



Central Fairfax Services
Part of the **ServiceSource** Network

Annual Report 2010

On July 1, 2010, Central Fairfax Services, Inc. (CFS) became the fifth affiliate of the ServiceSource Network. Located in Springfield, Virginia, CFS was incorporated in 1972 and serves individuals with significant disabilities in Northern Virginia. Through the affiliation, ServiceSource and CFS are able to share resources and offer the most effective rehabilitation, training and employment programs to Northern Virginia citizens who have disabilities. The affiliation provides a win-win for all parties, providing long-term financial stability through economies of scale, expanded scope and reach of services, and most importantly, long-term sustainability of programs for the individuals with disabilities served.

What the affiliation means to people with disabilities

Individuals with disabilities who are served by either CFS or ServiceSource experienced no immediate outward change in services. However, over time and as part of the two organizations collaborative efforts, areas will be identified in which the two organizations can support and enhance programs and services to people with disabilities. Each organization will continue its strong commitment to providing individualized services, specializing in areas of need for Northern Virginia citizens who have disabilities. The affiliation allows for a sharing of resources and provides a platform from which we will continue to strengthen and improve services and options for individuals in both programs.

CFS and ServiceSource remain separate, legally incorporated 501(c)(3) organizations. As result, rehabilitation funders and providers will continue to refer individuals with disabilities to the respective organizations as appropriate.

Leadership

Executive Director

Paul Wexler

CFS Board of Directors for Fiscal Year 2010

The following is the list of CFS Board Members who served in FY 2010 and led CFS' efforts to affiliate with the ServiceSource Network. Once affiliated, CFS Board Member Jack Bruggeman was elected to serve on the ServiceSource Network Board of Directors.

Leslie W. Brill
Chairman

Jack Bruggeman
Vice Chairman

Barbara C. Lawrence
Secretary

John Lawrence
Treasurer

Michael Arens

Patricia Bennett

Mike Bruggeman

Alfredo Garcia

Mauricio Garcia

Tom Grodek

Larry Herman

Jim Longo

Noel Longo

Harold Mendoza

John Schell

Stephanie Starrett

Richard Westebbe

People Served

CFS provided services to 227 individuals with disabilities in FY 2010. Many of the individuals served by CFS have multiple disabilities and in some cases have significant medical and physical disabilities.

It is the mission of CFS to enable people with developmental disabilities to achieve greater self-sufficiency and independence so that every person is a valued member of the community, worthy of respect and capable of contributing to society. To achieve that mission, CFS provides services that emphasize opportunities for individuals to learn skills. Services honor the uniqueness of each individual and are based upon the principles of accessibility, health, safety, meaningful relationships and maximum participation in decisions that affect the individual's life.



CFS Provides services to over 200 individuals with disabilities.

Services Offered

With funding provided by the Alexandria, Arlington and Fairfax-Falls Church Community Services Boards and the Medicaid Waiver, CFS operates developmental programs, center-based employment, group supported employment and individual supported employment. All services are based on the concept of person-centered thinking, which emphasizes and respects the interests, skills and needs of the individual with input from family members and advocates.

The following is a list of some of the many services offered by CFS. Each service provides opportunities for individuals to earn wages, gain skills, access innovative therapies and participate in community activities.

Medical Management

Many of the participants at CFS have multiple disabilities, which require significant medical attention and support. To meet these needs, CFS has five nurses on staff and all staff are trained to react to medical and other health needs. Medical services include the administration of medicines (more than 25,000 medications were administered in FY 2010), G-tube feeding, seizure management and first aid.

Person-Centered Activities

At the heart of the CFS day programs are effective, valued and innovative person-centered activities. Person-centered activities include, but are not limited to training in cooking, recreation activities to increase motor skills, leisure and social activities, current events education, reading and writing. Each participant at CFS has a uniquely designed plan that incorporates the individual's skills and interests.

Therapy Programs

CFS offers a full range of physical, speech and occupational therapy. Each therapeutic plan is designed to provide the most needed and most effective program for the individual.

Music, Dance and Art Therapy

These "expressive" therapy programs are designed to be engaging and fun social activities, while at the same time, provide physical and motor development enhancement.



Person-centered activities are built specifically around participants' skills and interest.

Personal Care

CFS provides extensive personal care, personal safety and behavior management programs to ensure participants are provided services in a safe and effective environment.

Rehabilitation Engineering

With support from families, funders and other community providers, CFS uses and supports the use of assistive technology to facilitate the most effective programs and opportunities for individuals with disabilities.

Employment Programs

CFS provides both center-based and community based employment options for people with disabilities. In FY 2010, approximately 117 individuals participated in some type of paid work activity. Approximately twelve people were actively involved in enclave work activities, including: mailing operations, document destruction, distribution, custodial, and packaging.

Central Fairfax Services Foundation

On June 30, 2010, the CFS Foundation was incorporated in the Commonwealth of Virginia. The mission of the CFS Foundation is to raise funds for Central Fairfax Services, Inc. to support the expansion of vital therapies for adults with intellectual and physical disabilities in Northern Virginia. These therapies include art, dance, music, occupational, physical recreation and speech. The Foundation will also support the increase of adaptive equipment and rehabilitation engineering offerings for program participants. Funds from the Foundation will provide community education efforts including special programs and events.



Foundation Board of Trustees

Leslie W. Brill, Chairman
Chief Administrative Officer at EG&G Corporation (retired)

Jim Longo, Treasurer
CFO of the Palm Group

John Burgess, Sr.
Vice President of FileTek, Inc.

Alan Friedman
Principle with Focus to Win

Debby Gilliam
Executive Assistant at Virginia Concrete

Meet Mauricio Garcia



Mauricio Garcia has been described as “Mr. CFS” by staff and fellow program participants. Mauricio first came to CFS six years ago. His parents, Alfredo and Zarela, learned of CFS through an educational program at the Pulley Center.

Since coming to CFS, Mauricio has thrived in the habilitation programs offered, especially in the many social activities that he has become engaged in. With support from staff, Mauricio participates in many center-based work activity programs, including labeling for CFS and other customers. He also participates in physical therapy programs and is engaged in daily current event and reading clubs.

In addition to these programs, Mauricio is active in the Brotherhood Club, a social group for men. He also takes part in the Diversity Committee, exploring how people are different and alike. Mauricio also teaches Spanish to his colleagues and is the Vice President of the Proud Hearts Civitan Club. Mauricio is an exceptional advocate for himself and his fellow participants, having served on the CFS Board of Directors in FY 2010 and co-facilitating the monthly Consumer Council meetings.

According to Mauricio, “I love coming to CFS every day. I enjoy being able to talk with my friends and the staff. I also enjoy music therapy and our daily activities.”

Mauricio’s parents agree. “He looks forward to being at CFS every day. We are happy that he spends his time there and is well taken care of.”

Meet Cathy Wright

Cathy Wright has made her mark through CFS’s community based programs, where she has been an active participant for nearly 30 years.

Cathy participates in courier delivery for Fairfax County’s Department of Transportation and



schedule distribution for the Fairfax Connector. Both opportunities provide a bi-weekly paycheck for Cathy. She also does volunteer work, delivering meals through the Meals on Wheels program in Annandale and Fairfax. In addition to Meals on Wheels, Cathy also volunteers at Hidden Pond Nature Park, where she and other participants provide litter patrol along the nature trails.

Cathy also enjoys the many social activities offered – one of her favorites being the Proud Hearts Civitan Club. Cathy brings in soda tabs for the Club, which are then given to the Ronald McDonald Charity House. Cathy also actively participates in the Club’s other activities, including arts and crafts that are sent to soldiers abroad and local nursing home residents. Cathy is an avid scrap booker, and brings her camera to CFS to take pictures of her paid and volunteer work activities with friends from CFS and other candid shots.

According to Cathy, “I like to come to CFS everyday because of my friends. We go out into the community and do work and volunteer. And on Fridays I get to go out to eat with my friends, which is great.”

Cathy’s younger brother, Fred Wright, explains, “CFS gives Cathy great structure in her life. She always tells me how excited she is to go back to CFS tomorrow. She loves the work she does and the friends she has made.”