

OPPORTUNITIES News & Views

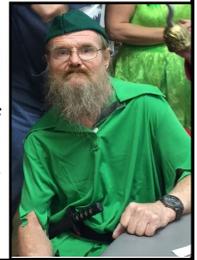
The Holiday Newsletter

Spooky Halloween!



The annual Day Program and Community Skills Halloween parties were held and as always, everyone had a blast! Day Program carved pumpkins, played games and danced! Thank you to the gents from LC Ambulance Community Outreach for stopping by and participating.

Costume winners: Kids contest- there were 5 kids entered, and they were all winners- Sara (Amy M's little sis), Lily (Sammi M's daughter), Claire (Sarah O's niece), DJ (Chris N's daughter), and Wynter (Dustyn B's daughter). Staff- Cathy D, Donna O, and Candis. Adults- Jackie Q, Sarah O, and Zach H. Pumpkin contest winner- Sarah O. Chili cook-off winner- Hamilton family. There was lots of dancing, a piñata for the kiddos, food and friends! Thanks to Tessa, Lacy, Joey, Lanny, Richard, Tony and Cathy for all of their hard work!!!



Happy Thanksgiving!

Giving thanks for a wonderful group of friends was the theme at 21 Opportunity's Thanksgiving dinner. They hosted an amazing dinner with help from all who attended. Everyone enjoyed preparing the food, the camaraderie and of course the meal!



Merry Christmas!

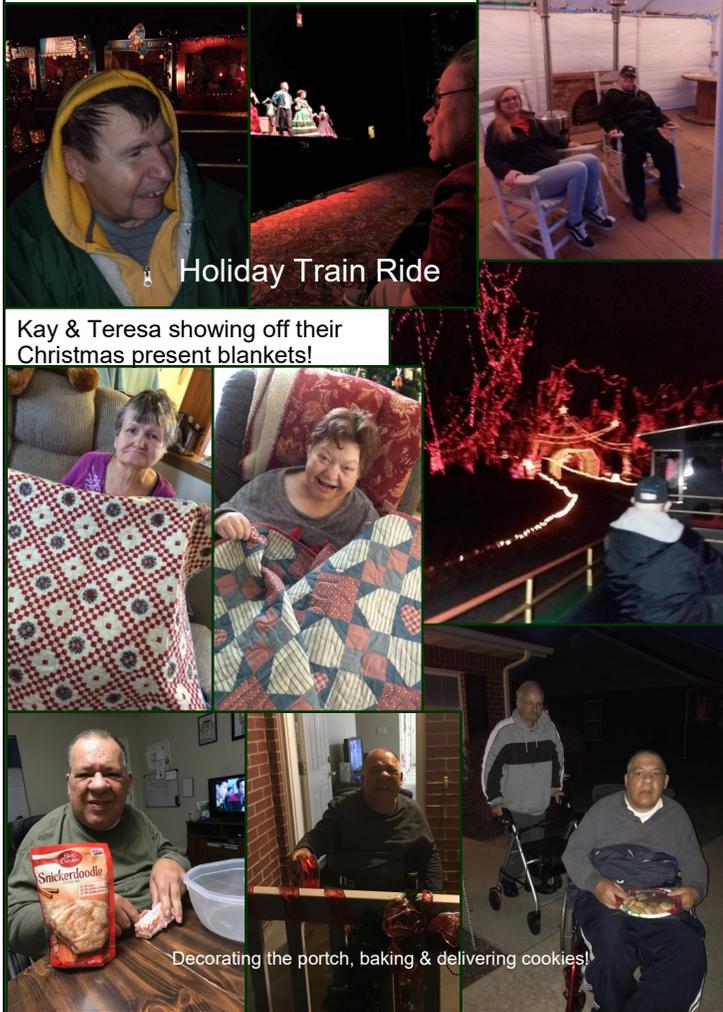
Christmas time brings so many wonderful opportunities to create memories! There was the Holiday Train Ride, A Christmas Carol at the Fox Theater and of course, the annual Knights of Columbus Dinner and the usual decorating fun. Check out the tree made of tomato cages! Here are a few pictures of memories created this year. And there are pictures on next page.



More Halloween Pictures



Additional Christmas pictures!



Holiday Train Ride

Kay & Teresa showing off their Christmas present blankets!

Decorating the porch, baking & delivering cookies!

Thank you to the Troy Knights of Columbus!

As they do each year, the Troy Knights of Columbus, provided another wonderful FREE Christmas Dinner on December 10 at the KC Hall in Troy. Wonderful food, great hosts and enjoyable company! Thank you!





Hats Off to...

- ★ ...Tessa, Lacy, for all of their hard work on the Halloween Party.
- ★ ...Lanny, Joey, Richard, Tony they worked so hard helping set up and working at the Halloween Party, we couldn't have done it without them!!!
- ★ ...Connie and Tim, who came in —on their day off—to help serve food and beverages at the Halloween Party!
- ★ ...Candis—for switching up the names on the staff's inbox trays...keeping everyone on their toes!
- ★ ...Cindy Stanek for holding the fort down while the boss was out! Awesome job!
- ★ ...Cindy, Brenda, Margaret, and Day Program staff and clients for throwing a great retirement party for Darla.
- ★ ...Teresa and all the staff making sure the client Personal Purchase Receipts are all turned in for HSRO audit of client's accounts.
- ★ ...Megan's Residential Support Staff for supporting Megan during her recovery at her parents' home.
- ★ ...Mike Robinson's 8th grade class for making sure the gents at 100 Cody & Charles St. had an awesome Christmas.

Welcome New Trainees!

Matthew Bartig, Residential, 12/13/2017 (welcome back!)

Amanda Hall, Day Program, 12/13/2017

Samantha Purvines, Residential, 11/16/2017

Steffan Colbert, Admin. Assist., 11/13/2017

Lisa Ann Colbert, Residential, 10/17/2017

Sheena Dickinson, Community Skills, 10/2/2017

Holiday closings-

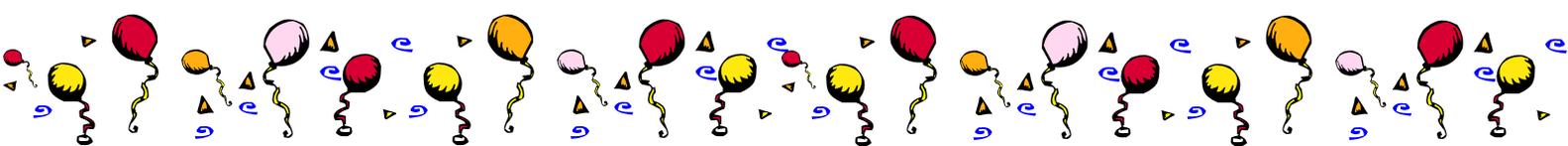
Community Opportunities offices & Earthwise Industries will be closed:
Monday, Feb. 19 in observance of President's Day.

Community Services and Day Program will be closed on March 14 to attend a conference.



Upcoming Training & Events

- Check your agency e-mail at the beginning of each work day!**
- ⇒ **Kiwanis "Walk With a Child" Auction, Jan. 20—Proceeds go to the Accessible Park/Playground in Troy.**
 - ⇒ **Piece-by-Piece Autism Awareness Rally, Jan. 24, Jefferson City**
 - ⇒ **First Aid - LC Ambulance District 3-6 pm, first Wednesday of the month**
 - ⇒ **CPR - LC Ambulance District 6-9 pm, first Wednesday of the month**
 - ⇒ **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.**
 - ⇒ **Movie Nights – FREE Jan. 31, Prog. Bldg. *The Princess Bride*, Feb. 28 & March 28—Movie undetermined at this time. Outside Movie Nights will be back at the garage at Opportunity Court starting May 25.**
 - ⇒ **Game Night at the Prog. Bldg. FREE Feb. 14 & March 14**



EMPLOYEE ANNIVERSARIES

ONE YEARS

Diana Bechtel
Emma Farris
Donna Hughes
Monica Kistner
McKenzie Shannon

TWO YEARS

Jennifer Bultena
Timothy Gilman
Jennifer Grotewiel
Kara Malloy
Mildred Rhodes

FIVE YEARS

Samantha Menne
Wendy Wright
Stephanie Zumwalt

SIX YEARS

Olivia Jacoby

EIGHT YEARS

Angela Schnuriger

TEN YEARS

Brian Scott

EIGHTEEN YEARS

Michael Robinson

TWENTY YEARS

Lacy Roberts-Eisenbath

TWENTY-TWO YEARS

Melody Peterson

TWENTY-EIGHT YEARS

Joseph Rothweil

Happy Anniversary!

WIN –WIN Situations!

Congratulations to Diana Bechtel for referring Brittany Doris who successfully completed her trainee orientation period.

Another \$100 went to Samantha Mayer, who referred Jaimie Brown. Jaimie also successfully completed her trainee orientation period.

Gina Gipson also received the \$100 incentive for referring Samantha Kelly. Samantha successfully completed her trainee orientation period.



Shyniece Smith successfully completed her trainee orientation period. She was referred by Jeanette Smith, so Jeanette also received the \$100 incentive.

Diana, Sam, Gina and Jeanette all received the \$100 incentive during the 4th quarter of 2017. 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 and 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 (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



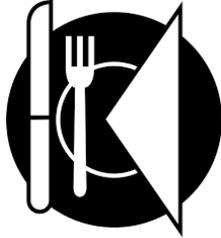
If you have any questions you can email Joanie at jstory@commopps.org, as she has already ordered using AmazonSmile.

Discount for people on government assistance

Amazon recently announced a major Prime discount for people enrolled in certain programs, bringing down the monthly fee down to \$5.99 for qualifying customers with an EBT card. You will need a valid EBT number to confirm your eligibility. The offer is good for up to 48 months, and you will need to re-qualify every 12 months.

Out, About and Having FUN!!!

Each month the ladies in residential have decided to have a Girl's Club Dinner! ALL the ladies in residential have chosen to participate. The dinner will be hosted by a different lady each month at her home. Last month, the Lyons ladies hosted a birthday dinner for lady friends of Teresa W. and had a blast! Allie (staff) suggested this idea and all the ladies were excited to start doing it on a regular basis. The next Girl's Club Dinner is Friday, January 12 at 21 Opportunity Ct. Sarah O and Donna K had a blast hand making the invitations and delivering them to each lady! Can't wait to see the pictures!



Megan's Back!

Recovering from a medical issue Megan lived for nearly the entire month of December with her parents. We were able to support her at her parents' home while they worked or had other commitments. Megan recovered well, returned to her home on Jan. 5 and started back at Day Program the next week.



The staff who supported Megan - Sam Menne, Michelle Palmer and Julie Privett - did a wonderful job of continuing their support for Megan in another environment. They stepped right up to the plate and acclimated themselves to her family's home and made Megan feel comfortable being away from her home for so long. Megan's parents were thrilled with the staff's assistance. Thanks ladies for a job well done!

Look at all these great bowlers!

Congratulations to you all!





Digital Insurance I.D. Cards & Provider Lookup

Always misplacing or forgetting your medical or dental/vision ID cards when going to your provider, or hate logging onto the carrier's website to find a network provider??? You can get your plan ID cards and look up providers directly from your smartphone!

For your Digital United Healthcare (medical) ID card simply download the free Health4Me mobile app. You can retrieve your ID card on your smartphone or tablet or even email it directly to your doctor! It works the same as your physical ID card.

For your Digital Guardian Dental/Vision card & to find network providers, simply download the free mobile app for Apple and Android devices by going to www.guardiananytime.com. Under Find a Provider tab you can download the Provider and ID Card App directly from the sight by scanning the app code with your smartphone (see pic)!

Having your ID cards and network providers at your fingertips just got SOOO much easier!

Find a Provider in Your Plan

Here, you can easily . . .

- Find a dentist or vision care provider OR
- Create a customized directory of providers participating in your benefit plan

For easy access to information about your benefits, log on to [Guardian Anytime](#) or refer to your plan documents. If you need further assistance, click on the help button at the top of the page.



Download our [Find a Provider and ID Card App](#).

Scan to download the app to your smartphone

→ Traveling to... ed PPO dentists here

FIND A VISION P...

Sarah is one busy girl!

Her social calendar makes everyone tired but Sarah. Between lunch with the girls, birthday parties and concerts...this lady is going non-stop!

On Oct. 12, she attended the Good Good Father tour featuring Chris Tomlin and Matt Maher. at the St. Charles Family Arena.



On Dec. 8, she attended the Casting Crowns and For King of Country concert at the Scott Trade Center. Donna O. was lucky enough to attend both shows with Sarah.



Craft Class for Thanksgiving!

These people always have the cutest projects!



Craft Class for Christmas!

Craft class made ornaments to take home for their trees at home. They also talked about their favorite Christmas songs.

Lera—'Where Are You Christmas?

Michelle R.—'I Wanna Wish You a Merry Christmas'

Sarah— 'Silent Night'

John G.- 'Blue Christmas'

Robert G.—'Run, Run Rudolph

Crystal—'Country Christmas'



SAVE THE DATE!

This year's EMCEE.....
Christopher Worth of
Paraquad!

Disability Rights Legislative Day!

"Let Freedom Ring!"

Tuesday, March 13th, 2018

11:00 am - 2:00 pm

Missouri State Capitol

Please call 800.500.7878 if you need more information.

A poster for the event featuring a large image of the Liberty Bell. Text on the poster includes 'LET FREEDOM RING!', 'MISSOURI DISABILITY RIGHTS LEGISLATIVE DAY MARCH 13TH, 2018'.



Kiwanis is a global organization of volunteers changing the world one child and one community at a time.

KIWANIS CLUB

32ND ANNUAL WALK WITH A CHILD

DINNER & AUCTION

ALL PROCEEDS TO BENEFIT THE

KIWANIS PARK PROJECT



SATURDAY, JANUARY 20, 2018

LCCOA, 1380 BOONE STREET, TROY, MISSOURI

SOCIAL HOUR 5:30 P.M. – 7:00 P.M. (SILENT AUCTION)

DINNER (CATERED BY TAORMINA'S) 7:00 P.M.

ORAL AUCTION 8:00 P.M.

TICKETS ARE \$20.00 PER PERSON / TABLE = \$160.00

**FOR MORE INFORMATION CALL BRENDA SCHULTE 636-528-8050
OR THOMAS TRU 636-528-1838**

Celebrating Birthdays!



Jeff turned 70 on Oct. 17th. Jeff Coyle was greeted by friends and family at a surprise 70th birthday party on Sunday, Oct. 15. Approximately 21 guests helped him celebrate his milestone birthday. His friends brought chili, hot dogs and other goodies for chili dogs. Jeff's next door neighbors made two wonderful sugar-free cakes. He enjoyed visiting with friends and family as well as opening his gifts and cards. Happy birthday, Jeff and many well wishes.



Teresa turned 55 years young on Dec. 2. Teresa's ladies group and housemates helped her celebrate with a small party at her home. She loved all of her gifts from all the jewelry she got to the Garth Brooks CDs. At one point, she

started crying and said, "I don't know what I'd do without you guys!" You should have heard her squeal when she opened the card that Terry had put two dollars in for her.



Steven celebrated his 63rd birthday on Oct. 24 with party at his home with his housemates.

THANK YOU!

On November 29, 2017, Bob Eisenbeis, representing the Millwood Knights of Columbus, presented a donation check to Eddie B. at Community Opportunities. Bob just so happens to be Eddie's grandpa. Also pictured is executive director, Mary Sullivan-Thomas.



Improving Our Culinary Skills!

During a regular day, at Cooking Class or an evening at home, everyone enjoys cooking!



MO ABLE Accounts

On Nov. 13, parents, guardians, self-advocates and Community Opportunities staff met at BCI Packaging in Moscow Mills to discuss MO ABLE Accounts. Katie Jones of BCI and Mary Sullivan-Thomas conducted the presentation. MO ABLE allows qualifying individuals to open tax-advantaged accounts used to pay for specific costs of living with a disability. The accounts are tax advantaged because when used for a qualified expense, the money is not taxed at the federal or Missouri state level. This means the money in a MO ABLE account can be deposited, invested, grown and properly used all without any tax consequence. Most importantly, funds in a person's MO ABLE account don't negatively impact a person's Medicaid, Social Security or other benefits. Visit <https://www.moable.com/> for more information.



FRIENDLY FACES

Name: Jessica Ruediger

Family and pets? My husband-Ryan, 3 kids- Brielle, Grant and Nash, our dog-Buck, and our leopard gecko- Spots

Favorite vacation? without the kids- our honeymoon to Jamaica, with the kids- we love to "camp" (in an air conditioned cabin with running water and a bed) and float on the river.

Who inspires you? There are a lot of people at Community Opportunities who inspire me every day. Most days, its someone different than the day before. There are A LOT of good hearted people who work here.



What unique talent do you have or hobby? I can do a headstand for an obnoxious amount of time!

What is the best surprise you have ever received? My 3rd kid! Was not expecting that!

What is your favorite song? Tennessee Whiskey by Chris Stapleton, really anything by Chris Stapleton.

The movie version of my life should be titled? "She Has No Idea What She Is Doing"

My favorite physical activity is... Zumba- gotta get back into that!

One thing people are surprised to find out about me is.... I will eat almost anything.

If I were a superhero I would be.... Super Duper Soccer-baseball-dance-working Mom!

What are you passionate about? My family.

What is your favorite family tradition? Our 'camping' and float trips.

Pet peeve? Bad work ethic.

What is the best meal you have ever had? Sushi (with a good cold beer)

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

Congratulations!

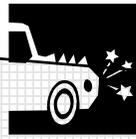
We are pleased to announce Jessica Ruediger has accepted the position of Director of Community & Employment Services. Jessica began working for Community Opportunities 14 years ago. She has worked in several areas of the agency and brings with her a wealth of knowledge and experience. Please congratulate Jessica on her promotion!

Jessica will also be the new "point person" on Set-Works. Jessica is one of the original "pioneers" of Set-Works as she was one of the first to test and pilot the system for us when we began implementing Set-Works in 2013. Please welcome her to this new role.

Joining CSS Roger O'Connor in Community Skills, Jenny Grotewiel has accepted the position of Community Skills CSS vacated by Jessica's promotion. Jenny started in October 2015 working in Day Program, moving to Case Management in May of 2017.

Because she misses everyone, Darla Gamble is now the Associate Director of Employment. Darla will be working 2 days a week, focusing on Employment with some special projects throughout the year. Jessica, Darla, Brian and Donna will make for a dynamic employment team.

Everyone is looking forward to a productive and peaceful New Year!



Health & Safety
Corner



Health & Safety Tips

Winter Safety Tips

Cold temperatures combined with winter storms can be a devastating combination if you don't prepare well. Here are a few tips to help get the edge on winter weather.

Take These Precautions Outdoors

Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.

Sprinkle cat litter or sand on icy patches.

Learn safety precautions to follow when outdoors:

- Work slowly when doing outside chores.

- Take a buddy and an emergency kit when you are participating in outdoor recreation.

- Carry a cell phone.

Equip in Advance for Emergencies

Be prepared for weather-related emergencies, including power outages.

Stock food that needs no cooking or refrigeration and water stored in clean containers.

Ensure that your cell phone is fully charged.

When planning travel, be aware of current and forecast weather conditions.

Keep an up-to-date emergency kit, including:

- Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;

- extra batteries;

- first-aid kit and extra medicine;

- cat litter or sand for icy walkways.

Above all, be ready to check on family and neighbors who are at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you can't bring them inside, provide adequate, warm shelter and unfrozen water to drink.

Source: <https://www.cdc.gov/features/winterweather/index.html>

Employment

Supported Employment Program

October



Michael B.



John P.

November



Mikayla

December



Samantha

Employment Service Program

October



Andrew L.



Dennis W.

Congratulations to John & Dennis!

John started in October with the Supported Employment program and landed a job at Wal-Mart in October.

Dennis entered Employment Services in October and was hired right away at Troy Manor.

Great job & good luck gentlemen!

Community Opportunities is on Facebook!

If you haven't already, you will soon receive a release of information form to sign and return to us. This will allow us to post pictures of different events and activities and not leave anyone out.



Don't forget to like our page on Facebook!

<  Judy Gilbert ► Unrestricted - Lincoln County Missouri
Yesterday at 12:04 PM

A shout out to the volunteers of Lincoln County's Meals on Wheels. I think they draw the line at snow, but they sure don't let a drenching rain keep them from their appointed rounds. Our volunteer, Richard--even in a poncho--looked like a drowned cat at our door this morning, but he sure looked good to us. It's Fried Chicken Wednesday! With (can you believe it?) pie! In our books, these folks are everyday heroes.

2 Shares

Like

Comment

Share

Set Works Tips

Jessica Ruediger will be the new "point person" on Set-Works. Jessica is one of the original "pioneers" of Set-Works as she was one of the first to test and pilot the system for us when we began implementing Set-Works in 2013.

Please welcome her to this new role.

Tools of Choice

Pivot!



Pivot away from the junk behavior to the person or desired activity or task and back to the desired behaviors.

Darla'Gamble Retires From Community Opportunities

After more than 30 years of working with individuals with developmental disabilities, Community Opportunities' Director of Community & Employment, Darla Gamble retired from her full time position November 30, 2017.

Gamble began her career working with individuals with developmental disabilities in 1983 at Social & Educational Life Skills (SELS), which dissolved in 1987 and became part of Community Opportunities. Throughout the years she was instrumental in positively changing the day program services in Lincoln County from center-based to an inclusive community-based service.

In the late 80s and early 90s as the philosophy of employment for individuals with developmental disabilities was changing, Gamble embraced the idea as she helped develop Employment Services. This brought job opportunities to a number of individuals with disabilities 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 Sullivan-Thomas, Executive Director, and a 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 in competitive employment."

Gamble was an outstanding leader in assisting Community Opportunities with their first national accreditation through CARF and has helped maintain the accreditation during the nine surveys thereafter. Throughout her career Gamble actively participated in the Division of Vocational Rehabilitation's Community Employment Provider steering committee and was on the board of the Delta Center for seven years.

"Darla has been extraordinarily essential in the development of services in Lincoln County for people with developmental disabilities. Her leadership has impacted the lives of many and we look forward to the next chapter," stated Mary Sullivan-Thomas.

Although retired as a full-time employee, Gamble returned on January 1, 2018 part time as the Associate Director of Employment at Community Opportunities. She retired her full-time position to focus on working alongside her husband, Kenny, in his role as pastor of Silex Assembly of God church and enjoying time with her family which includes 10 grandchildren.



Congratulations Donna!

Donna Hughes was the first of our staff to complete the College of Employment Services courses in CDS. Donna was issued her Employment Services Training Certificate on November 2, 2017.



All Residential Meeting

Twice a year there is an All Residential Meeting for everyone to discuss new ideas, update procedures and recognize our peers.

Introduced the implementation of KEY Awards
Key awards will be awarded to staff who have gone above and beyond. Staff can be entered as many times as they are recognized for their actions. All staff who have been awarded will have their name entered into a drawing to be conducted at the next All Residential Meeting to be held March 29, 2018 for a prize. Prizes to be awarded one for each CLS area.

Angie recognized Jessica Hodge and Kirstie Tryon
Candis recognized – Donna Odom and Tim Gilman
Misty recognized – Millie Rhodes

Uh-Huh Awards were awarded to:
Angie awarded Jamie Matt
Candis awarded Sam Menne
Misty awarded Michelle Palmer
Susan awarded Sam Menne



A Couple of Reminders....

- ...Be positive role models!
- ...Be mindful of the dress code.
- ...Complete ALL documentation before you leave your shift—every time!
- ...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!

Employees of Community Opportunities:
You can make money simply by referring someone to work here.

If they are hired & successfully complete their initial orientation, you get \$100!!

Refer Someone

It's a win - win - win - situation!
So get the word out & make sure they mention YOU referred them!

Evaluation
OUTSTANDING
Excellent
Very Good
Average
Below Average