



Branching Out *with* CR

2014 Annual Report





Mission

Community Residences offers individuals with disabilities supportive housing and the physical, mental and emotional services needed to facilitate independent and dignified living within the community.

Vision

To be a recognized leader in best practices for providing supports for individuals with disabilities. To be strongly committed to thoughtful expansion of our supports.



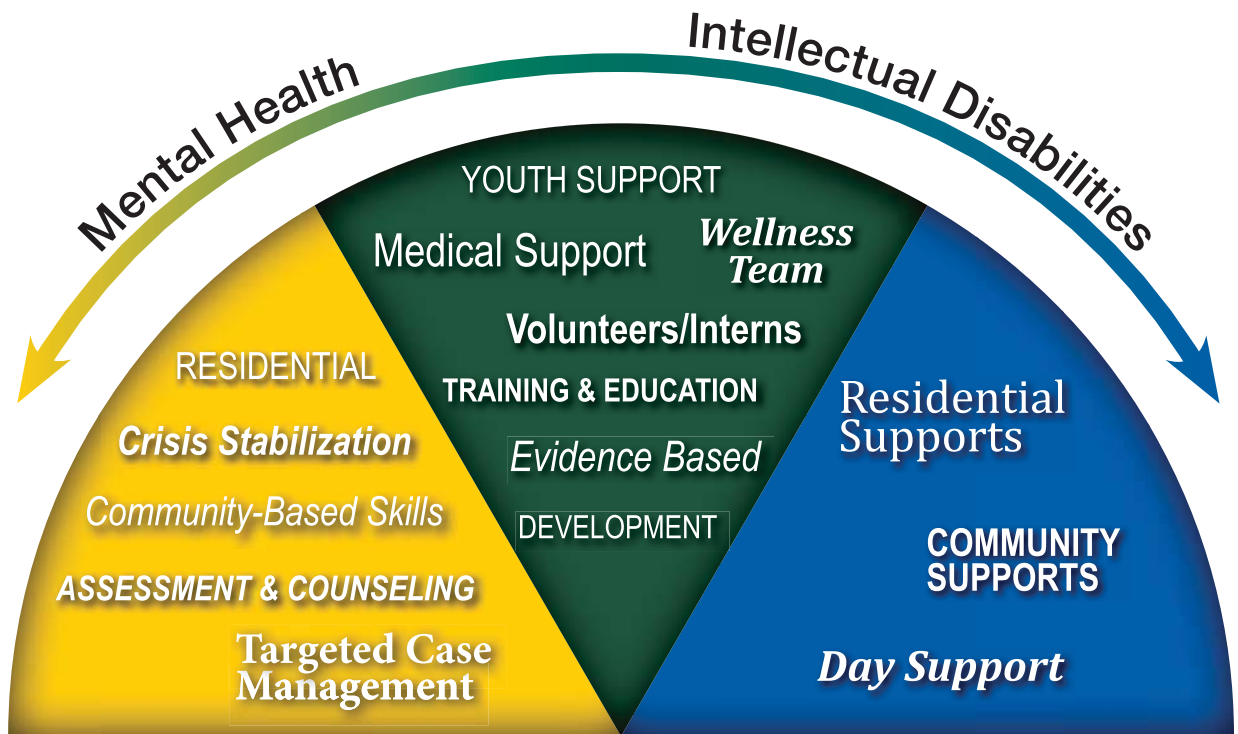
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Who We Are

Individualized Supports Along a Continuum of Options



OVER THE LAST ALMOST 40 YEARS, CR HAS embraced a continuum of support options for individuals with mental health needs, intellectual disabilities, and those who are transitioning or who are homeless. These supports range from residential options that are permanent or transitional to community based supports including life skills training, individualized case management, assessment, and counseling.

CR promotes a holistic person-centered approach for meeting the needs of individuals, families, and our communities. In order to accomplish this, we invest in high quality staff training and education, evidence based programs, quality volunteer and intern opportunities, appropriate medical supports, daily living and transitional supports for youth, and the ongoing development of the agency's capacity, efficiency, and effectiveness.

In Loving Memory

James “Jim” Bernard Bradshaw Jr.

A former board member and an individual supported by CR for mental health needs, passed away on Sunday, July 6, 2014 at the Virginia Hospital Center in Arlington. He was born on January 16, 1944 in Washington, DC, the son of James B. Bradshaw Sr. and Emily Bradshaw. He was a graduate of George Mason University, with a degree in Physics. Jim loved science and the outdoors. He devoted much of his life to working as a volunteer with the Arlington Mental Health Association. He is survived by his life-long companion, Margaret Christie of Arlington, and one brother, John Peyton Bradshaw of Charlottesville, Virginia.

James Duggan James accomplished his life’s goal by leaving us with wonderful, lasting impressions and great memories. Our “Duggie” passed away peacefully and comfortably while he was a resident at our Reservoir Lane program. One staff member who worked with James regularly stated that “he is in a better place now where he doesn’t have to struggle to breathe, eat, or sleep. We like to imagine him walking, talking and laughing. He was a free spirit that is smiling about the life he was given which made such an impression on us by inspiring all of us to do better, live better and really appreciate those we often call “special” because they are. A true gymnast, he often did cartwheels and back flips and always landed upright on those little “chicken legs” of his. Good job James, we miss you.”



Carolyn Louise Rigby Carolyn was born in Washington, DC. She was engaged in a wide variety of activities with organizations including the National Association for Retarded Children, the Joseph P. Kennedy Jr. Foundation, Camp Tapawingo for Girls, and the Arlington County



Community Services Board. For years she resided at CR’s 16th Street Group Home and left in 2010 when her health dramatically declined and she needed more intensive care. Friendly to everyone, she never had an unkind thought or word to say to anyone. Carolyn had countless friends young and old alike, and she always lit up any room with her happiness and good cheer.

Stuart Lawler This past year, the Minerva Fisher program lost a very valuable family member. Stuart passed away on January 14, 2014. He had been with CR since January 25, 2013. Stuart was a big fan of the Horticultural Project at Minerva Fisher and did all he could to prepare the garden, planting and watering the vegetables with staff support throughout the summer. He touched the lives of his housemates and all that supported him in one way or another. He had a tender soul, was loving, jovial, and full of life. He loved going on outings, listening to Elvis’ music, watching sports—especially football—and anything involving snacks. In lieu of flowers and/or cards, Stuart’s family asked for well wishers to make donations towards Minerva Fisher’s Horticultural Program that Stuart loved so much.



Cynthia Temple

Our beloved Cynthia Temple was hired on September 6, 2011 and we lost her exactly three years and three days later on Sept 9, 2014. She left memories of joy, laughter, happiness and growth by the individuals and the staff of the CR Richmond team. Prior to working with CR as a Relief Aide in Richmond, and then a full-time staff at Snowflake, she devoted her life to giving back to her community by touching the lives of individuals with intellectual and physical disabilities at Cumberland Hospital and Rubicon, Inc. The entire CR Richmond team and especially the individuals whose lives she impacted will miss her greatly. Her phone voicemail recording stated, “Remember, all things work together for the good to those that love God.”



Message from our Chair



Brian Winterhalter, *Chair*

THIS HAS BEEN AN EXCITING year for CR, thanks to the unyielding support of our community of donors, advocates, volunteers, and dedicated staff and leadership.

We constructed our very first new building in CR's 40 year history. Burke Road began offering support to six adults with intellectual disabilities this August. Over the past year, we have witnessed CR's real life impact on individuals with mental health needs, intellectual disabilities, and youth transitioning to independence.

Over the years CR has embraced a continuum of options for supporting individuals. More recently, our Wellness Team, Youth Supports, Medical Supports, Training and Education, and Volunteer/ Intern programs have enhanced our abilities to meet each individual's comprehensive and unique needs.

Our Wellness Team promotes healthy living through holistic health supports, nutrition education, therapeutic arts and recreation, and by encouraging physical activities. Our team is trained to understand evidence-based programs and practices that improve overall well-being and individual functioning. We are expanding our Volunteer/Intern program to offer individuals increased community integration and additional support with active daily living. Throughout our residential and community based programs, our staff welcomes volunteers

to assist with daily activities, home beautification projects and assistance in planning and hosting fundraising events.

As many of you may know, over the summer Dennis Manning announced that his tenure as CR's CEO will end on December 31, 2014. CR's Board of Directors would like to acknowledge the valuable leadership Dennis has provided and share its appreciation for his tremendous efforts to turn the organization around and lead it back from challenging financial conditions to a position of strength, stability and continued growth. CR is grateful for the passion and commitment Dennis has provided to the agency. The CR Board is in the process of conducting an executive search, and hopes to identify a new CEO in the coming months to continue and build upon the agency's achievements.

We are proud to share this year's report and hope you will gain greater insight to the way CR, with your ongoing support, is impacting the lives of individuals, their families, and our communities. Thank you for continuing to be a part of the CR family and on the behalf of the Board of Directors, I'd like to extend our deepest appreciation for all that you do.

Sincerely,

A handwritten signature in black ink that reads "Brian Winterhalter". The signature is written in a cursive, flowing style.

Brian Winterhalter, Esq.
Chair, Board of Directors

Message from our President

THIS PAST YEAR HAS BEEN ONE OF CONTINUED improvement, growth and adaptation in an extremely dynamic business climate. While change is expected, the recent types and rate of change affecting supports for individuals with intellectual and developmental disabilities in Virginia are unprecedented. Changes at the state level are creating opportunities, challenges and some creative conflict. There are serious and important disagreements between and among stakeholder groups around virtually every aspect of the planned changes. We also see the potential for improvements in mental health services with Senator Creigh Deeds and the new Commissioner of the Department of Behavioral Health and Developmental Services, Debra Ferguson, championing the cause. At the same time, in Maryland and Virginia, we see increasing demand for supports in the midst of constrained funding due to ongoing Federal budget cuts.

CR has always shown itself to be at the vanguard of change and poised to adapt. Now is no exception.

Having joined CR in 2006, this October marks a full eight years that I have had the great personal honor to serve as President and CEO of CR and its affiliate corporations. As I am sure most readers are aware I am scheduled to leave CR at the end of this calendar year. Presently, CR's Board of Directors is engaged in the process of finding a new leader.

I take this opportunity to thank all the wonderful colleagues with whom I have had the great pleasure to work. From meeting the newest of our employees at orientation to learning from tenured colleagues, some of whom have been with CR since its beginnings nearly 40 years ago, my experience with CR has been satisfying beyond all expectation. CR has grown, learned, led and succeeded through the dedication of outstanding staff, an indispensable contributor in improving the lives of individuals with disabilities.

Until we meet again, thank you for all your generous support of our mission,



Dennis J. Manning, LCSW
President and CEO



Dennis Manning, *President*

What's New?



Burke Road

On August 11, 2014 we opened the doors of our newest residential support program and first ever new construction. Our Burke Road home will provide long-term supports, including individualized care and medical and behavioral management, for six individuals with intellectual disabilities and co-occurring medical and/or behavioral issues.





The Fairfax County Redevelopment and Housing Authority provided (forgivable, cost-free) loan financing in the amount of \$300,000 for purchase of the land. Additional financial support was provided by the Virginia Housing Development Authority in the form of low interest financing and, through grants, by the CR Foundation and United Bank. Furnishings were made possible by grant support from the Knights of Columbus and Wal-Mart.

The home, an open and airy one-level with hardwood floors, a sunroom, and plenty of windows and natural light, is specially adapted for individuals with physical, intellectual, and developmental disabilities. Each resident will have a private bedroom with wide doors and bathrooms and that they will have the opportunity to decorate themselves.

“Community Residences is grateful for the support of our funders,” said Rock Schuler, Director of Development and Public Relations. “Their support made possible the first new-build in our agency’s 40 year history. It was a challenging task that would not have been possible without the active assistance of many in Fairfax County and the Commonwealth of Virginia, including local Supervisor Herrity’s office. On behalf of the six individuals with intellectual disabilities who will call this house their home, we thank the people of Fairfax and their public servants.”

Housing Trust Fund: Ivymount Apartments

CR WAS ONLY ONE OF A HANDFUL of entities throughout Virginia to receive what were the newly established Virginia Housing Trust Fund's first ever grants and low interest loans. We received a \$734,000 low interest rate loan (1%). The Housing Trust Fund is a new affordable housing finance program designed to complement existing Federal, State and local efforts to increase and preserve the supply of decent, safe, and sanitary affordable housing for extremely low and very low income households, including those with disabilities and homeless families.



We purchased four apartments in Northern Virginia which will provide permanent supportive housing for a total of 10 individuals with intellectual disabilities, mental health needs,

and/or those who have been or are homeless. Supportive services will be made available to each resident according to individual need.

“Receiving such a significant award allows CR to continue its growth as we position ourselves to develop a greater variety of residential options. Virginia’s considerable waiting list of individuals with intellectual disabilities and those who seek to transition from state training centers to the community create great challenges for every type of support,” commented Dennis Manning, President and CEO of Community Residences. “This loan, along with other grants awarded to CR, helps us to continue offering high quality supports in settings that provide individuals with independent living opportunities through more individualized, neighborhood-based residences.”

Wellness Team

THE WELLNESS TEAM WAS developed in January 2014 to bring together three primary elements of service to the individuals that we support. These elements include Nutrition, ArtWorks, and Recreation/ Social Integration. Although these supports had previously been part of the opportunities available to individuals, having them collaborate within one administrative framework reinforces and deepens the scope and depth of their impact and outcomes.

Via our Registered Dietitian/ Nutritionist and Nurses, individuals in our high support homes receive one-to-one assessments evaluating their overall nutritional well-being. In addition, staff and individuals receive training regarding healthy and safe eating habits. They are also offered guidance to incorporate a more wholesome approach to nutrition and suggestions of ways to encourage one another as these changes are embraced.



Our Recreation and Social Integration Program provides a wide variety of alternatives, opportunities and experiences to the individuals at CR. Recreational assessments are used to create individualized activity plans designed to improve the functioning and integration of each individual in particular ways best suited to that person's needs and desires. The goal is to expand the life experience of each individual through personal and group events.

ArtWorks is also part of our Wellness program. Originally focused only in our Arlington mental health homes and titled "Arlington ArtWorks," the program now also supports individuals with intellectual



disabilities. Artists are able to find expression designed to foster empowerment and growth through artistic activities. ArtWorks provides an individualized environment allowing for the unique illustration of talent and self-expression.

“Together, these programs provide quality supports that foster greater health, well-being, individuality and independence.”

Storybook



N. FILLMORE STREET:

Several months ago, James, a classical guitarist and former recording artist, was distressed because his guitar was damaged beyond repair. James often filled his group home with music and occasionally graced a CR event with his playing. Guitar playing brought peace into his life and provided relief from his mental health issues and needs. For weeks he was unable to play—until a donor stepped forward and bought James a brand new, top quality instrument. James's mind and spirit were flooded with joy when he was presented with his new guitar!

MINERVA FISHER: CR resident Shawn's family members live in the Midwest and he frequently communicated his wish to visit them. He had not been able to see them for several years. Recently, donations to CR made a trip to the Midwest possible and Shawn was able to experience an adventure that became one of the highlights of his life! Accompanied by a caring CR staff member, Shawn enjoyed an experience many of us may take for granted—seeing his family members for an entire week.

Audrey, who is terminally ill, had three wishes: riding a horse, going to the casino, and having her own cooking show. The Wellness Team was able to support Audrey in granting all of her wishes! Audrey beamed the entire visit at Loudon Therapeutic Riding where she was able to tour the farm. Though Audrey is unable to walk without the use of a walker or wheelchair, she helped groom and harness the horses and stood tall when asked if she would like to ride in a horse drawn carriage. She sat in the carriage, head held high, as the horse trotted about the farm. For her second wish, Audrey was able to go to Maryland Live Casino and play the penny slots with coins she had saved as well as \$28.50 (in pennies!) donated by CR staff members. Audrey was "over the moon" playing the slots and eating at the all-you-can-eat buffet! For her third wish, Audrey is organizing everything needed to film her very own cooking show!

"Guitar playing brought peace into his life and provided relief from his mental health issues and needs."



VOLUNTEERS: This year CR's volunteers contributed 664 hours in volunteer projects! Projects included group efforts to help maintain our homes and yards, and individual efforts to assist staff with daily tasks ranging from helping with events and fundraisers to supporting CR's administrative functions. We appreciate the priceless contributions volunteers make to CR – contributions that directly improve the lives of the individuals we support by enhancing their programs and improving their homes. Moving forward we are hoping to expand our volunteer and intern program into more clinical settings. We can't thank our volunteers enough for their support and time!

VAUGHN BALL: The individuals pictured were taken to see the cherry blossoms in Washington, DC in April. Vaughn Ball is a transitional residence for individuals who have severe mental health needs. Activities and group outings such as these are offered regularly as part of the socialization and other supports offered. The pair thoroughly enjoyed the opportunity to see the beautiful blossoms this year!

Storybook CONTINUED

BRAMBLETON



Enjoying a day in Downtown Washington, DC. They walked on the Mall and visited museums!



Enjoying a day at Ocean City, MD.



CR staff member Crystal in the outfield posing at kickball! They are waiting to catch a flying ball to help the "Dream Team" win the Championship!



Team Brambleton enjoyed a day in Ocean City, MD. It was too cool to get in the water, but they had fun walking the Boardwalk!



Dressed and ready to attend a family wedding. He loves outings and gatherings with friends and family!



Helping "Chef Ray" in the kitchen. They always enjoy helping out with dinner, especially when it's their favorite—pizza!!

Healthy Lifestyle Program



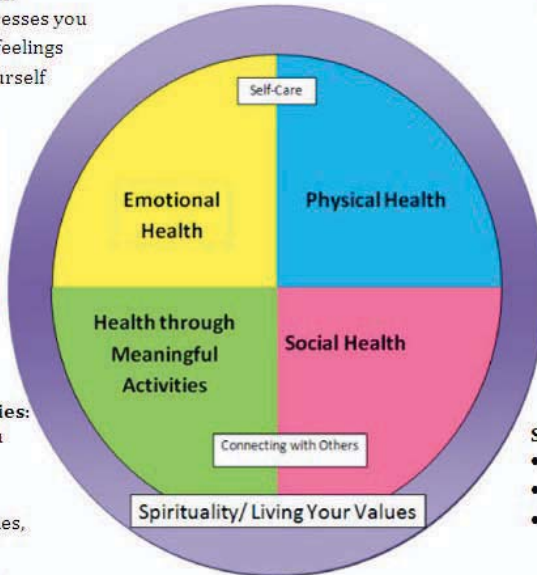
Emotional Health:

- Know what stresses you
- Express your feelings
- Be good to yourself



Health through Meaningful Activities:

- Do work that you enjoy
- Get involved in: gardening, hobbies, reading, clubs, volunteering, etc.



Physical Health:

- Get regular exercise
- Avoid addictions
- Get regular doctor and dental check-ups
- Eat healthy foods

Social Health:

- Make close friendships
- Have friends to go out with
- Visit with family



Spiritual Health/ Living Your Values:

- Know your values
- Live your values
- Be who you are



WELFORD STREET:

Currently home to four individuals, Welford Street also hosts our Healthy Lifestyles Program. The program was developed to offer support and resources to individuals with disabilities striving to meet physical, emotional, social, and spiritual health goals. Subsidized in FY14 by a grant through Fairfax County's Consolidated Community Funding Pool, the program allows individuals to engage in many therapeutic activities such as gardening, aromatherapy, yoga, art therapy, music therapy and tactile therapy. These activities have helped residents manage stress levels as they transitioned from high support programs to this smaller community based program.

Since transitioning to Welford Street, the individuals have experienced the advantages of the Healthy Lifestyles Program. Because there are fewer individuals, staff is better able to tailor programming to suit the individuals' needs and interests through a person-centered approach.

In part due to the support that they receive through Healthy Lifestyles, and in part due to the very nature of Welford, the individuals appear to have adjusted well to their new home.



13TH STREET: Many of the residents are regularly engaged in the community and have day activities that include working, clubhouse attendance, and hobbies that include swimming classes, day programs, and attending the local YMCA. Individuals enjoy karaoke and movie nights as well as going to the park and socializing with others. They love to meet new people and integrate in their community!



N 22ND ROAD: This year the women chose to travel to Myrtle Beach. During the ten hour car ride they played games and had casual conversations with one another. Once there, they loved going to the beach every day. One of the individuals would try to catch fish with her bucket until she got hungry. They also went to Wonder Works, a house that is built upside down. One individual didn't like the idea that the house was upside down and even told the manager that they needed to rebuild it. The vacation was a blast and residents are already actively planning one for next year!



5K: CR's second annual 5K held at Bluemont Park in Arlington, VA on May 3rd, 2014 to support our programs. Pictured are Alice Straker and Liz Brown, our Senior Directors of Clinical Services, along with CR friends and family members, including a four-legged supporter!



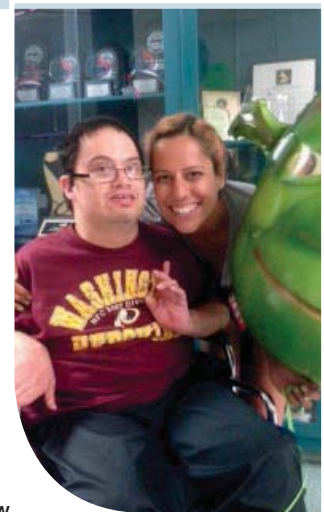
COMMUNITY LIVING PROGRAM:

CLP focuses on the strengths of individuals and provides evidence-based supports to help individuals integrate and live independently in their communities. Individuals are supported in their homes or out in the communities participating in activities they enjoy. Here, individuals are playing basketball with staff as part of their social skills improvement training. Activities such as this help individuals engage with each other and build interpersonal relationships while exercising!

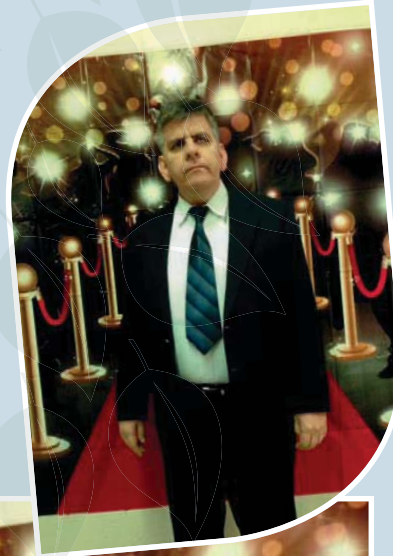
PARK ROAD: Serious medical issues landed David in the hospital in November of 2012 and then a skilled nursing facility for almost a year. David lost the ability to walk, became considerably less verbal, and did not want to go outside of the nursing home. Luckily, Erica Briskey, David's social worker at CR, reached out to his sister and guardian, connecting her with CR staff and working with her to transition David to CR's Park Road group home in Alexandria (once David's health had stabilized) in November of 2013. David also started going back to his day program at Service Source in Springfield.

Since that time David's progress has been remarkable. He adjusted very well to his new environments. At first he would not tolerate anyone touching his feet (e.g., lotion being put on his feet), but as he became increasingly comfortable he would wear socks and slippers, and then shoes. Next he started putting weight on his feet at the day program and now at CR. He went from needing help to transition into bed (using a slide board) to getting into bed himself with minimal assistance. Now, using a gait trainer, he is walking in physical therapy. David is also "more himself" in just nine months at CR. He smiles, laughs, plays keyboard, attended a drum circle, helps in CR's backyard garden, and goes on outings (we went to the Shrek Musical this month!). David talks more and more every time he is visited by family. At one point, talking with a family member via Face Time, David said very clearly: "Hello Ryan, it's me David!" Another time when his sister visited they played keyboard in his room and looked at old photos. David was talking up a storm: naming all of the sounds the keyboard can simulate (drums, doorbell, rain, etc.) and recognizing family friends and naming people in pictures that he hasn't seen in years!

David's transformation since returning to CR has been and is amazing!



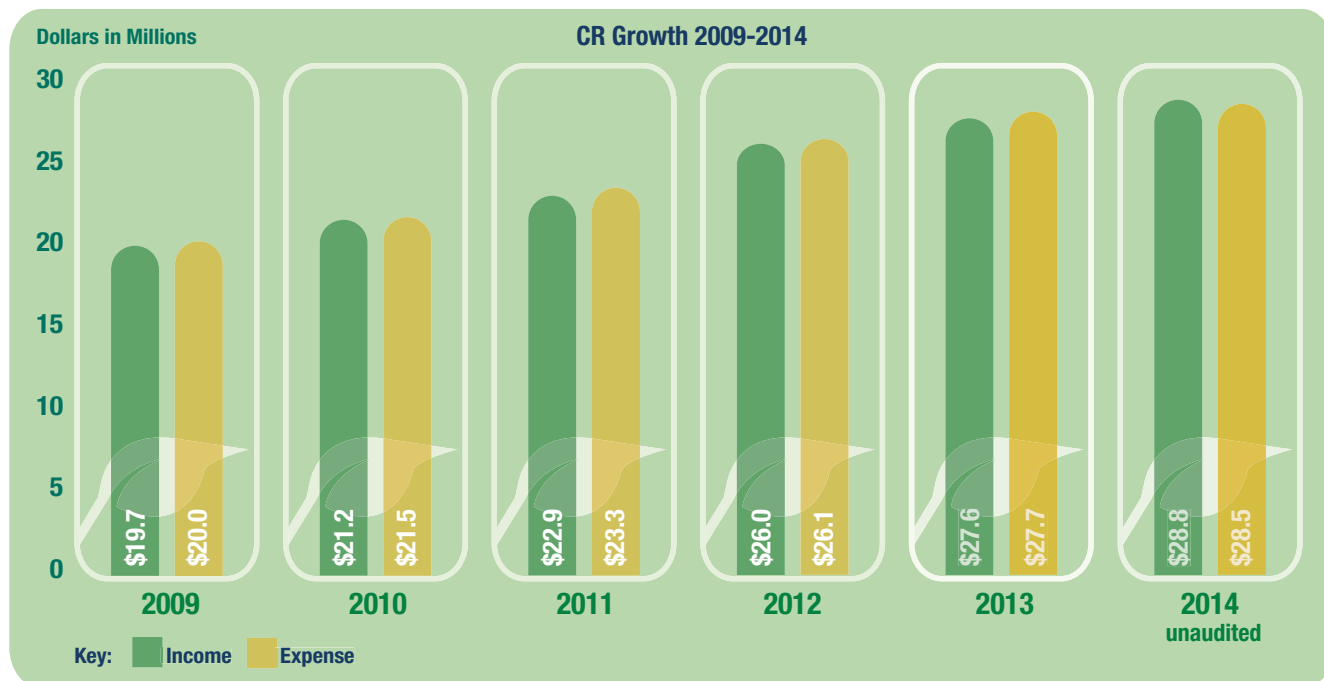
Storybook CONTINUED



QUEEN ELIZABETH: This year our residents participated in a Hollywood themed party. They went shopping for fancy outfits (which took several trips as one of our vans was in the shop at the time). Staff was determined to make the party a success regardless of the issue with transportation. In the end it was all worth it as the individuals had a blast and felt glamorous for the night!

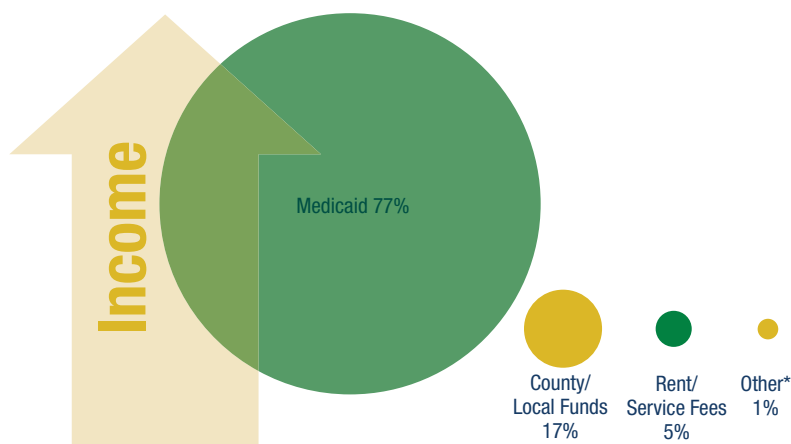
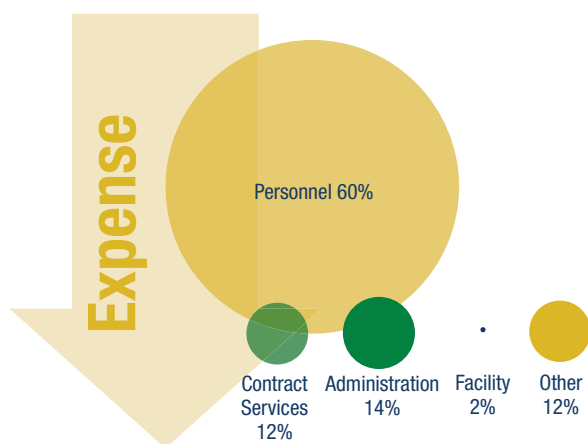


Accounting and Finance



2014 Sources of Revenue

2014 Operating Expenses



FY 2014 Board of Directors

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Mr. Andrew Cuba*
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 Ms. Alisha Eversole*
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Community Residences is comprised of five individual corporations:



COMMUNITY RESIDENCES, INC.

CR's operational and governing entity. The CRI Board of Directors appoints the members of the Boards of all affiliates.



COMMUNITY RESIDENCES FOUNDATION, INC.

Oversees CR's endowment and investments; awards quality of life improvement grants to programs.



COMMUNITY HAVENS, INC.

CR's property holding and real estate management corporation.

COMMUNITY RESIDENCES OF ARLINGTON, INC.

Administers certain Arlington HUD properties.

RESIDENTIAL YOUTH SERVICES, INC.

CR's newest affiliate administers the LIFT program, while managing property formerly owned by Residential Youth Services.

CR is fortunate to have committed and dedicated Boards of Directors for each of its affiliated corporations. These individuals play a vital role in developing and maintaining transparency and trust within the community. They volunteer their time, resources, talents and expertise to help assure the strength and vitality of Community Residences. Each Board deserves our gratitude for their steadfast support of our mission, our values and our future.

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Ways You Can Help: **Call to Action**

Our work is made possible through generous supporters like you who offer monetary donations, volunteer time, and in-kind gifts.

Your investments help individuals live fuller, healthier, and more independent lives.

They enhance our impact so that the behavioral and health outcomes we achieve are greater than could be accomplished otherwise.

Thank you for your ongoing support, time, and donations!

Currently, CR is seeking volunteers to assist in many ways: plan, organize and help staff fundraisers and events; assist Program Managers and clinical staff at our over 25 programs and residences; join or offer work parties that contribute regularly to the upkeep of our properties and the maintenance of our homes.

Financial donations supplement the clinical and residential supports that CR can offer by providing for critical yet otherwise unfunded needs, including essential medical and other equipment, supplemental medical and dental procedures, property and home maintenance, therapeutic and social integration activities, and various other needs unique to particular individuals and programs.

ATONISHED, THE EXAMINING dentist could not understand why the individual in her office had not received care until now. The condition of the man's mouth was imperiling his overall health and could eventually lead to more dramatic medical conditions requiring extensive intervention and extraordinary costs. CR staff explained that he had only recently come into CR's care. "CR may not even be able to help because Virginia Medicaid does not generally pay for dental care," the attending staff member explained. "Perhaps that is why he has never been treated appropriately." CR's donor-funded Foundation, however, stepped up and made a grant of several thousand dollars on behalf of this individual so that this man could receive the dental care he so desperately needed.



For more information on how you can Take Action:

To make a monetary donation or learn more about including CR in your will please contact:

Celia Flye, Assistant Director of Development

Email: cflye@comres.org / **Phone:** 703.842.2340

To volunteer please contact:

Shania Kapoor, Ed.S., Public Relations & Volunteer Coordinator

Email: skapoor@comres.org / **Phone:** 703.842.2344



For more specific ways you can donate or contribute visit:
communityresidences.org/wish



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