

Potomac Community Resources, Inc.

A Catalogue of Philanthropy Charity

September 2007

Volume 13, Issue 9

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

12th Annual Patricia Sullivan Dinner



Saturday, September 29, 2007

Proceeds to benefit PCR

Contact [joe feakes](mailto:joe.feakes@pcr-inc.org) at the pcr office or joe@pcr-inc.org
for more info & tickets

EVENING & WEEKEND PROGRAMS

BASKETBALL

Players at all levels of skill welcome to join us for friendly, informal games.

Sundays, 5:00 pm-6:45 pm, \$ 60.00

STARTS: 9/9, ENDS: 1/27/08

SKIP DATES:

9/23, 10/7, 10/28, 11/11, 11/25, 12/23, 12/30, 1/20

The Heights School Gym:

10400 Seven Locks Rd., Potomac

CHORUS

Sessions include warm-ups, skill building, and learning a repertoire drawn from Americana, Grammys, movies, folk and more! Participants should be able to read words or learn by rote, follow directions and conducting cues, have ability to make quick transitions, function well in a group, and desire to perform. Regular attendance required.

Thursdays, 7:00 pm -8:15 pm, \$ 224.50

STARTS: 9/6, ENDS: 1/31/08

SKIP DATES: 9/13, 11/15, 11/22, 12/20, 12/27

9075 Comprint Ct., Gaithersburg

COMMUNICATION COUNTS

6:30 session focuses on basic communication such as introductions, asking and answering questions, 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.

Communication Counts-Basics:

Wednesdays, 6:30 pm-7:30 pm, \$ 253.50

STARTS: 9/12, ENDS: 12/19

SKIP DATES: 10/17, 11/21

Communication Counts-Advanced:

Wednesdays, 7:40 pm-8:40 pm, \$ 253.50

STARTS: 9/12, ENDS: 12/19

SKIP DATES: 10/17, 11/21

Both Communication Counts groups meet at

9075 Comprint Ct., Gaithersburg

LINE DANCING

Line dancing reflects the best of America's diverse cultural traditions and is a great aerobic exercise. 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 pm-7:20 pm, \$ 212.50

STARTS: 9/10, ENDS: 1/28/08

SKIP DATES: 10/8, 12/24, 12/31, 1/21

622 Hungerford Dr. #7, Rockville

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 Julia for placement.

Men's Group II:

Wednesdays, 6:15 pm -7:05 pm, \$ 200.00

STARTS: 9/19, ENDS: 1/30/08

SKIP DATES: 9/26, 10/3, 11/7, 11/21, 12/5, 12/26, 1/2

Men's Group I:

Wednesdays, 7:10 pm -8:00 pm, \$ 200.00

STARTS: 9/19, ENDS: 1/30/08

SKIP DATES: 9/26, 10/3, 11/7, 11/21, 12/5, 12/26, 1/2

Both programs meet at

622 Hungerford Dr. #7, Rockville

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, \$ 247.00

STARTS: 9/5, ENDS: 1/30/08,

SKIP DATES: 9/12, 11/21, 12/26

Movin' Along II:

Wed., 7:15-8:05 pm, \$ 247.00

STARTS: 9/5, ENDS: 1/30/08

SKIP DATES: 9/12, 11/21, 12/26

Movin' Along III:

Tues., 6:30-7:20 pm, \$ 260.00

STARTS: 9/4, ENDS: 1/29/08

SKIP DATES: 12/25, 1/1

All programs meet at 622 Hungerford Dr. #7, Rockville

NOTEABLES

Music therapy/enjoyment. Basic music skills, drumming, singing, dance, movement, socializing. Love of music is the prerequisite! Fun, friendly environment.

NoteAbles I:

Thurs., 7:00-7:50 pm, \$ 192.00

STARTS: 9/20, ENDS: 1/24/08

SKIP DATES: 11/1, 11/22, 12/20, 12/27, 1/31

NoteAbles II:

Thurs., 6:00-6:50 pm, \$ 192.00

STARTS: 9/20, ENDS: 1/24/08

SKIP DATES: 11/1, 11/22, 12/20, 12/27, 1/31

NoteAbles I & II meet at the Potomac Community

Center: 11315 Falls Rd., Potomac

EVENING & WEEKEND PROGRAMS

NOTEABLES (cont.)

NoteAbles III: Mon., 7:30 pm - 8:20 pm, \$180.00

STARTS: 9/17, ENDS: 1/28/08

SKIP DATES: 10/8, 11/12, 12/24, 12/31, 1/21

NoteAbles IV: Mon., 6:30-7:20 pm, \$180.00

STARTS: 9/17, ENDS: 1/28/08

SKIP DATES: 10/8, 11/12, 12/24, 12/31, 1/21

NOTEABLES III& IV MEET AT

Bradley Hills Presbyterian Church:

6601 Bradley Blvd., Bethesda

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, \$ 30.00

PROGRAM DATES: 9/4, 10/2, 11/6, 12/4, 1/8

622 Hungerford Dr. #7, Rockville

SING-A-LONG

A group for singing enjoyment for those who want to sing with friends without the pressure of performing. Come learn a wide range of musical styles in a relaxed, upbeat atmosphere. No music skills required except a love of singing!

Thursdays, 6:00 pm –6:50 pm, \$ 187.00

STARTS: 9/6, ENDS: 1/31/08

SKIP DATES: 9/13, 11/15, 11/22, 12/20, 12/27

9075 Comprint Ct., Gaithersburg

STUDIO 3F

A Friday night social club for PCR members and friends. Come dance, shoot hoops, do art, play board games, and hang with friends. Staff ratio is 1:10, must be able to socialize independently.

Third Friday of the Month, 7:00 pm-10:00 pm,

Payment of \$15 per meeting at the door

PROGRAM DATES: 9/28, 10/19, 11/16, 12/21, 1/18

9075 Comprint Ct., Gaithersburg

TRANSITION TIMES

A joint program of PCR and the Arc of Montgomery County for families of students transitioning from high school to adulthood and adult services. Learn from other families and professional resources as you make choices about the nuts and bolts of this process.. Share ideas, strategies and support.

Third Wednesday of the Month, 7:30 pm-9:00 pm,

FREE

PROGRAM DATES: 9/19, 10/17, 11/28,

(NO MEETING IN DECEMBER), 1/16

The Arc of Montgomery County Conference Room:

11600 Nebel St., Rockville

TRICIA SULLIVAN RESPITE PROGRAM I

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.

Sundays, 12:00 pm –5:00 pm, \$ 50.00

PROGRAM DATES:

9/16, 10/7, 10/21, 11/4, 11/18, 12/2, 12/16, 1/6, 1/27

1010 Grandin Ave., Rockville

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 25 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 PCR for admission.

One Sunday a Month, 12:00 pm –5:00 pm, \$ 50.00

PROGRAM DATES: 9/9, 10/14, 11/11, 12/9, 1/13

7425 MacArthur Blvd., Cabin John

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, \$ 93.75

PROGRAM DATES: 9/5, 10/3, 11/7, 12/5, 1/2

622 Hungerford Dr. #7, Rockville

WOMEN'S GROUP

Groups focus on increasing independence, adult friendships, career decisions, relating to family as a young adult, dating, etc. Admission by interview. Call Julia at PCR.

Women's Group I: (High School)

Tuesdays, 7:00 pm-8:00 pm, \$ 200.00

STARTS: 9/4, ENDS: 1/29/08

SKIP DATES: 11/6, 11/20, 12/25, 1/1

(9/18: MEETING WITH PARENTS)

Women's Group II: (Adult)

Tuesdays, 8:00 pm-9:00 pm, \$ 200.00

STARTS: 9/4, ENDS: 1/29/08

SKIP DATES: 11/6, 11/20, 12/25, 1/1

(9/18: MEETING WITH PARENTS)

Both programs meet at Byron House Library:

9210 Kentsdale Dr., Potomac

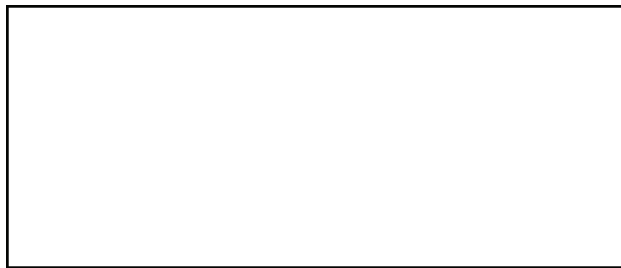
**PLEASE NOTE THAT THERE IS NO PCR
SIGNAGE AT ANY OF THE PCR PROGRAM
LOCATIONS.**

PCR, Inc.

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



**12th ANNUAL
PATRICIA
SULLIVAN DINNER:
SEPTEMBER 29th**



SEPTEMBER SKIP DATES

Basketball: 9/23

Chorus: 9/13

Men's Group: 9/12, 9/26

Movin' Along I & II: 9/12

Sing-A-Long: 9/13

DATES TO REMEMBER

Phabulous Photographers: 9/4

Studio 3F: 9/28

Transition Times: 9/19

Tricia Sullivan Respite I: 9/16

Tricia Sullivan Respite II: 9/9

Wednesday Art: 9/5

PCR PROGRAM FEE ADJUSTMENT

You may note some program fee increases for the first time ever. PCR expenses have increased over the years and we need to be fiscally responsible. PCR remains nonprofit in all aspects of operation. Please be assured, financial assistance is still available to all in need, as member participation is our priority.

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 Fall session of Studio 3F. The Fall session runs from September through January. 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

We are rapidly approaching, for many of us, the most hectic time of the year. We will spend many hours, drive many miles, and burn countless calories as we plan for the many celebrations on our calendars. Families, friends, coworkers, and sometimes complete strangers will ask much from us in terms of time and resources.

With all the time we spend on planning and execution, it's no wonder that at the end of December we often comment, "Where did the time go?" As quickly as it came, the busy holiday season is gone. During all this hustle and bustle did we take any time to plan for what comes after December 31st?

We hope, if you haven't already, that you will, and that those plans include PCR. You have received considerable information about our Annual Patricia Sullivan Dinner on September 29th. This wonderful event provides critical financial resources that enable PCR to provide another year of high quality social and therapeutic programs for our members and families.

It is just as important to look beyond 2008. We are constantly developing new sources of income so that PCR does not become too dependent on a single event. Part of this portfolio could come from you. Please consider including PCR in your estate planning or any special year end giving.

Your gift can truly be "a gift that keeps on giving." The needs of persons with developmental differences will always be with us. We, however, will not. It is most important that we provide for those who will follow. Your financial advisor can offer you a variety of opportunities to fulfill your desire to make a gift and advise you on how to design that gift for the optimum results.

Thank you for all that you do for PCR. See you on September 29th!

A CHANCE TO WIN SOME SPENDING MONEY

Watch your mail for an opportunity to pick up some extra cash and help support PCR programs at the same time. Last year we had a very successful 50/50 Raffle as part of our Patricia Sullivan Dinner. We are going to do it again. Within the next few days you will receive tickets in the mail. Each ticket is \$100.00. Fill in the information and return the stub(s) and your check to the PCR office no later than Saturday September 29th. The drawing will be held that night at the dinner. You do not have to be present to win. PCR will receive 50% of the total collected and three winners will split the other 50%.

GOOD LUCK and THANKS FOR YOUR SUPPORT!

JUST ANOTHER REMINDER

Don't forget that PCR has been approved for participation in the **2007 Combined Federal Campaign**. The campaign begins in September, so if you are a government employee or know someone who is, PCR's campaign number is **95292**. This is a very easy way for an individual to contribute and support PCR, our programs, and our members. Thanks for remembering.

