

OPPORTUNITIES News & Views

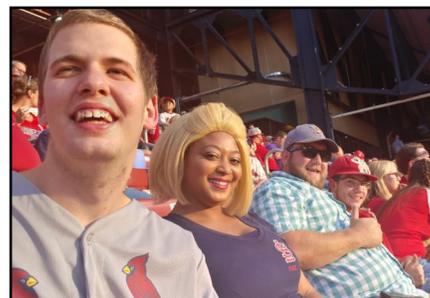
America's Favorite Pastime!

Friday, Sept. 1st Jeff, Jim, Jerry, Diana, and Yvonne attended the River City Rascals game. The Rascals came away with the win, beating the Southern Illinois Miners 9-4.

Everyone had fun throwing the ball on the field before the game and meeting the mascot!!



A group from Community Skills got together on August 24th, to attend the St. Louis Cardinals game. The Cardinals were defeated by the San Diego Padres, 4-3. Even though the home team lost, Tommy, Shawna, Contessa, Lacy, Brant, Dustyn, Jade, Katrina, Olivia, Anthony, Sammi, Patrick, Monica, Eric, Mike, Ricky and Joe all enjoyed the game. And as a bonus to the evening, Tommy got to meet Iron Man on the way out of the stadium.





Hats Off to...

- ★ ...Marsha – for making the extra effort to get everything together for Kenny’s birthday party
- ★ ...Carolyn Harman, Sam Menne and Mike Robinson – for helping get everything set up.
- ★ ...Donna J. for being amazing and cleaning up the mess in the supply room!
- ★ ...Candis’ staff for pulling together when needed.
- ★ ...Donna O for figuring out how to get a laptop put in “cat” airplane mode back to regular Wi-Fi
- ★ ...Lacy for getting gift certificates donated for prizes for the Halloween Party.
- ★ ...Cathy Dunlap for being on top of a difficult situation.
- ★ ...Cindy & Kim for doing an amazing job while Janelle is on maternity leave
- ★ ...Gina for being the snake wrangler at the Admin Building.
- ★ ...Candis for switching up the names on staff trays

Welcome New Trainees!

Samantha Kelly, Case Manager, 7/5/2017

Jamie Matt, Residential, 7/21/2017

Kenneth Hauser, Maintenance, 7/24/2017

Lisa Snider, Residential, 7/26/2017

Sandra Wood, Residential, 8/11/2017

Shyniece Smith, Community Skills, 8/21/2017

Holiday closings

Earthwise, BCI, and Community Opportunities Day Services will be closed on Thanksgiving Day.

Community Skills and Employment Services will be open on Nov. 24.

Community Opportunities offices & Day Program will be closed Nov. 24.

Day Program will be closed on December 22.

Earthwise, BCI, and Community Opportunities offices will be closed on Christmas Day and New Year’s Day.

Day Program & Earthwise will also be closed on Dec. 26.

Veterans Day

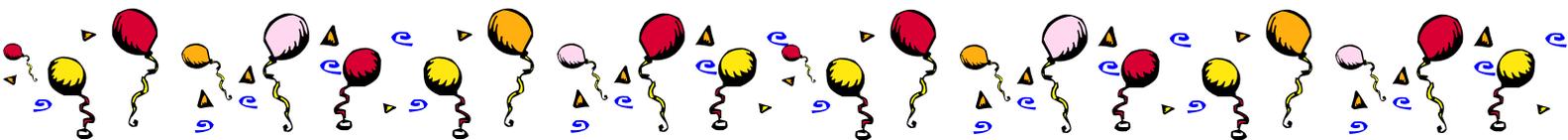






Upcoming Training & Events

- Check your agency e-mail at the beginning of each work day!**
- ⇒ **Tools of Choice Training, Nov. 14, 21, & 28, 2017 3:30—6:30 PM, Admin. Bldg., Large Conf. Room**
 - ⇒ **First Aid - Dec. 6, 8-10:30 am, LC Ambulance District**
 - ⇒ **CPR - Dec. 6, 10:30 am - 1:30 pm, LC Ambulance District**
 - ⇒ **Cooking Class is on the first and third Wednesday each month. Class is \$2, from 6p-7:30pm at the Program Building.**
 - ⇒ **Craft Class is on the second Thursday of each month. Class is \$3, from 4:30-5:30pm at the Program Building.**



EMPLOYEE ANNIVERSARIES

THREE YEARS
Sonya DeMerchant

FIVE YEARS
Gina Gipson
Connie West

SIX YEARS
Margaret Hill

NINE YEARS
Robert Lawson
Misty Todd

TEN YEARS
Tracy Carroll

ELEVEN YEARS
Janelle Wall

TWELVE YEARS
Julie Privett

THIRTEEN YEARS
Kim Wester

FOURTEEN YEARS
Roger O'Connor

EIGHTEEN YEARS
Cythnia Stanek

TWENTY YEARS
Angela Hager

TWENTY-TWO YEARS
Joan Story

TWENTY-SIX YEARS
Susan Mudd

Happy Anniversary!

Congratulations to Diana Bechtel for referring Brittany Doris who successfully completed her trainee orientation period! Samantha Mayer referred Jaimie Brown who just successfully completed her trainee orientation period! Both Diana and Sam will receive the \$100 incentive.~Congratulations to ALL of you!

Remember...this incentive is available to any employee! Simply have applicant inform us you referred them at the time they complete their application. If they are hired & successfully complete the trainee orientation period then YOU receive \$100!



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 (DDRRLC), 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 DDRRLC 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



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

Out, About and Having FUN!!!



Look at that SMILE on Doug's face! Ice Cream and the Wizard of Oz! Doug's two favorite things in one day. Doug, along with staff Donna, attended the Wizard of Oz festival in New London on Aug. 26.

As always, Doug enjoyed it!



At the Chocolate Festival at Assembly of God, Troy, Jeffery got to try chocolate covered meal worms and crickets. He said the crickets he would eat again, but not the meal worms. John and Terry were interested in meeting one of the staff's snake,



so she brought the snake during a BBQ in August. John wanted to keep the snake!



Fun times at the Troy City Pool!



Shelby dancing to the music!



Joe and Lanny enjoyed the Classic Car Show in Elsberry on Sept. 24.



It's Free!!

Each Thursday at 2 pm, it is a Bingo Party in our Day Program.

Doug is pictured wearing his bingo prize from his recent win.

Anyone is welcome to attend, but if support staff is required, they should accompany the client.



Who pays first when you have another health plan?

If you have another health plan, such as Medicare, in addition to your UnitedHealthcare coverage, there's a phrase it might be helpful for you to know: *coordination of benefits*. Simply put, it's how both health plans decide who pays your claims first.

Why does that matter? Knowing which plan is supposed to pay first helps us pay your claims quickly and accurately.

How coordination of benefits works

When you have two plans, there are rules that govern which plan pays first. One plan pays its full benefit amount. Then any unpaid part of your claim is sent to the second plan. Depending on your benefits, the second plan may cover all or part of the unpaid portion of the claim.

Having other coverage doesn't change your coverage with us. But in order for everything to work smoothly, both plans — and your provider — need to know about each other. If they don't, that could delay payment of your claims or cause mistakes in payment.

Sometimes UnitedHealthcare pays first. Sometimes we pay second. It depends on your situation. The good news: You don't have to sort it out yourself. We'll do it for you. But in order to get it right, we need to know about your other coverage.

How you can help

You can take several steps to help ensure that your claims are paid accurately. First, check myuhc.com[®] to see if your other health coverage is listed correctly. It's good to check at least once a year.

Also, be sure to tell your doctor and other providers about all the health plans that cover you. This should help avoid delays in payment.



What to do next

To check your coordination of benefits details, log in to myuhc.com — or call the member number on your health plan ID card. Be sure to have both your UnitedHealthcare health plan ID card and your other plan's ID card handy when you log in or call.

(Excerpted from UHC Benefits Awareness News October 2017)

Eclipse 2017



Community Opportunities was just as excited about the eclipse as the rest of the world. They made special viewing glasses and we received some glasses courtesy of Lincoln County RIII Schools.



KSHE radio did their Friday edition of 'Party Town' at Chubby's Restaurant in Moscow Mills on Sept. 22 and these guys were there to sing along!



Lincoln County Roadrunners Bowling started in September and a bowling fundraiser was held on September 17 at the O'Fallon Bowl.



L. C. Old Threshers

The weekend of Sept 15 – 17 was the annual event featuring threshing and sawing demonstrations, antique tractors, tractors and horse pulls, crafts, flea market, children's games, live entertainment, a 1908 steam powered wooden merry-go-round, refreshments and more.



Adaptive Equipment Donations

We have received quite a few donated adaptive equipment items. If any clients/families are in need please check out the basement of 21 Opportunity Ct. Let Candis know what you have selected before you take it just to make sure it doesn't belong to one of our Residential clients.



On June 17, Kay, Teresa and Megan enjoyed an evening of fun, friendship and a great dinner at The Junction Restaurant. From there, the trio went to the Cannon Dam Opry. All three ladies had a great evening and can't wait to go again!

Set Works Tips

- Enhancements to the group record allows multiple in/out times for each consumer.
- There is a new look to the files tab that allows for nesting and grouping by ISP year.

*After 30 years of dedicated service
at Community Opportunities...
Darla Gamble is retiring!*

*Please join us for an Open House Celebration
Wednesday, November 29, 2017
12:30pm to 4:00pm
at 123 ABC Lane Troy, Missouri 63379*

~ Refreshments will be served ~

Support Staff Training

Darla Gamble and Susan Mudd provided Support Staff Training to 14 new support staff. Training topics included Consumer Rights, Self-Advocacy/Informed Choice, Disability Etiquette, People First Language, and Cultural Diversity. In order to demonstrate client choice participants were not asked, but told, what to where and what to do. For instance support staff were given masks, hats, jewelry and told they were to wear them. Staff indicated they “got the idea” of how those we support might feel sometime when staff push their agenda and or make decisions they think the clients will like, instead of giving them choices.

A new feature to this training was a simulation room in which participants were asked to complete tasks in a dimly lit room, wearing gloves and glasses which impaired their vision. Tasks included things such as folding towels, writing, putting a belt through belt loops and finding items in a purse. The idea of this exercise was to give the participants a glimpse into what it



may be like for individuals with developmental disabilities who may have limited use of their hands and or poor fine motor skills, impaired vision and memory issues (participants had to remember several tasks prior to entering the room). This segment of the training proved to be a popular feature as a number of participants commented they could now understand how difficult some tasks may be and that as a support staff we should put ourselves in our clients' shoes and need to be more patient and make accommodations when appropriate.

Support Staff training is typically provided twice yearly. If anyone has questions or comments regarding this training, please see Darla or Susan.



Terry working on some tie die t-shirts one evening. We can't wait to see the finished product.



Congratulations to Chad M!

He got his driving permit!



Tools of Choice



Reinforcement— reward desired behaviors!

Some examples of rewarding desired behaviors are praise, appropriate touch, thing/privilege, etc.

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

The final Munny show of the season was Newsies. Everyone had a great time and are anxiously awaiting next year!



Jeff and Jerry had a blast watching the cowboys and cowgirl at FFA Rodeo in Troy.



FRIENDLY FACES

Name: Kaitlin McMahon AKA Katy or Katybug

Family and pets? 1 sister Maggie, 1 goat-Rosie, 1 dog-Buddy Boy and 2 cats- Stripy and Quasimodo

Favorite vacation? Chicago

Who inspires you? Cindy makes me want to do puzzles better.

What unique talent do you have or hobby? I like to play whiffle ball.

What is the best surprise you have ever received? Running into a bunch of my teachers from Troy Buchanan at Chihuahua's.

What is your favorite song? "Love Story" by Taylor Swift.

The movie version of my life should be titled? "All About Katy"

My favorite physical activity is... Walking my dog, Buddy Boy.

One thing people are surprised to find out about me is.... How I can sing!

If I were a superhero I would be....Percy Jackson

What are you passionate about? Taking time for family.

What is your favorite family tradition? Putting up the Christmas tree with my Dad.

Pet peeve? When Daddy pinches my nose!

What is the best meal you have ever had? Nachos from Chihuahua's



What your numbers mean

Blood pressure readings have a top and bottom number:

S **Systolic (top)** = Pressure while the heart beats

D **Diastolic (bottom)** = Pressure while the heart rests

				
	Normal	A bit high	High	Very high
S	Less than 120	120-139	140-159	160+
	and	or	or	or
D	Less than 80	80-89	90-99	100+

Sources: American Heart Association; National Heart, Lung, and Blood Institute

Traveling With Disabilities



There is a new place to look for accessible accommodations when traveling. Check out Accomable, an Airbnb-style marketplace for short-term rentals for people with disabilities. Accomable CEO and co-founder Srin Madipalli, who uses a wheelchair because of spinal muscular atrophy, found it difficult to find proper accessible accommodations, even when the location advertised they were.

For more information:

<https://www.disabilityscoop.com/2017/09/08/accomable-accessible-airbnb/24137/>

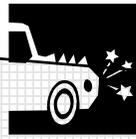


Janelle was honored with a baby shower hosted by the Day Program and Community Opportunities staff.

Janelle and Shawn welcomed baby boy, Bentley

Pace Ray, at 2:15 am on Sept. 27. He's a healthy boy weighing in at 9 lbs. 9 oz. and super cute. Janelle and Bentley are both doing well.





Health & Safety Corner



Health & Safety Tips

Your Best Shot is the Flu Shot

Getting vaccinated is the best way to reduce the chances that you will get seasonal flu and spread it to others. Everyone 6 months and older should get a flu vaccine each year. It takes about two weeks after vaccination for your body to develop protection against the flu. So, go ahead and take your best shot in the fight against flu! Protect yourself and your loved ones by getting your flu shots!

While how well the flu vaccine works can vary, there are clearly a lot of reasons to get a flu vaccine every year.

- ◆ Flu vaccination can keep you from getting sick from flu.
- ◆ Flu vaccination can help protect people who are at greater risk of getting seriously ill from flu, like pregnant women, older adults, people with chronic health conditions and young children (especially infants younger than 6 months old who are too young to get vaccinated).
- ◆ Flu vaccination also may make your illness milder if you do get sick.
- ◆ Flu vaccination can reduce the risk of more serious flu outcomes, like hospitalizations.
- ◆ One study* showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012.
- ◆ In another study, flu vaccination was associated with a 71% reduction in flu-related hospitalizations among adults of all ages and a 77% reduction among adults 50 years of age and older during the 2011-2012 flu season.
- ◆ Flu vaccination is an important preventive tool for people with chronic health conditions. Vaccination has been associated with lower rates of some cardiac events among people with heart disease, especially among those who have had a cardiac event in the past year. Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).
- ◆ Vaccination helps protect women during pregnancy and their babies for several months after they are born. One study showed that giving flu vaccine to pregnant women was 92% effective in preventing flu-related hospitalizations among infants.
- ◆ Other studies have shown that vaccination can reduce the risk of flu-related hospitalizations among older adults. One study that looked at flu vaccine effectiveness over the course of three flu seasons estimated that flu vaccination lowered the risk of hospitalization by 61% among people 50 years of age and older. (Source: <https://www.cdc.gov/Features/FLU/>)

Remember this fall to wash your hands regularly as it can prevent the spread of germs to others! Don't forget that cold weather is around the corner so be prepared!

Employment

Supported Employment



Travis



Nick

Welcomed Travis in July and welcomed Nick back in August

Congratulations!

Congratulations go out to Joe, Mike and Cody! They have all achieved 90 days independent employment.



Joe



Michael



Cody

Summer Work Experience Program

This past summer, Community Opportunities collaborated with the Division of Vocational Rehabilitation and County Market in Winfield in a Summer Work Experience Program. This program is for high school students with disabilities entering their senior year.

The Summer Work Experience Program places students in a 20 hour a week, 6-8 week job trial. Three students were selected (2 from Troy Buchanan High and 1 from Winfield High) to participate in the program. They spent 4 hrs a week working on soft skills (resume writing, interviewing skills, communication). The other 16 hours a week were spent on-site, actively working at County Market. Community Opportunity Employment staff Donna Hughes, Tiffany Stanton and Allison Fennewald coached the students and County Market employees from various departments mentored them on site.

This program afforded the students the opportunity to learn the necessary skills required to work in a grocery store. The students worked in the dairy, meat, deli, produce, bakery, and general merchandise departments, as well as on the front-end bagging and cart retrieval, and behind the scenes unloading merchandise and stocking shelves. In addition, the students learned effective customer service skills by assisting customers in finding items and helping them to their vehicles with their groceries.

The employees at County Market enjoyed working side-by-side with the students giving them and opportunity to learn job skills. The cashiers loved working with one of the young men, Andrew. He was always very friendly and welcoming to all the customers. Andrew said he liked visiting with all of the "old ladies".

Makayla, one of the students, said "I liked the program because I figured out I could do things I didn't think I could." She liked working in the bakery and even made her mom's birthday cake. One of the bakery employees really took time to break down all the steps to teach each student how to do the process so the next day they could accomplish it on their own.

Michael liked all of the jobs. He is a helper by nature and enjoyed helping co-workers and customers. He learned he had valuable skills to contribute to the workplace.

Allison Fennewald, Job Coach, said "I was really impressed by the partnership with County Market. The employees of the market provided a wonderful experience for the students to learn job skills in and actual community business." The students were able to experience first-hand the hard work and dedication needed to succeed in a work environment and were able to reap the rewards of a paycheck for a job well done.



Direct Support Professionals Week

The second week in September we recognized all those who work directly with our consumers - the Direct Support Professionals. These are the folks who are "in the trenches" day in and day out and are the backbone of the agency! This year our staff were treated to a 10-minute chair massage by Kathy Himmel, enjoyed being silly at the photo booth with our consumers and were provided a roomful of snacks and goodies! They also each received a portable charger. Once again, thanks to the support staff for ALL you do!

Staff can view additional photos at [\\192.168.20.4\AdminTeam\Photos\DSP](http://192.168.20.4/AdminTeam/Photos/DSP) Photo Booth 2017



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.
 - ...Restrict 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!**

