



MONTHLY NEWSLETTER

January 2011

Advocate Support Services, Inc.

2011 IS HERE...

...and with it, some changes toward improving our program. Watch for increased and varied groups, quality improvements, and enhanced communications in this New Year.

Deadline for newsletter submissions for our February issue is Monday, January 24, 2011. Submit to Jennifer@AdvocateSupport.com, or call ext. 74.

Please also view our newsletter online at www.AdvocateSupportBlog.com.

SHARE & CARE

Postings:

PIANO LESSONS: \$5.00 per half hour. Must be accompanied by your advocate, as these are offered from a private home. If interested, please contact Kim at ext..

BALTIMORE FREE STORE: 1413 West Baltimore Street Baltimore, MD 21223. Open to shop and donate most Saturdays, 10am - 3pm Call for information: 410.340.9004

MOVING: Many of our clients are expressing a need for transportation assistance with moving furniture. If you know anyone with a truck, who can help move furniture, please contact Jennifer at ext.74.

BEAUTY SERVICES: Several of our clients are offering professional beauty services, at excellent rates. For more information, contact Stephenie, Terence, Lyle or Heidi.

TUTORING: Anyone interested in private or small tutoring groups, please contact Terence. \$5.00 per hour. Includes GED tutoring, and lessons in most subjects.

BARBER SERVICES: Rauf's Hair International Barbershop located at 3044 Greenmount will give a great cut for \$13 (excluding tax) if you say Heidi sent you.

PIT BULL PUPPIES FOR SALE: 10 pit bull puppies for \$200, or best offer. Contact Marlo for details.

CAKES BY ANGELA: everyday and special occasion cakes. Contact Shana for details.

ROOM FOR RENT: By private landlord. \$440/mo for a single; \$550/mo per couple. Single bedroom in large house, with access to common areas and kitchen. Direct TV and utilities included. Available immediately. Contact Terence for more information or to set up application.

BASKETS BY MONICA: Gift baskets for all occasions, at all price points. Contact Terence for more information.

INSIDE THIS ISSUE

- 1 Share & Care
- 2 Resource Page
CAC News
News & Noteworthy
- 3 Event Details
- 4 Calendar

Advocate Support Services

1738 Forest Drive
PMB 251
Annapolis, MD 21401

Fax: 800-372-0799
Email: info@advocatesupprt.net
www.AdvocateSupport.com
www.AdvocateSupportBlog.com

Phone: 866-277-2080

- Jim ext. 71
- Sandy ext. 72
- Jennifer ext. 74
- Marlo ext. 88
- Kim ext. 76
- Shana ext. 75
- Heidi ext. 83
- Day ext. 80
- Stephenie ext. 82
- Terence ext. 78
- Lyle ext. 79

Biopic:

Jessica is our board's vice-president, and is also very active in her community. Recently, Jessica was credentialed as a mediator in Baltimore City, and is available to assist you with related matters. She has held varied board positions within the organizations with which she is affiliated.

Jess would be happy to hear your concerns, as an invested member of the CAC. We thank her for all her input!

**Please remember to RSVP for any event that you wish to attend. It helps us better budget our resources! Watch out January newsletter for details on expanded programming.

**Satisfaction surveys have been mailed out. Please complete and return at your earliest convenience. We ask the same, related to our pending activity surveys. Your feedback is important to us!

**Speak with your caseworker if you are in need of cold weather resources, such as clothing, shelter, heating/oil utilities, etc.

RESOURCE PAGE – RECREATION

For ideas on recreation opportunities, you may want to preview the following resources. Many offer low cost or free opportunities for recreation and entertainment. Ask your caseworker to assist you with obtaining publications or websites. If you don't see what interests you, just ask for more resources!

Baltimore City Parks & Recreation

<http://www.ci.baltimore.md.us/government/recnparks/forestry.php>

Baltimore County Parks & Recreation

<http://www.baltimorecountymd.gov/Agencies/recreation/index.html>

Anne Arundel County Parks & Recreation

<http://www.aacounty.org/RecParks/index.cfm>

The Baltimore City Paper

<http://www.citypaper.com/>

FreeFall Baltimore

<http://www.freefallbaltimore.com/>

Baltimore Department of Tourism

<http://baltimore.org/>

Local Movie Listings

www.fandango.com

Enoch Pratt Free Library

<http://www.prattlibrary.org/>

EVENT DETAILS

PLEASE RSVP TO GROUP FACILIATORS. THANK YOU!!!

Knitting & Crochet with Kim

The first 3 Tuesdays of every month, 1pm – 2:30m, meeting at the Starbucks/Target at Mondawmin Mall. Supplies and teaching are offered; no experience necessary. Coffee/snacks provided.

Ice Cream & Coffee Social

Tuesday, January 4th, 12:30pm – 2pm. Meets at the Baskin Robbins (Dunkin' Donuts), 5800 Reisterstown Rd Baltimore, MD 21215 (next to DSS). Join us for ice cream and socialization. Snack provided.

Card & Game Club with Jennifer

Tuesday, January 11th, 12:30pm – 1:30pm, meeting at the Atrium at Sinai. Cards, games and socialization. No experience necessary. Coffee/snacks provided.

Diabetic Support Group

Wednesday, January 12th, 11:30am – 1pm. Meeting in the Atrium at Sinai Hospital. Education and support for persons with diabetes. Lunch provided.

Bowl & Lunch

Thursday, January 13th, 12pm – 2pm. Woodlawn Lanes (6410 Security Boulevard Baltimore, MD 21207). Free to Advocate clients, plus one guest. Two hours of bowling, plus pizza lunch.

Glen Burnie Social Club

Monday, January 17th, 3-4pm. Starbucks/Target (6717 Ritchie Hwy Glen Burnie, MD 21061 – near the MVA). A socialization and resource group for clients in AA County and southwest Baltimore. All are invited to attend. Snack provided.

Resource Club with Jennifer

Tuesday, January 18th, 12:30pm – 1:30pm, meeting at the Atrium at Sinai. Come by for information and resources. This month's focus: recreation options. Coffee/snacks provided.

Book Club

Thursday, January 20th, 11:30am – 1pm. Meeting in the Atrium at Sinai Hospital. Conversation and sharing about written works, with a new book discussed each month. Books/equipment supplied. Lunch provided.

Men's Group with Terence

Monday, January 24th, 12:30 – 1:30pm. Meeting in the Atrium at Sinai Hospital. Conversation and support for men's issues. Snack provided.

Living with Grief

Tuesday, January 25th, 12:30pm – 2pm. Meeting at the Atrium at Sinai Hospital. Offering support and coping skills for people suffering with grief and loss. Lunch provided.

Coffee Social with Kim

Tuesday, January 25th, 1-2pm, meeting at the Starbucks/Target at Mondawmin Mall. Social and resource opportunity. Coffee/snacks provided.

Clean & Sober Club

Thursday, January 27th, 11:30am – 1pm. Meeting in the Atrium at Sinai Hospital. Education and support for persons struggling with addiction issues. Lunch provided.

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 ■ 2:00 PM AA County group	28 ■ 12:30 PM Women's Group	29	30 ■ 11:30 AM Living with Grief	31	1 New Year's Day
2	3	4 ■ 12:30 PM Ice Cream/ Coffee Social ■ 1:00 PM Kinitting group with Kim	5	6	7	8
9	10	11 ■ 12:30 PM Card & Game Group ■ 1:00 PM Kinitting group with Kim	12 ■ 11:30 AM Diabetic Support group	13 ■ 12:00 PM Bowling	14	15
16	17 Martin Luther King, Jr. Day ■ 3:00 PM Glen Burnie Social Club	18 ■ 12:30 PM Resource Group ■ 1:00 PM Kinitting group with Kim	19	20 ■ 11:30 AM Book Club ■ 1:00 PM CAC Quarterly Meeting	21	22
23	24 ■ 12:30 PM Men's group with Terence	25 ■ 12:30 PM Living with Grief ■ 1:00 PM Coffee Social with Kim	26	27 ■ 11:30 AM Clean & Sober Club	28	29
30	31	1	2 Groundhog Day	3	4	5