

OPPORTUNITIES News & Views

Halloween Fun!

Everyone enjoys Halloween, it is the 2nd most decorated holiday! There were lots of activities from the decorating to the baking and the annual Halloween Party.

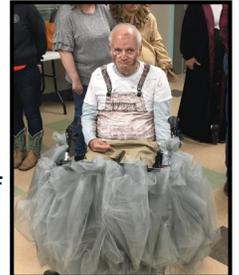


Picking up pumpkins!

No Halloween is complete without pumpkins! We would like to thank Eagle Fork Pumpkin Patch, Anthony Shramek and Erika Park for the pumpkins. We would also like to thank C&C All Around Sound, LLCOA and all the staff who helped make this another great event! And thank you to all the participants!



Charlie and Sally Brown!



Curtis as Pigen!

Annual Gathering

Community Opportunities residents attended the annual turkey dinner at St. Stephen's Methodist Church in Troy. Great food and social event served by the youth members.



Internet Safety

On Oct. 18, Officer Bosley from the Troy Police Dept. presented an extremely informative program on Internet Safety.



Christmas!

Whether ringing the bell at Wal-Mart, enjoying the Polar Express Train Ride, attending the holiday open house at 17 Opp. Ct. or participating in the gift exchange at Day Program, everyone had a great Christmas holiday! We hope you did too!



What a Halloween it was!

Making piñatas, preparing for the Halloween Party, Day Program's dancing party or LC Ambulance District's Spooky Ambulance...it was a FUN Halloween.



Fun & Games!

Day Program consumers and staff recently played Minute to Win It, the Left & Right game and the Saran Wrap Game. A good time was definitely had by all!



Making Graham Cracker Houses

These ladies really got into the holiday spirit making graham cracker houses! Everyone had fun and enjoyed the final product!



More Christmas pictures!





Hats Off to...

- ★ ...Mike Robinson, Melinda Land, Jamie Matt, Danielle Reynolds, Amanda Hall and Kathy Grover for covering shifts in Candis' area!
- ★ ...Cathy Dunlap for transporting Lanny to his family for Christmas!
- ★ ...Staff at 17 Opportunity Court for taking such great care of Jerry after his knee surgery!!
- ★ ...Misty and Angie for sharing their staff to help in Candis' areas!
- ★ ...Kenny for ALWAYS promptly addressing our maintenance needs! You keep everything flowing and rolling at the agency!
- ★ ...Donna Jacobson for working so hard on getting us ready for all emergencies!
- ★ ...Hats off-to Marsha Sowell-Best co-worker! In her soft, well chosen words, she has led many co-workers through struggles, her never-ending optimism, willingness to do what ever and when ever issues arise, her wisdom as the team O.G., and she gives of herself to each and everyone of our consumers.
- ★ ...All the staff who work at Hackberry making Lera feel welcome in her new home: Michelle Palmer, Millie Rhodes, Lisa Ann Colbert, Ashley Purvines, Jaimie Hess and Julie Privett
- ★ ...Lyons staff for finding and engaging the ladies in different activities and crafts.
- ★ ...Janelle for accommodating client doctor's appointments and last minute changes.
- ★ ...Thanks to the staff at 17-opportunity court for assisting the guys plan and host an awesome open house for their family and friends this Christmas. Special thanks to Leanna Bendell for sharing her musical talent with the party!!
- ★ ...Caroline Gnade, for doing a beautiful job decorating the Christmas cookies for the Open House.
- ★ ...Linda Cape, for making the best homemade chicken salad, enjoyed by most who attended the Open House.
- ★ ...Jamie Matt, for making sure the guys had a wonderful Christmas.
- ★ ...Leanna B, you are a joy to work with.
- ★ ...Jessica Hodge, for assisting Diana & Yvonne, with their Christmas shopping.
- ★ ...Susan Mudd, for doing a great job picking out new decorations for 17 Opportunity Court.
- ★ ...Teresa Gooch, for being AWESOME!
- ★ ...The clients & staff at 21 Opportunity Court for hosting Thanksgiving dinner & also the ladies dinner for December.
- ★ ...Thank you to Masha and Yvonne Hampson for organizing a fund raiser for the Nursing home in Sliex where our Papa" Kenny" is now living so they could have much needed items they were lacking. Also thank you for planning a visit to Papa from Diana, Yvonne, Jeff, Jerry along with staff Jessica H, Marsha S, Leanna B and Jamie M the week before Christmas.
- ★ ...Marsha for many extra hours at 17 assisting with the open house plans and making it great for clients and their loved ones!!
- ★ ... Sheena for always going above and beyond when working with Jeff....she helps him get his afternoon routine started when he gets home a little early.
- ★ ...To everyone who took the time to give a 'hats off' to their fellow coworkers!

Welcome New Trainee!

Nicollette Paleta, 12/20/2018, Residential



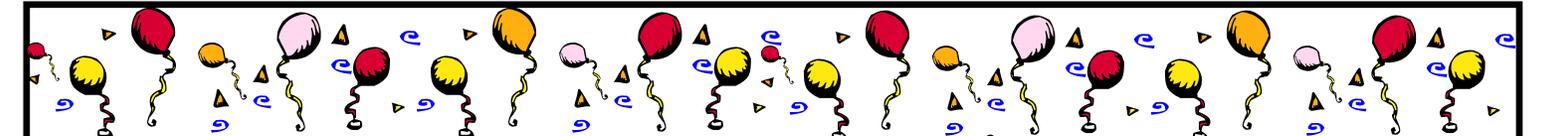
Upcoming Training & Events

Check your agency e-mail at the beginning of each work day!

- ⇒ **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.**
- ⇒ **Game Night at the Prog. Bldg. – The second Wednesday each month. FREE!**

Upcoming Holiday Closings

Feb. 18—Community Opportunities offices, Day Program & Community Skills & Earthwise—Presidents' Day



EMPLOYEE ANNIVERSARIES

ONE YEAR

Sheena Dickinson
Lisa Ann Colbert
Samantha Purvines
Amanda Hall

TWO YEARS

Diana Bechtel
Donna Hughes
Emma Farris
McKenzie Shannon
Monica Kistner
Caroline Gnade

THREE YEARS

Jennifer Grotewiel
Mildred Rhodes
Timothy Gilman
Jennifer Bultena
Kara Malloy

SEVEN YEARS

Olivia Jacoby

NINE YEARS

Angela Schnuriger

THIRTEEN YEARS

Cathy Dunlap

NINETEEN YEARS

Michael Robinson

TWENTY ONE YEARS

Lacy Wilke

TWENTY SEVEN YEARS

Joseph Rothweil

Happy Anniversary!



Benefit Awareness News

Kidney donors give life. So UHC is giving them help.

Imagine you need a kidney transplant — and you've found someone who wants to give you one. Few gifts are as precious or more needed. But what if your would-be hero can't afford to help because of the travel costs?

Should that prevent a donor from providing you with a lifesaving gift? It's a challenge many living organ donors face. And it's why UnitedHealthcare offers a Kidney Donor Travel Reimbursement Program.

How it works.

The recipient's health plan typically covers all the medical costs for kidney donors. But the donor's travel costs may not be included. And the expenses can add up quickly.

Under UnitedHealthcare's program, kidney donors can receive up to \$5,000* on a prepaid card. The money can be used for hotels and travel costs if related to travel for the kidney donation process — for both the donor and a companion.

The donor doesn't have to be covered by UnitedHealthcare. anyone can apply to see if they are eligible — no matter their income — through the transplant facility's financial coordinator.

Living donation saves lives.

Over 95,000 people in the U.S. are waiting for a kidney. Living donors can help those who need a transplant get one sooner — instead of waiting years for an organ from a deceased donor.**

We hope this program empowers more people to save a life.

*This program cannot reimburse expenses that have already occurred. Total funding for donor and companion cannot exceed \$5,000.

A Couple of Reminders....

- ...Complete ALL documentation before you leave your shift—every time!
- ...Please turn in vehicle mileage sheets the first of each month. Remember do not have more than one month on a page.
- ...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!

Ability Hacker.com...Check out this website for interesting solutions to many of life's challenges. ThisHacker.com sight gives resources and options to help individuals live the lives they choose and figure out challenges to every day life.

Cooking Class— Where you get to eat your project!



December's cooking class participants made and ate Christmas cookies!
Cooking class is the 2nd & 4th Wednesday each month from 6-7:30 pm. And the cost is only \$2.00 per person. Contact Jenny at ext. 160 if you have questions.



Congratulations! DSP of the Quarter



We are so happy to announce that Erika Park was chosen as the DSP of the 3rd quarter of 2018. Erika has worked for Community Opportunities for over 10 years! She started her career with Community Opportunities working in the Residential Department, then spent several years working in Community Skills and recently transferred to Day Program. The

person who nominated Erika said that she "is the type of employee that adds value to a team and raises the bar for others". Erika says this job has helped her to learn to "go with the flow" both while at work and in her personal time. She also mentioned her motivation to continue working in this field is the people she supports and the family-friendly atmosphere of the organization. Erika's experience and skills in supporting and advocating for people with disabilities makes her a huge asset to Community Opportunities. Congratulations Erika on this well-deserved recognition!

Hannibal Fall Festival

Always on the go, Curtis & Doug along with staff Donna & Lisa Ann, went to the Hannibal Fall Festival the weekend of Oct. 19-20. They enjoyed all the fun fall



festivals have to offer including artists and craftsmen demonstrating and selling historic crafts, traditional arts, fine arts and crafts, street musicians playing traditional tunes, food cooked on wood stoves, cider fresh from the apple press and a warm atmosphere for everyone.



L. C. Roadrunners Special Olympics Banquet

October 25 L. C. Roadrunners met at the K of C Hall in Troy to celebrate another year of fine athletes and good sportsmanship. Everyone enjoyed the company of their fellow athletes, the dancing and of course the photo booth!



Ladies Dinners

The ladies in residential get together on the first Saturday of each month for socializing, games and a great lunch. Sometimes, our maintenance man, Kenny, gets to join them.

Each month has a theme, with each house responsible for a certain portion of the dinner.



Craft Classes

Craft Class is held at the Program Building on the second Thursday each month, from 4:30-5:30. The cost is only \$3! Please contact Janelle if you are interested, 636-528-7698, ext. 148.



Scary Snakes? NOT!

On a perfect fall day in October, Day Program participants went to Cuivre River State Park. Everyone brought their lunches for a picnic in the park. After lunch, one of the conservation department employees gave a presentation on snakes. Some



snakes are scary and poisonous, but other are not so scary once you get to meet them.



Just a few guys hanging out on the weekend! Greg, Robert and Curtis get together every now and then.



Kenzie and Lizzie are all smiles at the park on a beautiful fall day.

Taking advantage of the wonderful weather at Indian Camp Creek!

Bowling Fun!



On a free day, you can always find Kim doing something athletic. This day, she and Mikey decided on bowling.

Scarecrows & Snowmen!



The Day Program staff are always coming up with new and fun projects. This past fall, it was scarecrows and snowmen.

Everyone was able to paint a scarecrow on one side and a snowman on the other side. This enabled them to be displayed for the entire fall/winter season. They turned out great!



Ten Reason To Laugh

1. Laughter is a stress buster.
2. Laughter supports the immune system.
3. Laughter promotes relaxation.
4. Laughter reduces anxiety & depression.
5. Laughter exercises the diaphragm & abdominal muscles.
6. Laughter helps control blood pressure.
7. Laughter increases lung capacity.
8. Laughter helps detoxify the body.
9. Laughter improves concentration & creativity.
10. Laughter is FUN & makes you feel good!



Laughter is Contagious...
Pass It On!



Steven's Birthday Celebration

Steven celebrated his 64th birthday on Oct. 24. Everyone who attended game night and his house mates made sure he had a great time!



A great pictures of good friends! Diana, Yvonne & Jerry along with staff Jessica, Leanna and Jamie went to visit Kenny, their friend and former neighbor.

Employment

This quarter was a fairly busy one for Employment. We started out with three Employment Specialists, Chris, Dave and Donna, however, in November we said goodbye to Chris – for being here such a relatively short time, she sure made a positive impact in Employment and will be missed.

We had a couple of clients meet their 90 day successful employment milestones - way to go Adam R. And Andrew L. We welcomed back some return clients - Layne F, Blake E. and Savanna S. In addition, we had a few clients join the ranks of the newly employed – we are proud of the hard work these clients put in - Andrew L. Caucy C. Doug P. and Zach P.

As usual, we work very hard to help facilitate new, and maintain ongoing positive relationships with Employers. To that end: we would like to acknowledge Zoltek Manufacturing in St. Peters, Schnucks in O'Fallon, Walmart in Lake St. Louis and Green Guard First Aid and Safety in Earth City who joined the ranks of businesses who appreciate the value our clients bring as employees. As of December, we have clients looking for employment in the following areas, Custodial/Janitorial, Stocking, Warehousing/Production, Floral Design, Retail/Restaurant, Animal caretaking, and Daycare or Nursing home care. We ask that anytime any of you see a help wanted sign or know of a business or individual who is in an active hire status (of any kind), to please email any of the Employment Team staff and let us know. While we may all be in different departments here at Community Opportunities, we are all on the same team and we appreciate any leads or help you can give.

Jessica, Darla, Donna and Dave – your Employment Team.





HOW COOL IS THIS?

Megan and Crystal had a great time at the ADS Wellness Center party in November. She and Crystal Bobeen got to meet Albert Pujols and his wife!

The Albert Pujols Wellness Center for Adults with Down Syndrome is the first of its kind in the St. Louis area and helps fill a growing need for wellness services for adults with Down syndrome.

For more information, please call 314-576-2300 or email ADS.WellnessCenter@stlukes-stl.com.

FRIENDLY FACES

Name: Marissa Haynes

Family and pets? I have a brother and a sister. I have two dogs named Mama and Duke and a iguana named Spike.

Favorite vacation? Going to Georgia with my family.

Who inspires you? A lot of people inspire me. I would say my Mom, she is always there for me.

What unique talent do you have or hobby? I like to watch anime.

What is the best surprise you have ever received? When I got my oriental table for my birthday.

What is your favorite song? "Fake Love" by BTS

The movie version of my life should be titled? *'The Drama Life of Marissa!'*

My favorite physical activity is... Dancing to KPop in my room.

One thing people are surprised to find out about me is.... .that I am really nerdy and really nice.

If I were a superhero I would be.... Batman

What are you passionate about? Kpop which is Korean music or anything Asian.

What is your favorite family tradition? Being together as a family and watching movies.

Pet peeve? People being mean to other people.

What is the best meal you have ever had? Sushi





Health & Safety Corner
with Donna Jacobsen, Health & Safety Chairperson

Here are some reminders about what is safe and not safe. Sometimes it is easy to get busy and not pay attention to the simple things. Please review as a reminder.

Eric forgot all about the cookies that were baking in the oven.

Safe or not safe

Erin called 911 when she saw smoke coming from the neighbor's home.

Safe or not safe

Jeff ignored the sound of the smoke detector and continued watching TV.

Safe or not safe

The children played with a box of matches.

Safe or not safe

Teresa put the burning candle beside the curtain.

Safe or not safe

Steven's baby brother was playing with wires and cables.

Safe or not safe

Jimmy's oven broke so he called an electrician to fix it.

Safe or not safe

Holiday Decorated Door contest!

The Case Managers and the Community Skills Specialists had a door decorating contest.



1st Place Barbie



2nd Place De-



3rd Place Anna



1st Place Janelle



2nd Place Jessica



3rd Place Roger



New Year...New Career!

Here we grow again!

Employment Specialist

Provide on-the-job training of individuals with disabilities at jobs in the community. High School Diploma or equivalent required, some college preferred.

Email cover letter & resume to:

Darla Gamble:
darla@commopps.org



Resource Specialist

Manage a non-Medicaid caseload linking individuals/families with resources. Prefer Bachelor's Degree in Psychology, Social Work, Special Education, Nursing, Human Services or closely related field.

Email cover letter & resume to:

Sonya DeMerchant:
sonya@commopps.org

**Community Skills Teacher or
*Life Skills Teacher
Now starting at \$12.50 /hr.**

Provide direct-supports/services to Individuals with intellectual/developmental disabilities. High School Diploma/GED required

Excellent benefits valued at over \$4/hr for full-time including 100% paid health insurance.

Apply in person:
44 Opportunity Court
Wednesdays 9-11a or Thursdays 1-3p,
or by appointment: contact Angela Hager at
636-462-7695 ext. 101 or angela@commopps.org



EOE/M-F/DV



REMINDER....

Anyone (clients, staff, parents, etc.) who would like to submit photos, articles or announcements to share in the quarterly newsletter is welcome to do so.

The next quarter's info. is due by March 31, 2019.

Remember to include the Who, What, Where and When!

My email is:
teresa@commopps.org