

OPPORTUNITIES News & Views

Cooking Matters!

Chris Merritt, Nutrition and Health Specialist and Lauren Richardson, Nutrition Program Associate (NPA) from the University of Missouri Extension Office conducted cooking classes at the Program Building to show just how much cooking really does matter.

Participants reviewed basic cooking techniques for inexpensive, nutritious recipes during each class, learning about the ingredients, the proper way



to cook them as well as a few new preparation techniques. Some of the meals included soft tacos with sweet potato chips, smoothies, butternut squash pancakes with fruit salad and egg/avocado breakfast sandwiches.

Each participant in the class received a cookbook, cutting board and University of Missouri Extension tote bag for transporting their groceries. At the end of each class, everyone was encouraged to try the meal they cooked that evening.

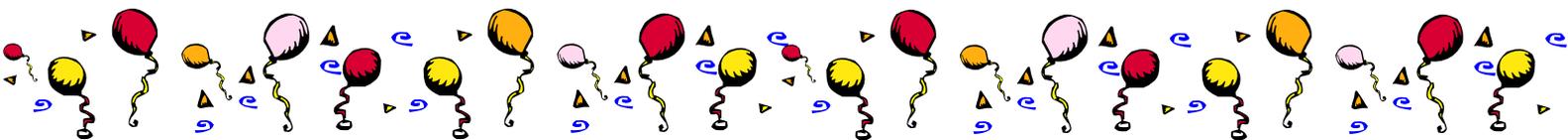
Each participant was sent

home with their bag of groceries to recreate the meal at their leisure. The course lasted six weeks,

Chris Merritt expressed his thanks to everyone after each class, but stated our staff were more engaged with the clients and their activities than most agencies that have participated in the course.

We all look forward to the next Cooking Matters class which should start some time in Fall 2016.





EMPLOYEE ANNIVERSARIES

ONE YEAR

Kathleen Grover
Wendy Parker
Kayla Suchland

TWO YEARS

Michael Burgess
Jonathan Essen

THREE YEARS

Candis Pratt
Jeanne Schulze

FOUR YEARS

Tammie Taubig
Janet Yates

FIVE YEARS

Kimberly Kallash

SEVEN YEARS

Jessica Hodge
Thomas Wehmeyer

ELEVEN YEARS

Donna Jacobson
Malinda Derr

TWELVE YEARS

Jessica Ruediger

THIRTEEN YEARS

Geraldine Edwards

FIFTEEN YEARS

Shawna Fair
Angela Ray

SIXTEEN YEARS

Brenda Workman

NINETEEN YEARS

D. Julie Payne

TWENTY THREE YEARS

Joe Rothweil

THIRTY YEARS

Mary Sullivan-Thomas

Happy Anniversary!

Welcome New Employees!!

Alexandria Creech - full time LST, hired 2/1/2016 - Lyons

Murry Meyer - per diem CST, hired 4/6/2016 -Day Program &

Personal Assistance

WORK RELATED INJURIES

Unfortunately...injuries happen. But when you sustain an injury from performing your job you have certain protections under workers compensation. In order to ensure you are covered under those protections it is very important that you follow procedures for work-related injury reporting. The following are steps to ensure you are covered:

1. The most important of steps is that you should ALWAYS report a work-related injury to your immediate supervisor (or follow appropriate chain-of-command if your supervisor cannot be reached) immediately! Speak directly to a supervisor...do not leave a voicemail, send a text message or wait until the following day. Work Comp. laws changed & shifted the burden of proof to the "Employee"; therefore, if you don't report the injury before you leave....how can you prove that it occurred while you were at work?
2. A Report of Injury form will be filled out in ALL cases, even if you choose to not receive medical attention. We waived treatment as "Report Only" claims. This protects you in the event that your injury is more severe than you originally thought as we can easily change a "Report Only" claim to an "Active" claim.
3. If you require medical treatment for your injury, mandatory Drug and Alcohol testing will be completed, and a supervisor will escort you to a testing/treatment facility.
4. All medical treatment must be through an agency contracted/approved treatment facility....you CAN NOT see your own personal physician for a workers comp injury.



FRIENDLY FACES

Name: Regina Kunza

Family: 3 siblings - Ricky, Danny & Sarah

Tell us about you: I work at BCI.

Who is your personal hero and why: Garry, former Youth Pastor

Favorite Hobby: Watching you tube videos

Favorite Junk Food: KFC chicken mashed potato bowl

Favorite Meal: chicken fried steak

Favorite Movie: Disney's *Frozen*

Personal Motto: Do unto others as you would have them do unto you.

List one personal phobia or odd habit: I really don't like spiders or snakes.

If there was a movie made about your life, what would the title be and what famous actor/actress would play your character: Amy Grant would play me in a movie titled "Faith".

What unique talent do you have? Basketball

If you could live in another time, what would that be? The future

If you won the lottery, what would you do? Win and have fun!



Happy 30th Anniversary!

On March 3, 2016, Mary Sullivan-Thomas celebrated 30 years as Executive Director for Community Opportunities. In honor of Mary's 30th anniversary, she received a beautiful bouquet from the Board of Directors and staff. In addition,



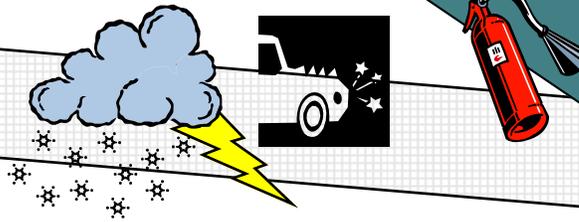
Mary was presented a Resolution by Representative Randy Pietzman (Signed by Representative

Randy Pietzman and certified by Speaker of the House Todd Richardson) in recognition for her distinguished 30 years of service to Community Opportunities.





Tom Wehmeyer
H&S Chairperson



Health & Safety Corner



Safety Tips

Winter seems to have let go of its grip and Spring is in the air. For those who may not have heard, Norm Edlund, the new Maintenance guy, has taken over the responsibility of completing the monthly vehicle inspections. **Thanks Norm!**

However, staff needs to be mindful we drive the vehicles on a daily so any maintenance or other issues need to be reported to your supervisor or Teresa Gooch.

Please remember to do pre-trip inspections and check the oil, fluids and tires.

With the end of winter weather, all locations and drivers should schedule some time to give the vehicles a good cleaning inside and out, including vacuuming the carpets, floor mats and seats to remove the winter debris

If you have not noticed, two new Ford Taurus sedans were received in late March, one for the PA Program and one for Case Management

Please remember Home and Location Inspections are due to your supervisor by the 15th of each month, along with the completion of the monthly required Emergency Drills. These inspections and drills are an integral part of our requirements for keeping our consumers and staff safe.

Our CARF Survey is coming in Fall 2016 and it is never too early to begin planning. There is a Health and Safety portion of the CARF requirements in the All Employee Folder on the network. If you have a few minutes, I hope you will take time to study the standards which will be reviewed. We want to "maintain healthy, safe and clean environments which support quality services and minimize risk of harm to persons served, personnel and other stakeholders."

And finally, with Spring time, comes the possibility of severe weather events. Please take a moment to review and know your specific location's emergency procedures and remember the following:

A tornado WATCH means that conditions are favorable for tornado development.

A tornado WARNING is issued when a tornado is actually spotted on the ground OR the Doppler radar picks up a rotation in winds within a storm cell. A warning is issued in that case to give people time to take cover in the event a tornado does reach the ground. Lincoln County does have tornado sirens which sound and everyone should take cover as directed.

Congratulations Cauy!

Community Opportunities is proud to spotlight Cauy, who was recently nominated for The Department of Mental Health's 2016 Mental Health Champions. He and his mother, Suzanne, will be attending a banquet in June. Cauy has Tuberous Sclerosis Complex (TSC), a genetic condition which affects him a variety of ways. TSC Awareness Month is celebrated every May. Cauy and Suzanne are very involved in efforts to make people aware of TSC and created "A Cure for Cauy" which raises money every summer by selling tickets to a Cardinal's game. He has been able to throw out the ceremonial first pitch at the games and enjoys visiting with all of the folks who support TSC. Cauy sincerely hopes a cure can be found and he likes to let people know about his conditions. He also likes to promote Autism Awareness Month each April and Epilepsy Awareness each November.



However, don't think having TSC keeps Cauy down. He is a busy dude:

Cauy is a sophomore at Troy Buchanan High School looking forward to graduating in 2018. He would like to attend the University of Alabama (Roll Tide!) as he is a huge fan of their sports teams. He lives with his mother, Suzanne, his grandparents and his great-grandmother. But you would be hard-pressed to find him at home.

He participates in Special Olympics Basketball with his team in O'Fallon.

Spring and summer Special Olympics golf give him chance to get out and swing his clubs with his golf partner and Track gives him opportunities to run, throw and jump competitively.

He also plays Special Olympics Softball. However, he is going to really miss playing baseball with friends through the Troy Parks and Rec League. Cauy missed being able to participate last year in the World Games in Los Angeles for softball, but he will be eligible the next go around.



He enjoys meeting new people with the local Easter Seals Autism Teen group activities and the SOAR summer camp with Community Living in O'Fallon.

For the past several years, Cauy and sometimes his mom, have traveled to North Carolina to attend Victory Junction. He would like to return as a camp counselor in the future.

Suzanne and Cauy make a point of traveling to at least one NASCAR race each year - this year at the Kansas Motor Speedway. He almost never misses the Sunday race on TV.

He raises rabbits with FFA always looking forward to the Lincoln County Fair and being able to show them off. The rabbits just recently had new batches of bunnies, so he is busy taking care of them.

On most Saturdays, you will be able to find Cauy at PALS in Hawk Point taking care of the animals. His mom has to make sure he does not smuggle a new pet home each week.



He has spoken to various community organizations, including the Knights of Columbus, on behalf of those with Autism and TSC. Even though standing in front of a large crowd can be intimidating, Cauy brings his message to raise awareness and to let everyone know who he is.

He is also going to go to Mexico, Missouri this summer to try out to be a Global Speaker on behalf of Special Olympics.



Out & About in the Community

HOCKEY!

On Thursday, Feb. 4, Tom enjoyed an evening out for his first NHL game. He decided on Cracker Barrel for dinner and even got to visit with some old friends from Therapeutic Horsemanship. Finding parking for the hockey game was a challenge, but Tom soon found that getting to see the action up close was worth the wait. The Blues lost, but the energy of the crowd gave Tom an experience he will never forget.



BASKETBALL

At the 3 on 3 Basketball Tournament Saturday, January 23, 2016, everyone played great against some tough competition. Michelle's team, the Timberwolves, got gold!



Annual Fishing Trip

The weekend of March 25-26 was the annual Joey and Lanny fishing trip. They didn't catch as many fish this year, 7 total, but they did enjoy themselves.



Enjoying Spring in February!!

Mary stopped in to take Jeffrey and Jerry out for ice cream. It was a beautiful day to have the top down and soak up some of the warm sunshine!!



CARF Survey

This is a CARF Survey year. Our survey will most likely be October/November.

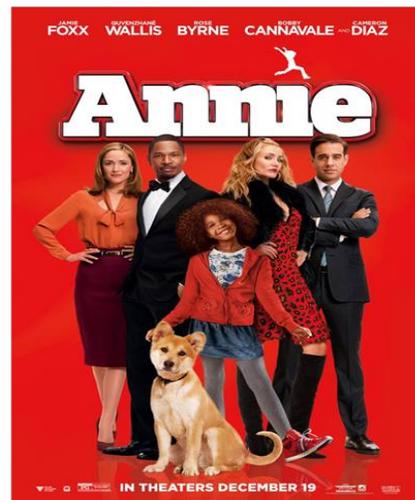
The updated CARF Standards are posted on the agency network in the All-Employee/CARF Manuals sub-folder.

Fun Times!

Valentine's Day Celebration



Come Join Us For
MAY MOVIE NIGHT!



When: Friday, May 20th at 7:30 pm

Where: In front of the Garage at Opportunity Court

Bring: lawn chairs, blankets and drinks

Popcorn will be provided!

Rain or Shine...If it rains,

the movie will be held in the garage.

Easter/Patty Party Celebration in Day Program

A fun time in day program was enjoyed by all who participated celebrating St. Patty's day and Easter with an Easter/Patty party. Indoor baseball was a big hit for exercise with a bouquet of flowers for the bat and a plastic egg for the ball. Friends also enjoyed making a healthy snack of yummy fruit kabobs while exercising



fine motor skills. Much laughter was shared while playing a jelly bean bottle transfer game which helps practice dexterity skills. Plans are underway for our next adventure in day program!

On March 11th, some of the guys from Day Program got together to enjoy an afternoon of bowling. Everyone had a great time and bowled great games!



Employment

Congratulations!!!



Eric was hired at Mirmir Packaging in Troy as a production worker on 2/18/2016!

A Milestone Reached

Blake reached 90 days of employment with Kroger. Awesome job!



Welcome Back

We welcome Vickie back to the Supported Employment Program.



Supported Employment welcomes:



Joseph in January



Paige in January



Zachary in January



Anthony in January

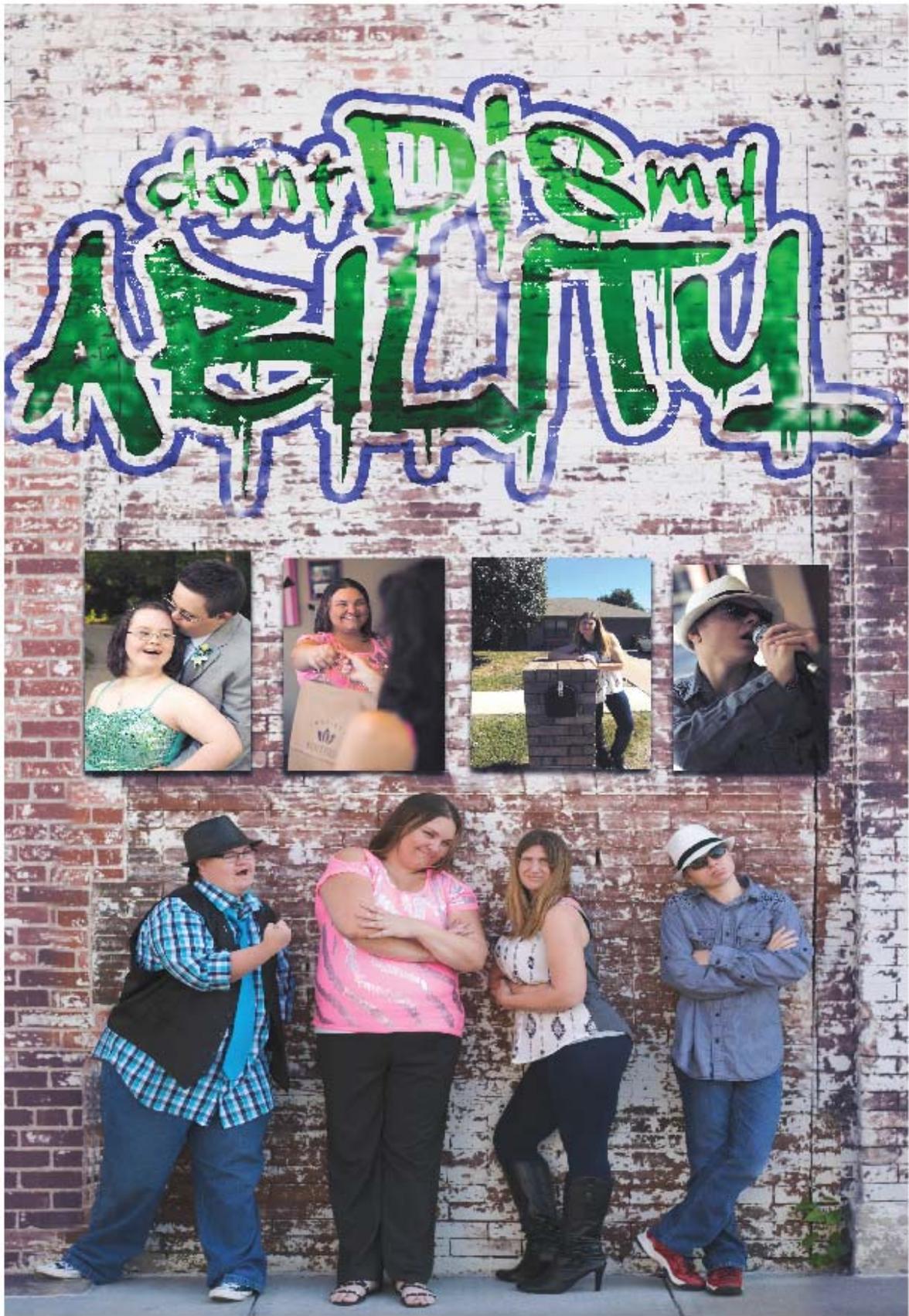


Tina in February



Israel in February

No Picture Available for Ashley And Brittany, both welcomed in February.



People First
of Missouri



Missouri Association of County
Developmental Disabilities Services



Fun Times!

All Residential Meeting

The All Residential Meeting was held March 31st. This is a semi-annual meeting where residential staff get together to discuss new procedures and review current ones.

The agency's R.N. Consultant, Tracy Carol attended to answer questions and review current health/medical related issues.



Fun in the February Sun!



When you get a warm, sunny day in February, you should always take advantage of it. Eddie, Kim and Diana decided to do just that by taking a break to lay in the grass and watch the clouds.

Thank you to Cuivre River State Park!

Each year, Community Opportunities has a camping trip, open to all of our clients. In the past, our campers would have to pay for the reservation of the campsites. Thank you to Eric Gregory CRSP for use of Camp Cuivre for the Agency Camping Trip.



A Couple of Reminders....



- ...Please be sure to turn receipts in! All medical receipts go into envelope provided, then directly to Joanie's inbox.
- ...Wal-Mart, gas and grocery receipts go in the hanging file by Teresa's desk at the Program Building. **Please be sure to mark on them which location & EBT information if applicable.**
- ...Complete and turn in Personal Purchase Forms.
- ...Please remember pay periods have changed. If you have questions, please see your CLS.
- ...Please remember to turn in Monthly Inspections to your supervisors by the 20th of each mo.
- ...Limit cell phone usage to work related calls.
- ...Per Diem Staff—availability calendars are due by the 5th of each month.
- ...Be mindful of the dress code.
- ...Be positive role models!
- ...If an employee changes his/her phone number, address, or e-mail address, please complete