

# OPPORTUNITIES

## News & Views



### Making Sure Our Voices Are Heard



A group of clients and staff made a trip to Jefferson City March 13 to attend the 18th Annual Disability Rights Legislative Day and deliver in person, a very important message to our elected officials.

Our group visited Senator Riddle's office, hand delivering a personal letter written by Robert, explaining the value of his staff, how important his staff are assisting him maintaining his independent lifestyle. Senator

Riddle's staff, Mary, was very gracious explaining to our clients the importance of their visit along with reassuring Robert of how the senator appreciates personal notes, stating the senator sometimes post the notes on her wall to remind her of their importance.

We were able to attend the activities in the rotunda area, listening to speakers and discussing the topics of their speeches.

One of the highlights of our Jefferson City trip, was a visit with Rep. Randy Pietzman. Both Rep. Pietzman and his staff were extremely thoughtful and attentive to us, actively listening and participating in the discussion of why we made our pilgrimage to participate in Disability Rights Legislative Day. In addition to the great conversation, they had donuts which were a big hit. Another highlight of our journey was the brief stop at McDonalds for lunch.

There were some challenges. The capital building is under construction, which made it difficult to navigate around for anyone in a wheelchair and trying to find the specific offices we wanted to visit. If we could encourage anything, in addition to a



positive outcome on topics discussed, we would encourage better accessible signage. There was a mutual feeling between staff and clients that our trip was very successful. We look forward to supporting issues and bills in the future.

Those in attendance were David, Elizabeth, Megan and Robert along with staff Brenda and Chris.





# THANK YOU

Each year, the Millwood Knights of Columbus make a donation to Community Opportunities from the money they raise during their annual tootsie roll drive. This year they raised \$355.39. Thank you—your generosity is very much appreciated.



Bob Eisenbeis presenting Eddie B. with the check. Also pictures is Sandy Eisenbeis and Vamessa Kientzy-Payne.



## Bass Pro

In March, it is hard to wait for summer fun. Eddie and his staff, Kenzie, created their own—enjoying a day at Bass Pro Shop. Eddie loves everything related to outside activities.

## Enjoying Ceramics

Becky and her staff, Monica, found a creative way to spend a wintery February afternoon. They stopped by Naturally Designed on Main St., Troy, to paint some ceramics.



## Wofford Retires From Community Volunteering

After more than 15 years volunteering in Lincoln County, Teresa, 61 of Troy, retired. Teresa plans to spend her retirement sleeping in, enjoying activities she loves, exploring new ways of remaining active and being with friends.

For nearly 30 years, Teresa participated in the Day Program at Community Opportunities, which provided her the means to share her time and talents. Since 2004, she and her colleagues have given back to Lincoln County by assisting with various programs such as Meals on Wheels and local food pantries. One of Teresa's favorite volunteer sites was a local preschool where she helped the children with activities such as art projects. A friend of Teresa's, Darla Gamble said, "She loved going to the preschool. Teresa spent as much time helping as she did giggling with the children. She really liked being with them and they enjoyed her presence as well".



While Teresa spent many hours assisting with delivering Meals on Wheels through Lincoln County Council on Aging (LCCOA), she has now found benefit from some of their services. Since her retirement, she spends 2-3 days a week at LCCOA's exercise class, sometimes also staying to enjoy lunch. Teresa also participates in aqua therapy once weekly and has taken on a new hobby, pottery. A long-time Garth Brooks fan, she treated herself to a retirement gift of attending his recent concert in St. Louis.

"I have known Teresa for 30 years. She is such a dedicated friend. Not only has she always been dedicated to her friends, but also to her volunteer work. I am so happy she is able to retire and enjoy spending time enjoying life to its fullest, stated Gamble.



## Special Olympics Fund Raiser Breakfast

Everyone enjoyed the awesome breakfast at St. Mary's Church in Hawk Point on February 24. Whether they were serving or eating, everyone had fun.

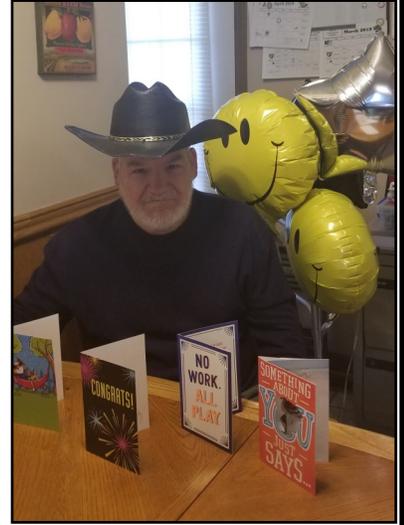


## Langley Retires From Community Volunteering

Terry recently retired from years of volunteering. Over the years he delivered many meals throughout Lincoln County through the Meals on Wheels program.

At 68, he felt it was time to retire and spend his days more leisurely. He plans to spend time at local senior centers, watch a little more TV and take a nap whenever he chooses!

Friends helped him celebrate his retirement at his home.



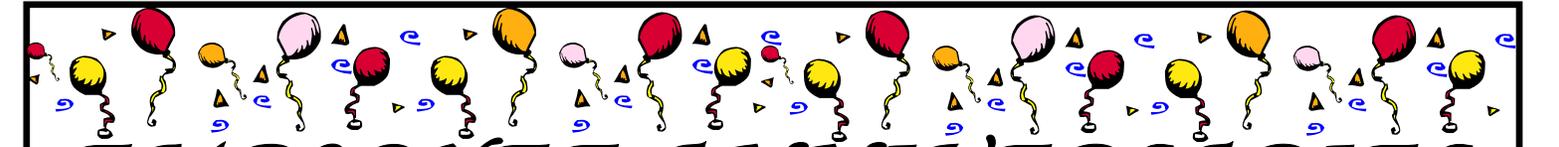
## LLCOA Painting Classes



Several people have been attending the painting classes held at the Lincoln County Council on Aging. Classes started on Monday, April 1 from 12:30—2 pm. Participants had to pre-register for the \*Beginning Acrylic Painting\* classes with a cost of only \$20 for four classes.

Everyone is enjoying the classes very much and creating beautiful paintings!





# EMPLOYEE ANNIVERSARIES

## ONE YEAR

Anna Jaggie  
Brandi Pezold  
Danielle Reynolds  
David Milonski  
Leanna Bendell  
Linda Cape

## TWO YEARS

Christy Neubauer-Dobbs

## FOUR YEARS

Kathleen Grover

## SIX YEARS

Candis Pratt  
Jeanne Minnella

## TEN YEARS

Jessica Hodge

## FOURTEEN YEARS

Donna Jacobsen  
Malinda Derr

## FIFTEEN YEARS

Jessica Ruediger

## SEVENTEEN YEARS

Angela Ray

## EIGHTEEN YEARS

Shawna Fair

## NINETEEN YEARS

Brenda Workman

## THIRTY TWO YEARS

Darla Gamble

## THIRTY THREE YEARS

Mary Sullivan-Thomas

# Happy Anniversary!



## United Healthcare offers its members Weight loss support at no additional cost

Real Appeal is available to you and your eligible family members at no additional cost as part of your health plan benefits. You'll have access to support to help you reach your goals, with:

**A Transformation Coach** who leads weekly online group sessions. Enrollees receive up to a year of support from a Transformation Coach. Your coach guides you through the program and develops a simple, customized plan that fits your needs, preferences and goals

**Online tools** to help you track your food, activity and weight loss progress. 24/7 access to digital tools and dashboards that help you track your food, activity and weight. Support from weekly online group classes where you can share ideas and learn from each other.

**A Success Kit** with food and weight scales, recipes, workout DVDs and more — shipped to your door. A Success Kit full of healthy weight management tools including fitness guides, a recipe book, weight scale and more.

Real Appeal members who attended 4 or more sessions during the program **lost 10 pounds** on average.

[https://realappeal.com/member?utm\\_source=myuhc-tact&utm\\_medium=email&utm\\_content=myuhc-tact-mar-people-1-19-fi&utm\\_campaign=success-tact](https://realappeal.com/member?utm_source=myuhc-tact&utm_medium=email&utm_content=myuhc-tact-mar-people-1-19-fi&utm_campaign=success-tact)

or call 1-844-344-REAL (7325) –let them know you are a UHC member...it is free for us!

*Talk to your doctor before starting any weight loss program.*

## CONGRATULATIONS!

Dave Milonski completed all College of Employment Services curriculum.

He can now add ETS (Employment Training Specialist) to his credentials!



## Bowling Fun!



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

## Elks Mobile Dental Program

The Elks Mobile Dental Van will be in Troy at the L.C. RIII School District Superintendent's Office beginning May 6 until May 16, 2019,



©2018 Elks National Office

**Please call 573-690-6003 to schedule your appointment.**

## Consumer Directed Services Did You Know?

More than 30,000 Missourians use the Consumer Directed Services program for personal care attendant services.

The Missouri Legislature should support efforts to restore the cuts to the Consumer Directed Services Program.

*A person who needed 6 hours of care per day had their services reduced to 3.45 hours per day.*

Consumers with reduced services due to the 60% CAP have had to supplement care through other programs/waivers or go without the care altogether.

Be sure to speak out for those who need these services~

Rep. Randy Piezman (573) 751-9459  
Senator Jeanne Riddle (573) 751-2757

## Happy Birthday Terry!



On Feb. 17, Terry celebrated his 57th birthday in style.

Friends ventured out in the bad weather, to join him for a spaghetti dinner (his favorite), cake and an afternoon of visiting.

## Happy Birthday Sarah!



Sarah enjoyed her favorite meal of pizza on her March 5 birthday.

Her parents and house mates joined Sarah for her 34th birthday lunch and of course, cupcakes.

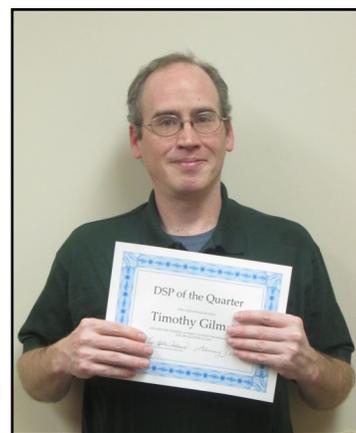
## MIZZOU's Biggest Fan!

MIZZOU's Biggest Fan, Lizzy, spent part of her day on March 8 doing her nails. She and Kenzie did a great job—they were done in black & gold colors with stripes and paw prints. Lizzy and her family attended the game that weekend.



## Congratulations! DSP of the Quarter

We are so happy to announce that Tim Gilman was chosen as the DSP of the 4th quarter of 2018. Tim has worked for Community Opportunities for just over 3 years as a direct support professional. He was hired by the Residential Department being brand new to the field



and is now a seasoned staff within the ISL team. He is known as a team player and someone to look to for advice. The person who nominated Tim said he "promotes independence and boosts self confidence in the clients he supports". When asked what he enjoys most about his job, Tim said "I like most that every 'to do' list at this job always starts with 'Let's have fun'. Everything I do is a shared experience with the clients, which I feel privileged to be a part of and I try to make every experience a good one."

## Teresa & Garth Brooks

Teresa braved a sold-out crowd of 77,000+ to see Garth Brooks in concert on March 9th.



Despite having to wait for hours in lines to get into the stadium, order food, and get a souvenir, Teresa remained all smiles. She was content to people-watch and take in her surroundings, making her the ideal concert companion.



Teresa didn't even mind that the concert was delayed because "He (Garth) is worth waitin' for". She sang along to EVERY song and had a wonderful memory-filled evening.

Next time you see Teresa, ask her about Garth and you'll get a glimpse of the joy that keeps me coming back to work every day.





## Hiring Event

*Wednesdays 9-11a or  
Thursdays 1-3pm*  
44 Opportunity Court Troy, MO  
*Or by appointment by calling Angela at 636-462-7695, ext. 101*

*Your Career is Here!*

**\*Life Skills Teacher:**  
Provide direct-supports to people with developmental disabilities. HS diploma/equivalent & flexible schedule required.  
**\*\$12.50/hr (entry level)**

**Hey Night Owls....we are also looking for full-time ....**

**Night Attendants:**  
Provide overnight direct-supports to people with developmental disabilities. HS diploma/equivalent required.

**GREAT BENEFITS - 100% Paid Health Insurance**

EOE/M-F/DV



## SUGAR!!

Added sugar is the single worst ingredient in the modern diet. It provides calories with no added nutrients and can damage your metabolism in the long run.

Donna J., Health & Safety Chairperson, along with everyone in Day Program, conducted experiments on and the results were surprising. Different foods consumed by clients and staff at day program were checked for the amount of sugar.

Four **grams of sugar** is equal to one **teaspoon**. There are 18 grams of sugar in Raisin Bran, that equals 4.5 teaspoons in one cup of cereal—without milk. Milk was the biggest surprise with 12 grams of sugar in one cup of 2% milk!

Apple juice was the next big surprise. An unsweetened 8 ounce box of apple juice has 24 grams of sugar.

To put that into perspective, one 12-oz can of Coke contains 140 calories from sugar, while a regular-sized Snickers bar contains 120 calories from sugar. Water will always be the best choice.

**Watch your serving size!** What is recommended and what we **think** is a serving size, are not the same.



## A Visit From Some Real Cuties!

In February, when we all need a little something to brighten our day, we all were treated to some fun times with these four legged cuties. Chris, who works in Day Program, brought in her daughter's goats for us to meet.

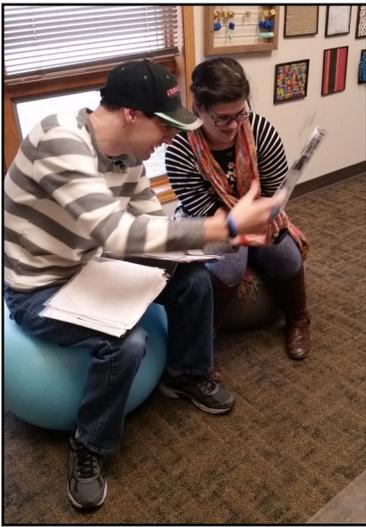


Aren't these little guys adorable?

## Day Program Valentine's Day Dance

Complete with chocolate fountains, cake and heart shaped balloons, the Valentine's Day Dance was enjoyed by everyone! Mia was crowned Queen and Eddie was crowned King.



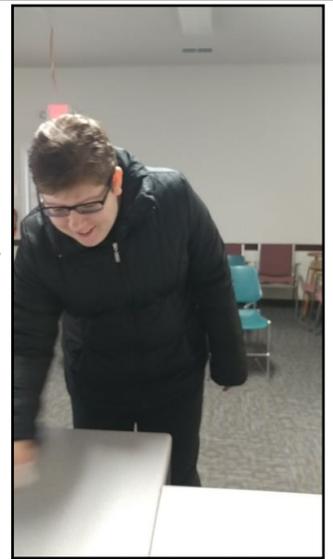


David and Mia enjoying the quite of the Sensory Room

One of the many volunteer jobs our consumers do for the community, is work at the Troy Food Pantry.

There are a lot of people who access the Troy Pantry. It is important to be able to have a clean environment for both the volunteers and the people who utilize the pantry.

Thank you Lizzy and all the volunteers.



## Meet Coco



Teresa got a new parakeet. Coco enjoys getting treats!

## Happy Retirement Wendy!

After 6.5 years of supporting individuals at Community Opportunities, Wendy Wright decided it was time to hang up her Life Skills Teacher "hat" and retire.

Many individuals supported by Community Opportunities had the pleasure of getting to know her as she worked in both Community and Residential Services. Most recently, Wendy supported Diana and Yvonne as their Night Attendant. Wendy's giving personality will be missed by both the clients and support staff. We wish her well in her well-deserved retirement!



## First Aid Training

Training for an emergency is always beneficial. Everyone learned the basics, including how to safely remove soiled gloves, put on a bandage and basic CPR.



## Banana Waffles

What do you do when it is too cold to go outside in January? Make Banana Waffles!



# Employment

## New to Employment Services are:

Alex Brant Miles

## Started new employment:

Cauy at Green Guard  
Savanna at Troy Manor

We have 9 individuals who are currently going through the Discovery and Exploration Process and a few clients who are still looking for employment.

Job interests at this time include the following categories: Custodial, retail, stocker, self-checkout assistant, cart return, working with animals (grooming, care), daycare, warehouse, factory, dishwashing.



*Savanna doing manicures at Troy Manor*

In the first quarter of 2019, Brandi joined the Employment team. The Employment team now consists of Jessica, Darla, Donna, Dave and Brandi.

We are always looking for employment opportunities for our clients! If you know of a business looking to hire, please let one of the Employment Specialist know.



Presentation of Certificate to LCCOA  
Dave Milonski, Richard and Angel

## Recognition!

We are pleased to announce, we presented an Outstanding Employer Certificate of Appreciation to Lincoln County Council on Aging, in recognition of employing individuals with disabilities.

## FRIENDLY FACES

**Name:** Dave Milonski

**Family and pets?** I'm the baby of four...two sisters live within 75 miles. My brother lives in Louisiana. My daughter, Bree, lives near Chicago. My cat, Misty, keeps me company at home.

**Favorite vacation?** Lake of the Ozarks with fishing and lots of wining & dining.

**Who inspires you?** Napoleon Hill.

**What unique talent do you have or hobby?** Expert duck-caller.

**What is the best surprise you have ever received?** A check for \$8,000 from a former employer who paid me a commission on a sale that went through four months after I left his company.

**What is your favorite song?** Keep On Dancin' by Gary's Gang because it reminds me of how I met my wife during the disco days and the way we fell in love.

**The movie version of my life should be titled?** "The More I Know, the More I Know I Don't Know"

**My favorite physical activity is.....**Walking

**One thing people are surprised to find out about me is.....**I smoke cigars.

**If I were a superhero I would be.....**In big trouble!

**What are you passionate about?** Chocolate...and investigating Natural Law

**What is your favorite family tradition?** "Wigilia", the traditional Polish Christmas Eve dinner. The term is often applied to the whole of Christmas Eve.

**Pet peeve?** Lying

**What is the best meal you have ever had?** The first time (1989) my wife and I dined at the Blue Heron in Lake Ozark, MO...cocktails, fine wine, smoked trout & escargot appetizers, lobster bisque with cognac, dry-aged strip steak and crème brûlée for dessert. Back then I could still eat that much without exploding!



**RestroomMap.com**

A map that finds restrooms for ALL

Locate and pin unisex, single-occupancy, or family restrooms near you. Use this site to locate restrooms which meet your needs in your community or as you travel.

Help build an inclusive resource!

**BUCKLE UP**

**PHONE DOWN**

**DO YOUR PART TO MAKE MISSOURI'S ROADS SAFER!**

The challenge is simple: when you get into any vehicle, buckle up your safety belt. If you are a driver, put the cellphone down. Turn it off if you have to.

Sign up yourself and challenge those you know at home, work, school or in your community to join you in buckling up and putting your phone down, every time you drive!



# Nutrition Safety Quiz

Circle the correct answer

**What Vitamin is typically abundant in oranges?**

Vitamin E      Vitamin C      Vitamin A

**What is the "Good" kind of cholesterol?**

HDL      or      LDL

**How much water is recommend to drink daily?**

28 oz.      48 oz.      64 oz.

**What is a banana's most prized nutrient?**

Iron      Potassium      Calcium

**Which is healthier white or whole wheat bread?**

White      Whole Wheat

**Every person should be on the same type of diet.**

True – Healthy is Healthy

False – Each person's make up and needs are different

**Which is better for you?**

Natural foods      or      Processed foods

**Which of these fatty foods is the healthiest for cooking?**

Butter      Canola Oil      Margarine

**Which food group are beans and peas counted in?**

Vegetable group      Protein group      Both

**Nuts and seeds are good sources of what?**

Protein      Dietary Fiber      Minerals      Vitamin E      All of these

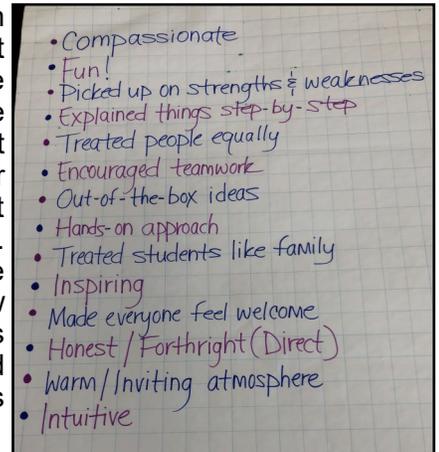
**Come see me if you get them all right! Thanks for playing!**

Answers – 1.C 2.HDL 3.64 oz. 4. Potassium 5. Whole Wheat 6. False 7. Natural foods 8. Canola oil 9. Both 10. All of the these

# All Residential Meeting

Every six months, the Direct Support Professionals get together to discuss different topics related to their jobs. Susan Mudd, Director of Residential Services, conducted the meeting. There were a variety of topics discussed, for example, our upcoming CARF survey— what it is and why we do it. CARF is a group of private and non-profit organizations that accredit health and human services. We have been CARF accredited since 1992.

There is always an activity—this time it was to tell everyone about your favorite teacher and what made that teacher your favorite – what were their qualities. Those qualities were discussed and how those same qualities are ones we should have as Life Skills Teachers.



Awards –

**Key Awards** – those who received Key Award in the past 6 months were recognized and names were drawn for a \$10 gift certificate.



Jennifer Bultena – Angie Ray's team  
Tim Gilman – Candis' team  
Angela Schnuriger – Misty's team

**DSP of the Quarter** – explained the process. Connie West and Tim Gilman were recognized for receiving 1st and 4th quarter DSP for last year



**UH-HUH awards** can be given by any staff one time a year – Leanna Bendell was a recipient at this meeting for her sincere dedication to the people this agency serves.

Congratulations to the recipients and a big thank you to all the Community Opportunities' DSPs!