



LIFE. YOUR WAY.
Department on
Disability Services

DAY SERVICES

GUIDEBOOK



INTRODUCTION

This Guidebook is a sampling of program services offered by a few provider organizations supported by the D.C. Department on Disability Services (DDS). As our nation and city prepare to reopen after a year-long pandemic, this is one resource tool to assist District residents with intellectual and developmental disabilities in getting the supports they need to live life their way. More information is available on our website at www.dds.dc.gov.

For a complete list of all provider organizations and the services they offer, on the website home page click on the tab **Your Choices Tab**. From the drop down menu, tap on the link [Services Offered by DDS Providers](#).

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Build A Career In The Arts!



art Enables

Our Mission

Art Enables is a vocational arts program that seeks to amplify the careers of artists with disabilities. We work to create opportunities for artists to be able to make, market, and earn income from their artwork and talents.



DDS Services

- ☀ Supported Employment
- ☀ Employment Readiness
- ☀ RSA Job Training & Coaching

Community-Based

Art Enables Studio and Gallery: Work in a beautiful and professional studio & gallery. Open to the public, you gain opportunities to meet with buyers, collectors, and the general public while working and collaborating with other DC-based professional artists.

During COVID, we are able to provide virtual and remote services to eligible participants.



Opportunities

- Local, National, & International Exhibition & Sales Opportunities
- Skills development & mastery
- Exposure to and training in various artistic fields and career paths
- Platform for you to bring forward your voice & experience in powerful ways
- Earn income through your talents and gifts
- And much more!



To Learn More

Since 2001, we have been providing artists with the creative space and professional support to become proud, professional artists. In that time, artists have sold more than \$1,000,000 in artwork and merchandise!

Contact us at 202-554-9455 or through your Service Coordinator. Please visit us in person at 2204 Rhode Island Ave. NE, WDC 20018 or on the web at www.art-enables.org.



*We follow all required COVID protocols to ensure your safety and the safety of our staff and guests!



**Your person's
happiness is our
responsibility!**

CIRCLE OF CARE QUALITY SERVICES IS A HOME AND COMMUNITY BASED WAIVER SERVICE PROVIDER

We have excelled in all Provider Certification Reviews. We boast of seasoned ex-Service Coordinators, dedicated Quality Assurance personnel, and well-trained Direct Support Professionals (DSP) in our employee database.

We work exceptionally well with families, people we support, and service coordinators



We provide the following Home And Community Based Waiver services:

- In-Home-Supports
- Supported Living
- Individualized Day Supports
- Employment Readiness
- Host Home Supports
- Respite Care
- Companion Services
- Parenting Supports



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Rita Cham

Reuben Kum

Kim Armstrong

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EXCELLENT COMMUNITY SERVICES

80 M St, SE Washington DC 20003 (P) 301-909-1769 info@excellentcommunityservices.org

Excellent Community Services is an IDD waiver provider whose services are based on the principle that all persons are entitled to full integration into community life. We are committed to ensuring that people who receive IDD Waiver services have full access to their community and embody a person-centered approach to our services.

Excellent Community Services is a 100% community-based program in which participants meet their Direct Support Professionals in the community. Participants explore leisure and recreational activities based on their interests, build vocational skills, take part in career exploration through volunteering, and increase travel-training and safety skills while exploring their community.

Excellent Community Services provides the following day services:

Day Habilitation	Employment Readiness
Individualized Day Supports	Companion

Excellent Community Services is committed to operating safely during the COVID-19 pandemic. Our program reopened in October 2020 after implementing a robust plan for the safety of participants and staff, including daily temperature checks, the use of face-coverings and PPE, social distancing, contact-tracing for all participants, and provide training for our participants on their individualized Community Safety Plans to assist them in learning how to be safe during the public health emergency.

For more information about the program or to start the referral process, contact us today!

Abraham Oguntimehin, Program Director

excellentcommunityservices@yahoo.com

PHONE: 301-909-1769

SIGNATURE SERVICES

- Respite Care
- Host Homes
- In-Home Support
- Day Habilitation
- Supported Employment
- Employment Readiness
- Individualized Day Support
- Residential Support Living
- Companionship Services



LET US SERVE YOU

Contact for free consultation at
solutions@galaxy-healthcare.com

CALL

202-609-9796

VISIT

6323 Georgia Avenue, NW
Suite 106
Washington, DC 20011

2105 Rhode Island Avenue, NE
Washington, DC 20018

6475 New Hampshire Avenue,
Hyattsville, MD 20783



galaxy-healthcare.com



*Quality, Commitment and
Professionalism.*

*Best Quality of Life with
Dignity.*

*Galaxy Healthcare Solutions,
Healthcare Redefined.*

galaxy-healthcare.com



GLOBAL RESOURCES & SUPPORTS

DAY PROGRAMS

OUR MISSION

FOUNDED 2015

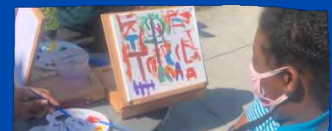
Empowering all people to live quality self-directed lives by achieving their educational, residential, and employment outcomes. Acting as a resource for other human service agencies by improving QA systems and infrastructures, training, and improving direct support knowledge so that they may become change agents spanning the globe and beyond!

ACTIVITIES

- Exploring our community
- Music and Dancing Classes
- Art and Drama Classes
- Drum Circles
- Physical Fitness with certified instructors
- Computer Classes
- Resume Writing and Mock Interviews
- Cooking Lessons with Professional Chefs
- Bowling, basketball, and a variety of sports
- Learning New Skills such as Chess and games
- Learning to Fish and Urban Hiking
- Making Friends and Lasting Memories

Spend a meaningful day with us

<https://youtu.be/Z8nldxwt03M>



Change Agents

SPANNING THE GLOBE

2001 Bunker Hill Rd NE Washington DC 20018
Phone: 301.585.3616

Info@Globalrs.org www.globalrs.org



DAY SERVICES

IDS
Companion

Individualized Day Services



2021.PRESSING.ON



ABOUT THE SERVICES

We engage all of the people we support in meaningful community outings and experiences based on their preferred interests, according to their person-centered plan (ISP). Our goal is to create opportunities for each person to build natural relationships with other community members.

OTHER APPROVED WAVIER SERVICES

- Art Therapy
- Music Therapy
- Dance Therapy
- Nutrition
- Supportive Living
- In-Home Support
- Host Home
- Respite



CONTACT US healthandjoy.com

hajs_llc

Health & Joy Services, LLC

703-785-4296



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healthtechdc@gmail.com

In a nutshell HealthTech is a community-based day program consistent with the Home and Community Based Setting Requirements (HCBS) regulations, 29DCMR &1938 and the federal HCBS Setting Rule.

We provide the following services:

- Supported Employment
- Employment Readiness
- Day Habilitation – Small Group Day Habilitation
- Individualized Day supports
- Companion Services
- In-home Support Services

HealthTech has received five admissions/return since approval of re-opening plan on September 21, 2020. We continue to support five persons in Supported Employment and Companion Services.

As indicated in our approved re-opening plan, HealthTech aims at working together with the provider community in a way that is safe and sustainable. We maintain the following protocols based on science, and with accordance to DCHealth guidance: Assessing and adopting these based on our unique community-based setting:

- ❖ Staff and persons training & competency
- ❖ COVID-19 Screening for staff and persons(temperature checks & screening questions)
- ❖ Personal protective equipment (PPE)
- ❖ Intensive Universal Precautions
- ❖ Sanitation & Cleaning protocols – touchless sanitizers
- ❖ Safety controls for shared/common community spaces
- ❖ Mealtime Safety Protocols – brown bag lunch in the community and disposable bottles
- ❖ Bathroom Safety Protocols
- ❖ Community outing- safe engagement practices
- ❖ Transportation Protocols – no touch drop and pick up of persons

These trainings, policies, protocols, and competencies are updated per DCHEALTH and CDC guidelines changes as the COVID pandemic evolves to ensure safety, health, and wellbeing of all.

How covid-19 pandemic has reshaped healthtech:

March 2020 was a nightmare!!!! Pandemic hit us hard! Such was not expected, and we were unprepared. Day program services were shut down with no guidance and no direction as to what next. Fear of the unknown among management and staff was overwhelming. Some staff quit their positions, some stayed on. Soon reimbursing staff become unsustainable for HealthTech. With government support down the road, HealthTech stood up and began to strategize on how to survive and continue meeting DDS and waiver requirements. The following paid off during those times until now:

- ❖ **Staff cross training:** HealthTech's policy of cross training staff on all person's served, helped for emergency back up support

- ❖ **Upper management training and relationship with persons** – upper management serve as backup staff in staffing emergency situations: there were days when all management staff were DSPs
- ❖ **Relationships with other service providers:** - offered a sense of comfort that our struggle is not isolated; we also exchanged ideas and strategies to keep afloat
- ❖ **Quality Resource Specialist (QRS)** – There has not been a time that we appreciated having a QRS than the year 2020; his guidance and support helped us tremendously

Take away from pandemic: In the mist of all of it, there was so much growth as a day support program. We learned in the process and have embraced lessons learned and plan to maintain them as we are moving forward.

- ❖ **We realized how the person's we support are like family to us:** when we were abruptly separated the impact was felt across board, staff members cried, persons cried. There was a lot of intervention and de-escalation that needed to happen; staff were on calls and zoom with persons explaining to them why they can no longer attend and that they will return as soon as pandemic is behind us.
- ❖ **Mitigation protocols such as temperature check** prior to sending a person off transportation is meaningful now and will be best practices to maintain, as often times persons have arrived at the day program sick and with high fevers (pre-pandemic)
- ❖ **Intermittently hand washing** between activities, is great best practice to maintain
- ❖ **Traffic reduction protocols during drop off and pick up** are working; planning on maintaining post pandemic
- ❖ **Zoom meetings and trainings** work; planning and maintaining most meetings and trainings via zoom; will meet in person intermittently as needed
- ❖ **Zoom interviews** worked
- ❖ **DSP emergency light backpack:** with essentials like gloves, hand sanitizer, thermometer, Clorox wipes, first aid kit, medical mask...can be maintained (excluding covid-19 specific)
- ❖ **CPAQ** – effectively used, places persons in the desired, most suitable setting
- ❖ **Q & A sessions on vaccinations** will be maintained bi-weekly as many are hesitant citing various reasons such as not being able to bear children or produce sperms and so forth

Moving forward: We envision that services and supports will remain different moving forward due to many systems changes during the pandemic; best practices learned during the pandemic has changed most aspects of our lives and the way we think and operate. HealthTech will use the format of CPAQ in pairing a person with another person, with a DSP, in recommending a group ratio, and in setting schedule of activities paying attention to safety, health, age group, among others. We are now equipped, experienced, tested, and ready to support the people we love most.

HealthTech recognizes that person's quality of life includes:

- ❖ Developing a more meaningful schedule of activities;
- ❖ Obtaining a suitable work situation;
- ❖ Obtaining a more suitable home environment;
- ❖ Developing relationships with other people;
- ❖ Providing more opportunities to engage in preferred activities;
- ❖ Eliminating barriers that prevent a person from accessing friends and family; and
- ❖ Modifying supports so the person may experience or develop greater independence with daily activities, among others

Welcome and be a part of HealthTech family!



Innovative Day was established in 2018 by David Carrington, the founder of Innovative life's Solutions (ILS). Innovative Day was created to further support and expand his vision of offering habilitative and rehabilitative supports to empower people to learn and practice skills in the areas of employment, creative arts, and community integration. Innovative Day staff provide supports based on each person's goals, preferences, and needs. We take pride in developing and operating community-based programming that produces positive outcomes.

Innovative Day thrives in assisting others live their passions and pursue their goals through creative and innovative ways to deliver services. Innovative Day recognizes that with the appropriate planning and supports people with and without disabilities can successfully participate in employment as a choice to generate income and to access untapped opportunities. Innovative Day is committed to families, communities, and people we support, and we strive to enhance the lives of people living with barriers to full community integration and self-sufficiency.

At our location at 6135 Kansas Ave, NE DC, our service population encompasses people who demonstrate a wide variety of skills, goals, and support requirements. We support people who live with intellectual and developmental disabilities with impacts ranging from severe to mild; some people we support have co-occurring behavioral health diagnoses; and nearly all are seeking, in coordination with their support circles, employment situations that will allow them to improve the quality of their activities during the day and allow them to make a meaningful contribution to the community. At Innovative Day we stand on our core values of Excellence, Education and Empowerment to provide high quality services and supports throughout DC.

Innovative Day is an authorized provider of Day Habilitation, Individualized Day Supports, Employment Readiness, and Supported Employment and Vocational services. Innovative Day is a current provider of community-based services for individuals who are qualified to receive Supported Employment via the Rehabilitation Services Administration (RSA) within the Department on Disability Services (DDS). We are authorized to provide training, case management and job placement services to DC SNAP recipients. Additionally, we have received the Think Workforce grant to provide job training and job placement to adults with intellectual disabilities.

For more information, contact Tiffany Sanders, Executive Director of DC Programs by email at tsanders@innovativelife.org or by phone at 202-269-3853 Website: www.innovativelife.org



POST COVID-19 SAFE OPENING
All Staff 100% Vaccinated and Follow all CDC Guidelines

LIFELINE'S IDS OPENING DAY

Museums-Gardening-Swimming-Arts-Cooking-And More

SUMMER 2021 EXCITING ACTIVITIES
IDS YOUR WAY!!



Contact Lifeline (301) 927-7580



NCC-Day Program-"We are Open."

The NCC Day Habilitation, Employment Readiness and Companion Services will include both community experiences that will follow safety rules and regulations. Teaching persons how to wear a mask and remove it appropriately, social distancing techniques, and handwashing practices will also be imperative to self-advocacy and autonomy because they are necessary for safely navigating the world how they choose and going beyond the home environment. Staff/Visitors/People supported will be expected to adhere to the COVID-19 guidelines.

- NCC will provide new option activities including technology. We will help our person understand what those are, why they are important, and how they can be completed.
- Exploration through virtual reality presents an opportunity to overcome barriers, constraints, and limitations (National Geographic Explore) VR technology can be linked to social media, so the person can virtually interact with friends whom also have a device.
- Through our Oculus pilot, person supported will be able to partake in exergaming, which utilizes technology to boost activity level.
- Opportunities to improve communication will be fostered through another virtual reality program using an interactive software called, Floreo. (Police Encounters: Persons can learn how to practice responding to police in different occasions)
- We will continue to maintain and improve physical fitness and skill by taking walks in the community or in the neighborhood and practicing coordination in an open field/park, exploring new community activities. Zoom classes can be attended virtually via live stream over Zoom for those that are interested.
- Through Zoom classes and workshops, persons supported can meet people with the same hobbies, share artwork, show dance moves, or find inspiration.
- Our persons supported will continue to attend and participate in building relationships as they continue to social distance when interacting with others, adapting to talking through surgical mask and visiting community businesses and communicating through plexiglass.
- Facilitate the exploration of employment and/or integrated retirement opportunities *AND* Encourage community integration, employment, and development of a full life in the person's community. Technology is a great way to introduce new employment opportunities that align with a person's interest. VR 360 videos can virtually place an individual in various work environments such as an office or at outdoor grounds. With a new focus on interest exploration, we hope our persons find more things that bring them joy, broadening the horizons for meaningful work.
- Cleaning Protocols in place to mitigate the virus

PENDERGRAST ALSTON CONSULTING SERVICES

A Small Business Administration (SBA) Hub Zone Certified Company; SBA Woman Owned Business and Certified Business Enterprise (DC)

Pendergrast Alston Consulting Services (PACS) provides Supported Employment to people with developmental, intellectual, mental and physical disabilities. Our mission is to assist people with obtaining independence, community involvement, and empowered decision-making in every aspect of life.

At PACS, each person we support explores job interests, expresses preferences in their career options and receives the necessary help to obtain and retain competitive employment in the community. Each person we support receives work experience and job placement in a variety of sectors including local and federal government; non-for profit; and private sector companies. To help with continuous success, we provide regular contact and drop in support by our Employment Consultants with employers.

PACS Employment Consultants professionals and staff have over 15 years of extensive experience serving the needs of transitional youth and adults. We work diligently with each person to determine their short and long term goals and provide the necessary support needed to accomplish their jobs successfully. We take pride in helping our clients succeed. We know that our success is dependent on the success of each person we support.

Let PACS assist you in your Supported Employment needs. We offer the following services to the community:

Supported Employment

- **Intake and Assessment.** Create a person centered plan that will identify individuals chosen interest, preferences and goals relative to successful job placement.
- **Job Readiness Training.** Assist individuals with job application completion, resume building, cover letter building and development; perform interview preparation including mock interviews; train individuals on time management; and other job development and selection responsibilities.
- **Job Development.** Identify individuals job and/or career interest; conduct skill assessments; research prospective companies within the Washington, DC metro area.
- **Job Placement.** Identify individual person center plan. Once plan is identified; qualified individuals will be matched according to their abilities.
- **Job Coaching.** Advocate and support individuals in the work place; provide individuals with the understanding of proper work place protocol; assist with identifying natural supports on the job; maintain full engagement with individuals and their employer; provide training of job responsibilities; interpret work benefits; develop and provide monthly reports; provide travel training; assist with completing legal and tax documents; assist in meeting employer expectations; and mitigate identified problems and areas of concern.

For more information, contact us:

O: 202-291-7227

F: 202-291-0760

info@pendergrastconsulting.com

www.pendergrastconsulting.com



PROJECT REDIRECT DC

2 Locations: 6407 Chillum Place, NW Washington, DC 20012 Telephone:(202) 291-3672
8555 16th St. Suite 700 Silver Spring, Md 20910 Telephone:(240) 839-7333
** We have fulltime licensed nurses on staff at both locations.*

Hours of Operation: Monday- Friday 8:00 am – 4:00 pm

Services

- **Day Habilitation (DH):** focuses on developing activities and acquiring skills to support and further integration.
- **Individualized Day Supports (IDS):** Community based vocational training and life-skills. All services are highly individualized and structured to emphasize social and developmental skills.
- **Employment Readiness (ER):** Our program participants receive training of specific job-related tasks and develop skill sets that support their goal of moving attaining long-term, paid employment.
- **Supported Employment Services (SES):** offers opportunities for program participants to achieve successfully integrated employment.

Virtual Services

- **Employment Readiness**
- **Supported Employment**
- **Remote Job Coaching**

COVID-19 Safety Precautions:

- **Robust COVID screening protocol:** Our protocol involves door-step temperature checks and answering COVID-19 symptom screening questions.
- **Hand Washing/Sanitizing:** We teach and encourage all participants to wash and sanitize their hands. All our sites are generously fitted with touchless hand sanitizing stations.
- **Social/Physical Distancing:** to aid our participants in visualizing the CDC recommended 6ft physical distance, all our sites have 6ft markers on the floor (including program rooms), so that small group activities can be executed safely.
- **Training:** All staff participate in continuous training on CDC, DC Health and DDS COVID-19 protocols.
- **Cleaning:** cleaning, disinfecting, and sanitizing of shared spaces and frequently touched surfaces are being completed hourly or as needed.
- **Safety in the Community:** Van capacities have been reduced to facilitate safe transportation of persons served. The vans are disinfected and sanitized before and after each trip. Staff also carry a COVID- supply backpack kit e.g., masks, hand sanitizers, Lysol, disposable toilet seat covers, gloves, disinfecting wipes etc. while in the community.
- **PPE:** Staff uses CDC approved PPE throughout the day and provide additional supplies to person's supported as needed.

PSI Services III, Inc.

COVID-19 Operational Plan

- PSI Services Day Program is open and began providing service to people in October 2020.
- PSI is currently able to scale up as conditions permitted.
- PSI is following all the guidelines from CDC, the DC Department of Health, and the DC Department on Disability Services.
- PSI has sufficient PPE and is observing Social Distancing and Handwashing Protocols. We have multiple Hand Sanitizing stations. We consistently disinfect and sanitize all surfaces and materials in the building, we also minimize group size to limit interactions.
- PSI staff and the people we serve have been fully vaccinated, but we still adhere to all safety precautions.
- PSI is currently offering the following services, Day Habilitation, Employment Readiness, Supported Employment, and Individualized Day Service.
- We can support multiple people on jobs at Joint Base Andrews and the Library of Congress.
- PSI can engage people referred in meaningful community activities. We can support people we serve in several volunteer activities at food banks around the city.
- As the city and the community reopen, PSI can offer people opportunities that are consistent with their desires. We continue to monitor the status at community parks, recreation centers, museums, and other areas of interest people may want to visit.
- PSI is now receiving referrals from DDS service coordinators for service to 1 people they support. Many people are coming back part time to reacquaint themselves and their caregivers with the routine of being back in the community.



Washington, DC & Northern VA, Inc.

United Cerebral Palsy (UCP) is pleased to announce that we are reopening our doors for in person services on June 7, 2021. During this pandemic era, we are providing small group day (1:3), companion services, IDS for those who are returning, and virtual services/meaningful day for those who are not yet able to return.

UCP is reopening on a modified schedule of 3 hours per session. Our morning session will be from: 9am-12pm, and our afternoon session will be from: 12:30pm-3:30pm. Since we are offering both morning and afternoon sessions, each team will have the choice to decide which option works best for the person. Each small group will consist of 3 participants per staff. We will have a maximum of 5 small groups at a time which gives us 15 participants in the center at one given time.

As of today, 98% of our staff are fully vaccinated. However, UCP will continue to take safety precautions such as: practice of social distancing, utilization of appropriate PPE's, and maintaining an hourly cleaning/disinfecting schedule. Each area will be equipped with protective barriers such as plexiglass shields for the desks between each person, hand sanitizer throughout the center and at each work area, individualized materials (which will not be shared) and will be sanitized and maintained in closed containers per person, and disposable face masks.

UCP has assigned a staff specifically for cleaning purposes only. The facility will be cleaned daily according to CDC guidelines, before and after each session, and/or more frequently as needed. We are still following our reopening plan which includes temperature checks upon entry and reentry, checklist questionnaire and proper sanitization. This reentry plan will continue until COVID-19 is a non-factor.

Our staff are in place and excitedly ready to welcome the safe return of our persons served. We are also available to accept new referrals as well.

Thank you.

1100 New Jersey Avenue SE, Suite 2190 Washington, DC 20003

| Tel (202) 269-1500 | www.ucpdc.org

Verigreen INCORPORATED | DAY PROGRAM

Verigreen inc. Day program is community-based.

We provide meaningful activities for individuals

To participate in the community which reflects individual preferences and goals, provides adult learning opportunities, skill building and offers real opportunities for individuals to pursue specific interests and engage in community life. Programs are offered in the most integrated community settings. Our goals are to enable people we support to achieve their highest level of independence, potentials and lead meaningful lives.



The following are some of the activities offered:

- ❑ Community Exploration: Visit To The Museums, Malls, Park, Restaurants, Theater Etc.
- ❑ Skill building: Computer class, cooking class, gardening, shopping, training on taking public transportation.
- ❑ Volunteer opportunities

Some of our Community Meeting Locations are:

- Small Group Day Habilitation.
- Individual Day Support(IDS)
- Employment Readiness
- Day Habilitation 1:1
- Supported Employment

7610 PENNSYLVANIA AVENUE, SUITE 205, DISTRICT HEIGHTS MD. 20747 (301) 636-3840,
(301) 377-1132 INFO@VERIGREENINC.COM



Vested Optimum Community Services, Inc. better known as VOCS is excited to announce that we are open to provide various day program services. VOCS is transforming the way that we do business not only due to COVID 19, but due to changing trends in providing services for persons with intellectual and developmental disabilities. Our focus will be providing more services in the community and ultimately eliminating facility- based services. However, during this period wherein the District is in Phase II we continue to be flexible in providing virtual services per the persons' choice and thereafter. We strongly encourage persons selecting our program and staff to be fully vaccinated to protect themselves while navigating in the community.

The Day Program is currently undergoing an internal transformation and welcomes the opportunity to build more partnerships with community members and business owners. COVID 19 has challenged everyone to "think outside of the box". This is a prime opportunity to build partnerships with business owners in the hospitality, tourism, and food service industries for persons seeking this type of employment. Businesses have been impacted by COVID and are trying to rebound by looking for a reliable workforce that is also dependable. DC relies heavily on revenue from these industries. Our trained staff are up for the challenge.

Our team is open to assisting with facilitating new experiences and opportunities for persons supported by minimizing the digital divide through use of increased technology. Technology is a real eye opener and is necessary for people to feel an integral part of their communities and promotes active engagement.

VOCS is accepting referrals for IDS, Day Habilitation, Employment Readiness, and Supported Employment. We look forward to meeting with interested persons and their teams. For further information, please contact Belinda Wiley via email at b.wiley@vestedoptimum.com.

RCM of Washington, Inc. Community Based Day Opportunities

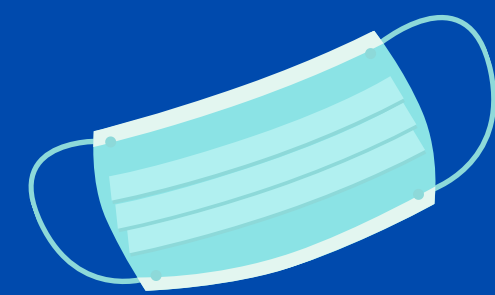


SERVICES

- Individualized Day Services
- Employment Readiness
- Supported Employment
- Companion Services



All COVID-19 protocols and safety measures in place to ensure a healthy and meaningful day!



For more information contact
Chandra Connolly at:
cconnolly@rcmofwashington.com

