

OPPORTUNITIES News & Views

Day Program Takes The Win!

The anticipation was high prior to the 3rd Annual Kickball Game June 9, between Community Skills - the Passive Aggressors, and Day Program - the Oar Knots. The Passive Aggressors have been victorious the previous two years and were feeling pretty confident. The food was good, the spirit fierce and the weather was perfect for a friendly competition.



The Passive Aggressors scored first, the Oar Knots came right back in the bottom half of the first inning. After five innings, the Oar Knots would prove to be victorious, with a final score of 14-13. "It was a hard fought game and both teams should be proud of their efforts" said official scorekeeper, Barbie Davis.





Celebrating 30 years!

While we were busy with our regular routines here at Community Opportunities ~ supporting individuals with learning new tasks, assisting folks explore new job opportunities, volunteering in the community, writing schedules, over-seeing servicesthe list could go on ~ a quiet presence within agency met quite a milestone.

On January 1, 1987 Darla Gamble, Director of Community & Employment Services, began her career at Community Opportunities. That's 30 years! While her employment with our agency began 30 years ago, Darla in fact began working with individuals with developmental disabilities in 1983 with another agency/program, Social & Educational Life Skills (SELS), which dissolved on December 31, 1986 and became part of Community Opportunities.



In the early days of Community Services those we support were busy at our program with various sorts of past times and leisure activities and did not get into the community often. Darla was instrumental in assisting with the development of volunteer sites and changing the program to what it is today. In 1990 ,Employment Services began. This brought job opportunities to a number of individuals in the county who for many years considered a sheltered workshop as their only employment option.

"I have to be honest, those early years of employment services were difficult. There were all kinds of new regulations to learn through not only the MO Dept. of Mental Health, but also the MO Dept. of Elementary and Secondary Education. This was a whole new ballgame," said Gamble. "But with the support of the board, Mary and great guy, Jerome Kerns, Director of Supported Employment, the program made it through those first few years and continues to be successful. Last year we assisted 12 individuals to become employed."

Services change, staff and clients come and go, but one quiet presence, Darla Gamble, remains steadfast to her position and continues to advocate and support our mission. Happy anniversary, Darla, and best of luck in the years to come.

New Addition!

Robert, everyone is excited to hear of the new addition to your family. Could you tell everyone who it is? Rose And is Rose a person? No, she is a kitten.

Where did you get your kitten? From Misty

How long have you had Rose? About a month.

Where did you get her name from? She is named after Rose on Dr. Who.

What does your cat like do? She sleeps with me underneath the covers and she likes to try to eat my food.

What do you do when she tries to eat your dinner? I spray her with water. She likes my cheeseballs too.

Do you let her eat your food?

No What happens if she tries?

She has to go to the bedroom.

What do you like most about Rose? She's nice, and she play bites. She keeps me company. Is there anything you don't like about Rose? No, she's fine. She makes me laugh.



Derby Day!

In honor of the Kentucky Derby, Day Program celebrated with everyone wearing hats!



Spring Arrived!

April provided warmer weather, which made everyone want to be outside. Jerry, Doug, Donna and Sarah decided to take advantage of the great weather. They planted some flowers and repainted the bench outside of 21 Opportunity Court.

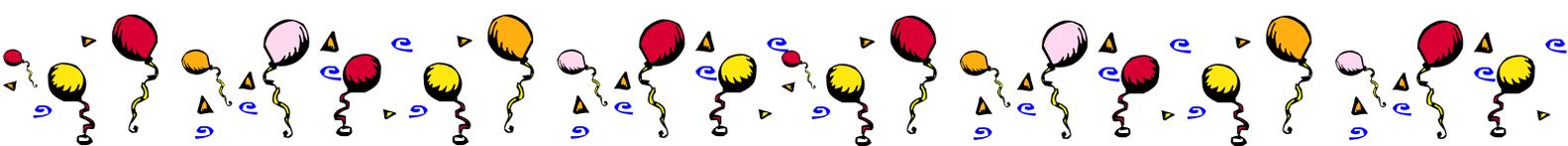
They all had a great time painting the bench (especially Doug) and helped their living area look brighter for the summer months! Great job!



Gardening at the Program Building

Everyone pitched in to spruce up the yard at the Program Building. They enjoyed being outside, getting exercise and everyone will get to enjoy the flowers the rest of the year!





EMPLOYEE ANNIVERSARIES

ONE YEAR

Amy Miller
Kirstie Tryon
Angel Weathers
Tiffany Hazelwonder
Vanessa Kientzy-Payne

TWO YEARS

Carolyn Harman
Rebecca Ketterer

THREE YEARS

Carol Ghan
Teresa Gooch
Marsha Sowell

EIGHT YEARS

Jeanette Smith

NINE YEARS

Erika Park

FOURTEEN YEARS

Deanna Robinson

SIXTEEN YEARS

Donna Odom
Michelle Palmer

TWENTY YEARS

Darwin Walter

TWENTY FOUR YEARS

Kathy Lewis

Thirty Years

Darla Gamble

Happy Anniversary!

Tools of Choice

What's your body language? Body language plays an important part in our daily interactions.

Stay close - but don't invade personal space, be aware of your facial expressions and tone of your voice. Ask open ended questions AND listen to the answer, expressing empathy and offering encouragement. Ignore junk and coercion.

Bring you "tools" to work with you every day!

Congratulations!

Congrats to Diana Bechtel who received both her basic and advance CDS course certificates!
Diana received her certificates of completion from the College of Direct Support.



Amazon Smile Program

The "AmazonSmile" program donates .5% of the purchase price of eligible products to the charitable organizations selected the purchaser. Developmental Disabilities Resources of Lincoln County(DDRLC), our 501c3 organizations, is eligible to receive this. When placing an order with Amazon, please log in to



www.smile.amazon.com

There will be a box at the top for you to select the charity, then select Developmental Disabilities Resources of Lincoln County – Troy, MO.

Or you can use this link it will take you to the smile log in page and DDRLC will automatically be selected to receive the donations.

<https://smile.amazon.com/ch/26-3178141>

Not all items are eligible, the item will have this logo

Eligible for  donation.

If you have any questions you can email Joanie at jstory@commopps.org, as she has already ordered using AmazonSmile.

Dental Coverage....Use It If You've Got It!

Guardian will roll over a portion of your unused annual maximum benefit (\$1,000) into your personal Maximum Rollover Account (MRA). If you reach your Plan Annual Maximum in future years (exceed the \$1,000 benefit), you can use money from your MRA. To qualify for an MRA, you must have a paid claim (not just a visit....get those teeth checked and cleaned) and must not have exceeded the paid claims threshold during the benefit year. Your MRA may not exceed the MRA limit. You can view your annual MRA statement detailing your account and those of your dependents on www.GuardianAnytime.com after you register.

Here's how the benefits work:

YEAR ONE: Jane starts with a \$1,000 Plan Annual Maximum. She submits \$150 in dental claims. Since she did not reach the \$500 Threshold, she receives a \$250 rollover that will be applied to Year Two.

YEAR TWO: Jane now has an increased Plan Annual Maximum of \$1,250. This year, she submits \$50 in claims and receives an additional \$250 rollover added to her Plan Annual Maximum.

YEAR THREE: Jane now has an increased Plan Annual Maximum of \$1,500. This year, she submits \$1,200 in claims. All claims are paid due to the amount accumulated in her Maximum Rollover Account.

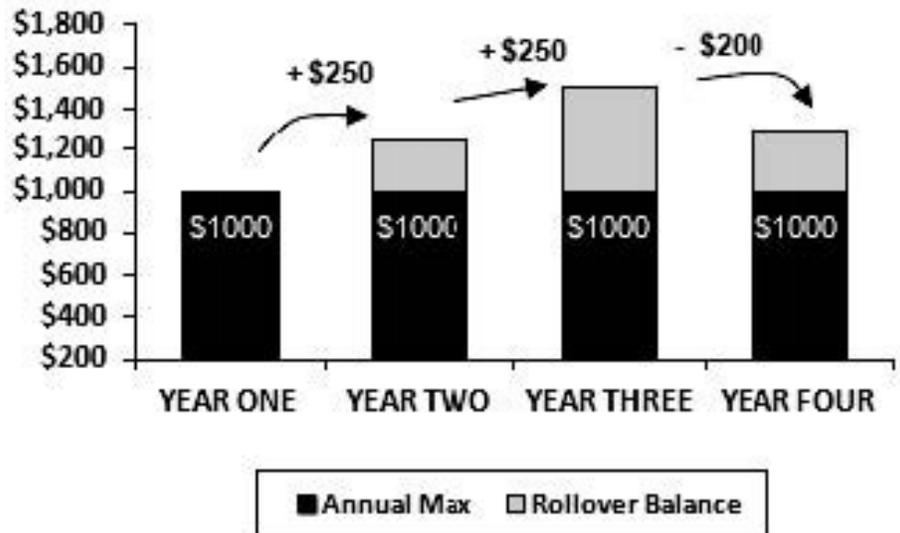
YEAR FOUR: Jane's Plan Annual Maximum is \$1,300 (\$1,000 Plan Annual Maximum + \$300 remaining in her Maximum Rollover Account).

During calendar year 2016 our enrolled members & their enrolled dependents earned a combined total of \$17,176 in MRA dollars by utilizing services!

*Cleanings & x-rays are covered 100% and do not come out of your \$1,000

benefit....but having this service done give you additional "roll-over" dollars should you need them. So what are you waiting for.

....schedule your dental cleaning & take care of those pearly whites!



Enjoying the Weather!



Diana & Katy decided June 9 was a great day to spend some time at the park. Look at those smiles!

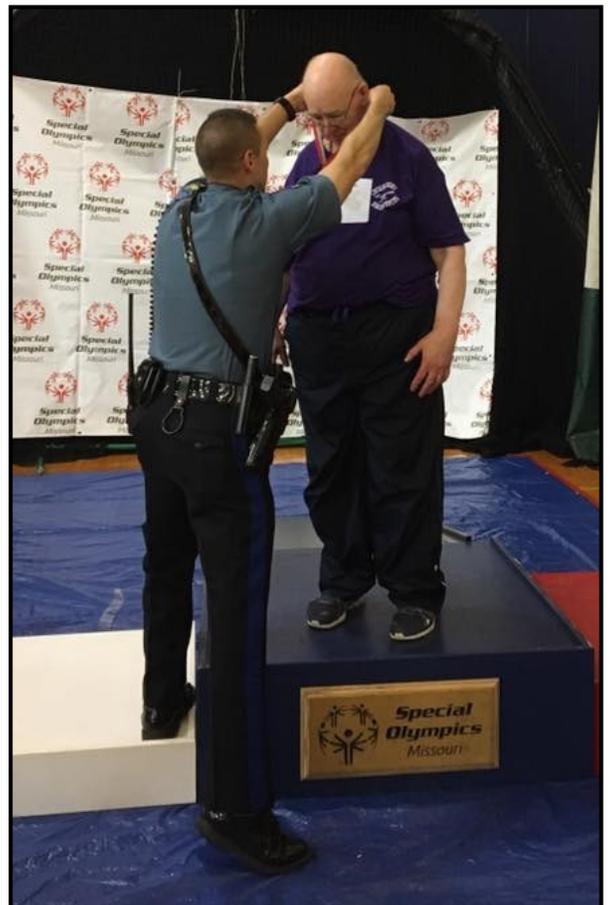
Did you know?

- ◆ If you lift a Kangaroo's tail off the ground, it can't hop.
- ◆ When Hippos are upset, their sweat turns red.
- ◆ A lion's roar can be heard up to 5 miles away.
- ◆ A Crocodile can't poke it's tongue out.

LC Roadrunners Track and Field

On April 29, Lincoln County Roadrunners traveled to St. Louis Community College-Meramec to participate in the area Track & Field Events. Track season started March 4 and was held at Clont's Field, Troy.

Everyone had a great time and brought home lots of medals.



Happy Birthday!

On May 30, the party was at 21 Opportunity Court! Donna celebrated her birthday with her housemates and staff.

Look at all those candles!



Norm moves on



We said goodbye to our maintenance man, Norm Edlund on June 16. He and his wife, Linda, moved back to their home state of Illinois to be closer to their children. Norm will be missed by our clients and staff. Good luck Norm & Linda!

River City Rascals Win!

The weather on May 28th was perfect for going to a baseball game. Curtis, Jerry, Steven, Sarah, Doug, Donna along with Amy, Donna O., Tim, and Courtney enjoyed cheering for the River City Rascals. Everyone enjoyed some ballpark snacks.



They even got to meet the Rascal's mascot, Ruffy the Bull Terrier. The group had great seats to watch the Rascals beat the Joliet Slammers, 6-1!

Congratulations Joe!

Recently Joe was honored for his 34 years of dedicated service at the Employee Appreciation Day on May 25, for Earthwise Industries. Joey was presented the certificate below. Joe said 'I still like working there & driving the fork lift. I would like to work there until I retire.'



Certificate of Appreciation For Years of Service~

20 + years of service:

Thank you so much for all the hard work you've given to Earthwise Industries! We truly appreciate getting to know you! Thank you so much for all you do!

Joey Genzling



- A Brotherhood Workshop -

In Honor of your **34** years at Earthwise - We thank you for all your hard work and your dedication you bring with you every day!

We hope to enjoy your company for many more years!

Employee Appreciation Day - May 25, 2017

Welcome to the Muny!

Once again, we were fortunate to receive complimentary tickets for several shows at the Muny.

The 2017 season opened June 12 with Jesus Christ Superstar. Sarah, Courtney, Tessa, Tony, Lacy, Jeff, Jerry enjoyed the show and a cold beverage during intermission. The weather continued to be accommodating on June 26 for the show The Little Mermaid. Attending were Yvonne, Diana, Kayla, Amy, Mia, Yvonne, Doug, Jerry, John, Jeff, Kirstie, Marsha, Jackie, Crystal Brenda, Samijo, Marissa, Monica, and Sammi.



FRIENDLY FACES

Name: Darla Gamble

Family and pets? My husband Kenny, 2 sons; Steven & Michael; daughters-in-law; Jessica & Kirsty; 10 grandkids; Brendon 18 years, Austin 13 years, Tyler 12 years, Levi 10 years, Lily, 4 years, Weston, 2 ½ years, Breanna & Liam, 19 months, Emily & Cadence, 16 months

Favorite vacation? Gulf Shores, Alabama

Who inspires you? My sweet Momma

What unique talent do you have or hobby? I sing

What is the best surprise you have ever received? I don't know...surprise me!

What is your favorite song? "Bohemian Rhapsody" by Queen

The movie version of my life should be titled? "Still Crazy After All These Years"

My favorite physical activity is..... Swimming and playing with my grandkids!

One thing people are surprised to find out about me is.... My two sons and their wives had twins, 3 months apart.

If I were a superhero I would be.... Mighty Mouse! "Here I come to save the day!"

What are you passionate about? My grandkids and serving others.

What is your favorite family tradition? Spending every Sunday with my family, during football season, watching Dallas Cowboys! ... don't be haters.

Pet peeve? When someone tries to make another person feel as if they aren't good/smart enough.

What is the best meal you have ever had? All you can eat crab legs; no side dishes needed!



"Uh-Huh Awards"

It has been suggested to rename the "Uh-Huh Award". We are taking suggestions for a new name. Submit your idea for a new name to be voted on by all Community Opportunities staff. The winning suggestion will receive a prize.



Suggestions need to be submitted via email to Teresa (teresa@commopps.org) by Sept. 30. Suggestions will be published in the next newsletter for everyone to vote on their choice. The winning suggestion will be published in the following newsletter.

Set Works Updates

There is an "Updates" (colored red) section available in Set-Works now. It can be found at the very bottom of any screen. Just click on the word.

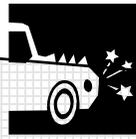


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CRAFT CLASS

Starting in July, craft class will be held only one time per month, on the second Thursday of each month.





Health & Safety Corner



Safety Tips

Heatstroke is predictable and preventable. Take these steps to prevent heatstroke during hot weather:

Wear loose-fitting, lightweight clothing. Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.

Drink plenty of fluids. Staying hydrated will help your body sweat and maintain a normal body temperature.

Take extra precautions with certain medications. Be on the lookout for heat-related problems if you take medications that can affect your body's ability to stay hydrated and dissipate heat.

Never leave anyone in a parked car. This is a common cause of heat-related deaths in children. When parked in the sun, the temperature in your car can rise 20 degrees F (more than 6.7 C) in 10 minutes. It's not safe to leave a person in a parked car in warm or hot weather, even if the windows are cracked or the car is in shade. When your car is parked, keep it locked to prevent a child from getting inside.

Take it easy during the hottest parts of the day. If you can't avoid strenuous activity in hot weather, drink fluids and rest frequently in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening.

Get acclimated. Limit time spent working or exercising in heat until you're conditioned to it. People who are not used to hot weather are especially susceptible to heat-related illness. It can take several weeks for your body to adjust to hot weather.

Be cautious if you're at increased risk. If you take medications or have a condition that increases your risk of heat-related problems, avoid the heat and act quickly if you notice symptoms of overheating. If you participate in a strenuous sporting event or activity in hot weather, make sure there are medical services available in case of a heat emergency.



Sunburn Prevention Tips

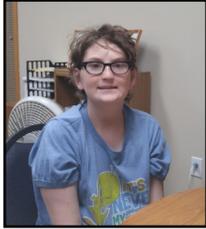


- ◆ Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense.
- ◆ Wearing clothing to cover skin exposed to the sun—such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. Sun-protective clothing is now available. (The FDA regulates these products only if the manufacturer intends to make a medical claim.)
- ◆ Using broad spectrum sunscreens with a Sun Protection Factor (SPF) value of 15 or higher regularly and as directed. (Broad spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun's ultraviolet radiation.)
- ◆ Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips (but avoid putting it inside your mouth and eyes).
- ◆ Reapply at least every two hours. And more often if you're swimming or sweating. (Remember to read the label for your specific sunscreen. An average-size adult or child needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.)
- ◆ If you don't have much hair, apply sunscreen to the top of your head, or wear a hat.

Employment

By Donna Hughes

This quarter was a busy one for Employment Services. We welcomed Alexis C., Layne F., Alan H., John P., Brandon T., and Corey W. into our Employment program.



Alexis C.



Layne F.



Alan H.



John P.



Brandon T.

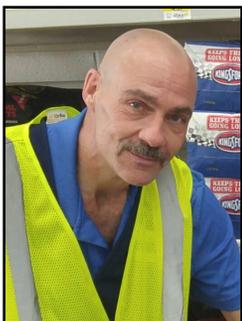


Corey W.

We also started the Summer Work Program funded by Vocational Rehabilitation. We welcomed Tiffany Stanton and Allison Fennewald into Community Opportunities as Job Coaches for this program. The program is specifically geared to students in High School who will be going into their Senior year. Our students this year are Michael B. from Winfield H.S., and Andrew L. and Mikayla V. from Troy Buchanan H.S. This program provides real life work experiences in a 6-week session. The students spend 4 hours a week working on their employment soft skills (communication, appearance, interviewing, resume writing etc.) and 16 hours a week actively working onsite at a local business. A huge shout out goes to County Market in Winfield for partnering with us and allowing these students to gain valuable work experience in their store.



We want to congratulate Joseph (Chuck) M., who successfully completed his 90 days of employment at Walmart, and Mike W., Cody C., and Joe B. who became actively employed this quarter. Thank you goes to Troy Walmart for hiring Chuck, Cody and Joe, and also to Troy Manor Nursing Home for hiring Mike.



Chuck



Mike



Cody



Joe

Out & About in the Community



On April 9, Sarah and Amy attended the Phil Wickham concert at Faith Church. Sarah had been looking forward to this concert for months, after hearing about it on the radio station Joy FM. Sarah and Amy even made matching shirts for the concert! They had awesome seats with a great view of the stage. Sarah enjoyed singing along to the songs meeting other fans after the show. Sarah even bought some Joy FM merchandise. Amy and Sarah already can't wait for another concert!

Dinner?

Joe went fishing at the pond at 21 Opportunity Court on May 23. It was a good day for Joe...not so much for the catfish.



Supporting Cardinal Nation!

On April 25, the Cardinals played the Toronto Blue Jays and we were there to cheer them on. The Cardinals gave it their all taking the lead in the first inning, the game was tied from the 4th inning at 5 each, losing in the 11th inning with a score of 5-6.



Steve and Doug attend the Hawk Point Fireman's Pancake Breakfast

If you know these two very well, they love pancakes! Upon arrival, they got a pleasant surprise of the Emergency Helicopter landing in the parking lot. Both fellows enjoyed socializing and eating pancakes of course. On the way out, they both stopped to take a closer look at the helicopter.



Congratulations Lanny!

Lanny was honored for his 21 years of dedicated service at the Earthwise Industries Employee Appreciation Day on May 25. Lanny was presented the certificate below.

When asked, Lanny said his favorite part of the job is all the people and he likes baling the best. Way to go Lanny!





Certificate of Appreciation

For Years of Service~

20 + years of service:

Thank you so much for all the hard work you've given to Earthwise Industries! We truly appreciate getting to know you! Thank you so much for all you do!

Lanny Kean

In Honor of your **21** years at Earthwise - We thank you for all your hard work and your dedication you bring with you every day!

We hope to enjoy your company for many more years!

Employee Appreciation Day - May 25, 2017

Fun Times!

Welcome & Happy Birthday!



April 1 was a day of celebration for two gentlemen! Terry and John gathered some friends to their house for a meal and cake to celebrate John's birthday and Terry's new home and house-mate! John, Terry, Jackie, Ken, Jeffrey, Jerry, and Diana, along with staff, had a great time as they celebrated and ate great food!

Craft Class

With the first day of spring behind us and the first day of summer rapidly approaching, Craft Class participants decided to make wind chimes. Kelly is showing the finished project.



NEW ARRIVAL!



Deja was honored (and surprised) with a baby shower on May 24 from her Community Skills co-workers along with the rest of the employees. Baby Zaria arrived on 6/21/2017, weighing in at 6 lbs. 13 oz. and measuring 21 inches long.



Momma and baby are doing great according to Grandma Deanna.

Mary stopped by Day Program to visit. She got to do some poster boarding with Doug. Both of them really got into it!



Raptor Awareness Program

On June 13, World Bird Sanctuary came to the beach at Cuivre River State Park to present their "Raptor Awareness Program." Those in attendance saw live owls, hawks, and even a bald eagle! The presenters told the audience interesting facts about the birds that they brought, like that owls can rotate their head up to 270 degrees. Some of the birds even flew over the audience's head! Amy and Jackie had a great time learning about these birds and can't wait for the next event at Cuivre River State Park!



Questions About Your Retirement?



Full-time employees who are curious about their Agency-Funded Money Purchase Plan Retirement (MPP) are encouraged to attend the MPP Staff Education Meeting on Tuesday, August 15, 2017 at 2:30pm at the Main Office. This is paid time for full-time staff who wish to attend! What could be better than getting PAID to learn more about your agency-funded retirement plan?



If you wish to attend this meeting, please let your supervisor know ASAP so that they can schedule you and RSVP to Angela Hager to ensure we have appropriate accommodations prepared. It is a short meeting lasting only about 30 minutes.



Reminder from the Health and Safety Committee:

It is 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.



A Couple of Reminders....



- ...Be positive role models!
- ...Be mindful of the dress code.
- ...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 on the same day. Remember, we need your **printed name along with your signature.**
- ...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.
- ...Smile!
- ~Thank you for everything you do to make a difference!

