

# COMMUNITY LIVING OPTIONS



November 12 2020  
Employee Newsletter

## 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  
Debbie Dawson

Next Board Meeting  
December 9, 2020

## Contact Info

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Zero Recommendations

## Keeping a Safe Workplace

"It is clear that there is widespread community transmission of COVID-19 at this time. The best mitigation we have to prevent further spread is to promote physical distancing."

The Michigan Department of Health and Human Services has issued this guideline based on the daily case rate of 261 cases per million people, which is more than double from one month ago.

At CLO, we are going to review our COVID pandemic plan and make further recommendations. At this time, we want to remind everyone of CLO protocol:

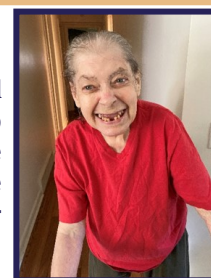
- All employees must take their temperature when they arrive to their work site. Any employee with a temperature of 100.4°F or higher should not enter the site. Go home and call your supervisor for further direction.
- Do not attempt to come to your work site if you feel sick—many people have reported how quickly a cough came on, or how they just woke up feeling bad. Call your supervisor for further direction to determine if you should be working.
- Wear your mask!! All the time. Never take it off if you are face to face with a consumer.
- Keep your distance with co-workers—six feet whenever possible.
- Wash your hands!

The best way for us to defeat this virus is to personally take responsibility for our own behavior. Let's keep the people we serve SAFE, as well as ourselves.



## Julie Olmsted

Julie Olmsted, "the Judge's daughter" as she called herself, passed from natural causes on October 15, 2020 at Bronson Circle where she had only lived for two months. Julie had lots of spunk and loved a good cold Pepsi and a good home cooked meal. Although she was there for only a short time, she really kept the staff on their feet honoring all her requests. Julie will be missed. Thanks to Amber and her staff for giving Julie a place to call home.



## Gail Weber



Gail Weber was a woman of strong faith who went home to be with her beloved Jesus on October 17, 2020 following a brief battle with COVID-19. Gail spent much of her time at Misty Creek writing letters, and making cards and crafts to share with others; sometimes for a special occasion (or to make a little extra cash!) and sometimes just to say hello. She loved children and would have been the best grandmother! She shared all that love with her staff - especially her "mom" Molli, and Dennis with whom she enjoyed listening to Christian music. At the end of the shift she would always tell staff "be careful on your way home, I love you!" She loved Brussels sprouts, changing her hair color, nail polish, and a good cup of tea with lots of honey. She sincerely cared about others and frequently called other CLO locations to spread good cheer and see how everyone was doing - Gail liked to know what was going on!

Gail made it clear throughout her life that she just wanted to be loved unconditionally - and those she left behind can rest easy knowing that she has finally achieved that perfect love. Rest in peace Gail. You are missed.

## Covid-19 is Personal Now

During October and November alone we have had four CLO staff and five consumers test positive and are awaiting more test results. Our dear Gail passed from the disease and David is hospitalized - his condition is very serious. Most of us know at least one or two individuals in our personal lives who have had or currently have Covid. New cases in Michigan are averaging over 6,000 a day which is a huge increase over the 1,200 a day we were experiencing in late March/early April when our state shut down. We are all experiencing Covid fatigue but now is not the time to let our guard down! PLEASE stay home except for work, grocery shopping and medical appointments. Wear your mask. Wash your hands. Stay safe. We value your lives and the lives of the people you love and the people we serve. Stay Home & Stay Safe! It might not be an "official order" but it remains very good advice!!

## Everyone Can Make Thanksgiving Safer

### Wear a mask

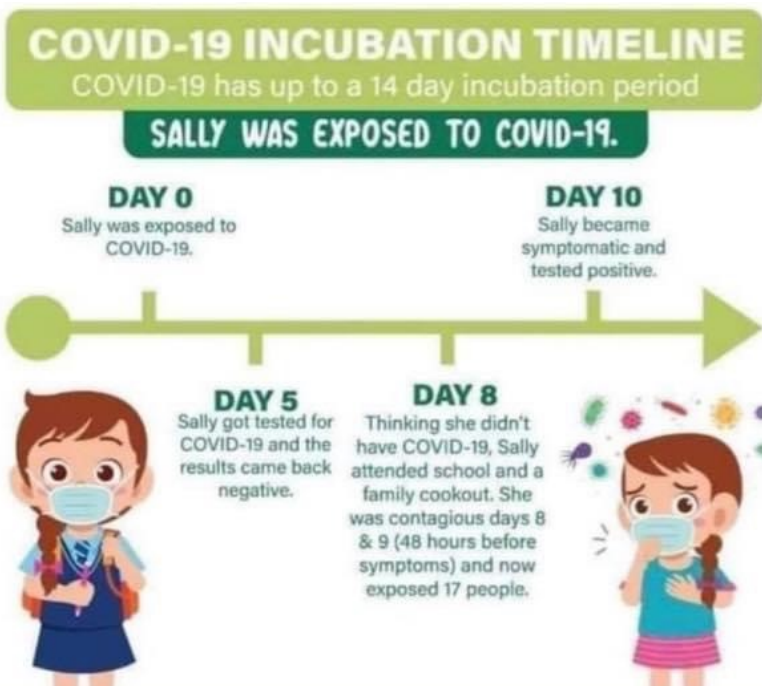
- Wear a mask with two or more layers to stop the spread of COVID-19.
- Wear the mask over your nose and mouth and secure it under your chin.
- Make sure the mask fits snugly against the sides of your face.

### Stay at least 6 feet away from others who do not live with you

- Remember that some people without symptoms may be able to spread COVID-19 or flu.
- Keeping 6 feet (about 2 arm lengths) from others is especially important for people who are at higher risk of getting very sick.

### Wash your hands

- Wash hands often with soap and water for at least 20 seconds.
- Keep hand sanitizer with you and use it when you are unable to wash your hands.
- Use hand sanitizer with at least 60% alcohol.



## MDHHS promoting free mental wellness counseling “Be Kind to Your Mind”

Mental health experts at the Michigan Department of Health and Human Services (MDHHS) are launching a statewide media campaign urging residents to seek relief from COVID-19-related emotional distress by talking to a trained crisis counselor and learning about other help available.

The “Be Kind to Your Mind” campaign promotes the use of Michigan’s free, confidential Stay Well counseling line, and aims to combat stigma associated with seeking help for feelings of depression, anxiety, anger or loss – all common during a disaster like COVID-19.

Callers can access the line by dialing Michigan’s COVID-19 hotline at 888-535-6136 and pressing “8” at the prompt.

“Many of us are having a hard time right now,” said MDHHS Director Robert Gordon. “There should be zero shame and zero stigma – just honesty that can help each of us find our own inner strength.”

According to a report prepared by the Behavioral Health and Developmental Disabilities Administration grant team, callers to the Stay Well line are experiencing a range of emotions. They are anxious about contracting the coronavirus, having a loved one contract the virus and keeping their children and/or parents safe. They are discouraged about continued unemployment, worried about going back to work in an unsafe environment, and lonely due to lack of social interaction.

To access other mental health resources for coping with the COVID-19 pandemic, visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell).



### Staff Birthdays

Sharon McKenzie	December 2
Mark Gernaat	December 8
Quincy Brown	December 14
Tessa Mayuiers	December 17
Antonio Edwards	December 21
Rose Owinga	December 22
Amber Schmidt	December 22
Ibrahim Salifou	December 28
Abubakar Mustafa	December 29
Phillip Heard	December 29
Elisabeth Bock	January 5
Jini Brown	January 7
Chemika Johnson	January 7
Angela Vanover	January 7
Lucien Diame	January 8
Desiray Warr	January 8
LaShawnda Prather	January 9
Brad Cosgrove	January 10
Stephanie Vasquez	January 10
Adaora Iwuagwu	January 11
Mamadou Bodian	January 12
Susan Shaver	January 20
Celeah Ellis	January 24
Matthew Shinavier	January 25
Delaney Sabel	January 27