

COMMUNITY LIVING OPTIONS



LET'S STAY SAFE TOGETHER

March 29, 2021
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
Louise Kenny
Casey Blair
Debbie Dawson
Melissa Gilbert
Dawn Pantaleo
Ron Ryan
Joe Walls

Next Board Meeting
April 28, 2021

Contact Info

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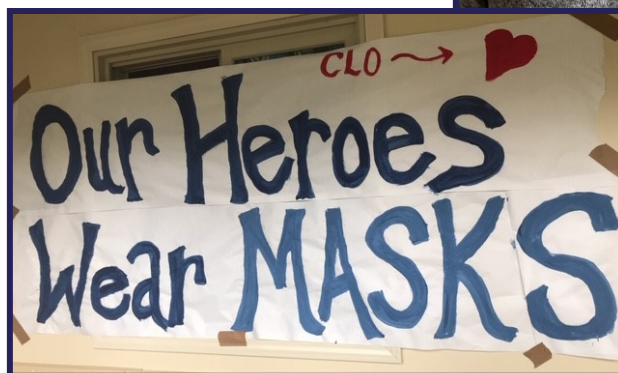


Zero Recommendations

March Madness

On March 16, 2020 we closed the Alcott Center due to the pandemic which was spreading across the country. Shortly thereafter the State of Michigan closed down and life as we knew it changed significantly. Being the exceptional essential workers that you are, the CLO staff kept working – calming fears and the occasional angry outburst that occurred when explaining we would not be able to go visit the mall today or go to lunch. No annual traditions like Growlers, Shipshevana, Camp Amigo or Tigers happened. We dealt with outbreaks at homes – we lost Bob, but cured Tony and kept others from becoming infected at Oakcreek. We learned about Microsoft Teams and Zoom meetings and started to become better at technology. We had a few times over the course of the year that Covid seemed to be receding, but then it would get worse. We kept masking up, washing our hands and sanitizing everything, but outbreaks still occurred. Gail and David are gone too soon – but others at Misty, Lovell, Portage and Darro recovered and we moved forward.

As of March 18, 2021; almost a year to the day of our initial program shut down, 92% of individuals receiving residential services from CLO will have received, or have been scheduled for, their second vaccine. Approximately 40% of staff can say the same and this number continues to increase. In so many ways this has been the shortest long year of our lives. While we cannot let our guard down – even though so many are vaccinated, we need to continue to mask up, wash our hands and sanitize!! We should also take a moment to give each other and ourselves a moment of grace. Thank you to everyone at CLO for getting our residents, our staff, our co-workers and ourselves through this very difficult year. Covid weariness is a real thing, but vaccine availability, the spring weather and the sunnier days can bring hope. Take a moment to appreciate yourself. You've done an exceptional job.



Better at Technology

CLO completed our strategic planning process right before Covid caused face to face meetings to become a thing of the past. One of the operational areas needing improvement was technology – from internet connectivity and inventory to software. In the next few months we will be changing some software programs and adding others. First up – Relias Learning - which will become our primary training source. They offer live training management, tracking, reporting, automated compliance and customized training plans services. The curriculum is large and varied – everything from improving professional skills, to learning more about specific diagnoses to learning how to provide personal care skills. Much more on this next month!

As we continue to move toward a paperless environment, using your Community Living Options email on (at least!) a daily basis becomes more important.

Make your job and our job easier!! Here is an easy way to stay in touch with the latest news and updates from your supervisor and the Admin office:

- Download the Outlook Email App on your cell phone and load your CLO email account on to it.
- For iPhones: go to the App store, and download the Microsoft Outlook App.
- For Android phones go to Google Play store and download the Microsoft Outlook App.
- Log in using your email address and password you use for logging in on the computers at work.



Did you know you can log into ECP from your cell phone as well? If you are having trouble connecting on the terminals or laptop, you can go to ecp123.com and log in directly from there.

If you have issues logging in on the laptops or terminals, you can log in as the generic Training User, but please call Omega so they can help you fix log in issues.

Please download this app to your phone to assist you in checking your CLO email frequently! Your supervisor can assist you or put you in touch with someone who can. Many of our technology and information updates will be shared by email and/or require it for access. Get in the habit now of being informed!

Thanks for being great!

CLC needs your help finding great new staff!

Refer and Earn!

You can refer as many friends or family as you'd like! Here is how it works!

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graph LR; A([Refer a friend to CLC who is hired!!!!  
Make sure they mention your name!]) --> B([Your friend works 90 days for CLC and you get $50.00!]); B --> C([Your friend works 6 months for CLC and you get $100.00!]);
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2021: 21 Healthy Lifestyle Tips

1. Drink a glass of water first thing in the morning
2. Take the stairs. It strengthens and tones your legs and core while you're at it!
3. Make half your plate veggies
4. Get a fitness tracker and track your steps
5. Take a probiotic daily
6. Eat real food: unprocessed foods like an apple, a cucumber, soybeans or a steak
7. Stand up every 30 minutes while working
8. Get sunlight every day
9. Fill your home with houseplants, which help to cleanse your indoor air
10. Sweat every day: running, biking, dancing, hot yoga, or any other physical activity you enjoy
11. Have a daily green smoothie
12. Cultivate a positive mindset
13. Get enough sleep
14. Start your day with a healthy morning routine
15. Floss your teeth daily
16. Spend time alone to get to know and stay in touch with yourself
17. Manage stress with self-care activities
18. Choose organic foods when possible
19. Work on overcoming your fears
20. Practice gratitude
21. A walk around the block is better than no walk at all



Jovita Adewale
April 4

Marcia Vaden
April 6

Felicia Evans
April 7

Gwenieth Perry
April 10

Gabrielle Marsh
April 11

Andrea Adams
April 13

Karen Burpee
April 14

Fred Hakulinka
April 19

Corrina Edmonson
April 20

Kristina DeLucenay
April 22

Mohamadou Diallo
April 23

Sue Ameluxen
April 26

Lazaria Landen
April 28

Renee Lindsay
May 17

Carol Durren
May 18

Kristin Bauer
May 21

Asyia Cochran
May 27

Kelvin Singleton
May 28

Robert Britigan
May 29

Yvonne Nunoo
May 29