



All our Direct Support Professionals do an outstanding job each day.

Every year, the second week in September is devoted to acknowledging the hard work and dedication shown by all Direct Support Professionals.

This year, each DSP was invited to a professional complementary 10 minute chair massage, A carry in luncheon was provided on Friday for all. There were daily drawings throughout the week for a variety of gift certificates from local businesses, pictured are some of the winners. Shouts outs and kudos were posted in the Program Building. We are very proud of all our employees, and DSPs are the life line and backbone of the agency! Again – thanks for all you do!



Amanda—you are incredibly kind and always willing to help!

Brandi—you are great to work with

Our DSP's go the extra mile!

Margaret—you are Marvelous!

Nate—glad you joined our team!

Sheena—you are awesome!

Leanna—girl- you are great!

Our DSPs are the best!

Candis' team is the best!

Tim- Thanks for all you do!

Kenzie- You are incredible!

Donna J.—you are simply the best!

Day Programs Team is the BEST!

Marsha, Marsha, Marsha—Sweet Tea!

Shawna—you are wonderful!

All of the CST;s for everything you do!

Day Program group –all supportive & helpful!

Cathy- Love your retirement style!

Kenzie—You are a great advocate & it shows!

DSPs- thank you for being so creative!

Margaret—thank you for always 'noticing'.

Chris- I love how you are always willing to help!

Janelle- you work so hard and look great doing it!

Donna O.— you are fabulous!

Brenda- you are so creative!

Erika—You are amazing!

Kim- you are a joy to work with!

Brittany—you are amazing!

Danielle—you rock!

Michelle P—you are amazing

Emma—you are a gem!

Olivia—you are outstanding!

Kelsey—you are wonderful!

Janelle Wall—For All She Does!

Jon—you are a joy to work with!

Brenda- thank you for your creativity!

Nikki- So glad you are working here!!

Chris—you are crazy—in the good way!

Connie—so glad I/we get to work with you!!

Tammy—thank you for joining us—you're great!

Danielle—Thanks for always "thinking outside of the box"

Nikki- Great Positive Behavior Support Skills! Thanks!

Employment team for working together to cover coaching shifts!



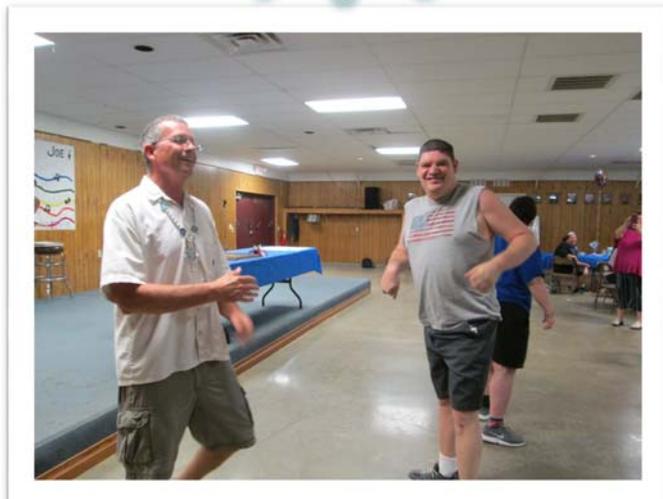
Congrats DSP of the Quarter & Recent Retiree!

The DSP of the 2nd quarter of 2019 was Joe Rothweil! Joe has worked for Community Opportunities in nearly every role and department, including: Residential, Employment, Day Program and most recently, Community Skills.

The person who nominated Joe for this award said “Joe comes to work every day with a great attitude and is always willing to go above and beyond. He works with individuals in a positive way and brings out the best in them!”.

August 17th was Joe’s last day with our agency as he retired after thirty-years of amazing & dedicated service. In recognition of Joe’s service and retirement, the agency held an Agency Picnic/Retirement Celebration on August 2nd at the Lincoln County Fairgrounds Hall. Lunch was catered by Mondy’s BBQ. Agency staff, clients and Joe’s family attended for food, fun, games and music.

Thanks Joe for everything you have done over the years to support individuals with disabilities and congratulations on your award and your retirement!





EMPLOYEE ANNIVERSARIES

ONE YEAR

Jessica Carter
Melinda Land
Ebony-Rose Linneman
Cherie Nuss
Jonathan Peine

TWO YEARS

Kenneth Hauser
Samantha Kelly
Jamie Matt
Sandra Wood

FIVE YEARS

Sonya DeMerchant

SEVEN YEARS

Gina Gipson
Constance West

EIGHT YEARS

Margaret Hill

ELEVEN YEARS

Misty Todd
Robert Lawson

THIRTEEN YEARS

Janelle Wall

FOURTEEN YEARS

Julie Privett

FIFTEEN YEARS

Kim Wester

SIXTEEN YEARS

Roger O'Connor

TWENTY YEARS

Cynthia Stanek

TWENTY TWO YEARS

Angela Hager

TWENTY FOUR YEARS

Joan Story

TWENTY EIGHT YEARS

Susan Mudd

Happy Anniversary!

Our new billboard is up!



NOW HIRING!
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EOE-M/F/D/V



www.commopps.org
636-462-7695

LAMAR



Donna Jacobsen, H&S Chairperson

LIFESTYLE LESSONS

Provided by: UBIC

Did You Know?

Hectic schedules can also lead to increased stress levels, so it's important to alleviate stress whenever you can. Too much stress can lead to the following health issues: insomnia, anxiety or depression, low morale, short temper, headaches, stomachaches, back problems. Use the following tips to help alleviate stress as it comes your way.

TIPS FOR REDUCING STRESS

- **Plan your day and prioritize your tasks.** Before beginning to panic about the long list of things you want to get done, set realistic goals for the day and deadlines for when you want the tasks completed. Do not rush and always have a backup plan in case you run into a speed bump along the way.
- **Focus on things you can control.** Break large tasks into smaller, more manageable ones instead of trying to tackle a large project all at once.
- **Take steps slowly.** Before acting, think about the end result that you desire so you do not have to backtrack later.
- **Use all available resources.** Seek out resources to help you get things done, such as a willing spouse, knowledgeable relative, trustworthy friend or hardworking coworker.
- **Take short breaks.** When you start to feel anxious, take a break. Have a glass of water, read a chapter in a book or watch the news. This will get your mind off the task for a few moments and allow you to feel a bit more refreshed.

Healthy Hints

If the stresses in your life become more than you can bear or manage with these simple techniques, consider seeking professional assistance. A knowledgeable professional will be able to work with you to devise time management skills and stress-reducing techniques.



Mary Sullivan-Thomas presented with the 2019 Eddie Mae Binion Community Service Award

ST. LOUIS – On Friday, August 16, 2019, Legal Services of Eastern Missouri, the area’s largest nonprofit law firm, honored twelve individuals and organizations with awards in recognition of their commitment to volunteer work and community service during the “2019 For The Common Good Awards” ceremony. More than 200 guests gathered at the Ritz Carlton in Clayton to honor the dedication and outstanding contributions of these twelve awardees. Lincoln County resident, Mary Sullivan-Thomas (pictured 3rd from the left) was awarded the Eddie Mae Binion Community Service Award, named for being a noted community activist and long-time, client board member.

The nomination submitted by LSEM attorney, Laura Williams-Roberts stated, “Mary Sullivan-Thomas is a leading figure in domestic violence advocacy, working alongside Legal Services to bring justice and healing.”

As Chair of Lincoln County Domestic Board since 1988, Ms. Sullivan-Thomas is instrumental in facilitating the Domestic Violence Court Advisory Committee. The committee focuses on the coordinated community response to domestic violence in Lincoln County, coordinating the efforts of law enforcement, the courts, medical providers and domestic violence advocates to better serve the community. Mary also provides invaluable advocacy, training and support for those working with domestic violence survivors in Lincoln County.

Legal Services of Eastern Missouri has provided free civil legal help for low-income families for 62 years. In 2018, more than 30,000 people in 21 counties of eastern Missouri received services from four regional offices. For more information, please visit www.lsem.org. Sponsorship for the event was provided by: Missouri Lawyers Weekly; Alaris Litigation Services; Bryan Cave Leighton Paisner; Emerson and Thompson Coburn LLP. Awardee videos were produced by Alaris.



Summer Outdoor Fun!



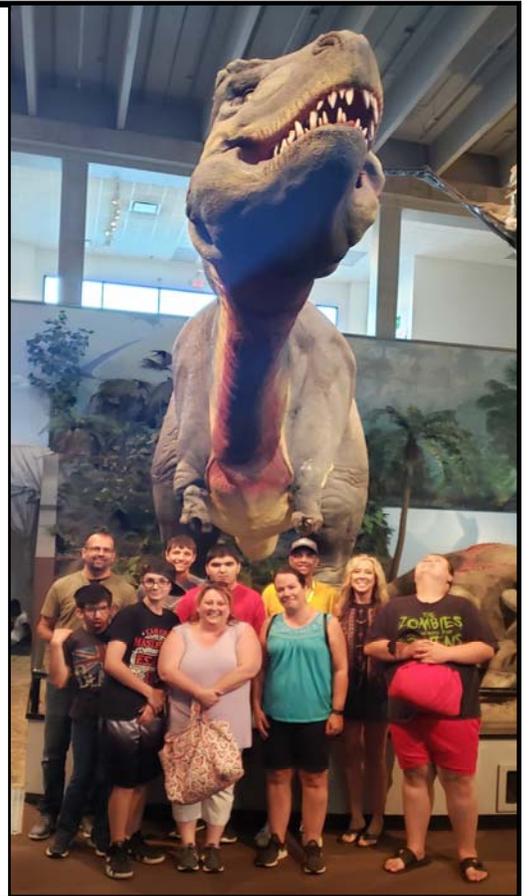
Meet me at the Munny –having fun awaiting the show to begin!



Backyard picnic and an outdoor Concert at Day Program!

Science Center Fun

A group from Community Skills recently visited the Science Center. The trip was a big hit and Robert said his favorite part was sitting in the space capsule. Tyler & Christian enjoyed creating vehicles and everyone enjoyed the flight simulator!



There have been so many fun & exciting activities going on this Summer...it's impossible to show/list them all!

Lexi knows how to keep cool on a hot summer day! She had a blast riding the Lazy River at the Troy Aquatic Center on one of our hot summer days.



You Scream...I Scream...
What would summer be without ice cream? Lera and Lisa Ann enjoying frozen treats at the Sugar Shack in Bowling Green.



Steven and Jamie attended the Relay for Life and FFA Rodeo.



Mickey, Eddie, Janelle & Nick enjoy some hat shopping at Rural King!



David, Katy & Robert at the 50th Old Threshers' event.



Sarah is showing off one of her most recent works of art from the LCCOA painting class!



Shelby getting her free rose from Troy Flower shop..happy, happy day!

Lincoln County Fair Fun!



Everyone enjoyed the Lincoln County Fair—from the kick-off parade to the concert on Saturday night.



And what could be better than *Tacos in the Park?*



With a side order of silly string!



Fun in Branson!



Jackie had a blast in Branson visiting the Titanic Museum, the Dolly Parton Stampede and playing miniature golf.

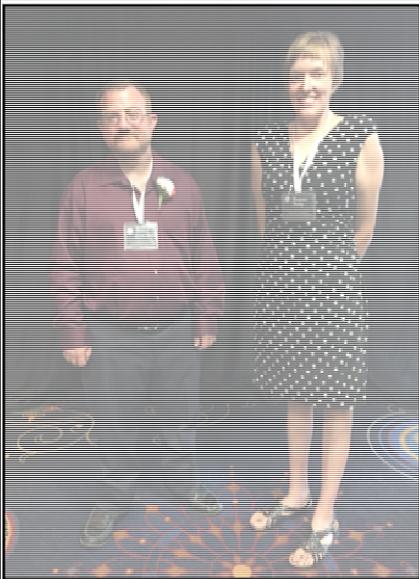


Mental Health Champions

Each year, the Missouri Mental Health Foundation recognizes individuals across the state who have overcome challenges with mental health and worked hard to improve their lives while contributing to their community. Two of this year's nominees, Breonna Taubig and Richard Price, are from Lincoln County. Breonna and Richard attended the 2019 Missouri Mental Health Champions' Banquet to receive recognition for their achievements.

Breonna dedicated her time over the last 4 years to collecting soda tabs to benefit the Ronald McDonald House. She got her friends and family involved and was able to collect 197 pounds of tabs to donate, becoming the largest donor in the St. Louis area. Just recently, Breonna worked with Community Opportunities Employment Services to obtain a position with Lincoln County Nursing and Rehab where Breonna completes housekeeping and other job tasks. She is also involved in volunteering with the Lincoln County Ambulance District during community outreach events.

Richard served for many years as a volunteer with Lincoln County Council on Aging, delivering meals and helping with tasks at the senior centers. Being known as a dedicated, hard worker eventually led to being offered a paid position with LCCOA as a dishwasher. Even after obtaining employment, Richard continues to volunteer in his community 1 day a week delivering meals to homebound seniors. Richard also works to improve his physical health by walking nearly every day. He walks all over town and is recognized by many in the community for his dedication to exercising. Great job Breonna and Richard! Congratulations on your nominations!



Partners in Policymaking Graduate

By Josh C.

Editor's note: **Partners in Policymaking** is a leadership training program that trains participants on how to collaborate and establish positive relationships with policy makers. Partners work towards insuring the rights of people with disabilities are maintained in future public policies.

Partners in Policymaking was a fascinating experience, with a lot of twists and turns emotionally and mentally. I wasn't sure what to expect and if I would enjoy my time there. It turned out to be a positive experience. Some courses would make me sad with the information presented to me and other times the information would make me mad, most times it would make me go 'wow'.

Whatever it was all of it was eye-opening. With the information that I learned, I will be better able understand information presented to me and advocate for myself. It has it also gave me the knowledge to stand up for fellow disabled individuals. I really enjoyed myself the past 8 months. And it also made me learn to try new things, you never know what to expect.



Pictured is Josh, Marsha & Ebony



Busch Stadium Tour

Day Program clients and staff took a trip to Busch Stadium for a tour. Everyone had a blast hanging out in the Press Box. The highlight of the day was being able to go out on the field...and then a few players joined them. Mia got to shake Tyler O'Neill's hand and told him she would never wash that hand again. Steven received a ball from Jose Martinez.



Employment Services

Our New Employment Specialist

Michael Marx was hired as our newest employment specialist in August. After a thirty-nine year career working with kids in the public and private sectors, Mike is excited about joining Community Opportunities. "I've always loved teaching and encouraging others, so this new position as an employment specialist is a perfect fit for me as I begin my second career." Commenting about his new colleagues, Mike says, "I absolutely love my new bosses. Darla and Jessica have been wonderful in helping me with the learning curve. And the gals in the employment services department, Donna and Kim, have been so patient with my constant questions" We want to welcome Mike to the CommOpps family and wish him the best in his new adventure.



We are currently seeking a fourth full-time employment specialist. You can help us out by using your "I'm Impressed" referral cards. Remember, we're always looking for employment opportunities for our clients. If you know of a business that is looking to hire, please let one of our employment specialists know!

Shout It Out

A great big shout-out to all our recently hired clients and their employers! We are proud of our young people and celebrate our partnerships with our local employers.

Travis
Mikayla
Julie
Lera
Breonna
Jacob

Team member at McDonald's
Crew member at Arby's
Dining services team member with Chartwells
Child care provider at Asbury Daycare
Housekeeper at Lincoln County Nursing and Rehab
Dining services team member at Big Sticky's Barbecue

FRIENDLY FACES

Name: Nathan Simpson

Family and pets? Lab mix named Smokey

Favorite vacation? West Texas, Big Bend National Park

Who inspires you? My Dad and Grandparents

What unique talent do you have or hobby? Cooking

What is the best surprise you have ever received? Graduation gift vacation to London, UK

What is your favorite song? Metallica—Nothing Else Matters

The movie version of my life should be titled? Life of Big NATE

My favorite physical activity is: playing basketball

One thing people are surprised to find out about me is.... Owned a diner for 3 years

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

What are you passionate about? Cooking

What is your favorite family tradition? Having family dinners once a month, where all of us got together at my parents' house and cooked big meals.

Pet peeve? People being late

What is the best meal you have ever had? Mexican restaurant in Presidio Texas called El Patio—a hole in the wall restaurant.



Nate is a Community Skills Teacher on Jenny's team. He began his career with Community Opportunities in May 2019.



Set Works Tip....



If medications are listed in the consumer profile under the *Health-Meds* tab, then you can access side effect and other information by doing the following:

- Click on the medication name
- Click "I Understand"

You will be taken to the drugs.com webpage for that medication where you can look at side effect, interaction and other information.

Don't forget...documentation is imperative & must be completed each shift. If you make a change to a document once it has been signed, you must re-sign it!