Respite Program	Five hours of fun and therapeutic activities for people with significant care needs and/or those with medical needs. RN on staff. Admission by interview.	Usually first and third Sundays of each month. 12:00- 5:00 pm
Tricia Sullivan Respite Program II	Five hours of therapeutically fun activities for people with moderate needs. Ability to function in a 1 to 4 staff ratio and in a group of up to 30 people, ability to follow 1-2 step directions, and self-ambulation required. Participants should not be a danger to self or others, and no personal care (feeding & toileting) is provided. Please contact Seth at PCR for admission.	Usually second Sunday of each month. 12:00- 5:00 pm
Phabulous Photographers	Welcomes everyone interested in photography basics to join us once a month for a lesson and chance to share our work. Sponsored by North Bethesda Camera Club.	First Tuesday of each month 7- 8 pm
Women's Group I, II	Facilitated by clinical social worker. Focus on increasing independence, adult friendships, career decisions, relating to family as a young adult, dating, etc. Admission by interview. Call Julia at PCR.	I Tuesdays 7- 8 pm II Tuesdays 8- 9 pm
First Wednesday Art	Art enjoyment group. Have fun and express yourself using a wide variety of multicultural art media to create a personal masterpiece each session.	First Wednesday of each month 7- 8 pm
Communication Counts	6:30 session focuses on basic communication such as asking directions, and conversational basics. 7:40 session focuses on improving understanding and using verbal and nonverbal communication skills for social and work settings. Call PCR for further details on placement. Facilitated by certified speech language pathologist.	Wednesdays Basics 6:30 - 7:30 pm Advanced 7:40 - 8:40 pm
Transition Times for caregivers of young adults leaving high school	A joint program of PCR and the Arc of Montgomery County. Learn from other families and professional resources as you make choices about the nuts and bolts of this transition to adulthood. Share ideas, strategies and support.	One Wednesday per month. 7:30—9:00 PM
PCR/CSS Chorus	Sessions include warm-ups, skill building, and mastering a repertoire drawn from Americana, Grammys, movies, folk and more! Participants should be able to stay on task for 75 minutes, read or learn by rote, follow directions and conducting cues, ability to make quick transitions, function well in a group, and desire to perform. Regular attendance is required.	Thursdays 7:00- 8:15 pm
Metro Movers	Using Metro, participants will visit Washington area sights and special events. A fun way to become more comfortable with public transportation, socialize and explore the region.	Generally every other Saturday 10 am- 4 pm
Graduate Transition Program	Post- high school program providing academic and vocational services	Separate registration, Contact PCR
PCR/CSS Sing-A-Long	A group for singing enjoyment for those who want to sing with friends without the pressure of performing. We share a wide range of musical styles and select songs that lend themselves to fast learning. Participants should be able to read song words or learn by rote and stay on task for the 50 minutes. No music skills required except a love of singing!	Thursdays, 6:00 pm- 6:50 pm
Line Dancing	Line dances reflecting the best of America's diverse cultural traditions and popular culture are used as the basis of this program. Participants are expected to follow, independently or with minor assistance, 3-step directions, know right and left and forward and backward, and pay attention for 50 minutes.	Mondays 6:30—7:20 pm

Schedule	Cost/ make check out to:	Location
I & II: Feb.: 1, 8, (SKIP 15), 22; March: 1, 8, 15, (SKIP 22), 29; April: (SKIP 5), 12, 19, 26; May: 3, 10, 17, (SKIP 24), 31; June: 7, (SKIP 14), 21, 28; July: (SKIP 5), 12, 19, 26. III & IV: Feb.: 5, 12, (SKIP 19), 26; March: 5, 12, 19, 26; April: (SKIP 2), (SKIP 9), 16, 23, 30; May: 7, 14, 21, (SKIP 28); June: (SKIP 4), 11, 18, 25; July: 2, 9, (SKIP 16), 23, 30.	I & II: \$200 payable to PCR III & IV: \$200 payable to PCR	I & II: Potomac Community Center, Potomac III & IV: Bradley Hills Presb. Church, Bethesda
I & II: Feb.: 7, 14, 21, 28; Mar.: 7, 14, 21, 28; Apr.: 4, 11, 18, (SKIP 25); May: 2, 9, 16, 23, 30; June: 6, 13, 20, 27; July: (SKIP 4), 11, 18, 25. III: Feb.: 6, 13, 20, 27; Mar.: 6, 13, 20, 27; Apr.: 3, 10, 17, (SKIP 24); May: 1, 8, 15, 22, 29; June: 5, 12, 19, 26; July: (SKIP 3), 10, 17, 24, (SKIP 31).	I & II: \$230 payable to PCR III: \$230 payable to PCR	Rockville SEEC VIA site 622 Hungerford Drive Rockville, MD
Feb.: (SKIP 7), 14, 21, 28; March: (SKIP 7), 14, 21, 28; April: (SKIP 4), 11, 18, 25; May: (SKIP 2), 9, 16, 23, 30; June: (SKIP 6), 13, 20, 27; July: (SKIP 4), 11, 18, 25.	\$10 payable to PCR	Rockville SEEC VIA site 622 Hungerford Drive Rockville, MD
Feb. 16, March 16, April 20, May 18, June 15, July 20.	\$10 at the door (No registration Fee)	CSS 9075 Comprint Court, Gaithersburg
Feb.: (SKIP 4), 11, (SKIP 18), 25; March: 4, 11, 18, (SKIP 25); April: (SKIP 1), (SKIP 8), 15, (SKIP 22), 29; May: 6, (SKIP 13), 20, (SKIP 27); June: (SKIP 3), 10, (SKIP 17), 24; July: (SKIP 1), 8, 15, 22, 29.	\$10 payable to PCR	The Heights School Gym 10400 Seven Locks Road, Potomac
Jan.: 7, 21; Feb.: 4, 18; March 4, 18; April: 22; May: 6, 20; June: 3; July: 1, 15; Aug.: 5.	\$25 donation to PCR requested. Qualifies for use of respite funding.	Rockville
Jan. 14, Feb. 11, March 11, April 15 & 29, (June 10, July 8, Aug. 12: tentative dates)	\$35 per session payable to PCR PLEASE PAY AT THE DOOR!	Bethesda
Feb. 6, March 6, April 3, May 1, June 5, July 3.	\$10 payable to PCR. Supply your own point and shoot camera and film. Developing photos is also up to you.	Rockville SEEC VIA site. 622 Hungerford Drive Rockville, MD
Feb.: 6, 13, 20, 27; March: 6, 13, 20, 27; April: (SKIP 3), 10, 17, 24; May: 1, 8, 15, 22, 29; June: 5, 12.	\$10 payable to PCR	Byron House Library 9210 Kentsdale Dr., Potomac
Feb. 7, March 7, April 4, May 2, June 6, July 11.	\$90 payable to PCR	Rockville SEEC VIA site 622 Hungerford Drive Rockville, MD
Feb.: 7, 14, 21, 28; March: 7, 14, 21, 28; April: (SKIP 4), 11, 18, 25; May: 2, 9, 16, 23, 30; June: 6.	\$255 payable to PCR	CSS 9075 Comprint Court, Gaithersburg
Jan. 17, Feb. 21, March 21, April 18, May 16, June 20.	N/A but RSVPs will be requested. Use registration form. Last minute participants welcome.	The Arc of Montgomery County conference room 11600 Nebel St., Rockville
Feb.: (SKIP 1), 8, 15, 22; March: 1, 8, 15, 22, 29; April: 5, (SKIP 12), 19, 26; May: 3, 10, 17, 24, 31; June: 7, 14, 21, 28; July: 5, 12, (SKIP 19), 26.	\$276 payable to PCR	CSS 9075 Comprint Court, Gaithersburg
Feb.: 17, 24; March: 3, 17; April 14, 28. DATES ARE TENTATIVE	Contact Darlene Gordon at 240-632-0551 ext. 18 for registration and payment information.	
N/A	Tuition based academics, DDA funding for vocational services	On the campus of Montgomery College-- Rockville and community job sites.
Feb.: (SKIP 1), 8, 15, 22; March: 1, 8, 15, 22, 29; April: 5, (SKIP 12), 19, 26; May: 3, 10, 17, 24, 31; June: 7, 14, 21, 28; July: 5, 12, (SKIP 19), 26.	\$230 payable to PCR	CSS 9075 Comprint Court, Gaithersburg
Feb.: 5, 12, (SKIP 19), 26; March: 5, 12, 19, 26; April: (SKIP 2), 9, 16, 23, 30; May: 7, 14, 21, (SKIP 28), June: 4, 11, 18, 25; July: 2, 9, 16, 23, 30.	\$230 payable to PCR	Rockville SEEC VIA site. 622 Hungerford Drive Rockville, MD

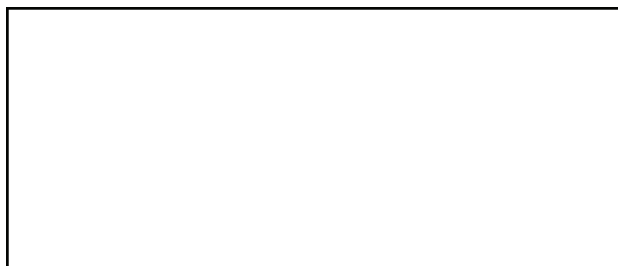
PCR, Inc.

Mailing Address ONLY:

9200 Kentsdale Dr.
Potomac, MD 20854
301-365-0561
info@pcr-inc.org



**IMPORTANT
POLICY &
PROCEDURES
INFO INSIDE!**



FEBRUARY PROGRAM

SKIP DATES

Basketball: 2/4, 2/18

Chorus: 2/1

Line Dancing: 2/19

Men's Group: 2/7

NoteAbles I & II: 2/15

NoteAbles III & IV: 2/19

Sing-A-Long: 2/1

REMEMBER THE DATE!

First Wednesday Art: 2/7

Phabulous Photographers: 2/6

Studio 3F: 2/16

Transition Times: 2/21

Tricia Sullivan Respite I: 2/4, 2/18

Tricia Sullivan Respite II: 2/11

PCR POLICIES & PROCEDURES

PCR DROP-OFF POLICY

Please remember that when you drop off a PCR member at a program you should accompany that person inside to the program area. Please DO NOT drop the member off outside the program area or building and leave. Also, please do not drop off a member at a program before the stated start time. PCR staff use this time to set up for the program. You should also come inside to pick up members at the end of a program. These procedures allow you to make sure that your member gets safely inside, that there is a program that day, and also lets you communicate with the PCR staff.

PROCESS FOR STUDIO 3F REGISTRATION

3 STEPS FOR FUN AT STUDIO 3F

1) REGISTER: Only 60 registrations will be accepted for the Spring session of Studio 3F. The Spring session runs from February through July. Registrations will be taken on a first come-first served basis. To be accepted, all registration forms must be completed and signed. Registration does not guarantee a spot at Studio 3F (see step 2). All payments for this program should be made at the door; do not send payment with your registration form.

2) RSVP: You must RSVP to attend each Studio 3F. PCR will start accepting RSVP's at 12:01 AM on the first of the month. RSVP's will only be accepted for that particular month. You must RSVP for each session you plan on attending. Any RSVP's received before the stated start time or date will be disregarded. There are only 45 spots available per month. RSVP's will be accepted by phone (301-365-0561) or email (seth@pcr-inc.org). All RSVP's will be accepted based on time and date received, so RSVP early! All RSVP's received after the program is filled will be placed on a wait-list.

3) COME: Come to Studio 3F and have a great time!

SOME OTHER IMPORTANT INFO:

To Cancel Your RSVP: Call or email the above contacts by 5 PM the Wednesday before Studio 3F. This gives us some time to fill the spot from the wait-list. If you RSVP and do not attend you will automatically be placed at the bottom of the wait-list for the next month. If you break your RSVP a second time, you will lose your ability to RSVP for the rest of the session.

WANT TO SEE WHAT STUDIO 3F IS ALL ABOUT?
Contact Seth at 301-365-0561 or seth@pcr-inc.org.

PCR WEATHER CANCELLATION POLICY

Please remember that PCR follows the closing policy for Montgomery County Public Schools. If Montgomery County Public Schools are closed for the day, or they cancel evening activities,

PCR WILL NOT HAVE PROGRAM THAT NIGHT!

You can stay up-to-date with school closings by listening to the radio, watching your local TV news station, or by visiting the MCPS website at:

<http://www.mcps.k12.md.us>

FROM JOE FEAKES, DEVELOPMENT DIRECTOR

In August 2006, President Bush signed into law new tax incentives for charitable gifts from donors who are 70 ½ or older. The Pension Protection Act of 2006 encourages financial support of charitable organizations across the United States.

Under the law, you can make a lifetime gift using distributions from your individual retirement account (IRA) without negative tax effects. Previously, you would have had to report any amount distributed from your IRA as taxable income.

Fortunately, now these IRA gifts can be accomplished simply and without tax complications. Plus, you can make the gift now while you are living and able to witness the benefits of your generosity. As always, we strongly advise you to consult with your financial advisor before making any decisions.

Thank you for all that you do to support PCR programs and our members. Remember, you have a standing invitation to visit any of our programs and share the wonderful experiences your generosity has made possible.

CONGRATULATIONS

The Washingtonian magazine has named **Vivian G. Bass**, the CEO of the Jewish Foundation for Group Homes (JFGH) and long serving PCR Board Member, as a Washingtonian of the Year for the year 2006. Vivian provided professional guidance to PCR at the time of our inception and has remained actively involved and supportive in many ways. She has worked in a leadership capacity for programs supporting individuals with disabilities in the Greater Washington D.C. community since 1977. She is a recent past chairperson of the Montgomery County Inter-Agency Coordinating Council for Individuals with Developmental Disabilities and has been involved in numerous organizations including the Maryland Association of Community Services for Individuals with Developmental Disabilities (MACS), and Best Buddies International. She has been awarded the City of Rockville Human Rights Commission's F. Michael Taff Award; PCR's Patricia Sullivan Award; the 2001 Sulam Award; and is a Jewish Federation of Greater Washington 'Woman of Valor' (Lion of Judah). Congratulations Vivian!

ATTENTION PARENTS AND CAREGIVERS!

Please remember to notify the PCR office of any changes to your PCR member's personal information. Changes can be mailed, phoned in, or, preferably emailed to naomi@pcr-inc.org. Members currently maintaining a PCR online account can change their information through the PCR website (www.pcr-inc.org). It is extremely important that PCR has current and up to date addresses and phone numbers for all members participating in PCR programs. This allows us to make sure that everyone on our mailing list receives a monthly newsletter. In case of an emergency, phone numbers are imperative for our direct care staff.

STAY IN THE LOOP—KEEP YOUR INFO UP TO DATE!

PROGRAM OPENINGS

Both the PCR/CSS Chorus and the High School age Women's Group have openings. Please contact the PCR office at 301-365-0561 for more information.

UPCOMING CHORUS CONCERT

The PCR/CSS Chorus will be holding a concert on January 28th, 2007, at Our Lady of Lourdes Church (7500 Pearl St., Bethesda). The concert will start at 3:30 PM. Please come and support the chorus.

