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# Key Notes

## Scott Key Center

SERVING THE FREDERICK COMMUNITY FOR 47 YEARS.

## Ability One Challenge

By Charlie Kramer, Hood College Intern

Making a difference is something that not enough people in the world care to do. It can be a task that only affects a few or it can be one that affects many. The students who participated in the Ability One Design Challenge only had one goal and that was to better the lives of people with intellectual disabilities.

The purpose of the Design Challenge was for high school students to work together as teams within representing their school. The challenge was to create a project that would enhance the speed and productivity of people with disabilities in the workforce. NISH is a national nonprofit organization that is responsible for creating employment for people with intellectual disabilities. They are an organization that sponsors the Ability One Design Challenge.

The list of a 100 participating schools had been narrowed down to just 5. What made it most fascinating is that 2 of the 5 teams both came from *(continued on pg. 4)*



The Poolesville High School students from left to right: Carlos Gonzales, Dennis Levin, Ryan Cho, Jessica Law, Brian Liu, and Neel Deshmukh.

## SKC Print Shop

By Katie Triplett, Hood College Intern



In little over a year, the Scott Key Center's high-speed digital Print Shop has made some tremendous impressions on the community of Frederick. The concept behind it: high quality printing at an excellent price while providing meaningful employment for those with developmental disabilities. The idea behind the operation was to create an open opportunity for clients to do peripheral work like binding and mailing, says Shawn Dennison Job Development Specialist at the Scott Key Center.

The Scott Key Center's high-speed digital shop provides customers with a wide range of services from flyers and brochures to business cards and newsletters. Photographer Jessica Hibbard of Frederick, MD was very satisfied with the services she received when she chose the Scott Key

Center to produce her annual photography calendar. *(continued on pg. 4)*

# Business Spotlight

By: Charlie Kramer, Hood College Intern



Sean M. Lore, Executive Director

## Scott Key Center Board of Directors

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[www.ScottKeyCenter.org](http://www.ScottKeyCenter.org)

Scott Key Center works with a wide range of private and nonprofit businesses as well as performing work within the local government. Below is a list of many of the businesses in which the Scott Key center performs services.

The businesses that are under contract with the Scott Key Center include Softrac America, The Common Market, Snavely Forest Products, Re/Max Results, Trail House, Clover Hill Association, LSWG, New Life Chiropractic, Project Works LLC, Olde Tradition Spice, Carmack Insurance, Pheonix Mecano, Cheerio Printing, and Calm Mediation.

Softrac America, located in Sterling, Virginia, contracts the Scott Key Center to assemble college packs, prepare college packs for mailing, folding t-shirts and various other assembly jobs as needed. Assembling the college packs is done five times a year, preparing the college packs is done daily and both folding t-shirts and various other assembly jobs are done on an as needed basis.

The Common Market, located in Frederick, Maryland, contracts the Scott Key Center for bulk mailing. Bulk mailing is done four times a year for the company's newsletter and once a year for their annual report.

Snavely Forest Products located in Westminster, Maryland, contracts the Scott Key Center to cut and label wooden Trex deck samples. They also receive bulk mailing services from the center. The cutting and labeling of the Trex deck samples is done on a daily basis and the bulk mailing services are only done once a year.

Re/Max Results located in Frederick, Maryland, contracts the Scott Key Center for bulk mailing services. These services also include folding and sorting of the mail which is done four times a year.

Trail House, located in Frederick, Maryland, receives bulk mailing services four times a year from the Scott Key Center as well as Clover Hill Association, located in Frederick, Maryland. LSWG located in Frederick, Maryland, contracts the Scott Key Center for bulk mailing services as well. Bulk mailing services are done three times a year.

New Life Chiropractic, located in Frederick, Maryland, receives monthly bulk mailing services from the Scott Key Center. Project Works

LLC, located in Frederick, Maryland, contracts the Scott Key Center on a as needed basis for various assembly services.

Olde Tradition Spice located in Gaithersburg, Maryland, contracts the Scott Key Center for assembly of mulling spice into boxes of eight or twenty four, shrink wrapping, shipping and assembly of cinnamon sticks, loose mulling spice. These services are received from August through December daily.

Carmack Insurance located in Frederick, Maryland, contracts the Scott Key Center once a month for shredding services.

Phoenix Mecano, located in Frederick, Maryland, contracts the Scott Key Center once a month for assembly of screw kits and assembly of gaskets.

Cheerio Printing, located in Rockville, Maryland, contracts the Scott Key Center for counting, bundling rack cards into groups of thirty and shrink wrapping rack cards once a month.

Calm Mediation, located Frederick, Maryland, and contracts the Scott Key Center for shredding services once a month.

Scott Key Center would like to thank all of these businesses for providing meaningful job opportunities for the employees with disabilities within our program.



# 17th Annual Flower & Garden Show

SKCs fifth year at Hagerstown Community College's Alumni Event

By Katie Triplett, Hood College Intern

2013 marked the SKCs fifth year at the 17th Annual Flower and Garden Show held at Hagerstown Community College on Saturday and Sunday March 12th and 13th. The two day event kicked off 9 a.m. Saturday at the college's Athletic Recreation and Community Center. Vendors lined the walls of the athletic center as crowds poured in early Saturday.

Vendors and participants ranged in everything from nurseries and florists to outdoor furniture suppliers and pool services. This year, the SKC set up a beautiful arrangement of flowers, plants and herbs all grown at the SKC's greenhouse. The center also displayed one of our rain barrels, demonstrating to audiences how a rainwater collection system works. Garden enthusiasts from surrounding Washington and Frederick counties came to enjoy the show's seminars, demonstrations, raffles, food and fun. Overall, it was a great turnout this year!



Garden enthusiasts line up for Hagerstown Community College's annual event.



From left to right: Kim Genau, Portia Hood, Patrick Testerman, Lucas Young, Janice Milkis and Tammy Sharrer at this year's flower & garden Show.



## Rainbarrels

are now available for sale at Scott Key Center.

Pick yours up today!

Call 301-600-1600 for more information.

## SKC Greenhouse

SKC starts off the 2013 season with its greenhouse in full swing

By Katie Triplett, Hood College Intern

With spring right around the corner, the Scott Key Center is starting off the 2013 season with its greenhouse in full swing. Since 1980, the Scott Key Center's two greenhouses, located behind the center, have been home to a variety of year-round bedding plants, flowers, herbs and vegetables. Plants and herbs include everything from petunias, geraniums, hanging baskets, ferns to mint, cilantro, tomatoes, broccoli, cabbage and our newest plant for the



2013 season, strawberries. Garden bugs and bird baths are also available for purchase.

The Scott Key Center has also been working closely with environmental conservation groups here in Frederick County. Stream-Link Education, a partnership of public and privately owned organizations that help to conserve brook trout in Tuscarora Creek and in Frederick County brook trout streams has been partnered up with

the Scott Key Center for the past six years. Stream-Link Education's (continued on pg. 4)



Rain barrel and SKC literature complete with a natural paper weight.

**DYK** SKC participated in the Hagerstown Community College Alumni Association's Flower and Garden Show on 3/13 and 3/14?



**Yes,  
We do shredding.**

Contact us today for a quote!

**301-600-1600**

scottkeyemail@frederickcountymd.gov

(continued from page 3)

founder, John Smucker of Walkersville has been providing the center with bedding plants which are overseen by Scott Key Center employees.

The bedding plants are taken care of until they reach maturity, and then they are planted along stream banks and wetlands throughout the county.

Since 2002, the Scott Key Center has been collecting recycled 55 gallon terra cotta colored olive shipping

barrels and converting them into rain barrels for lawn and garden use. Rain barrels, also known as rainwater collection systems, save water by

collecting rainwater through a screened intake. Rainwater fills the barrels, which are equipped with a six foot overflow hose and a brass bulkhead spout for garden hose hook-up.



Pre-Mothers Day Sale look from inside the new greenhouse.

Rainwater collection systems sell at a cost of \$80 each.

Scott Key Center provides green enthusiasts with year-round plants, a vast garden center that grows herbs and vegetables as well as rainwater collection systems to help make the environment a greener, better

place! For more information about Scott Key Center's Garden Center or rain barrels, contact the center by calling 301-600-1600.

(continued from pg. 1)

"Great pricing for my small order, quick turnaround, and good quality. [The] Scott Key Center will be my go to printer for future projects," says Hibbard.

The Health Department, Downtown Frederick Partnership, and Brewer's Alley are just a few of the many local businesses that the Scott Key Center provides print services for.

In December of 2012, the Scott Key Center teamed up with Inker Linker, a website that helps customers find the right printer for their job. The site collates print shops from all around the world and breaks them down by specialties and attributes to find exactly what the customer is looking for. Since joining the site last year, the Scott Key Center has made quite an impression on its customers. "We have grown exponentially in a short amount of time," says Dennison.

The Scott Key Center's Print Shop is open Monday through Friday from 7:30 a.m. to 3:30 p.m. If interested in print services or know somebody who is, contact Shawn Dennison at [SDennison@FrederickCountyMD.gov](mailto:SDennison@FrederickCountyMD.gov) or give us a call at (301) 600-1600. You can also check us out on our website at <http://www.scottkeycenter.org/business-solutions> for a list of prices.

#### Tea Packaging video-

[http://www.youtube.com/watch?v=Ax\\_VMWwrS\\_U&hd=1](http://www.youtube.com/watch?v=Ax_VMWwrS_U&hd=1)

The reference to Vince Coates being the director is inaccurate, Sean Lore is the director of SKC.

#### Rain Barrel Cradle

video- <http://www.youtube.com/watch?v=4gDDO18FVD4>

(continued from pg. 1)

Poolesville High School and also worked on their individual projects within the Scott Key Center, in Frederick, Maryland. The 5 teams all had their eyes on the prize money that would be awarded to their school. First prize was 5,000 dollars, 2<sup>nd</sup> prize was 3,000 dollars and 3<sup>rd</sup> prize was 1,000 dollars.

One of the 2 teams from Poolesville came up with a device to make it easier for cleaning rain barrels. The cradle acts as an easier way to maneuver the device in order to wipe down every part of it. Instead of manually moving around to clean the barrel, the barrel will rotate as you spin the device. The cradle can be placed at eye level as opposed to having it set on the floor. It can also be placed on a table or any flat surface, making it easier to manipulate and not so hard on your back as you bend down. Through their efforts, they received third prize in the competition.

The second team from Poolesville came up with a device making it easier to put tea packets into a box. The objective was to insert a device inside the box that would separate the different colored packets from one another keeping it more organized looking. They were awarded second place and earned 3,000 dollars towards their high school.

The media saw this event as an opportunity to educate society. The event highlighted high school students who participated in this stellar act of community service. They invented and displayed various types of life changing inventions they had created.

(Links to the tea packaging and rain barrel cradle projects are to the left)

## WORD FIND

### Relaxing in the Outdoors

H V Y K W H H K Z Z M P Q T I  
 O R S R L F T Z J X P Z Z I O  
 I N B O N F I R E L A X I N G  
 T K I V G L A W N C H A I R S  
 A N E D R A G T I B A C K P R  
 P I C N I C T A B L E R C N C  
 X R K Q L A S H Y W D K R C T  
 D Y P R L M N A E T Y L K E G  
 T E U C E B R A B R G E I H T  
 F K K C E D T P L R I U L F R  
 S C B D W H I V A X Q N X M E  
 O O A Z E A L S F R R H G R E  
 P H C R O P S S T R T I Q U S  
 S E Z F O S W H H U U Y G P F  
 P I E P K D H A M M O C K H X

BARBECUE  
 BON FIRE  
 DECK  
 GARDEN  
 GATHERING  
 GRASS  
 GRILL  
 HAMMOCK  
 LANAI  
 LAWN CHAIRS  
 NICE WEATHER  
 OUTSIDE  
 PARTY  
 PATIO  
 PICNIC TABLE  
 PORCH  
 QUIET  
 RELAXING  
 SHADE  
 TERRACE  
 TREES  
 WILDLIFE  
 YARD

**Project Need?  
 Mailing Need?  
 Staffing Need?  
 Printing Need?  
 Job Need?**

**Contact us  
 We can help!  
 301-600-1600**

scottkeyemail@  
 frederickcountymd.gov

(<http://www.superwordsearchpuzzles.com/puzzle/relaxingoutdoors.pdf>)

## Best of Luck to Steve Lawrence

By: Rachel Dorrian, Ohio State University Intern

Our Transportation Coordinator, Steve Lawrence, retired at the end of May 2013 after eight years of service to Scott Key Center. He is in charge of coordinating the transportation services and supervising the transportation staff. Some of his tasks include organizing transportation routes, the daily scheduling of van and bus routes, he is the building manager for SKC, and is responsible for other various duties. He will be greatly missed by the staff and employees here at Scott Key Center and we wish him the best of luck in the years to come!



DYK Rita Vincent and David Banks are responsible for providing janitorial services at SKC?

# Meet Steve Lawrence

May Cunningham, Vocational Training Instructor

**How many years have you worked at SKC?**

8

**What are your main job responsibilities?**

*Coordinating Transportation Services and supervising the Transportation Staff for the Scott Key Center*

**How did you get here?**

*1974-1998: U.S Air Force. 1998-1999: Frederick County Sheriff's Office. 2000-2005: Frederick County Facility Services Director. 2005-present: SKC*

**What made you chose this profession?**

*While active duty Air Force, I worked with the New Jersey Special Olympics for 5 years, and that was a very rewarding experience. When I was assigned at Winchester Hall, I managed the custodial accounts for SKC. After working with Vince Coates, and other staff at SKC, I became interested in a position. Vince pointed me in the right direction, and here I am.*

**Where do you live?**

*Just North of Thurmont, in the middle of farm land.*

**Where do you see yourself in 5 years?**

*Retired from Frederick County Government. Warm weather all year round.*

**What are your 3 main accomplishments?**

- 1. Supporting my country by being part of the Air Force family for 24 years.*
- 2. Helping to raise a Son and Daughter.*
- 3. Knowing, and being friends with, people from 15 different countries.*

**Who do you admire?**

*Former President Ronald Regan. Einstein. The Wright Brothers. Dice Clay. Rocky Bowbowa*

**What is the most important thing you have learned?**

*You can't stop, or avoid, change. It will happen anyway.*

**What about yourself would you most like to change?**

*To think about other's feelings & reactions, before I speak.*

**What is the last book you have read and what did you like about it?**

*Dracula...The gore, power, and control.*

**What motivates you?**

*The responsibility of taking care of my family, and helping my friends. Oh, and chocolate.*

**Do you have any phobias?**

*Armageddon*

**If you were reborn as an animal, what would you like it to be?**

*Tyrannosaurus Rex, of course. The ultimate predator of his time.*

**What are your hobbies?**

*County line dancing, karaoke, occasional golf, & hunting varmints for local farmers.*

**How do you think people will remember you?**

*Air Force: Loyal, fair & driven.*

*Frederick County Government: Dedicated, difficult, demanding, and hard working.*

*Friends: Good sense of humor, not all there, had delusions of grandeur, and liked to have a good time. Family: Dedicated and supportive, stubborn, an occasional short temper, agitator, just about everything was funny.*

**What was your worst injury?**

*I was playing softball in the Air Force, the ball took a bad hop, and struck me in the left eye, cutting and bruising my retina. Had to wear an eye patch to my college graduation. Nice picture...*

**Where is the farthest you've been from home?**

*Either Italy or Norway*

**What was your most rebellious moment?**

*Getting married at age 17. Both families were not in agreement. So, one Friday, we just decided to go to the Courthouse and get married. Took them 10 years to get over that.*



**Have someone who attends SKC?**

**Look for your SKC lunch menus delivered monthly by email or sent home via employees**





# Meet the Interns

By Charlie Kramer, Intern

The Scott Key Center reaches out towards giving college students the opportunity to work within their organization. They offer the chance for students with a variety of majors to learn about how a nonprofit organization works, as well as working with adults who have intellectual or developmental disabilities. Students from Hood College, Frederick Community College, West Virginia, James Madison, Susquehanna University, and Ohio State University are a few of many schools that the Scott Key Center has reached out to for help from interns.

This past semester two students from Hood College have had the opportunity to complete a 6 credit internship which consists of 240 hours working within the organization. Both interns have assisted in writing stories related to this workforce.



Charlie Kramer, junior, is a communication art major at Hood College and interns at SKC.

Charlie Kramer, who is a junior at Hood College, is a communication art major with a minor in criminology. One of the highlights of his time here was attending an Ability One Design Challenge Conference down in Alexandria Virginia. The Ability One Design Challenge is a competition which gives superior minded high school students the chance to create inventions that would make task easier for the people with disabilities within their line of work. An example of the type of their work that is done is janitorial work, laundry services, etc. Charlie has also been in-

involved in helping to supervise the clients while they perform their janitorial work and various forms of internal and external communication.



Katie Triplett, senior, is a communication art major and interned at SKC.

Katie Triplett, a senior at Hood College, is also a communication art major. Not only has she been an asset in writing up articles regarding the Scott Key Center print shop and greenhouse, but she has also worked alongside the Downtown Frederick Partnership. While there, she assisted with the First Saturday event and stood as a representative for the Scott Key Center. Like Charlie, she has also been involved in helping to handle emails and scheduling among sub contractors. Katie has been a strong asset in entering data into the GPS making transportation more effective and efficient.

Both interns will be assisting at the Transitions Fair that will take place April 19 on the Frederick Community College campus. This event will give high school students with disabilities different options following graduation such as entering a 2 or 4 year college, employment options, and forms of job training.

Giving interns the chance to work with us, not only benefits them but also us as well. We are able to give them the experience of how our business works while building communications and work relationships with them.



twitter

**Scott Key Center** is part of the Tweatosphere. We have begun making wonderful connections in our Frederick Tweighborhood and beyond.

*"Find us, **Follow us**, get information."*

Check us out on the web at [www.scottkeycenter.org](http://www.scottkeycenter.org)



facebook

**Scott Key Center** also is on Facebook

*"Find us, **Like us**, get information."*

# Fragile X Syndrome (FXS)

## **Contact :**

Centers for Disease Control and Prevention National Center on Birth Defects and Developmental Disabilities Division of Human Development and Disability 1600 Clifton Road MS E-88 Atlanta, GA 30333

**800-CDC-INFO  
(800-232-4636)**

TTY: (888) 232-6348  
New Hours of Operation 8am-8pm ET/  
Monday-Friday  
Closed Holidays

## **Contact:**

The National Fragile X Foundation at 1-800-688-8765 or

[Treatment@FragileX.org](mailto:Treatment@FragileX.org) to get information about treatments, educational strategies, therapies and intervention.

Connect with a [LINKS group](#) at the National Fragile X Foundation. LINKS groups are organized and run by parent volunteers and provide support to families.

**Fragile X syndrome (FXS)** is a genetic disorder. A genetic disorder means that there are changes to the person's genes. FXS is caused by changes in the fragile X mental retardation 1 (FMR1) gene. The FMR1 gene usually makes a protein called fragile X mental retardation protein (FMRP). FMRP is needed for normal brain development. People who have FXS do not make this protein. People who have other fragile X-associated disorders have changes in their FMR1 gene but usually make some of the protein. FXS affects both males and females. However, females often have milder symptoms than males.

## **Signs and Symptoms**

Signs that a child might have FXS include:

- Developmental delays (not sitting, walking, or talking at the same time as other children the same age);
- Learning disabilities (trouble learning new skills); and
- Social and behavior problems (such as not making eye contact, anxiety, trouble paying attention, hand flapping, acting and speaking without thinking, and being very active).

Males who have FXS usually have some degree of intellectual disability that can range from mild to severe. Females with FXS can have normal intelligence or some degree of intellectual disability. Autism spectrum disorders (ASDs) also occur more frequently in people with FXS.

## **Diagnosis**

FXS can be diagnosed by testing a person's DNA from a blood test. A doctor or genetic counselor can order the test. Testing also can be done to find changes in the FMR1 gene that can lead to fragile X-associated disorders. A diagnosis of FXS can be helpful to the family because it can provide a reason for a child's intellectual disabilities and behavior problems. This allows the family and other caregivers to learn more about the disorder and manage care so that the child can reach his or her full potential. However, the results of DNA tests can affect other family members and raise many issues. So, anyone who is thinking about FXS testing should consider having genetic counseling prior to getting tested.

## **Treatments**

There is no cure for FXS. However, treatment services can help people learn important skills. Services can include therapy to learn to talk, walk, and interact with others. In addition, medicine can be used to help control some issues, such as behavior problems. To develop the best treatment plan, people with FXS, parents, and health care providers should work closely with one another, and with everyone involved in treatment and support—which may include teachers, child-care providers, coaches, therapists, and other family members. Taking advantage of all the resources available will help guide success.

## **Early Intervention Services**

Early intervention services help children from birth to 3 years old (36 months) learn important skills. These services may improve a child's development. Even if the child has not been diagnosed with FXS, he or she may be eligible for services. These services are provided through an early intervention system in each state. Through this system, you can ask for an evaluation. In addition, treatment for particular symptoms, such as speech therapy for language delays, often does not need to wait for a formal diagnosis. While early intervention is extremely important, Finding Support

Having support and community resources can help increase confidence in managing FXS, enhance quality of life, and assist in meeting the needs of all family members. It might be helpful for parents of children with FXS to talk with one another. One parent might have learned how to address some of the same concerns another parent has. Often, parents of children with special needs can give advice about good resources for these children.

Remember that the choices of one family might not be best for another family, so it's important that parents understand all options and discuss them with their child's health care providers.

## **References**

1. Am J Hum Genet. 2009 Oct;85(4):503-14. Incidence of fragile X syndrome by newborn screening for methylated FMR1 DNA. Coffee B, Keith K, Albizua I, Malone T, Mowrey J, Sherman SL, Warren ST.
2. <http://www.cdc.gov/ncbddd/fxs/facts.html>



# Production Crews

By: Rachel Dorrian, Ohio State University Intern

There are seven production crews here at Scott Key Center. They perform a variety of jobs including bulk mailing services, paper shredding services, the cutting and labeling of deck samples, greenhouse maintenance, the assembly of screw kits, gaskets, & mulling spice, and



Members of production crew 6 are folding pamphlets for the University of Maryland Extension Service and the Frederick County Environmental Health Division.

(Left side- from front to back: Colleen Allen, Margie Flory, Laura Reddick

Right side- from front to back: Katie O'Connell, Sammy Saah, Kevin Shultz)

Jill Lawson (left) and Crystal Balder-son (right) of production Crew 1, are working on the assembly of first aid kits for the Frederick County Health Department.



**Success is the result of perfection, hard work, learning from failure, loyalty, and persistence.**

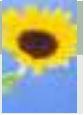
- Colin Powell

([http://www.brainyquote.com/quotes/keywords/hard\\_work.html#GHwgQpygsRWr5svo.99](http://www.brainyquote.com/quotes/keywords/hard_work.html#GHwgQpygsRWr5svo.99))



Alisha Cameron (left) and Diane Waggy (right) are members of the kitchen crew and help to prepare a delicious lunch each day.





# Beautification Committee

By: Rachel Dorrian, Ohio State University Intern

Scott Key Center has recently formed a Beautification Committee that is working to improve the interior and exterior of our building over the next several months. You will see a variety of changes that will enhance the appearance of our building, including, the hanging of artwork and photography displaying our employees performing work in the various production and janitorial crews, rearranging of the furniture in the lobby, and utilizing the rain barrels placed right out front of our building. Our goal is to create lasting changes to improve the overall atmosphere here at the Scott Key Center. The committee members include Tammy Sharrer, Kim Genau, Emily Schrodel, Chris Eliff, Vince Coates and Rachel Dorrian.



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