

The Rivalry Continues!

The weather was almost perfect for a fun afternoon of kickball or at least the rain held off until the game was complete.

The pre-game meal fueled everyone for the tough competition awaiting them. The Oar Knots (Day Program) pitcher, Jim, pitched a good game, but the Passive Aggressors (Community Skills) were on a mission for back to back wins. Thanks to the excellent pitching of Katrina and Allison, the Passive Aggressors won the 2nd Annual Kickball Game versus Oar Knots with a score of 23-21.



When the game was over, some teammates had fun with water balloons. Additional pictures on page 2.



Agency Camping Trip & Employee Appreciation Picnic

The Annual Agency Camping Trip began April 22 at Cuivre River State Park.

The park was generous and donated the cabins and grounds of Camp Cuivre. This site was great as the main cabin has a full dining hall. No roughing it here! Friday evening was spent getting settled and enjoying sub sandwiches at the camp fire with friends. Saturday started with breakfast of scrambled eggs, sausage, pancakes, toast & fruit; then it was on to volleyball, washers, soccer or hikes through the woods throughout the day. From noon until 3 pm, the Employee Appreciation

Staff Picnic was held in conjunction. The staff and campers all enjoyed a good pulled pork and roast beef lunch with all the trimmings. Saturday evening was spent watching the movie 'Harry And The Henderson's' and a campfire with s'mores! Sunday concluded the weekend with a nice breakfast and everyone packing up and heading back home. Thanks goes out to all who organized such a great event. Additional pictures on page 3.



More Kickball Fun

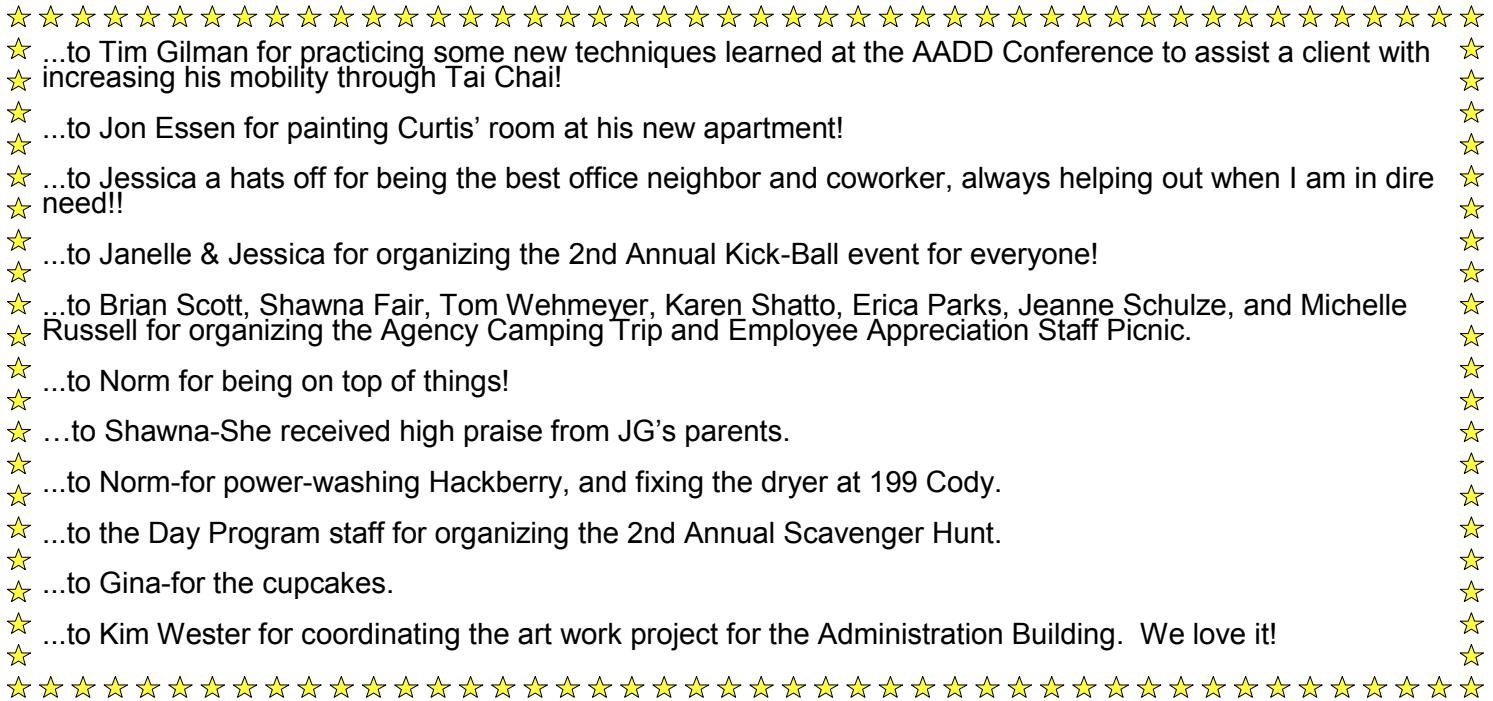


More Camping and Employee Appreciation Picnic Pictures!





Hats Off to...



Congratulations Becca!

Administrative Specialist
Becca was honored with a
baby shower for sweet little



18, 2016, weighing in at 8 pounds even and was 22 inches long. Congratulations to Becca and her family.

Out and About

Nancy and Margaret enjoying a cup of coffee at Cornerstone Coffee on a cloudy day in April.

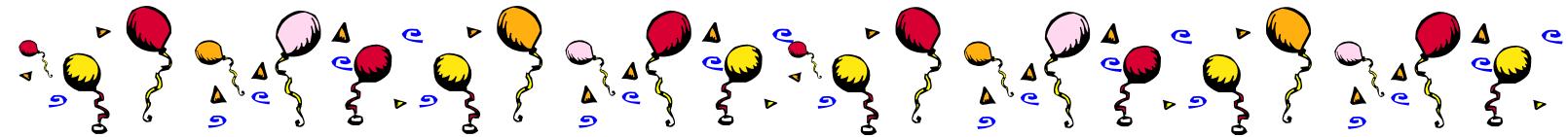


Upcoming Training & Events

- ⇒ Movie Night - August 12, 2016 - 7:30 pm, Garage at Opportunity Court
 - ⇒ Offices, Day Program, CSS, BCI & Earthwise will be closed on Sept. 5 for Labor Day
 - ⇒ Annual Staff Required Trainings

Just a reminder, staff annual required trainings (HIPAA, Abuse & Neglect, SDS, Ready in 3 Emergency Preparedness, H&S Emergency Policies & EMT Report Writing) are now assigned to staff to complete in College of Direct Support. Check your agency e-mail regularly for assigned trainings/messages!

Remember –staff are required to attend/complete scheduled trainings & in-services!



EMPLOYEE ANNIVERSARIES

ONE YEAR

Julie Clark
Michiyo Clayton
Ashley Suchland
Rebecca McIntosh

TWO YEARS

Carol Ghan
J.R.(Norman) Chambers
Teresa Gooch
Marsha Sowell

SEVEN YEARS

Jeanette Smith

EIGHT YEARS

Barbie Davis
Erika Park

TWELVE YEARS

Diana Jones

THIRTEEN YEARS

Donna Odom

FIFTEEN YEARS

(Jennifer) Michelle Palmer

SIXTEEN YEARS

Ryan Williams
Cyndi Reynolds

NINETEEN YEARS

Darwin Walters

TWENTY TWO YEARS

Kathy Lewis

Happy Anniversary!



A Walk In The Park!

One day in May was perfect for getting some exercise and Towne Park has become a regular stop for participants in the Day Program. This day, Robert, Mickey, Jackie, David, Eddie and Alisha got a work out! They all enjoyed themselves and look forward to going again soon.

Welcome New Employees!!

Amy Koonce-full time LST, hired 4/19/2016 -17 & 21 Opportunity Court

Kirstie Tryon- full time LST, hired 4/25/2016 - 17 & 21 Opportunity Ct.

JoAnna Lore-full time LST, hired 5/10/2016 - 48 Carol

Angel Weathers-full time LST, hired 5/31/2016 - 17 & 21 Opportunity Ct.

Vanessa Kientzy-Payne-full time CST, hired 6/10/2016 - Day Program

Tiffany Hazelwonder-per diem CST, hired 6/7/2016 - Community Skills

Conflict-Free Case Management

Due to new Federal regulations case management entities are no longer allowed to provide both case management services and direct Medicaid Waiver services (such as day program , residential services, community integration services etc.) to the same person. This change is to help avoid a conflict of interest.

To comply with the regulation we will be working with Pike County Agency for Developmental Disabilities for case management services. Pike County will provide case management to clients currently receiving both case management and direct Waiver services from Community Opportunities. Case managers from Pike County will have offices in our Administrative Building for continued easy access. Community Opportunities will provide case management services to clients currently receiving both case management and direct Waiver services from Pike County. We will have 3 case managers from Pike County and we will have 3 of our case managers providing case management in Pike County. Our 3 case managers will still have clients in Lincoln County and will split their time between the two areas. We are in the process of reorganizing space in the Administrative Building to accommodate this new arrangement.

We are in the process of reviewing case-loads and assigning new case managers. The transition will begin in September. We will work together to make this transition as smooth as possible. We are committed to providing the very best services and supports. Please contact Mary Sullivan-Thomas if you have any questions or comments.

How to get healthcare answers after hours with United Healthcare

Some health care questions simply can't wait. When that happens, we're here for you — on your schedule. Below are five common situations you might find yourself in — and what you can do right now.

1. You're in the urgent care center — without your health plan ID card.

If you have your smartphone, you can email or fax your ID card right to your provider. Just download the United Healthcare Health4Me® mobile app — and log in using your myuhc.com username and password.

2. You've never used your health plan — and you're not feeling so great. You're not sure what to do.

Call the number on your health plan ID card — or log in to [myuhc.com](#)® — to chat with a nurse to help you figure out what to do.

3. You're budgeting for an upcoming surgery — and need to estimate what it will cost.

On [myuhc.com](#), you can use the "Estimate Health Care Costs" button. It helps you compare quality and estimated costs for procedures and providers.

4. You need to know right away if a claim was paid.

Just go to [myuhc.com](#) — and click on "Manage My Claims" for the latest information. You can even make payments to some providers right from our site.

5. You can't remember if you've already met your deductible for the year.

Just go to [myuhc.com/balances](#) — and log in. You'll be taken straight to the "Account Balances" page. It's a convenient way to check your deductible and out-of-pocket limits.



What to do next

[Download the Health4Me app today](#) for answers anytime.

FRIENDLY FACES

Name: Norm Edlund, Maintenance Man

Family: wife, Linda; 2 daughters; 3 sons; 12 grandsons and 1 granddaughter

Tell us about you: worked as carpenter for 50 years and Cubs fan. Blessed to enjoy our grandkids' sports and our 1st grandson's wedding recently.



Who is your personal hero and why: My first boss, best man I ever worked for; great example as a Christian in family life and work. His son married my daughter.

Favorite Hobby: work, fixing broken things and watch grandkids sports.

Favorite Junk Food: Mom's chocolate chip pie made with marshmallows and cool whip.

Favorite Meal: Thanksgiving Dinner!

Favorite Movie: Clint Eastwood - All of them!

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

List one personal phobia or odd habit: I am a saver of all things. I like to make use of them later.

If there was a movie made about your life, what would the title be and what famous actor/actress would play your character: "Fun With Grandpa", Actor Robert Young (from "Father Knows Best")

What unique talent do you have? I can build a house and fix broken things.

If you could live in another time, what would that be? I'm happy to just enjoy this life.

If you won the lottery, what would you do? Pay off the house and donate.

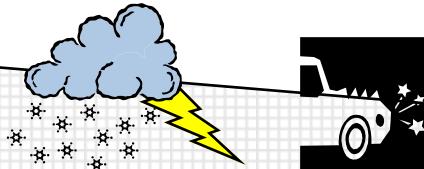
Track and Field with Lincoln County Roadrunners

Jim and Richard were among the participants in the Track & Field Competition on April 30, 2016. Richard brought home a silver and two gold medals! The event was held at the Westminster Christian Academy located in Chesterfield, MO.





Tom Wehmeyer



Health & Safety Corner

Safety Tips



Heat illnesses can be deadly. In extreme heat situations, sometimes your body's temperature control systems can't keep up. When this happens, your body temperature gets dangerously high. You are at greater risk of serious heat illness, such as heat stroke, heat exhaustion, heat cramps and sunburn.

- ◆ STAY COOL. Stay inside, in air-conditioning if you can, or in cool places such as basements. Wear lightweight, light-colored, loose-fitting clothing. Take cool showers. Sleep without sheets. Draw the shades to keep out morning and afternoon sun.
- ◆ STAY HYDRATED. Drink more water than usual, especially if exercising or active outdoors. Be proactive; don't wait until you are thirsty. Avoid alcohol and caffeine because they make you lose water.
- ◆ LISTEN TO YOUR BODY. Take it easy. Reduce exercise and limit it to the cooler parts of the day. If you feel sick, ask for help. Stop what you are doing if you feel faint or weak. Heat can worsen existing chronic health conditions.
- ◆ DON'T BE A STRANGER. Check on your loved ones and neighbors, especially if they are elderly or have chronic health conditions. Make sure they are drinking enough water and are staying cool. Remind them to take heat seriously!
- ◆ NEVER LEAVE CHILDREN, ADULTS WITH DISABILITIES, OR PETS IN A PARKED VEHICLE. Just don't do it. The sun can turn a vehicle into an oven within minutes, even if it doesn't feel hot outside.
- ◆ STAY INFORMED. Follow local weather and news reports. If you have concerns about your or someone else's health, dial 9-1-1 or seek immediate medical attention.

Heat stroke is a life-threatening emergency. Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes.

Warning signs of Heat Stroke:

- ◆ An extremely high body temperature (above 103°F, 39°C)
- ◆ Red, hot, and dry skin (no sweating)
- ◆ Rapid, strong pulse
- ◆ Throbbing headache
- ◆ Dizziness
- ◆ Nausea
- ◆ Confusion
- ◆ Unconsciousness

What to do for Heat Stroke: Heat stroke can cause death or permanent disability if emergency treatment is not provided. Call for immediate medical assistance.

- ◆ Get the person to a shady area.
- ◆ Cool them rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- ◆ Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.
- ◆ If heat stroke has already started, do not give the victim fluids to drink.

Heat exhaustion is the body's response to losing too much water and salt contained in sweat. If heat exhaustion is untreated, it may progress to heat stroke. The skin may be cool and moist. The person's pulse rate will be fast and weak, and breathing will be fast and shallow. The warning signs of heat exhaustion are:

- ◆ Heavy sweating
- ◆ Paleness
- ◆ Muscle cramps
- ◆ Tiredness
- ◆ Weakness
- ◆ Dizziness
- ◆ Headache
- ◆ Nausea or vomiting
- ◆ Fainting

What to do for Heat Exhaustion:

- ◆ Help the victim to cool off. Seek medical attention if symptoms worsen or last longer than 1 hour.
- ◆ Try to cool the person down with: cool, nonalcoholic beverages, rest, a cool shower, bath, or sponge bath, an air-conditioned environment, lightweight clothing

Heat cramps usually affect people during or after heavy exercise, because the body loses too much salt and moisture through sweating. Heat cramps can also be a sign of heat exhaustion. Heat cramps are muscle pains or spasms—usually in the abdomen, arms, or legs.

What to do for Heat Cramps:

- ◆ If you have heart problems or are on a low-sodium diet, get medical attention for heat cramps. Seek medical attention for heat cramps if they do not stop in 1 hour. Otherwise do the following:
- ◆ Stop all activity, and sit quietly in a cool place.
- ◆ Drink clear juice or a sports drink.
- ◆ Rest for a few hours after the cramps stop, because starting to exercise again too early could lead to heat exhaustion or heat stroke.

Out & About in the Community

Museum Trip

Robert and Tony visited the Holocaust Museum in Creve Coeur on May 10. They toured the museum, learning the history of the Holocaust, by viewing photographs, artifacts and reading the text panels. While watching the video presentations, they heard personal accounts from some Holocaust survivors who immigrated to St. Louis. After visiting the museum, they chose to go to the Chinese Buffet in O'Fallon for lunch. Robert and Tony both enjoyed the experience of learning the history of the Holocaust and would like to return to visit the museum again.



Idgie visits Ken!

Idgie, the service dog, and her partner, Amber, visited



with Ken at his home recently. By the look on Ken's face, they will most likely be stopping by again soon. If you would like more information on Idgie, please contact Kathy Grover at groverk@commopps.org.

Zoo Fun!

Dan, Joe and Lanny braved the 95 degree temperature along with their staff, Cathy to spend the day at the zoo. Everyone enjoyed the zoo and look forward to returning on a cooler day.



At the Muny~

This year the Muny Season provided great entertainment as always. Community Opportunities were awarded tickets to select shows, and our season started with the classic, Wizard of Oz. There was a lot of excitement before, during and after the show. Even the rain couldn't dampen the excitement!



PetSmart

David, Terry & Robert do a great job at PetSmart taking care of the kittens in the adoption center. Each week, one of our Day Program groups, volunteer to assist the adoption handlers with all the cats and dogs. They make sure they have plenty of food and water for the day and we are sure they provide some human touch.



Fun Times!

Invaluable tool!

Cody has had much success with his new I-Pad and the Proloquo2Go app for non-verbal individuals. He is a very cool kid and learns rapidly, which makes the I-Pad invaluable to him. He uses it at home and at school on a daily basis. It is his basic

means of saying hello to fellow students

and staff members at The Center for Autism. He also uses it regularly to relay his wants and needs at home, such as wanting ice cream cake or going to Wal-Mart. He takes it with him in the car so he can communicate with Mom while driving. Everyone is sure this will remain a large part of his life and means of communication as he moves into adulthood.



Cinco De Mayo celebration

As always, Day Program makes the most of every holiday! Everyone wore sombreros, enjoyed listening to music and participated in eating chips and salsa.



2nd Annual Scavenger Hunt

Day Program held their 2nd Annual Scavenger Hunt on April 29. Each staff member chose a business or a location to hide tangible clues and each clue had to be in the form of a rhyme. Each team then were given the rhyming clues to go out into the community to bring back their findings.

For example, solve the clue for Burger King and your team received crown hats. If you were solving your clue at Jack In The Box, your team received a the prize of a Jack In The Box head and if you were lucky enough to solve your clue for Sweets to Remember, your team got a sweet treat! Solving the clue for Cornerstone Coffee & Confections, you received a mustache in honor of one of our staff, Robert Lawson. Teams went throughout Lincoln County, solving clues at The Elsberry Ambulance District, Cuivre River State Park, Sally's Beauty Supply and Wood's Fort in addition the locations mentioned above.

Everyone had a great time and look forward to next year.



Community Skills Services

To more accurately reflect the supports we provide we have changed the name of the Personal Assistance (PA) Division to Community Skills (CS). The Community Skills Division teaches participants a variety of skills to assist them in gaining self-advocacy and self-direction skills. Additionally, participants learn important daily living skills to assist them in increasing their independence. Jessica Ruediger has also relocated her office to the Program Building.

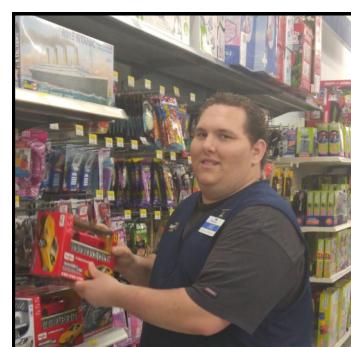
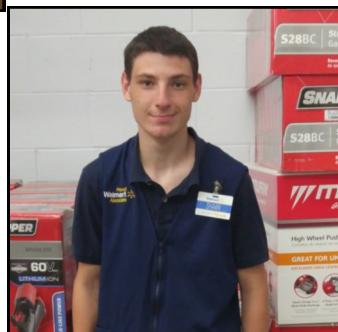
Employment

Congratulations!!!



Eric reached
90 days of
successful
Employment
at Mimir
Packaging.

In March, Shawn was
hired at
Wal-Mart.

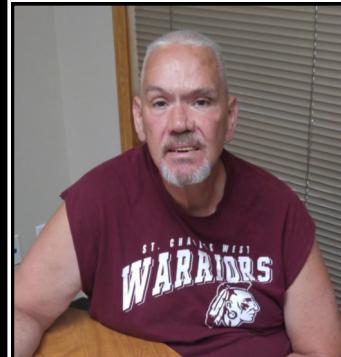


April was good for
James, he was hired at
Wal-Mart.

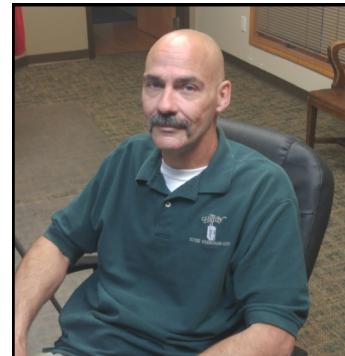
Zac was hired at Rural
King in April.



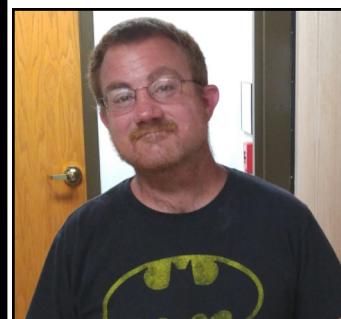
In May, Supported Employment welcomed:



Philip B.



Chuck M.



Richard P.

**Best wishes in your
employment endeavors!**



by Tim Gilman

May 16 & 17 marked the 26th annual Association on Aging with Developmental Disabilities (AADD) conference. Tracy Carroll, Barbie Davis, Cynthia Tennant, Karen Shatto, Tom Wehmeyer, Candis Pratt, Tim Gilman, Lacy Roberts-Eisenbath, and Shawna Fair attended, so I believe every topic was attended by someone from our agency. The keynote speakers were brilliant and entertaining. The main focus was on dementia, where people become lost in space and time.

People lose their memories, so they lose their life stories. It is very important for caregivers to learn the life stories of their clients to be able to connect with them. I especially enjoyed the Alive Inside: Music that Connects seminar provided by Maria Carron from Midwest Music Therapy Services. I learned music is experienced by the whole brain so it makes connections to the memories that last the longest. Many times, music allows caregivers to connect with people experiencing dementia, who are otherwise unreachable and their stories could be lost forever. The affects of music can be truly amazing.

The highlight of the conference for me was doing Tia-chi exercises with my CLS, Candis Pratt. I was very surprised because Tia-chi is not as easy to do as it looks, but fortunately there is no wrong way to do it. The music and movements can be individualized to fit the person and that makes it fun. Tia-chi improves balance and mental focus. Candis and I immediately thought some of our clients might enjoy it too.

On my next shift, I implemented Tia-Chi with one of the clients I assist. He is in wheelchair and doesn't get enough exercise. Although new to both of us, we gave it our best shot and it went pretty well, well enough, this client wants to do it again! Article and Shawna Fair also stated: Shawna shared with them about our weekly cooking class, craft class, meals on wheels and the monthly outdoor movie night as well as passing ice water. Everyone was really excited about trying these ideas at their facilities and she got a few cool ideas....like going to a bowling alley and asking for any old bowling balls they no longer need. Old bowling balls can be used to decorate them for lawn ornaments or art to display in their home. Also, checking with the Conservation Department at the state park to see about them coming in and doing a presentation for us on wildlife, or plant life.

Shawna also learned there is a big need for volunteers at hospitals to do various activities. One lady talked about a client of hers that loves to read. They go to local nursing homes to read to residents. They even go to an animal shelter and read to the animals.

Congratulations Kathy!

Kathy has retired from her teaching position which has kept her busy for over 30 years. She worked for 26 years as a 6th grade teacher. Prior to that, she was a substitute teacher for 10 years. Kathy has been working per diem with Community Opportunities for over 23 years. The Troy RIII School District will certainly be at a loss without her.



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
- ...Remember pay periods have changed. If you have questions, please see your supervisor.
- ...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!



YEARS
1976—2016

40th Anniversary Open House!

Sunday, September 18, 2016 from
2-4pm at 44 Opportunity Court & 123
ABC Lane Troy, MO

You are invited to share in our
celebration of the 40 year
anniversary of the (SB40) county tax
levy which has enabled our agency to
provide services and supports to
Lincoln County citizens with
developmental disabilities.

Join us for refreshments & fun!