

COMMUNITY LIVING OPTIONS

Get Your Booster Today!



February 2022
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
Torean Greeley
Dawn Pantaleo
Ron Ryan
Joe Walls

Next Board Meeting

February 23, 2022

Contact Info

626 Reed Street
Kalamazoo MI 49001
(269) 343-6355
Fax (269) 343-0054

Office Hours:
8:00 — 4:30
Monday — Friday



Zero Recommendations

February is Black History Month

Mental illness, without any further distinction, affects one in four Americans. However, experiences of mental illness vary across cultures and there is a need for improved cultural awareness and corresponding competence in the health care and mental health workforce.

Sixteen percent (4.8 million) of Black and African American people reported having a mental illness, and 22.4 percent of those (1.1 million people) reported a serious mental illness over the past year.

For more information visit: mhanational.org/issues/black-and-african-american-communities-and-mental-health

What is the significance of February? Many key events in African American history took place in February. Here are just a few:

- W.E.B. Du Bois, civil rights leader and co-founder of the National Association for the Advancement of Colored People (NAACP), was born on Feb. 23, 1868 and The NAACP was founded on Feb. 12, 1909.
- The 15th Amendment was passed on Feb. 3, 1870.
- The first African American senator, Hiram R. Revels, took his oath of office on February 25, 1870.
- After being refused service, a group of African American college students remained in their seats at a Woolworth's lunch counter in Greensboro, N.C., on Feb. 1, 1960.



Congrats on Your Retirement, Dennis!

Dennis Ahworegba has worked for CLO for over 13 years now! He was hired in 2008 where he started off at Oakland before moving to Misty Creek. He says his favorite part of the job was making people happy and making life "bright" for them. To his coworkers, he wants to thank his supervisors and colleagues who he will miss. He also wanted to shoutout the office staff, specifically Karen and Celeah who he mentioned helped him a lot over the years. The first thing he plans on doing after retiring is going to Nigeria for a trip before he comes home to enjoy the next chapter of his new life!

Clinically Integrated Network (CIN) — What is it?

CLO is now part of a Clinically Integrated Network or CIN. We are partnering with 10 other local mental health providers to leverage our service models. The providers who have come together do so as Legislators look at the current mental health system and strive for efficiency and implementing the most integrated service standards for those we serve. We are very proud to be part of this group.

Weekend Fun for Our Consumers

We have some very exciting plans for our consumers including upcoming weekend events! With COVID-19 still preventing us from getting out as much as we're used to and winter keeping us inside, we want to offer some quality time over the weekends where they can see their friends and have some well-earned fun! We are also hoping to plan a movie night. If you have any ideas for events please feel free to let us know!



Winter Weather Safety

Greetings from the Safety Desk! I hope everyone is staying warm and spirits are lifting as we gain a few minutes of sunlight every day. Last week, we got quite a bit of snow! This is a reminder that we should all be ready to take action in case we get more snow. It is also going to be cold over the next couple days.

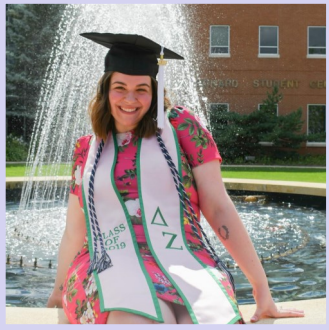
In the home: Awareness.

- Be alert if the power goes out. It is possible that the generator won't start. In this case, you need to call "on-call" so we can think about moving consumers to a warm location.
- Keep on top of shoveling. Salt as needed. People in the home — Supervisors and PSS's — are responsible for keeping walks around the house clear.

In the vans: Think ahead. What if you get stuck?

- Clear off the van including the headlights and taillights before you leave!
- Test the wiper fluid. Don't wait until you need it to find out that you need some.
- Take warm clothes for you and the consumers — just in case.
- If you get stuck, stay in the car so you don't get hit, and call for help.

Only a few more weeks until we get a warm up. Hang in there, everybody.



Congrats to Our New Hire!

Alyssa Kocoves joined CLO as the new Administrative Coordinator on January 17, 2022. She recently moved to Kalamazoo from Brighton, Michigan. Before that, she lived in Ohio, where she graduated from Ashland University with a BA in Political Science and History. While attending college she was an Ashbrook Scholar and a member of the Delta Zeta sorority. She enjoys reading, watching movies, and listening to True Crime podcasts. She is currently missing her dog back home, Jack, who turns 7 this Valentine's day!

Shoutout to the Alcott Center

The Alcott Center is our day-program here at CLO. The program focuses on skill building and runs Monday — Friday from 8:45 to 2:45. Our consumers at Alcott are currently enjoying Music Therapy 4 days a week and their favorite activity is dancing! The people who come to Alcott typically reside at family homes and some at group homes. For many, this program offers the only routine socialization and skill building opportunity away from their home environment — this is especially true since the onset of the pandemic. Families and participants have expressed gratitude that they have a safe place to go see friends, and focus on life skills that are needed on a volunteer job or to deal with the pressures and responsibilities of employment including social skills, dealing with conflict, and common cultural expectations.



A Different Kind of Senior Living; Bronson House



We are very excited to announce our new house for seniors who are in need of 24 hour care! The house will feature:

- Small six bed AFC.
- Private pay.
- Single occupant bedrooms.
- Personalized 24 hour care.
- Meals, laundry, and medical all included in monthly payment.

If you enjoy the company of senior citizens, contact Karen for additional employment information.



Staff Birthdays

Benjamin Aldrich
February 4

Charquese Clopton
February 14

Grace Briden
February 16

Michael Dwyer
February 16

Owen Latulippe
February 19

Harrison Osborn
February 20

Ronald Coe
February 23

JaNell Spears
February 23

Genae Carter
February 24

Wynter May
February 27

Sources:

Mental Health America,
"Black And African
American Communities
And Mental Health"

National Alliance on
Mental Illness, "Black
History Month: A Historic
Call for Action"