

# COMMUNITY LIVING OPTIONS



May 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

May 25, 2022

## Contact Info

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

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

## Things to Do this Spring in Kalamazoo!

### • GO FOR A RIDE

Kalamazoo is home to mountain bike trails for riders of all levels. If you're craving adventure, you've come to the right place!

### • HIT THE TRAILS

Kalamazoo is spoiled to have so many options when it comes to places to enjoy the great outdoors. Next time you're craving some R&R, think about finding a trail so you can recharge somewhere with a view!

### • SHOP LOCALLY GROWN

Nothing says spring is here quite like locally-grown blooms and farm-fresh produce! Get outdoors by hitting up a greenhouse in the area or Kalamazoo's seasonal outdoor farmers market!

### • DISCOVER THE LOCAL PARKS

Love blazing the trails but need something that everyone can enjoy? From lively urban parks to re-imagined recreational landscapes, our parks can be a relaxing family stroll, an afternoon at the splash pad or a gorgeous journey into nature!

### • PRACTICE YOUR GOLF GAME

The Kalamazoo region is home to some of the best golf courses in Michigan! After a long winter, we understand if your golf game is a little rusty.

Visit [discoverkalamazoo.com](https://www.discoverkalamazoo.com) for more information and links to help plan your spring activities!



## Highlight—Farrell

Here at Farrell we are striving to become more engaged with our community. The guys really enjoy hanging out with each other and staff. From monthly movie outings to outdoor walks, these gentlemen sure know how to enjoy themselves. Staff are engaging and consumers are flourishing as we continue to increase activity individually and as a group!! Looking forward to some nicer weather so we can plan more things outdoors, maybe a trip to the zoo, or a baseball game. Whatever it is these guys will be ready and willing to participate!! Happy Spring from Team Farrell!!

## UKG Satisfaction Survey

All staff — there is a satisfaction survey now available for you to take on UKG. There should be a notification that links directly to the survey. It takes no longer than 3 minutes and helps our HR department see what is or is not working. Please complete the survey so we can continue to meet our goals! Also, don't forget to log into RELIAS and finish any trainings you have yet to complete.

## Safety Notice

Choking hazards are a higher risk for many of our consumers. Cognitive, neurological, and institutional habits can cause our folks to chew too fast and not chew thoroughly. Poor teeth or dentures are a risk factor. Grapes, hot dogs, baby carrots and similar should be cut in small pieces, avoid sticky foods like peanut butter. Be present near the table to model good habits.

If someone does choke remember: encourage them to keep coughing. If not able to cough/talk/breathe call 911 then give 5 back blows between the shoulder blades while supporting the upper body with other arm. Then give 5 abdominal thrusts. (Traditionally known as the Heimlich maneuver). Repeat until the object comes out.

If they become unconscious, lower to the ground and begin CPR, with opening the mouth after the chest compressions to look and remove object.



## Shoutouts!

On behalf of everyone at CLO we want to wish our Muslim staff a happy Eid-al-Fitr. We also want to send a thank you to all our staff who have picked up extra shifts! Finally, the admin team wants to let everyone know how much they enjoyed visiting the houses for PFMC and see all the hard work staff puts in. It makes them very proud!

## May is National Mental Health Month!

Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Over the past 20 years, the Substance Abuse and Mental Health Services Administration and others within the U.S. Department of Health and Human Services and across the Federal Government, the public health community, and the general public have made successful efforts that have raised awareness about the importance of mental health and promoted acceptance, support, prevention and recovery from these mental health conditions:



- The Affordable Care Act expands health insurance coverage to approximately 30 million Americans by 2016, and an estimated 11 million of these newly eligible beneficiaries will have substance abuse and/or mental health service needs.

- The Community Mental Health Services Block Grant provides financial assistance to states and territories to carry out state plans to offer comprehensive community-based mental health services and evidence-based practices to adults with serious mental illnesses and children with serious emotional disturbances.

- Mental Health Parity and Addiction Equity Act of 2008 eliminates the practice of unequal health treatment and improves access to much needed mental health and substance use disorder treatment services through more equitable insurance coverage.

## Alcott Art Appreciation

The consumers who go to our day-program at Alcott are always creating beautiful pieces of art! In the spirit of Spring and Easter last month they made these adorable bunnies out of Easter eggs. As seen in the picture, the consumers decorated the Easter eggs before placing them on the bunny to create a mosaic. The end result is a unique and bright bunny that represents the season perfectly! Creating art can be a wonderful way to relax as well as tap into your creative side. It has many benefits for our consumers and is always enjoyable for them. One of the bunnies is even hung up at the Plainwell Nursing home where Alcott has been sending their art pieces for the past 6 weeks. More Alcott art can be seen throughout our other facilities as well.



## Staff Birthdays

Brooke Thompson  
May 15

Renee Lindsay  
May 17

Carol Durren  
May 18

Ijeoma Dakare  
May 19

Kristin Bauer  
May 21

Dos Coleman-Hegler  
May 23

Kevin Post  
May 23

Clem Mukumugema  
May 28

Kelvin Singleton  
May 28

Robert Britigan  
May 29

## Sources:

Discover! Kalamazoo:

<https://www.discoverkalamazoo.com/8-ways-to-get-outdoors-this-spring-in-kalamazoo-michigan/>

Youth.gov:

<https://youth.gov/feature-article/may-national-mental-health-month>