

"We may not be able to stop evil in the world, but how we treat one another is entirely up to us." –Barack Obama



June 10 2020
Employee Newsletter

C O M M U N I T Y L I V I N G O P T I O N S

Our Mission

We assist individuals in achieving their life goals by building relationships through quality services in supportive environments.

Board of Directors

Ed Wilson
Suzanne McPeck
Dawn Pantaleo
Casey Blair
Louise Kenny
Melissa Gilbert
Joe Walls
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Next Board Meeting
June 24, 2020

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How One SIL Site Maintains Family and Community Connections

Staying home and staying safe is hard! This is even more difficult when your "regular" schedule was defined by multiple outings to stores, restaurants, fun activities and frequent family visits. We asked one of our SIL families to share how they have managed the separation from their loved ones.

"I think the main change for us is not being able to go into the house, but I totally understand it. We have, however, had many visits through the open window and, on nice days, on the porch at a distance. I think it has affected the residents in not being able to get out and in Cynthia and Amy's case not being able to participate in their music therapy. I think the staff have gone above and beyond to compensate for this. As far as Cynthia is concerned, she seems very happy and sheltering in place hasn't been too disruptive for her. I appreciate that the staff have been wearing masks because I feel the biggest threat to clients is for someone to bring the virus in. Staff has been consistent without disruption of food supplies, as well as continuing to run the household as usual. Cynthia's doctor appointments have been conducted with the use of Souad's phone in order for face to face communication. I really appreciate that also. I totally feel satisfied with all going on at Springmont and in this stressful time for everyone I feel the staff have been great!" -Sally Birch



Cynthia's roommate, Amy, was very excited to meet her new niece, who was born during the pandemic. Although they couldn't meet face to face, Amy's sister and her family celebrated Easter by introducing Amy to her niece through the window of Amy's home. They were all so excited to share this special moment.

The ladies have managed to make new friends during the pandemic! During more normal times they are not home very often and as many people are doing during this time, they are now spending more time looking out the window. They noticed neighborhood women walking their dogs – and now the daily dog walks include a visit to Amy & Cynthia. Making the best of a difficult situation and reaching out to others with kindness is a trend we all hope continues after the quarantine has ended.



T-Shirt Contest

We will be placing our annual t-shirt order soon and want YOUR input!! What should we put on the back? Previously we have featured our tag line "Together we Achieve" or thanked the sponsors of our 30th anniversary celebration. This year we are holding a contest to determine the message on the back of the shirt. The winner will receive a prize! Please send your suggestions to Molli at mkornak@communitylivingoptions.org by June 19. Thanks, Molli, for coming up with this idea!!

Thank you!

A big THANK YOU to Living Ways Foundation Board Member Laurie Jefsen, who is committed to lifting CLO staff spirits during the pandemic! Not only did she send handwritten thank you notes to all of our group home supervisors and staff, but donated flowers for staff to take home and plant – THANK YOU LAURIE!!! We so appreciate your support!!

We are Grateful for CLO Staff!

We cannot have a newsletter without giving a HUGE shout out to our wonderful, caring and dedicated staff! You have continued to make CLO a safe, healthy and fun place to be. Your creativity and enthusiasm is very much appreciated and one of the things we feel gratitude for on a daily basis. We encourage everyone to start a Daily Gratitude Practice.



Gale Doster
June 13

Pat Howard
June 13

Amanda Mathews
June 14

Danielle Fales
June 17

Shylo Gallagher
June 17

Tiombi Cooper
June 18

Renita Ellis
June 18

Michaela Blackstock
June 27

Andrew Joyce
June 29

Marty Anderson
July 3

Esther Kariuki
July 4

Jo Ann Christian
July 5

Fiorella Spalvieri
July 5

Hannah Tompkins
July 8

Sulayman Aninure
July 11

Paige Miller
July 13

Scott Bessey
July 14

Nikaterri Smith
July 18

Max Smith
July 20

Jeremy Shoemaker
July 22

Carolyn Wilson
July 23

Molli Kornak
July 25

Souleymane Illa
July 29

Lori Anderson
July 30

Christine Blood
July 31

"Enjoy the little things. For one day you may look back and realize they were the big things."
-Robert Brault

Research shows that cultivating gratitude has a plethora of benefits including, reducing stress and anxiety, boosting mood, strengthening your immune system and improving sleep.

A simple way to cultivate gratitude is to keep a gratitude log. Each day at a set time in your daily routine, write down one thing you are grateful for. At the end of the month you will have a list of good memories to help you cope with the stress of our current reality. First item up on the CLO gratitude list? - Our staff!

Hazard Pay

Unless we hear differently, the premium pay adjustment that came from the Governor's office authorizing a \$2.00/hr wage increase for direct care workers from 4/1/2020-6/30/2020 will come to an end. CLO will continue to give the \$2.00 through July 11th, 2020 so it ends with a payroll period.

We thank everyone for your continued dedication during this pandemic.



Creative Activities for Challenging Times

Sarah Uhl, Program Supervisor, continues to create frequent "challenges" for people looking to stay active during the quarantine. The first activity was a "Creativity Challenge" complete with participation prizes.

All sites are invited to join a CLO Creativity Challenge! Make something creative with your consumers! Some ideas: a new recipe or food art, a story or poem (look up writing prompts online!), sidewalk chalk art, collage, Origami, old t-shirt masks, paper airplanes, sock monkey, painting, coloring, or drawing. Anything goes- just create something!



The rules: • At least one consumer must be involved in the creation, but the more participation, the merrier! • Project must be completed with supplies already available at your site. No special trips to the store! Stay home, stay safe! • Have fun! Make the project as easy as your consumers need it to be. • Text or email a photo of your finished creation to Sarah Uhl. Next weekend, a treat will be delivered to all sites that participate as a reward for their creative efforts!

The challenge was a big hit with our residents and the next challenge was getting involved with nature and sending photos to prove it. Thanks, Sarah, for coming up with innovative ways for staff and consumers to stay busy!



COVID News

Governor Gretchen Whitmer has extended our Stay Home, Stay Safe order until June 12. Her strategy appears to be working as the number of new daily cases is decreasing - less than 500 new cases were noted on 5/28/20. Main office staff who were laid off or working from home are returning to Reed and plans are underway for the Alcott Center to re-open in mid June, albeit with a modified schedule. There continue to be hardships - Camp Amigo is cancelled this year, as is baseball, hockey and any number of community activities - but by following CDC recommendations we are slowly working our way to a new "normal". In the meantime - continue to monitor your symptoms, wash your hands, sanitize-sanitize-sanitize and WEAR YOUR MASK like CLO's Finance Director, Mark Gernaat!

