

OPPORTUNITIES News & Views

Whole Lot of Christmas Going On

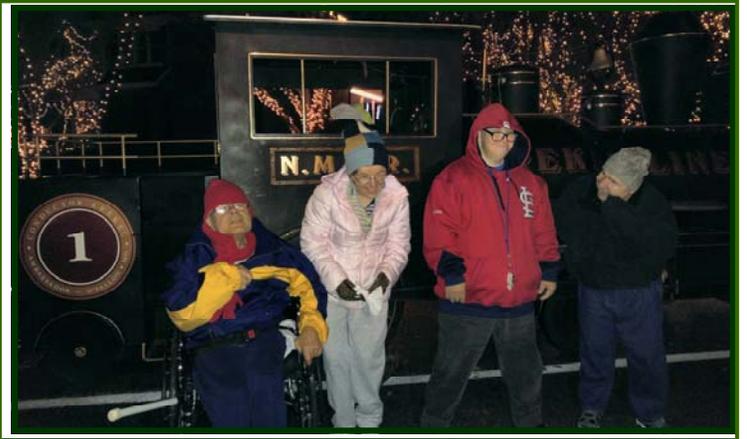


Christmas is always a magical

time and this year was no exception.

Everyone was busy enjoying all the fun the season has to offer; the ornaments, the cards, the presents, the parties, the food, the lights and the festive holiday spirit. We had it all and more!





These brave and determined people went on a train ride during the Celebration of Lights at Fort Zumwalt Park in O'Fallon on Nov. 18. It was unbelievably cold, but everyone said they had a great time.





Yvonne collected a total of 75 signed cards which were shipped with Christmas care packages to troops overseas. This included a box of 24 Yvonne took to Earthwise and had all her coworkers sign. Way to go Yvonne!

A very big thank you to the Millwood Knights of Columbus for their generous annual donation! Pictured is Bob Eisenbeis presenting Eddie the donation check.



On Thursday, Dec., 1, the Elsberry Food Pantry had a very special guest -Santa Claus came to visit the volunteers, posing for pictures and



handing out candy canes. Crystal, David and Terry were excited to shake hands with the most famous jolly soul in town.



Curtis and Mike took advantage of the \$6 Tuesday movie ticket deal Wherenberg at the Mid Rivers 14 theater to see "Dr. Strange". Everyone know you can't go to the movies without soda and popcorn! Afterwards, they enjoyed lunch at the Costco cafeteria.



We are going to miss you both!

After 12 years, Diana is retiring. She will get to spend time with her grandchildren. Diana started in May of 2004 working in ISL and has worked with the ladies living at Hackberry and Lyons for the majority of her employment.



Cyndy started working with Community Opportunities in May of 1999. Cyndy worked at several locations during her 17 years, but the major part of her employment here was spent with Diana, Yvonne and Ken. Although we will miss Cyndy on a daily basis, she has agreed to stay on per diem, meaning we will get to see her from time to time.



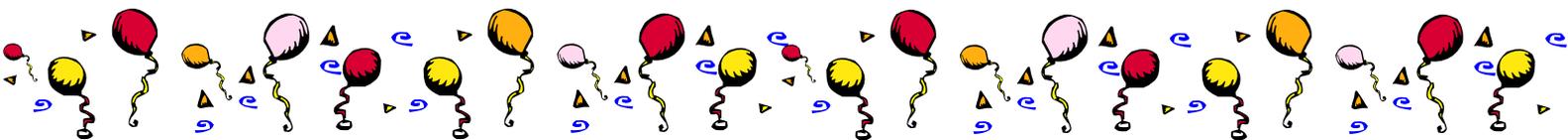
Richard's Walking

Everyone has seen Richard out walking...he has been doing it for years. Richard is very determined, walking in almost any weather or temperature. His dedication impressed Cindy & Terry Finley. Being fellow walking enthusiasts, Cindy and



Terry thought it would be nice to surprise Richard with some walking attire. Problem was, they didn't know Richard. After a little detective work, they learned Richard was affiliated with Community Opportunities and they were put in touch with Candis Pratt, Richard's CLS. Cindy & Terry asked Candis a little about Richard, one thing led to another and this was the first meeting between them.





EMPLOYEE ANNIVERSARIES

ONE YEAR

Jennifer Bultena
Norman Edlund
Jennifer Grotewiel
Timothy Gilman
Kara Malloy
Mildred Rhodes
Cynthia Tennant

THREE YEARS

Yaelie Mashburn

FOUR YEARS

Samantha Menne
Karen Shatto
Wendy Wright
Stephanie Zumwalt

FIVE YEARS

Olivia Jacoby

SEVEN YEARS

Angela Schnuriger

NINE YEARS

Brian Scott
Robin Harrison

ELEVEN YEARS

Cathy Dunlap

SEVENTEEN YEARS

Michael Robinson

NINETEEN YEARS

Lacy Roberts-Eisenbath

TWENTY ONE YEARS

Melody Peterson

Happy Anniversary!



Ninth Successful CARF Survey

November 17th & 18th the agency underwent its ninth CARF survey. Our survey team consisted of three individuals from other agencies (one from outside the U.S.): Margot Van Kleek, Administrative Surveyor/Team Coordinator from Terrace, British Columbia; Matthew Horvath, Program Surveyor from Dayton, Ohio; and Heather Marquis, Program Surveyor from Bridgeport, Connecticut.

CARF accreditation is a process that demonstrates a provider has met standards for the quality of its services. CARF establishes the standards to guide providers in offering their services and also uses the standards to evaluate how well a provider is serving people and how it can improve. Our agency has achieved the highest level of accreditation, which is a three year accreditation, since our very first survey!

Our agency was surveyed against 1005 standards. Remarkably, the agency received only a few recommendations which were all very minor in nature. The surveyors praised our committed staff, administration and Board of Directors. Our agency's success is reflective of the dedication of our amazing and committed staff! Thank you to everyone who helps ensure daily that our agency is providing the very best services and supports!



Hats Off to...

- ★ ...Shawna for running the show at the Halloween Party and doing a great job!
- ★ ...Angie, Candis, & Misty and all their staff for making things work!
- ★ ...Norm for helping me clean off the ice on the CO-28 car after the ice storm.
- ★ ...To everyone for their hard work with getting ready for the CARF survey
- ★ ...Angela Hager-for everything she does for the 3 years leading up to CARF
- ★ ...Gina for setting up the ELK's baskets
- ★ ...Candis for all her hard work
- ★ ...For all the staff who invited consumers into their homes over the holidays

Welcome New Employees!!

Diana Bechtel- CST, hired 10/24/2016 - Day Program

Donna Hughes - Job Coach, hired 10/24/2016

Emma Farris - CST, hired 10/24/2016 - Community Skills

McKenzie Shannon - CST, hired 11/14/2016 - Day Program

Monica Kistner - CST, hired 12/5/2016 - Community Skills

Caroline Enade - LST, hired 12/13/2016 - Residential



Upcoming Training & Events

- ⇒ **First Aid - March 1, 8-10 am, LC Ambulance District**
- ⇒ **CPR - March 1, 3:10 am - 1:30 pm, LC Ambulance District**
- ⇒ **CPI Full Certification - March 14 & 21, 9 am - 3 pm, Troy City Hall, Municipal Room**
- ⇒ **CPI Re-Certification - March 28, 3:30 - 7:30 pm, Day Program Building, Sun Room**
- ⇒ **Direct Support Conference - March 14 & 15, St. Charles Community College**
- ⇒ **All Residential Meeting - March 30, 9 am - Noon, LC Health Dept., Community Room**
- ⇒ **Self Advocacy Training - March 30, 6 - 7:30 pm Program Building - Sun Room**
- ⇒ **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!

Some Days You Just Need to L-I-M-B-O!



Beautiful Day in November



Megan and Kim took advantage of the weather being like a summer day in November by having lunch at the Troy City Park.

Election Day

Everyone took time out of their busy day to vote on Election Day. We hope you did too!



All Residential Fall Meeting

Twice a year, all residential staff get together to discuss what's working, areas of improvement or upgraded to improve the services we provide to our clients. Susan Mudd, Director of Residential Services, conducts the meeting with Angie Ray, Candis Pratt and Misty Todd (Community Living Specialists) then met with their teams. Set Works Specialist, Becca Ketterer also attended (along with Norah, the youngest member of the team) to discuss any computer related issues.



Norah, did not suggest any recommendations at this time.



Reminder from the Health and Safety Committee:

Please remember that Norm is performing monthly safety and maintenance checks on all of the vehicles. However, it is still staff's responsibility to complete pre-trip walk arounds; checking all wheelchair straps and seatbelts in ramp vans; maintenance (tires and fluids) checks when fueling the vehicles; cleaning and vacuuming your location's assigned vehicles and reporting any known issues to your immediate supervisor. Direct support staff use the vehicles on a daily basis need to be alert for any issues which could become larger requiring extensive and expensive repairs. Any needed maintenance should be reported to Teresa as well.



FRIENDLY FACES

Name: Tim Gilman

Family: Mother, Father, 3 brothers, 1 sister, a favorite aunt, 4 nieces & 2 nephews.

Tell us about you: I like superheroes, comic books and Sci-Fi television & movies. I love working at Community Opportunities. I'm learning new things every day.



Who is your personal hero and why: My Dad, he's is my role model for helping people.

Favorite Hobby: Watching Doctor Who.

Favorite Junk Food: Super Chunky Cookie Dough Ice Cream.

Favorite Meal: Mashed potatoes, ham, green bean, and corn fritters.

Favorite Movies: Forrest Gump.

Personal Motto: 'Do Your Best'

List one personal phobia or odd habit: ophidiophobia (Fear of Snakes)

If there was a movie made about your life, what would the title be and what famous actor/actress would play your character: *'Cool Runnings'* starring Justin Timberlake

What unique talent to you have? None

If you could live in another time period, when would it be? 2364 or Deep Space Nine

If you won the lottery, what would you do? Split the money evenly between my friends and family.

Set Works Quick Tip

There is an auto-save feature for individual activity records running in the background of Set-Works. If staff finds that an activity record did not save properly (or the back button is accidentally hit, etc.) contact support@set-works.com and ask if the data was auto-saved

Upcoming Features in Set-Works

- Consumers will be able to be in 2 group records at once, reducing the number of residential activity records needed throughout the day.
- The Vitals History Report will be available in early 2017.
- Managers and staff will be able to create recurring appointments on a monthly basis (i.e. the 15th of each month.)

Billing for direct services through Set-Works will become available in early 2017.

Making Thanksgiving Pies!



As with all holidays, Day Program has something to cook! These gents stepped up to the plate and made the pies!

L. C. Roadrunners Bowling

Pictured below are some of the participants proudly showing off their medals from the recent tournament held on Nov. 12, 2016. Congratulations to all participants!

L. C. Roadrunners Bowling Tournament Results 11.29.2017

Nick A.	1st	Yvonne H.	1st	Michelle R.	1st	Jim J.	2nd
Allison B.	1st	Marissa H.	1st	Katrina S.	1st	Tom K.	2nd
Joseph B.	1st	Susan H.	1st	Amber V.	1st	Glenn P.	2nd
Jerry B.	1st	Jace H.	1st	Jeremy W.	1st	T. K. W.	2nd
Dawn. F.	1st	Chris J.	1st	Sydney W.	1st	Tara W.	2nd
Lucretia F.	1st	Allison K.	1st	Patrick W.	1st	Jeffery C.	3rd
Samijo G.	1st	Chad M.	1st	Crystal B.	2nd	John G.	3rd
Eric H.	1st	Alexander N.	1st	Amanda B.	2nd	Rodney H.	3rd





WINTER HEALTH AND SAFETY TIPS:

- ◇ Stay indoors during ice and snow storms.
- ◇ Walk carefully on snowy, icy, walkways. Look before stepping, especially when getting out of vehicles.
- ◇ Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack.
- ◇ Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.
- ◇ Drive only if it is absolutely necessary. If you must drive: travel in the day; don't travel alone; keep others informed of your schedule; stay on main roads and avoid back road shortcuts.
- ◇ Let someone know your destination, your route, and when you expect to arrive.
- ◇ Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- ◇ Conserve fuel, if necessary, by keeping your residence cooler than normal. Temporarily close off heat to some rooms.
- ◇ If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55°F.

DRESSING FOR WINTER:

- ◇ If you must go outside, wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- ◇ Wear mittens, which are warmer than gloves.
- ◇ Wear a hat. A hat will prevent loss of body heat.
- ◇ Cover your mouth with a scarf to protect your lungs.

FROSTBITE AND HYPOTHERMIA:

- ◇ Frostbite occurs when the skin and body tissue just beneath it freezes. Loss of feeling and white or pale appearance in extremities, such as fingers, toes, earlobes, face, and the tip of the nose.
- ◇ What to Do for Frostbite: Cover exposed skin, but do not rub the affected area in an attempt to warm it up. Seek medical help immediately.
- ◇ Hypothermia is dangerously low body temperature which can result in uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion.
- ◇ What to Do for Hypothermia: If symptoms of hypothermia are detected take the person's temperature. If it is below 95°, seek medical attention immediately. Get to a warm location. Remove wet clothing. Warm the center of the body first by wrapping the person in blankets or putting on dry clothing. Give warm, non-alcoholic beverages if the victim is conscious. Seek medical help immediately.

Employment

**Supported
Employment welcomed:
November welcomed:**



T.K.



Cody

December welcomed:



Michael



Adam



Joseph

**Employment Services
congratulates:**



**Dennis started at Taormina's on
10/30/2016**

My name is Donna Hughes, and I joined the Employment team at Community Opportunities in late October. I have always had an affinity for advocating for individuals with disabilities.



To that end, I have previously worked as an Employment Coach/ Job Consultant, Direct Support Professional, Home Health Aide and served on the board of Directors of Freedom Riders, one of the longest running Equine Assisted Therapy Programs in Maine. I moved to the Troy area in August and have to say that I am finding the people here very friendly and helpful. I look forward to meeting more of you, so if you see me in the halls or out in the community please say hello. And don't forget – if you see or hear of any job openings, or any new businesses in the area, please let Brian or me know.

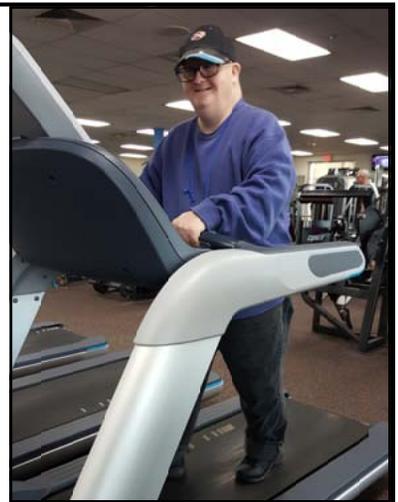
Out & About in the Community



Kay, Teresa along with Kathy enjoyed an evening out with dinner at 'The Junction' and a country music concert at The Cannon Dam Opry.

Doug continues to work hard at the gym and does it with a smile. This was on Dec. 22 at the YMCA in Wildwood.

Awesome dedication to the program Doug!



Terry watches the Musical on Ice performance. He and Donna attended a Saturday afternoon performance at the Chaifetz Arena. Terry especially enjoyed the music!



Donna and Angel spent the evening of November 25th at the St. Charles Family Arena, so they could enjoy the music of Journey & Air Supply Tribute Band. They treated her like a VIP all night. She was right up at the stage where band members could keep handing her guitar picks and posters. In addition, they could hold her hand and sing directly to her. Afterward, Donna described the concert as the best night of her life!



New Year, New Career
MAKE A DIFFERENCE
in the lives of people with disabilities as a

Residential Life Skills Teacher

• **NEW STARTING WAGE**
\$10 HOURLY •

100% Paid Benefits
(Valued over \$4 an Hour)

• **HEALTH/DENTAL/VISION INSURANCE**
• **RETIREMENT** • **SICK/VACATION TIME**

REQUIREMENTS: dependable, compassionate with a talent for teaching, 18 Years of Age • Have a High School Diploma/GED Valid Missouri Driver's License

APPLY IN PERSON

**Wednesday 9am-11am or Thursday 1pm-3pm at:
Community Opportunities #44 Opportunity
Court • Troy, MO**

EOE/M-F/DV

Fun Times!

October is for Campfires and Halloween



Giddy Up Y'all

Written by Amy Miller

The Missouri Rodeo Cowboy Association (MRCA) held their Finals Rodeo in Lake St. Louis on October 15th. Before the rodeo began, the cowboys, cowgirls, rodeo clowns, and other members of the rodeo gave attendees the experience of a lifetime.

Community Opportunities was there to partake in the activities: Donna,



Jeffrey, and Steven rode a horse;

Curtis and Robert met a rodeo clown; and Sarah rolled around the barrels like a real cowgirl. The MRCA provided pizza and goodie bags for the participants. Everyone seemed to have a great time, and Donna said "I can't wait to go back next year!"



Monster Jam

Written by Jon Essen

Steven and Terry went to Monster jam on Dec. 3rd 2016. They went with staff Donna Odom and Jonathan Essen. Everyone had fun watching the huge loud trucks race



around the track and fly through the air. There were timed



races, wheelie competitions, and then there was the free style competition where all of the driver pushed their trucks as hard as



they would go and did some really cool tricks. There was even one truck that did a back flip. Steven's favorite of the night was a truck called Grave Digger. There was even a truck there that looked like Scooby Doo. They both got souvenirs and can be seen around town sporting their hat and shirt.



The Lincoln County Special Olympics Banquet

The Lincoln County Roadrunners held their annual banquet on Nov. 3 at the KC Hall in Troy. Everyone enjoyed themselves. Thank you to everyone who volunteers for the LC Roadrunners.



In Memory of Vince Berger

Vincent "Vince" Paul Berger was born May 25th, 1946 in St. Louis. Vince spent his early years in St Louis at St. Ann's Infant Home and then was placed, at the age of 3, in a foster home where he lived on a farm. It is reported his foster parents accepted him lovingly into their home and for four years he was their only child. They indicated he thrived well in that environment and, at the age of seven, another little boy came into their home.

His parents reported he was interested in activities which were mechanical in nature and played with mechanical things for fairly long periods of time. He seemed to be intrigued by mechanical toys and showed a marked ability in figuring out how they operated. That sounds like the Vince we all knew and loved! There is story about how they had to be very careful and watchful over him because he would get under parked cars to see how they worked. He made himself a "tractor"...his tractor was actually his tricycle. He added to his tricycle chains and wires and called it his tractor. He lived with them until the age of 10 and it was only because of his foster mother's failing health that Vince had to leave their home.

At the age of 10, Vince entered the St. Louis Training School. He moved to Silex when he was 18, first living with the Johnson's (a foster home) and then in two other group homes. He moved to Troy in 1985 and started receiving services from Community Opportunities.

He attended the day program for a short period of time and then worked at Earthwise Industries (known then as the Lincoln Count Sheltered Workshop). Vince received employment services and was employed at several gas stations over a period of about 15 years. He worked hard to keep the parking lots clean, trash cans emptied and the car washes in tip top shape. Vince ended his working career at BCI in Moscow Mills as an assembler. He was always a good employee, never wanting to miss a day's work!



Probably the biggest accomplishment of his lifetime was advocating to change Department of Mental Health regulations. That's right, Vince spoke out about his desire to own a mobile home, and got the attention of others. He always wanted to own and live in a mobile home, but at the time regulations prohibited receiving residential services in mobile homes. Ultimately, the Department of Mental Health changed the rule and allows for residential services to be provided to those living in mobile homes. Vince not only bought one and paid off one home, but two! He was so proud of his home; it was his pride and joy.

Once cannot think about Vince without thinking of his talent to fix things, particularly record players. He bought, repaired and sold record players for years. In fact, he became pretty good at shopping on eBay and was busy doing this until about a month before his death.

Vince was tough, he was a fighter and he lived life on his own terms. He was hospitalized just days prior to Christmas and was there until Jan 11. He was determined to live his final days in his home, the home he worked so hard for, the home in which he took great pride. Vince was not particularly a spiritual guy, but he was Christian and knew where he was going. He talked with those closest to him about heaven and what it would be like. Vince told his good friend, Candis, he did not know how to get to heaven, he said he needed an angel to show him how to get there. His angel came to him in the early morning hours of Thursday, Jan 26th when he passed from this life to the next. Vince will be remembered and missed by many.



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 to turn in Monthly Inspections to your supervisors by the 20th of each month.

...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!

~Thank you for everything you do to make a difference!