



Alcott Center Delivers Heartfelt Art

The Alcott staff and participants geared up for February by using their gifts and talents to spread care and love to area nursing homes and our CLO homes. Look at some of their beautiful creations! How thoughtful and kind!



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Happenings Around CLO



Pictures. Things.

- Alcott Center Participants and Staff continue to support St. Barnabas in Portage MI by volunteering their time and packaging diapers for their diaper distribution program.
- Celeah, Karen, Patrice, and Codi are practicing their puzzling as they will be competing at the Annual Puzzle Competition at AACORN Farms in February.
- Thank you to Allegra and Creative Marketing Group for a grant of \$1000 for Marketing materials from their First Foot Fund.



Signs of Peace

A COMMUNITY COMING TOGETHER FOR PEACE

CLO Homes, Programs, and Community Organizations are Creating "Signs of Peace" and Sharing what "Community" and "Peace" mean to them.





**Let Your Smile
Change the World.**

communitylivingoptions.org



smile

**To move forward,
you have to give back.**

-Oprah Winfrey



**COMMUNITY
LIVING OPTIONS**
"Together We Achieve"

COMMUNITY
LIVING OPTIONS
INVITES YOU TO:

**CREATE.
SHARE.
GIVE.**

-SIGNS OF PEACE-

www.communitylivingoptions.org

Many CLO Residents, and
their Friends, Family, and Staff
were able to celebrate as
Kings and Queens at the
Annual:
A NIGHT TO SHINE-
KALAMAZOO
FEBRUARY 10TH, 2023



Anniversaries

1 YEAR
TAMIKA THOMPSON
AZEEZAT SARUMI
SAHEED SARUMI
ALAEYAH SIBLEY
ELIZABETH EDSON
IDA CARTER

18 YEARS
CAROLYN WILSON

3 YEARS
KELVIN SINGLETON
CAMERON DAWSON

11 YEARS
JOHN WITHEE

19 YEARS
LUCIEN DIAME

26 YEARS
GALE DOSTER

FEBRUARY Birthdays

LAELA WHITE- 4TH
MICHAEL DWYER-16TH
OWEN LATULIPPE- 19TH
JULIA JONES-LARKIN- 21ST
RONALD COE- 23RD
JANELL SPEARS-23RD
GENAE CARTER- 24TH
KENNY RAY- 26TH

Carolyn

Program Assistant at the Portage Rd. Home

"It's in my
heart to do
what it is for
them that
they need.
They know I'll
do anything
for them."



Cam

Program Supervisor at the Farrell Home

"My greatest strength is
empathy and
unconditional love.
What's most important
for me is helping the
residents have
purposeful, meaningful
lives. The reward that
you are helping to create
a life for them that they
might not have otherwise
is kind of a big deal."



COMMUNITY LIVING
OPTIONS

MEET OUR NEW CLINICAL DIRECTOR



Douglas Schroeder
Welcome to CLO!

Welcome New Hires!

NICOLE MCGRATH
TRISHA SEBREE
ASHLEY BALDWIN
CAMREN HALL
SHARIAH BROWN
FREDRICK DANIEL
DOUGLAS SCHROEDER

*A beautiful day
begins with
a beautiful
mindset*

"I KNOW ALL THE
RESIDENTS REALLY
WELL.
I LIKE TO TAKE
THEM PLACES. AND
THEY TELL ME THEY
REALLY LIKE GOING
PLACES."

"I WANT TO BE A
NURSE.
I JUST LOVE THIS
JOB.
I AM SETTING
GOALS, AND THAT'S
MY FOCUS."



-Taylor

Direct Support Professional
at Transitions



SAVE
THE DATE
GROWLERS GAME



JUNE
22ND
2023
12:00
PM

SAD By the Numbers

The average age for people who suffer from SAD is **18 to 30**, but it can affect anyone.

10 million Americans are affected, and another **1 to 2 million** have mild SAD episodes.

6 percent of cases require hospitalization.

Fewer than **40 percent** of people who need help actually seek help.

9 out of 10 people with mental health issues experience stigma and discrimination.

55 percent of people have family members with a depression issue.



SELF-CARE

..... FOR
SEASONAL DEPRESSION
(SAD)

- Focus on eating healthy foods, rest and exercise.
.....
- Build positive experiences into this time of year.
.....
- Have a good support network of family and friends, and reach out to them.
.....
- Talk about feelings, and try not to bottle them up.
.....
- Balance stress.
.....
- Try light therapy boxes. They can be an effective treatment, but talk to your provider about which type is right for you.

34 percent have family members who suffer from alcohol abuse.

6.7 percent of all U.S. adults have suffered a major depressive episode.

December through February are the most severe months for **SAD**.

The ratio of women to men with SAD is **4 to 1.**

350 million people worldwide suffer from depression.

60 to 80 percent of all cases are treatable.



ALCOTT PARTICIPANTS

BOWLING WITH THE ALCOTT CENTER

PORTAGE ROAD RESIDENTS

BOWLING WITH SPECIAL OLYMPICS



Bowling Through January and Ending the Month with Pie!
ALCOTT CENTER PORTAGE ROAD
MISTY CREEK OAK CREEK

--NATIONAL PIE DAY--
ACTUALLY,
LET'S MAKE IT PIE WEEK!



PIES COURTESY OF BERT'S BAKERY

COMMUNITYLIVINGOPTIONS.ORG

JANUARY 23

NATIONAL PIE DAY

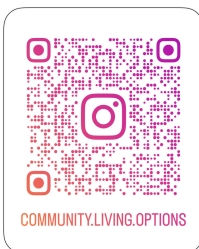


PIES COURTESY OF BOB EVANS PORTAGE

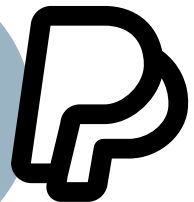
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REMINDER!
CHECK YOUR CLO WORK
EMAIL AND CHECK IT
OFTEN TO STAY IN THE
LOOP FOR UPCOMING
EVENTS AND IMPORTANT
DATES!

Follow us on Social
Media!
Like
Comment
and Share



Now Accepting Paypal Donations



OUR MISSION
WE ASSIST INDIVIDUALS IN ACHIEVING THEIR LIFE GOALS BY BUILDING RELATIONSHIPS THROUGH
QUALITY SERVICES IN SUPPORTIVE ENVIRONMENTS.

OUR VISION
OUR VISION IS TO ENHANCE THE QUALITY AND SCOPE OF
OUR SERVICES THROUGH INTEGRATED AND COORDINATED CARE.

NEXT BOARD MEETING
FEBRUARY 22ND, 2023

BOARD OF DIRECTORS
ED WILSON
SUZANNE MCPEEK
LOUISE KENNY
DEBBIE DAWSON
MELISSA GILBERT
TOREAN GREELEY
DAWN PANTALEO
RON RYAN
JOE WALLS



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8:00 — 4:30
MONDAY — FRIDAY