

COMMUNITY LIVING OPTIONS

Get Your Booster Today!



March 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

April 20, 2022

Contact Info

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

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

House Highlight — Alamo

“Hey you” from Alamo (one of our favorite greetings from our dear friend that we lost on March 6 of this year. This month has been quite a transition for staff and consumers alike with the passing



of Scott “Scotty” Richardson. Every day seems to get a little easier and we laugh a little more when we think of Scotty. George who was closest to Scotty keeps himself busy getting into things, going bye bye and taking clothes out of his closet (we think he’s preparing to run away) David enjoys his awake time with attention from staff and a couple of the ladies that live here. When he’s in bed he plays and “talks to his toys. Janet and Valerie enjoy each others company, watching cartoons and movies together, and enjoying books read by staff. Lakisha, she keeps us all on our toes with many questions throughout the day about money, shopping, ordering out or where does she go tomorrow? Lakisha attends day program at MRC on Thursday’s and Pathways on Friday’s. Even though 4 of our 5 consumers are non- verbal, there is always a lot of communication happening at Alamo. We are looking forward to the day we can go out safely without masks (since most everyone here doesn’t tolerate or understand why we have needed them). We have learned to get creative with things to do at home to keep our people happy and engaged. There’s never a dull moment at Alamo. Feel free to stop and say “Hi”, we love visitors!

UKG — Our New HR System

We’ve made it through our first three months of utilizing UKG and things are going very well. UKG has several features for employees our previous system did not offer. One of these features is **Employee Notifications and Communications**. Please be sure to read any notifications popping up when you punch in for your shift. Also, pay attention to the bell in the upper right hand corner of your dashboard. That bell lets you know if you have a communication to read. Often the notifications are requesting that you complete a task. Once completed, you can delete the notification by checking the check box and hitting delete.

Finding Joy

Positive emotions are directly linked to better health. In scientific studies, so called positive affect is associated with longer life, stronger immune functions, lower blood pressure and lower levels of the stress hormone cortisol, among other benefits, according to a paper published in 2019 in the Annual Review of Psychology. Regularly doing activities that you enjoy is important for mental health.

With Spring here, do yourself a favor and do something fun!



If Your Food Catches Fire

- Cover the pan with its lid. A cookie sheet works, too.
- Leave covered until the pan is cool. NEVER move or carry it outside — the pot is too hot to handle and the contents may splash, causing a severe burn.
- Turn the heat off. With the lid on and the heat off, the fire should quickly put itself out. NEVER use water to put out a kitchen fire. Water will cause the oil to splatter and spread the fire, or scald you as it vaporizes.
- If the fire is inside the oven or microwave, keep the door shut and turn it off. Keep closed until the oven/microwave is cool.
- If the fire gets out of control get out and stay out. Call 911. Don't return inside for any reason.



Staff Birthdays

Trinity Lewis
March 1

Andrew Argo
March 2

Mama Coulibaly
March 4

Best Idehen
March 5

Ciera McClenton-
Langston
March 6

Jakiyah Bell
March 7

Bree Anglemeyer
March 8

Brett
Vandenbosch
March 9

Patience
Shakwanda
March 11

Alyssa Kocoves
March 15

Jametta Payno
March 20

Cameron Paxton
March 23

Cynthia Knapp
March 24

Sasha Niles
March 24

Michele Sawyer
March 24

Angel Filipunas
March 25

Udochi Okorie
March 28

Jasmine Brown
March 29

Clarence Jackson
March 31

Staff Highlight — Celeah and Patrice

Celeah Ellis will have been working here for 17 years this July. She started out as the receptionist at the Alcott center before moving to the main office on Reed street. Now she is in charge of training and scheduling, so all of our staff should be familiar with her! Celeah's favorite thing about her job is her coworkers.

Celeah's "protégé," Patrice Smith, has been here with CLO for 10 years. She began as a staff member at Old Log Trail. Now she is the receptionist at the Reed street office where she has been for the last 5 years. When asked Patrice also stated that her favorite thing about working here is her coworkers. It seems the staff at Reed street really do enjoy each other's company!



How Can We Handle Stress in Healthy Ways?

There are several methods you can use to relax or reduce stress, including:



- Deep breathing exercises.
- Meditation.
- Mindfulness meditation.
- Progressive muscle relaxation.
- Mental imagery relaxation.
- Relaxation to music.
- Hygienic self-care routines.
- Counseling, to help you recognize and release stress.

Ask your healthcare provider for more information about these techniques or other suggestions.



Two Years with Covid

March marks two years since the pandemic and quarantine caused by the COVID-19 began. Through this time CLO has done everything we can to keep the staff and consumers healthy and safe, while still ensuring the best care possible. Cases are currently trending downward, meaning there are less and less each day, but we must stay vigilant. CLO does have a vaccine mandate, and if for some reason you cannot be vaccinated, you must wear a mask at all times. For vaccinated individuals we are no longer requiring a mask. We are also

happy to allow staff to take consumers out to eat at restaurants as long as the timing is chosen carefully. Avoid peak times and make sure to keep up with hand washing and other hygiene protocols. Although our world is beginning to return to normalcy, the pandemic is not over yet!