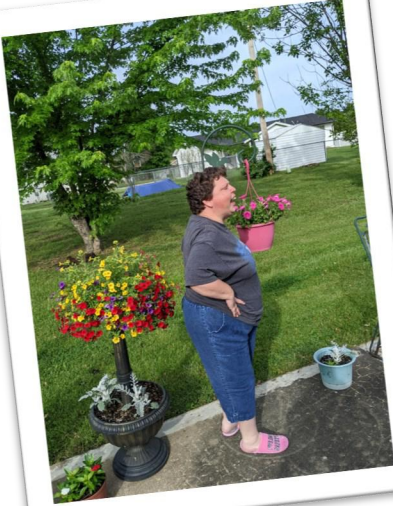


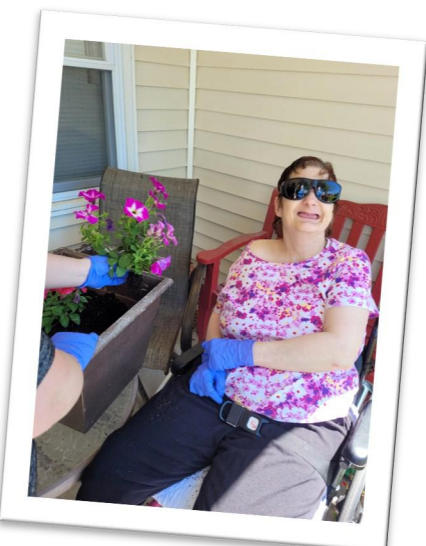
Gardening Benefits!



1. Gardening burns calories. Light gardening and yardwork burns about 330 calories an hour, according to the CDC, falling right between walking and jogging.
2. It can help reduce anxiety and depression. Gardening has long been linked to the reduction of stress, anxiety and depression. Ever heard of horticultural therapy?
3. Soil is a natural mood-booster. A 2007 study published in Neuroscience found that *M. vaccae*, a bacteria found in soil, activated serotonin-releasing neurons in the brain when inhaled.
4. Gardening will increase your vitamin D levels. Did you know that more than 40 percent of American adults have a vitamin D deficiency?
5. It can help you stay mindful and present. There's something wonderfully meditative about gardening, with the simple, repetitive tasks, the peace and quiet and the beautiful surroundings.
6. It can help you eat healthier. We all complain about not knowing where or how our food is grown. Was it injected with GMOs?
7. It can improve your memory. In addition to giving your arms and legs a healthy workout, gardening does the same for your brain.
8. It can lower your blood pressure. In addition to reducing anxiety and depression, gardening can also reduce your chances of heart attack or stroke.
9. Gardening saves you money. We can't be the only ones who think the price of a bundle of kale is outrageous.
10. It gets your creative juices flowing!

Reference: www.purewow.com/home/benefits-of-gardening

Jackie and Yvonne (above), Sarah and Donna (right), spruce up their outdoor living spaces with flowers and edibles. Now, they are able to enjoy a beautiful outdoor living space while they wait for the first juicy tomato!

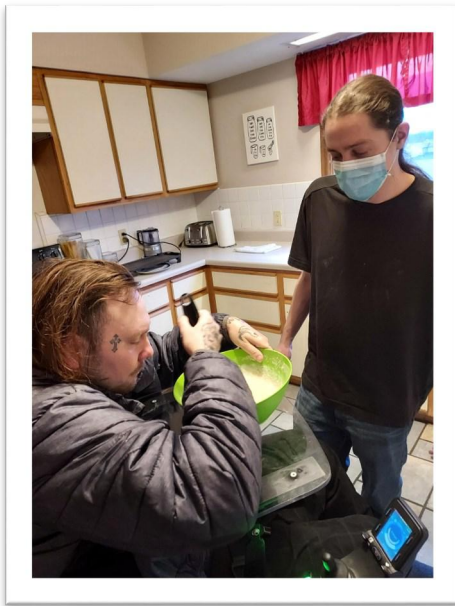




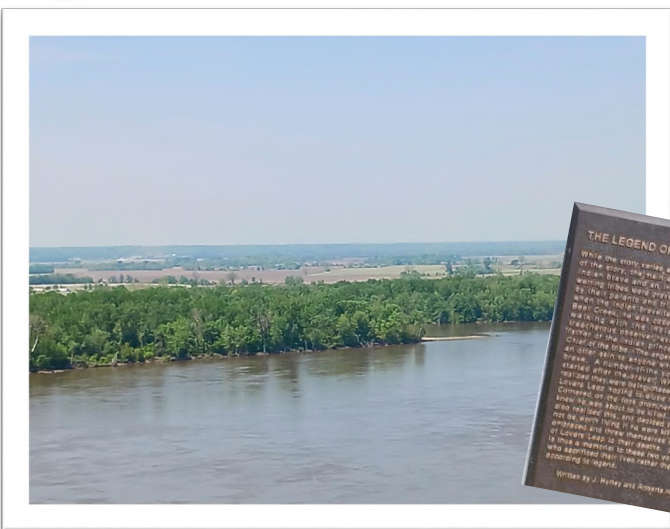
Ray and Marsha (a.k.a. Sweet Tea) treated them selves to Top Gun, at Troy Movie House.



Cyndy, Angel, Jackie and Sandy getting ready for Mary Poppins at The Muny.

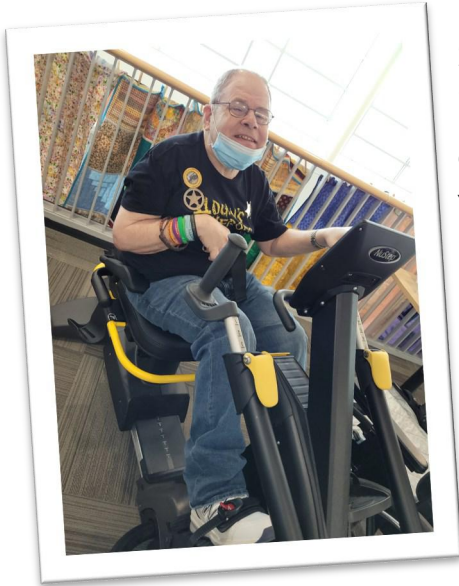


Steven and Josh showed new trainee staff Lillie and Trent their love of breakfast for dinner. Who else likes pancakes and bacon?!

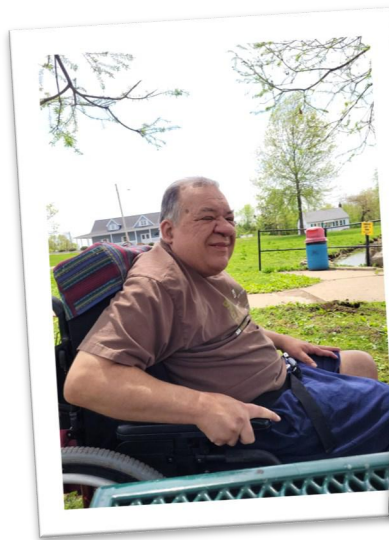


John often talks about how he used to live in Hannibal and how he would like to go back for a visit. He was able to reminisce on his ol' stompin' grounds. He enjoyed driving around and revisiting the lighthouse and lovers leap. ~Submitted by Jennifer B.

community Skills



Steven (pictured left) getting his exercise in at the YMCA.



Robert (pictured above) enjoyed spending the day at the park, watching the ducks in the pond, and a movie at Troy Movie House.

While the construction crew was busy getting the program building in tip top shape, Doug and Emily (pictured right) were busy, too! Doug and Emily, cleaning at their work site at Pleasant Valley Church.



Welcome new friend Colleen (left). Enjoying games for her exercise & participation!



Yvonne (right) practices her administrative skills, tracking the Meals on Wheels route. She was excited to come back to the office and tell Ebony that she's ready to help her out anytime!





Richard is site-seeing while on vacation in Branson.



Tommy at the Lincoln County Fair!



Doug gives a thumbs up to the spaghetti at Fazoli's.



Friends Mickey and Cory (left) pose for a keep-sake photo.

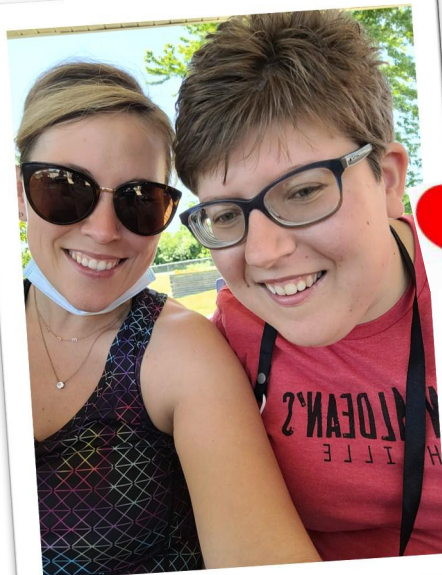


Payge and Emily (right) coordinated a twinning outfit for their activities! Perfect in pink!



Our high-energy DSPs teach community skills and build friendships! Pictured right, Kenzie and Lizzy and Tori and Jim.

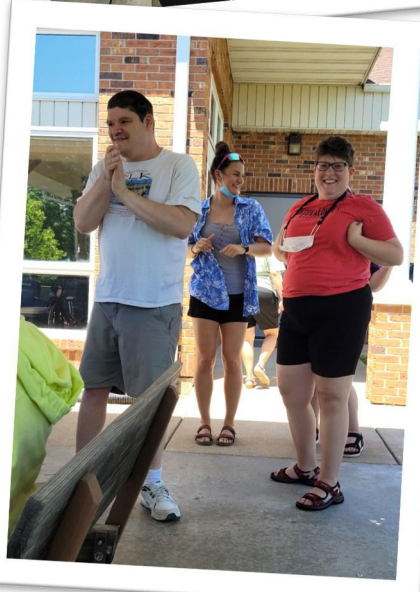
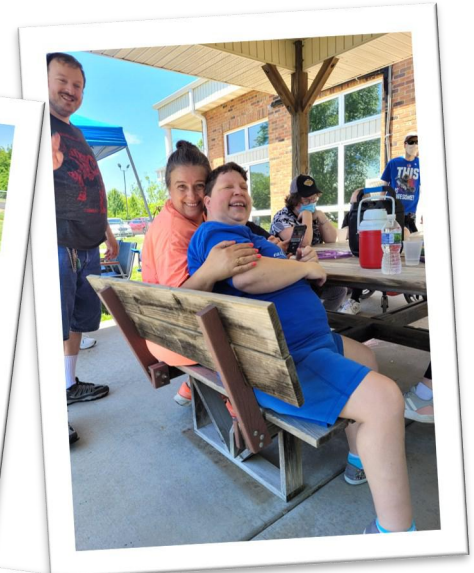
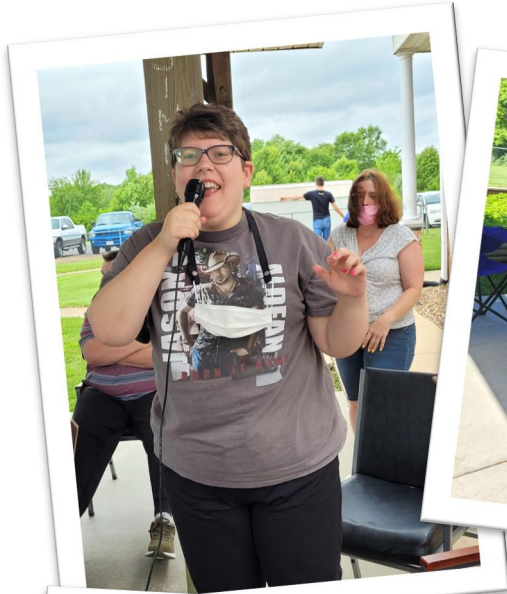
We really do have the BEST DSPs!



Keep Calm & Picnic On



What a great day for a picnic! After working hard in the community at work sites, day program was ready to party! Everyone helped out with grilling burgers, side dishes and don't forget the smore's dip for dessert! Lizzy and Jackie led in singing karaoke. What a nice afternoon to gather with friends!



Smore's Dip Recipe

Ingredients: 1/2 tablespoon butter, 1 1/2 cups chocolate chips, 15 jumbo marshmallows halved, graham cracker squares.

Adjust rack to center position of oven and place 8-inch cast iron skillet on rack. Preheat oven to 450°F with skillet inside. Once oven is preheated, use a pot holder to remove hot skillet from the oven. Place pat of butter in the skillet and use a pot holder to hold the handle and swirl the skillet so that the melted butter coats the bottom and sides. Pour chocolate chips in an even layer into the bottom of the skillet. Taking care not to burn fingers on the sides of the skillet, arrange marshmallow halves over the surface of the chocolate chips, covering the chocolate completely. Bake for 5 to 7 minutes or until marshmallows are toasted to your preference (watch closely!). Use an oven mitt to remove the skillet from the oven and allow to rest for 5 minutes. Serve immediately with graham cracker squares or sticks...but be careful, because the dip (and the skillet) will be very hot!

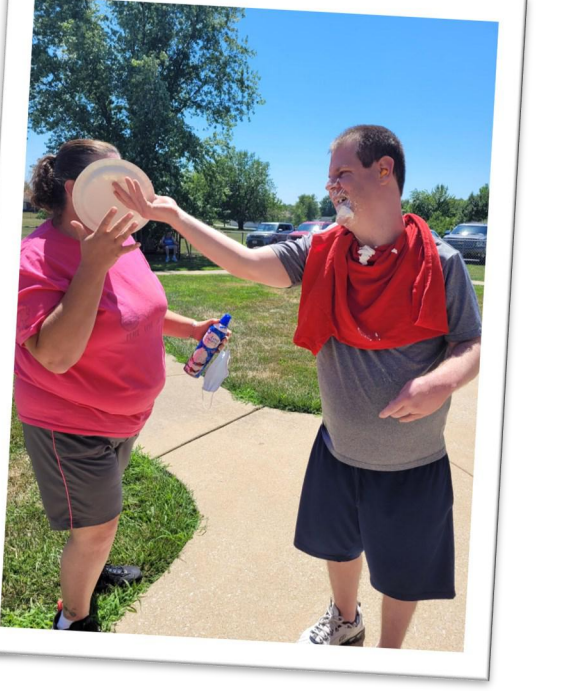
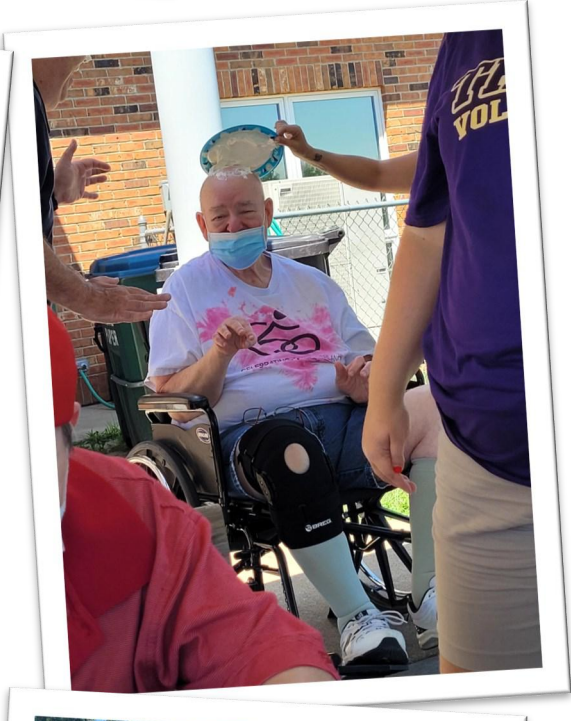
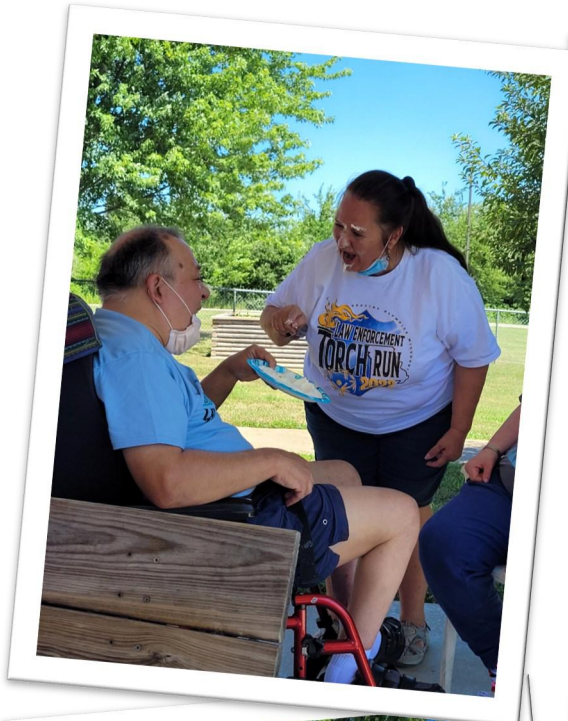


Craft Class made these beautiful dream catchers!



Pie in the Face was the most popular carnival game, organized by Kristen L.

No one was off limits!



Lincoln County Parade

Great efforts went into the agency float as friends came together to create a ranch on wheels for the 59th Annual Lincoln County Parade. Excitement was shared to be part of the kick-off to the week-long fair.





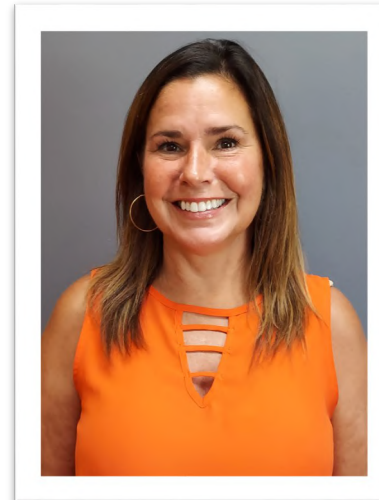
Employment Services

The Employment Program is definitely heating up this first part of summer! During April, May and June, 8 new clients started the Discovery and Exploration process and one individual started ES Services. Those included are Eric, Joel, Dylan, Jason, Tyler, Barbara, Dominic, Anna and John. The Employment Department also had 2 individuals return for Job Placement services, one started a job and two others hit 90 days of individual employment.

William W. was hired at Kroger in April as a Customer Courtesy Clerk. He works approximately 20 hours a week, bagging customer's groceries and corralling the carts from the parking lot back into the building. William loves his job and his co-workers are definitely glad he's there as well!



The Employment Program welcomed a new Employment Specialist into the department, Shanti Walchli. Shanti comes to us from St. Peters, has two children and loves to be outside any chance she gets. Since starting she's definitely hit the ground running and is proving to be a great asset to the individuals we serve!



Welcome aboard Shanti!



Healthy Living

Are you one of the 30% of adult Americans who floss their teeth every day? If so, well done! Many people struggle with flossing daily. Over 107 million Americans do not floss at all!

The scary truth about not flossing is that it can do more harm than just cause oral health problems. Besides cavities, gingivitis, bad breath, gum & bone deterioration, tooth loss, and periodontal disease, poor oral hygiene is linked to cardiovascular disease, bacterial pneumonia, stroke and even pre-term births.

How is that possible? Oral bacteria from built-up plaque (which is bacteria from leftover food between your teeth – gross!) can enter the bloodstream, eventually making its way to the heart, where it can contribute to the formation of blood clots. Children and adults with diabetes are more prone to gum disease, dry mouth and infections, which put them at higher risk for cardiovascular disease.



Take care of your teeth! It's never too late to start flossing every day!

By Donna Jacobsen, H&S Chairperson

FIRST-AID for BURNS



I was recently involved in an incident which caused serious burns on my hands, arms and leg. So I thought this would be a good time to talk about first-aid for burns. Many things can cause a burn, the sun, hot liquids, chemicals, flames, electricity, steam and other causes. I received my burns from hot coals when I fell into the burn pile in our yard. I lost my balance when I threw in a log that was a little too heavy for me. I put my safety aside so I could finish a job before I went in to make supper. So, do you know what to do if you get burned?

For minor burns:

- Cool the burn. Hold the area under cool (not cold) running water for about 10 minutes. If the burn is on the face, apply a cool, wet cloth until the pain eases. For a mouth burn from hot food or drink, put a piece of ice in the mouth for a few minutes.
- Don't break blisters. Blisters help protect against infection. If a blister does break, gently clean the area with water and apply an antibiotic ointment.
- Apply lotion. After the burn is cooled, apply a lotion, such as one with aloe vera or cocoa butter. (Unscented lotion) This helps prevent drying and provides relief.
- Bandage the burn. Cover the burn with a clean bandage. Wrap it loosely to avoid putting pressure on burned skin. Bandaging keeps air off the area, reduces pain and protects blistered skin.
- If needed, take a nonprescription pain reliever, such as ibuprofen.

Major Burns need emergency medical help. Call 911 or seek immediate care if:

- The burn is deep, involving all layers of the skin.
- The burn caused the skin to be dry and leathery.
- Burn appears charred or has patches of white, brown or black.
- Burn is larger than 3" in diameter.
- Is accompanied by smoke inhalation.
- Burned area begins swelling very quickly.



I will say, burns are very painful! I learned my lesson to - stop a task when you get tired, don't take on more than you can handle and I will never start another fire unless 1 other person is with me, just in case I need help. I was very lucky, my situation could have been much worse.

We are
HIRING!!!

- Case Manager –1 FT position
- Office Assistant –1 PT position
- Life Skills Teachers –several FT positions
- Community Skills Teachers –3 FT positions

Case Manager -requires a Bachelor's Degree. If you are qualified and interested in applying, complete an Inter-Agency Job Placement form and submit to Sonya DeMerchant by **Wednesday, August, 10, 2022.**



Part-time Office Assistant might be perfect for someone you know! Requires multi-tasking, great organizational and computer skills. And...the administrative support team is the BEST team in the agency (ok...I might be biased).

We have several openings for **Life Skills Teachers** and **Community Skills Teachers**. DSPs are the backbone to our agency! We have several clients on our wait list we cannot support until we hire additional DSPs.



Please remember...it literally PAYS to refer! If you refer someone who is hired, you get paid a \$100 referral incentive. Our staff are our best recruiters because you know the job better than anyone...so spread the word & possibly earn yourself some extra moolah!



**Congratulations
to Sandy, Kailey, and Gina
for your referrals!**

Equity &



The DMH Mental Health Equity and Inclusion Alliance hosted its 7th book study this quarter. The book is called *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*, by Resmaa Menakem, MSW, LICSW, SEP.

This book is a call to action for Americans to recognize that racism is not only about how you think about other races, but is perpetuated through our bodies. We have a culture of racism, and Americans – white, Black, people of color and police officers included – have to reconcile and work through the generational trauma that we all still hold in our bodies, which was passed down from our predecessors.

For white Americans, our inherited trauma stems from the pervasive brutality and torture of the 1600s in Europe, in which the wealthy and powerful – white men - routinely abused the weak and powerless. The colonists arriving in America were attempting to escape the brutality, but they brought their trauma with them, and with each generation after, that trauma has been unknowingly transferred to their children.

When African American ancestors were brought over to America, the American economy thrived off of slavery. Land owners were able to replace white share croppers for free slave labor. When this happened, the poor white workers were elevated in status and projected their own trauma onto Black Americans. In addition, the original source of today's police were slave catchers, who would chase and capture runaway slaves and bring them back to their owners for a reward. As a result, our country's economy has grown on the backs of African Americans and other people of color who were oppressed and subjected to brutality.

The author explains that white Americans have benefited from white supremacy for hundreds of years. In order to create a new culture of equity, we must all – white, Black, people of color and police officers included – do individual body work

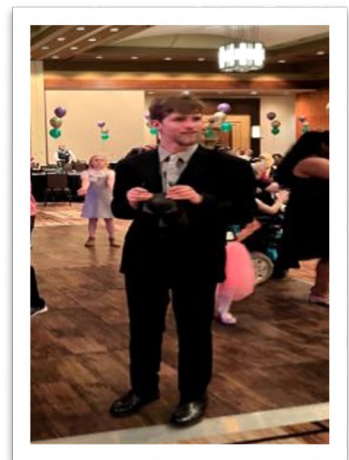
to work through the clean pain of our misconceptions and reactions so we don't keep promoting and condoning generational trauma of cultural racism.

Resmaa Menakem offers many exercises and suggestions for doing this important work and creating a cultural movement of equity, diversity and inclusion for all Americans.

The topic of equity and diversity will be a regular feature in our newsletter. Email sonya@commopps.org for comments, feedback or request a topic discussion.



Chase Upton is an active young man who attends the Willow's Way day program in St Charles County. His interests vary from horses to dancing. He is a horse handler at an equestrian center in Warrenton.



He will be showing this cute little horse at their next show! As for his interest in dancing, and he recently attended a masquerade ball (he's holding a Batman mask in his hands) at the Ameristar Casino which was put on by Willow's Way. He attends the Night to Shine prom every year!





Employee Anniversaries



One

Lisa Edinger
Allison Fennewald --
(welcome back)
Kelsey Mathews
Emily Mixson
Cyndy Reynolds –
(welcome back)
Brady Scott
Carolyn Wehmeyer

Three

Kim Brutsman
Josh Venable

Six

Angel Weathers

Eight

Marsha Sowell

Eleven

Erika Park

Thirteen

Jeanette Smith

Twenty

Donna Odom

Twenty-One

Michelle Palmer

FRIENDLY FACES

Donna Odom (Life Skills Teacher)

I have been married to my husband Gary for 11 years. We have three sons, Bristow, Frank, Jeremiah. We also have six fun grandkids, three boys and three girls. I enjoy working in the garden with them and teaching them tricks of planting!

I enjoy gardening, sewing and crafting.

I first began employment with Community Opportunities because I was looking for something closer to home and needed a job with insurance. I've stayed here because I LOVE IT!

I started in Residential, worked in Day Program, and then moved back to Residential.

My favorite activities are anything that brings our clients joy. I have done it ALL!

What I like most about working here are the relationships that I've formed and community involvement.

I stay here because I love seeing the guys I support do things for themselves and be involved in the community.

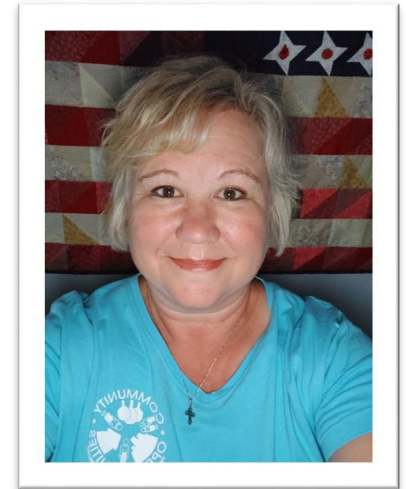
If I could do one thing, I would help others understand our clients have every right that I have and they deserve to be treated equally.

My pet peeve—Couch Potatoes!!!

My favorite movie is Twister.

My favorite vacation was Destin, Florida with our son, Bristow, when he was young. Although I was a crispy critter the first day! Might even have to say our honey moon in Branson. We loved the sight and sound theater! Moses was awesome!

What people might not know about me is that I am the same at home as I am at work! Always on the go!





New Trainees!

Austin Doria 04.11.2022– Day Program (PD)

Esther Cook 06.01.2022.2022– Residential (FT)

Brianna Watkins 06.20.2022– Day Program (FT)

Kristin Nobus 06.20.2022– Day Program (FT)

Shanti Walchli 07.11.2022– Employment Services (FT)



Congratulations Kailey!



The DSP of the 2nd quarter of 2022 is Kailey Miller!

Kailey has worked for Community Opportunities for almost 2 years as a Life Skills Teacher in the Residential department. Kailey is known as a dependable employee and is a key team member for the 21 Opportunity Court team. The person who nominated Kailey said that “Kailey goes above and beyond each day she arrives to support her clients and her team! She has become a pillar in the group home where she provides support! Kailey’s positive attitude is a treasure to have in our agency!”



Thanks Kailey for everything you do to support individuals with disabilities and congrats on your award!



Upcoming Training & Events



- MPP Participant Education Sessions, Aug. 13th 2:30-3p & 3:30-4p- Main Office
 - CPI Re-Certification Training, Aug. 16th 8:30a -4:30p – Troy City Hall
 - CPR/First Aid Training, August 29, 5:30p-7:30p - Small Program Room

Please check your email regularly for automatic Relias required training notifications & reminders!



Offices and Day Program will be closed:

Tuesday, August 30, 2022, Day Program Closed/Team Building Day

Monday, September 5, 2022 Labor Day

Thursday, November 24, 2022 Thanksgiving





Hats Off to...

- ★ ... Judy E., Jen W., Kim W., Tammy T., and Jeanette S. for helping Reid transition to riding the bus home!
- ★ ... Brady for working well in difficult situations!
- ★ ... Cindy S. for handling daily schedules without losing her mind!
- ★ ... Ebony for taking care of all of the things all of the time!
- ★ ... Susan for sprinkling positivity everywhere!
- ★ ... Vickie for starting the Sit 'n Fit class!
- ★ ... Kenzie & Tori for weeding the strawberry beds!
- ★ ... Brady and Jon, thank you for all that you do!
- ★ ... Lacy for finding a new volunteer site!
- ★ ... Julie & Olivia for always helping out your team!
- ★ ... Susan, Misty, Candis, Joanie and the "A-Team" for working together and helping A.Ray while she has been out!
- ★ ... Angel for running interference as needed!

In Person Classes & Clubs @ the Program Building

1st Tuesday every month 4p-6p Sci Fi Club- hosted by Greg L.

1st Thursday every month @ 4pm –Craft Class \$3/attendee

2nd Tuesday every month 4p-6p Anime Club- hosted by the group

2nd Wednesday every month 4p-5p Exercise Class in the Sunroom

3rd Thursday every month 4p-5:30p Game Night

4th Wednesday every month 4p-5:30p Cooking Class

Space is limited. Contact your CLS or CSS if you would like to participate.

