



Newsletter

April 2023

ARUNDEL LODGE behavioral health

*hope re-imagined*



# Where to Find Us

## Online



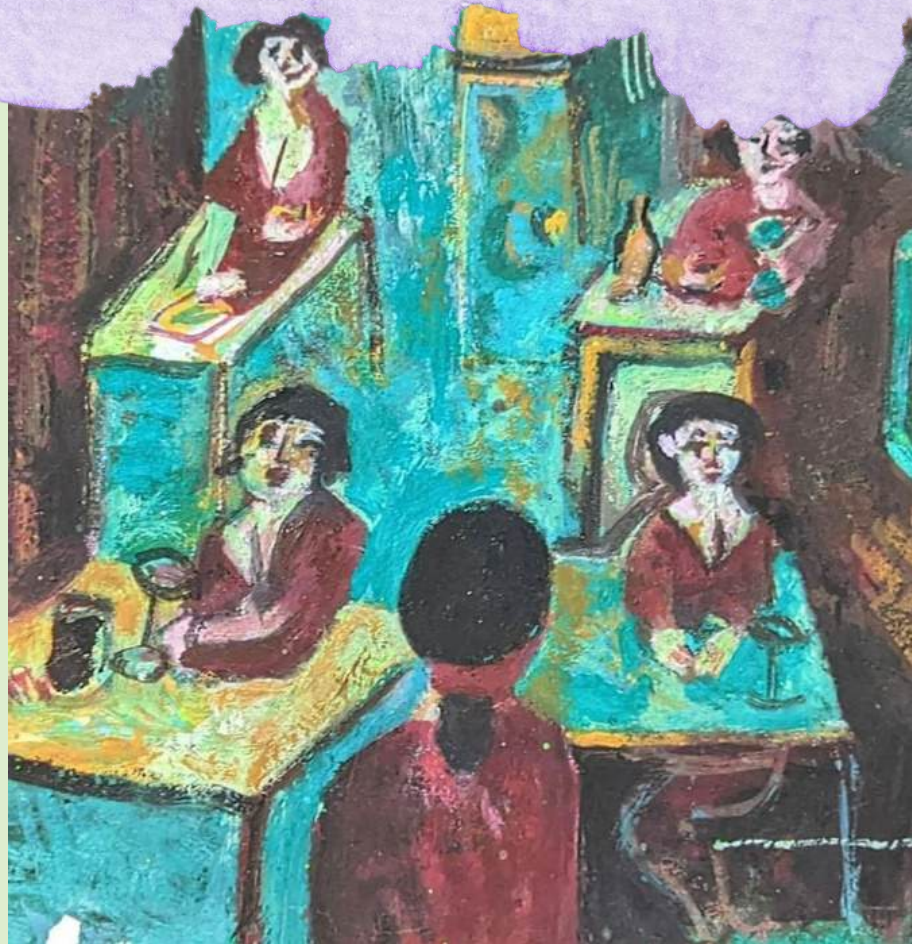
ArundelLodge.org



/arundellodge



/arundel\_lodge



## Contact Info

### **Arundel Lodge, Inc.**

2600 Solomons Island Road  
Edgewater, Maryland 21037  
(443) 433-5900

### **Behavioral Health Urgent Care Center**

2002 Medical Parkway, Suite 460  
Annapolis, Maryland 21401  
(443) 590-3224

### **First Step Recovery Center**

1819 Bay Ridge Avenue, Suite 220  
Annapolis, Maryland 21403  
(410) 280-2333

# Open Eye Gallery

## Upcoming Art Show

### Annapolis City Hall Art Exhibition

JOIN US FOR THE OPENING RECEPTION

Monday  
May 8<sup>th</sup>

5:30 - 7:00pm

Annapolis City Hall Gallery  
160 Duke of Gloucester Street  
Annapolis, Maryland 21401

\*Light refreshments will be served\*

Over 30 works of art from  
Arundel Lodge artists will  
be on display

Show runs through June 30th

For more information:  
Anita Hagan, Gallery Director  
Open Eye Gallery at Arundel  
Lodge  
[ahagan@arundellodge.org](mailto:ahagan@arundellodge.org)

## Artist of the Month

### Kelly Y.

Arundel Lodge artist, Kelly, can be seen here with one of her recent pieces. Her favorite part of being an ALL artist is using different mediums to be able to express herself. Kelly's favorite type of art to create is abstract and portraits and she likes using all mediums. She finds inspiration in people, her family, music and nature. Kelly wants people to know that she is easygoing and likes to use her art as a way to express how she is feeling.

Keep up with all of our artist's new work  
over on the Open Eye Gallery Instagram!

**@OpenEyeGalleryArundelLodge**



# Featured Program

## Residential Rehabilitation Program

The **Residential Rehabilitation Program (RRP)** at Arundel Lodge provides housing for up to 126 people with behavioral health disorders and includes specialized services for those who are deaf, chemically addicted, elderly and/or have complicated somatic issues, independent living preparedness and the need for intensive supervision.

The Residential Rehabilitation Program is currently run by director Aimee Wiggs, who has been with ALI since 2009. The staff of this hard-working and devoted department have adapted a "meet you where you are" mindset and use a hands on approach to assist clients with various needs and different levels of support. Some support activities provided through the RRP program include grocery shopping, medication education, budgeting, working with outside agencies to help residents access additional resources, daily living activities, cooking, transportation to and from medical appointments, and client advocacy.

The Residential Rehabilitation Program is made up of 5 different branches:

**Fresh Start** - prepares residents to live independently with as much support as they need

**MICA** - works to help clients maintain sobriety in a judgement free environment

**Bay Ridge** - helps clients work towards maintaining activities of daily living (ADLs) and relationships

**Senior** - offers support and care to senior clients with an optimistic approach

**Deaf** - works on breaking down barriers while eliminating stigmas in the community

The beauty about Arundel Lodge is the collaborative thinking and desire to provide the best for the residents. With any family, there will be differences of opinions, but the end game is always the same. How do we help?



# Recent Events

## Book Club

Pre-Covid, Arundel Lodge had an amazing library class and book club for Day Program clients, but due to the pandemic, it had to be put on hold. But recently, Rehabilitation Specialist Khadijah Janey, was able to get it back in action! Khadijah takes clients to the library on a regular schedule, every 3 weeks. During the other weeks, they read literature of interest to the clients and have book club meetups to discuss their recent reads together.

The book club is one of many other community integration opportunities the Day Program clients have, including walking groups, trips to local parks, women's groups, and more. Our

Day Program staff works tirelessly to find opportunities for clients to enjoy themselves and be a part of the community.



# Recent Events

## Day Program Visits Main Event

Main Event, located in Columbia, has begun a new initiative partnering with local mental health agencies to provide activity days for clients. Arundel Lodge was lucky enough to be one of the participating agencies, connected through the Crisis Intervention Team. Clients enjoyed two free hours of gaming, including the arcade, bowling and laser tag, finished off with a delicious buffet style lunch. It was a wonderful opportunity for the Day Program clients who had an amazing afternoon!



# Recent Events

## Beverly Triton Nature Park Outing



Select clients from the Open Eye Gallery art program were taken on an outing to Beverly Triton Nature Park with gallery director Anita Hagan and rehabilitation specialist, Khadijah Janey, as a part of a series of classes focusing on found object art. Clients who have been working on curating these found art pieces were able to collect items such as bottle caps, wire, plastic pieces, driftwood, and other pieces salvaged from nature. The clients had a wonderful time!



# Annual Gala 2023

## Volunteers Needed

The Development Department is searching for people to join the Annual Gala committee. Volunteers will help plan, prepare for, and execute this year's gala. Please contact Mary Henry, Development Director, at [mhenry@arundellodge.org](mailto:mhenry@arundellodge.org) for more information.

A colorful watercolor illustration of a town skyline with various buildings and a bridge.

# Paint the Town

A GALA BENEFITING ARUNDEL LODGE

## SAVE THE DATE

OCTOBER 21, 2023

THE CROWNE PLAZA | ANNAPOLIS, MARYLAND

INVITATION AND DETAILS TO FOLLOW