

Everyone is Dancing in Employment!

The employment Department has been meeting ourselves, coming and going, over the past few weeks, kind of like the Dunkin Donut guy!

We have had five new clients start the employment process this quarter. Cauy, Vickie, James, Abe and Christian M. We look forward to helping them plan their journey toward employment.

Between January and March, ten (10) individuals obtained jobs! Several of those were within the same week, so the Employment Specialists were dancing fast! Pictured to the right is Rosie, working as a Hostess at Troy Manor. Below is Zoie, a new Greeter at Wal-Mart.



A big thanks to Walmart, Troy Manor, Sonic and Taramino's Restaurant for offering employment opportunities!

With that many people getting jobs and with Summer Work Experience starting in a couple of months, it was time to add a few Employment Specialists to our team. Miranda Gibbons started in January and Brandi Dowell just recently re-joined the Employment Services Team. They are welcome additions!

If you know anyone with a disability who would like help with getting a job, give Darla Gamble, Associate Director of Employment Services, a call!

EMPLOYEE ANNIVERSARIES

ONE YEAR

Kaitlyn Klaas
Madison Borden
Ryan Williams (returning)
Lacy Gambill

TWO YEARS

Amanda Helvey

THREE YEARS

Brandi Pezold
Anna Jaggie

FOUR YEARS

Chris Neubauer-Dobbs

EIGHT YEARS

Candis Pratt

SIXTEEN YEARS

Malinda Derr
Donna Jacobsen

SEVENTEEN YEARS

Jessica Ruediger

TWENTY YEARS

Angela Ray

TWENTY ONE YEARS

Brenda Workman

THIRTY FOUR YEARS

Darla Gamble

THIRTY FIVE YEARS

Mary Sullivan Thomas

FRIENDLY FACES

Name: Brenda Workman, Life Skills Teacher, Day Program

Family and pets? 3 grown children, 5 grandchildren, 2 horses and 1 dog

Favorite vacation? Australia/New Zealand trip

Who inspires you? God and my family

What unique talent do you have or hobby? Making things

What is the best surprise you have ever received? Each of my grandchildren

What is your favorite song? Anything by Andrea Bocelli and my newest favorite might be "Good To Be Me" by Rhett Walker

The movie version of my life should be titled? Swim Above The Deep

My favorite physical activity is: Horseback Riding

One thing people are surprised to find out about me is: I am a versatile person—having done everything from management to seamstress.

If I were a superhero I would be.... According to a friend—Wonder Woman.

What are you passionate about? My faith and my family

What is your favorite family tradition? Combined Thanksgiving & Christmas with my extended family at my house.

Pet peeve? When someone parks in my spot at my house.

What is the best meal you have ever had? Prime Rib, boiled shrimp and Mom's carrot cake for dessert.



Welcome New Trainees!

Miranda Gibbons (FT) -1/6/2021 -Employment Services
Jonathan Peine (PD)- 1/20/2021 -Community Skills

Congrats DSP of the Quarter!

The DSP of the 4th quarter of 2020 is Diana Bechtel!

Diana has worked for Community Opportunities for over 4 years as a direct support professional. She is a Community Skills Teacher in the Day Program and is a positive and upbeat representative of our organization. She graces us every week with her beautiful singing voice and guitar playing on *Music with Diana*. The person who nominated Diana said that “Diana is continually looking for improvements and is a problem solver”.

Thanks Diana for everything you do to support individuals with disabilities and congratulations on your award!

~Jessica Ruediger



MOVIE AFTERNOON!

The Day Program rented Troy Movie House for a fun Friday afternoon. Everyone enjoyed seeing Pixels at the movie theatre! It was great to have the opportunity to return to a semi-normal activity within the community (while still adhering to necessary precautions of course)!



What Would YOU Do?

If you found a pot of gold, what would you do? Brandi Pezold, CST, asked the clients attending Day Program. She got some great answers from participating clients. Jerry B. said he would "Give it to my niece". Sarah O. would "Go on a trip overseas with staff." and Jackie Q. would "Buy a ranch."



Valentine's Day Yummy Treats

Michele and her staff Tammy made white chocolate covered pretzels. Lera kept busy dipping chocolate covered strawberries. Yummy treats for sure! Unsurprisingly.... none of them made it to the office!!



Meet Rosie

Misty got a new puppy and brought her in wo everyone could enjoy holding her.



Curtis is pictured chillin' on his new Patio Furniture!



Cleaning Pays!



It was a beautiful day to do some Spring cleaning.

Steven, who loves to clean everything, suggested we clean the van. As usual, Steven did a fabulous job and he was excited to find a little additional spending money while cleaning.



Spring Gardening

It is the time of year where everyone starts planting. Robert has been busy planting so there will be plenty of yummy fresh vegetables this summer for everyone!

Day Program veggies literally grew overnight. And the raised beds are full of strawberries!



Moscow Mills Bicentennial Scavenger Hunt

It was a beautiful day to get out with Megan and Michele for a scavenger hunt in search of "Mill" boxes, located at 12 historical sites throughout Moscow Mills. Each box contained stamps/stickers and a location code to record on

an entry page to show that we found & completed finding each location. The scavenger hunt will remain open all year long in 2021. Completed entry pages should be turned in to Moscow Mills City Hall and in December of 2021 they will randomly draw winners & award prizes.





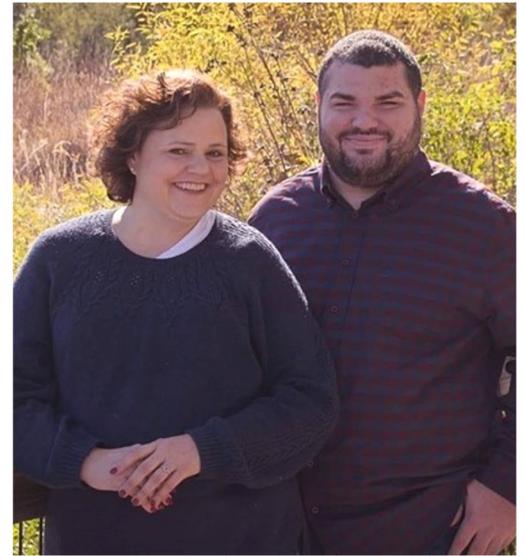
CHAIR YOGA

Madison Borden, LST, began hosting a chair yoga session at the Program Building for residential clients. Everyone enjoyed stretching and laughing.

TCM Update: Way To Go Jacob!

Jacob Kostedt receives Case Management and Employment Services from Community Opportunities. He also has a Community Support Waiver to receive Community Skills Services from Initial Independence. His dream of living on his own may become a reality sooner than he thinks as he was recently approved for NECAC housing voucher! In addition, he was offered job at Walmart as a Greeter!

His mother (pictured with Jacob) is his greatest cheerleader and coach. Jacob loves to spend his time with his mom off-roading in her Jeep. He also enjoys, playing video games, sleeping, playing just about any sport through Special Olympics and attending the Community Opportunities' Anime Club.



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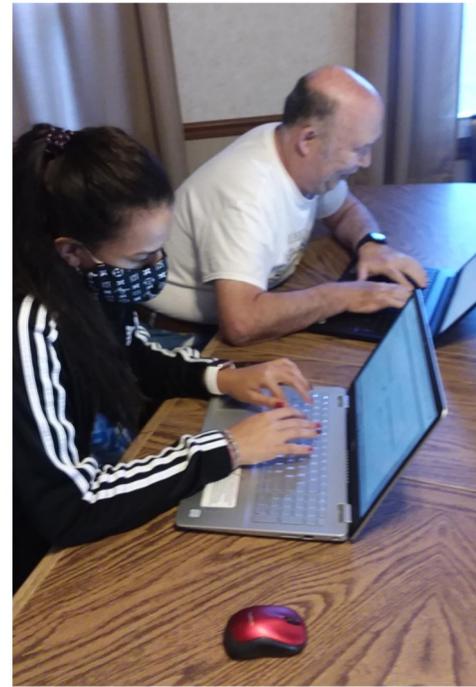
Happy Hawaii 5-0 Birthday Yvonne!

Good food, great friends & GIFTS! Yvonne appreciated celebrating her 50th birthday with her family, friends and staff. She loved all her gifts and really enjoyed dancing in her grass skirt.



State Park Fun

Jerry, Josh and Kaitlyn M.-LST, spent a recent afternoon at Cuivre River State Park. They enjoyed exploring the park together and having a bit of fun clowning around. Jerry is quiet, but has a great sense of humor (as you can see in the photo below of him giving Josh bunny ears). It was an excellent day to get out for some fresh air and exercise.



Taking Note

Victoria (Tori), LST....and Jim J. are pictured doing staff notes. Ok, maybe just Tori is doing staff notes, but Jim had fun joining her and perhaps having a bit of fun *emulating* her.

Life would be dull without Jim's ornery since of humor!



Beautiful Artwork & Message

Contessa shared a beautiful piece of artwork she completed using pieces of jewelry. This picture presents a positive message and speaks volumes. Great job Contessa and keep spreading kind messages!



Now Your're Cookin!

Josh, Raymond and Steven are always cooking up something good to eat! Everyone has their own special technique for assembling recipes and these fellas are in the zone!



Friendly Game

The pavilion at the Program Building is the perfect place to play a friendly game of checkers. There is no hard-core competitiveness here... these guys know it doesn't make a difference if you win or lose, as long as everyone has a good time.



Steven - Enthusiastic Svengoolie Fan!

Steven recently received a new shirt, featuring his favorite TV show, Svengoolie. Svengoolie, for those of you who aren't familiar, brings you the classic Universal horror films including many of which have not been seen on broadcast television in years. He made sure staff got his picture with his new shirt so he could proudly show it off.

We Rock!

Some of our Day Program clients enjoying some time outdoors in the snow. I think it goes without saying, but it's always good to hear -No matter how the weather changes or obstacles presented, we ROCK @Community Opportunities!





Equity and Diversity Series

Sonya DeMerchant, Director of Case Management, is a member of the Mental Health Equity and Inclusion Alliance group through DMH. She is sharing topics related to equity and diversity via the newsletter and agency email. Cultural Competency and Diversity are important topics, and training we are required to provide all of our staff.

As previously stated, we understand these topics can be uncomfortable. Sonya welcomes anyone who would like to discuss the topics/information she shares to contact her directly at sonya@commopps.org.

Below is information from the Winter 2021 Book Study the group during this past quarter.



The Department of Mental Health's Winter 2021 Book Study Starting on February 15th

The book for this study is
So You Want to Talk About Race
by Ijeoma Oluo

In this breakout book, Ijeoma Oluo explores the complex reality of today's racial landscape--from white privilege and police brutality to systemic discrimination and the Black Lives Matter movement--offering straightforward clarity that readers need to contribute to the dismantling of the racial divide

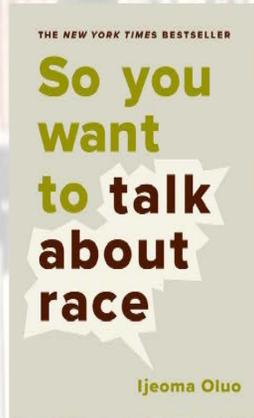
The program runs for six weeks through Facebook and Zoom. Participants should fill out the registration form below.

[Wufoo Registration Link](#)

You will need to provide your own copy of the book for this study. Please see the links below for options:

[SealPress Link](#)

[Amazon Link](#)



For questions regarding registration please reach out to Shelby.Hood@dmh.mo.gov



Missouri Department of
MENTAL HEALTH

TEN REASONS TO LAUGH:



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

Laughter is Contagious...Pass It On!



11 Things that Can Interfere with Your Sleep (from Psychology Today, 1/9/20)

- 1) **Alcohol.** May help with falling asleep, but alcohol interferes with REM sleep & decreases sleep quality and duration.
- 2) **Caffeine.** Avoid any form of caffeine at least 6 hours prior to sleep.
- 3) **Sleep Apnea.** If you snore loudly and often feel very tired through the day, get a sleep study.
- 4) **Your temperature.** Best room temperature for sleeping is 65 degrees.
- 5) **Worrying about unresolved problems.** 5-minute meditation and writing gratitude lessens worry.
- 6) **Your diet.** Avoid eating less than 3 hours before bed.
- 7) **Anxiety & Depression.** Don't let your mental health go untreated. It can have profound effects on your sleep and your overall physical health.
- 8) **Exercise.** Exercise is known to improve sleep, but avoid exercise 1-2 hours before bed.
- 9) **Your phone.** The blue light from your phone is a brain stimulant. Read a book before bed.
- 10) **Naps.** (Who has time for a nap???) This one is a given. Unless you're sick, napping in the afternoon will make it harder to fall asleep at your normal bedtime.
- 11) **Insomnia.** If you consistently struggle to fall asleep and stay asleep at night (other than to use the bathroom once), review the possible causes listed above. If you have insomnia and you're guilty of any of the above contributors, look at revising or eliminating the culprit(s). If the problem persists, it's time to see a sleep specialist (called a somnologist).

It Pays To Refer Potential Employees!



Madison Borden will be receiving a **\$100 referral incentive** for referring Nathan Honerkamp, who as of 1/5/21, has completed his trainee orientation period! Congrats Madison (and Nathan).

Please remember you are eligible to receive a referral incentive for recruiting new staff. Applicants must indicate that you referred them on their employment application & once they complete their 3 month/ equivalent trainee period you receive the paid incentive!



Health & Safety Corner



How to Store & Wash Face Masks



Donna Jacobsen,
H&S Chairperson

Store your cloth mask properly and wash it regularly to keep it clean. Consider having more than one mask on hand so that you can easily replace a dirty mask with a clean one. Make sure to remove your mask correctly and wash your hands after touching a used mask.

Store wet or dirty masks in a plastic bag. If your mask is wet or dirty from sweat, saliva, make-up, or other liquids or substances, keep it in a sealed plastic bag until you can wash it. Wash wet or dirty masks as soon as possible to prevent them from becoming moldy. Wet masks can be hard to breathe through and are less effective than dry masks.



Store masks that are not wet or dirty in a paper bag. You can store your mask temporarily to reuse later. Remove your mask correctly and wash your hands after touching a used mask. Keep it in a dry, breathable bag (like a paper or mesh fabric bag) to keep it clean between uses. When reusing your mask, keep the same side facing out.

If you are taking off your mask to eat or drink outside of your home, you can place it somewhere safe to keep it clean, such as your pocket, purse, or paper bag. Make sure to wash or sanitize your hands after removing your mask. After eating, put the mask back on with the same side facing out. Be sure to wash or sanitize your hands again after putting your mask back on.

Wash your cloth mask whenever it gets dirty or at least daily.

If you have a disposable face mask, throw it away after wearing it once.

Using a washing machine:

- Include your mask with your regular laundry.
- Use regular laundry detergent and the appropriate settings according to the fabric label.



By hand:

- Wash your mask with tap water and laundry detergent or soap.
- Rinse thoroughly with clean water to remove detergent or soap.

Dry your mask

- Dry your mask completely in a warm or hot dryer

Air dry:

- Hang your mask in direct sunlight to dry completely. If you cannot hang it in direct sunlight, hang or lay it flat and let it dry completely.





Resourcesforliving.com
User Name: Community Op
Password: EAP

Things have been stressful during the past year, to put it mildly –but help is just a call or click away! Our agency provides Resources for Living EAP services to all our staff (even if you aren't enrolled in the agency's health insurance).

Resources for Living offers:

Unlimited telephonic consultation	✓
Face-to-face or tele-video counseling, per issue, per year	Up to 3
Worklife support	✓
Legal resources	✓
Financial resources	✓
ID Thett	✓
Member website	✓
Member mobile app	✓
Management consultation	✓
Management referrals	✓
Proactive account management	✓
Crisis response services	✓
Flyers and wallet cards	✓
Monthly email newsletter	✓

They also have myStrength –a unique online emotional wellness portal to assist those with moderate depression and anxiety. In addition to the above services, their website offers a wealth of other resources and videos. The services are FREE and completely confidential and available to you 24/7. We encourage you to look through their website for helpful resources.

Resourcesforliving.com
User Name: Community Op
Password: EAP