



## Wear Orange

### March is National Developmental Disability Awareness Month



March is National Developmental Disability Awareness Month. In Michigan, approximately 180,000 people have a developmental disability. To show support and advocate for inclusion and an equitable community, we encourage you to "wear orange."

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# Director's Report

It was three years ago this month that COVID started. I remember pulling out my pandemic binder to Module 3: Biological Agents: Preparing for an Influenza Pandemic. It was eerily accurate as I look back on that chapter.

It started with

“We are due for a pandemic!”.

It outlined the following:

- 15-35% population will be affected.
- Travel may be restricted.
- Vaccines may not be ready for several months after outbreak.
- Shortage of healthcare worker.

It was stressful, scary, but also a time in which people showed their tremendous capacity to care for each other. That was evident here at CLO, and from the general population.

A lot has happened in three years. We have grieved the loss of our consumers, some to COVID or COVID related illness. We have welcomed new faces to the company, and heartfelt goodbyes to those who left. Life constantly changes.

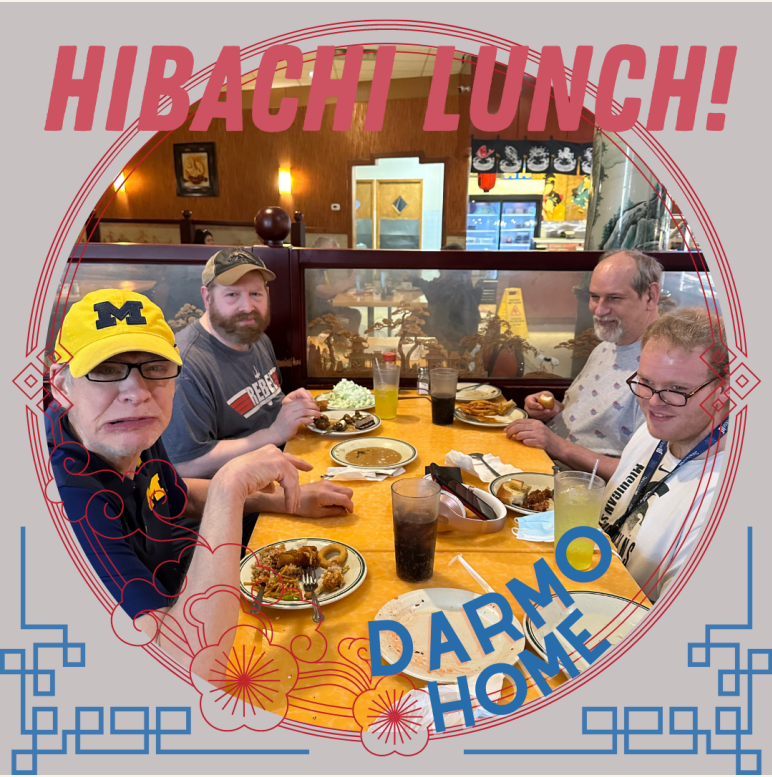
As we move through the pandemic, I want to thank you again for the work you do to improve the lives of others. It is honorable, humble work. Sometimes funny, sometimes frustrating; it takes empathetic, caring, and compassionate people to do this work, and I appreciate you all.



A handwritten signature in black ink, appearing to read "L. Spalvin".

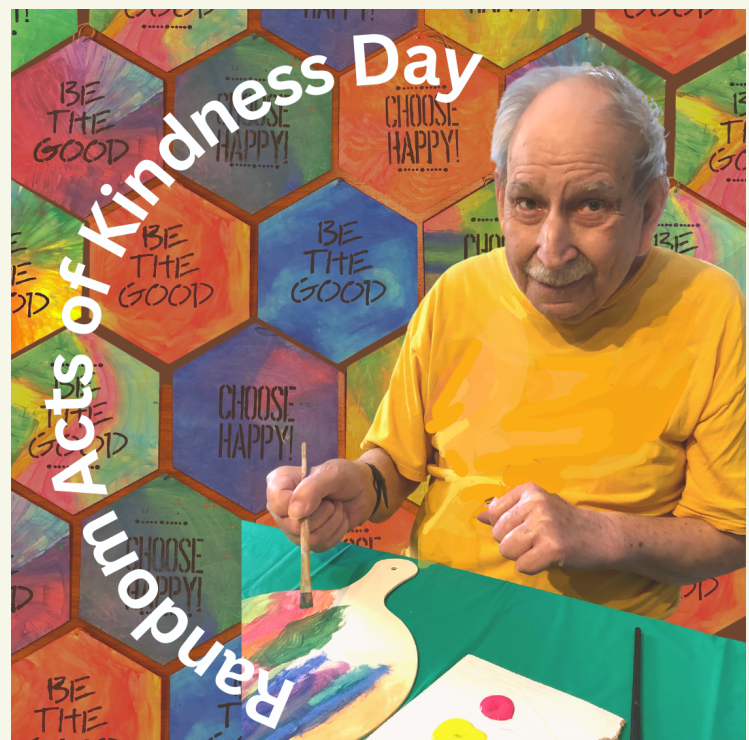


# Happenings around CLO





## Happenings around CLO (cont.)





## MARCH Birthdays

ANDREW ARGO- 2ND  
MAMA COULIBALY-4TH  
BEST IDEHEN- 5TH  
JAKIYAH BELL-7TH  
PATIENCE SHAKWANDA- 11TH  
JADWINGA GOORMAN-14TH  
WALTER MAYFIELD- 19TH  
NYREE CRADDIETH- 20TH  
JANETTA PAYNE- 20TH  
CYNTHIA KNAPP-24TH  
MICHELE SAWYER- 24TH  
SASHA NILES-24TH  
ANGELA FILIPUNAS- 25TH  
LYRIC KENNEDY - 25TH  
CLARENCE JACKSON- 31ST

## Anniversaries

1 YEAR  
MANAGER TEST  
SHANTANIQUE  
HARDEN  
CLARENCE JACKSON  
NAVIA

2 YEARS  
BEDAN MUKUNDI  
BEST IDEHEN

5 YEARS  
SUSAN SHAVER  
ANDREW ARGO

10 YEARS  
CYNTHIA KNAPP

11 YEARS  
PATRICE SMITH

15 YEARS  
MAMADOU BODIAN

### Shawn

Direct Support Professional at Oak Creek

"I think about how I would want to be treated. I enjoy seeing them happy and knowing what makes them happy."



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

### Cyndi

Program Assistant at the Farrell Home

"At the end of the day, I can go home and know I touched someone's day in a positive manner and made it a little bit brighter."



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

A TEAM APPROACH

## Misty Creek



*"Meet them where they're at," -Molli*

## Welcome New Hires!

Brittany Reese  
Lauren Jones  
Alaicia Dickason  
Walter Mayfield  
Jacqueline Vernia  
Cortez Moore II  
Sharee Niblack  
Jada Clopton  
Nicole McGrath

### Moony

Program Assistant at the Misty Creek Home



"Caring and nurturing is not just my job, It's my lifestyle."



### Crissy

Direct Support Professional at the Misty Creek Home



"I treat everyone with the same love. I adjust to the individual and what they need for their day."







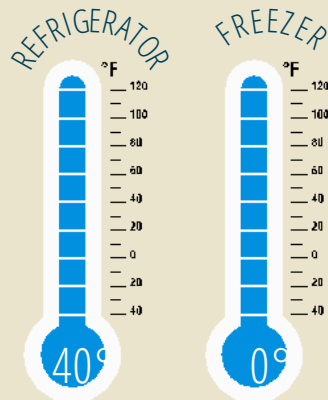
# Eat Safe Food after a Power Outage



Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

## Before

Keep appliance thermometers in your refrigerator and freezer. The refrigerator should be at 40°F or below. The freezer should be at 0°F or below.

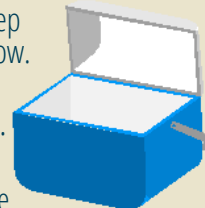


Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to keep your food at 40°F or below.

Have a cooler handy.

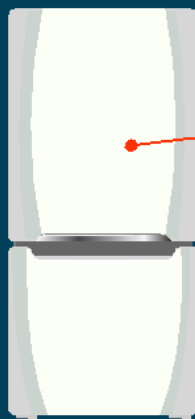


Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.



## During

**KEEP**  
Refrigerator  
& Freezer Doors  
**CLOSED**



4  
Hours  
in a  
Refrigerator



48  
Hours  
in a  
**FULL**  
Freezer



24  
Hours  
in a  
**HALF-FULL**  
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

## After

Never taste food to determine if it is safe to eat. **When in doubt, throw it out.**

- Throw out perishable food in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) after 4 hours without power or a cold source.
- Throw out any food with an unusual odor, color, or texture.
- Check temperatures of food kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40 °F or below.
- You can safely refreeze or cook thawed frozen food that still contains ice crystals or is at 40\* or below crystals

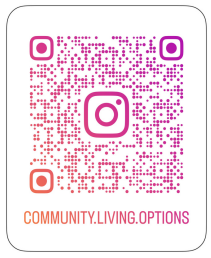


REMINDER!  
CHECK YOUR CLO  
WORK EMAIL AND  
CHECK IT OFTEN  
TO STAY IN THE  
LOOP FOR  
UPCOMING EVENTS  
AND IMPORTANT  
DATES!

THANK  
you

- NATIONAL CAREGIVER DAY  
3RD FRIDAY OF FEBRUARY -

**Direct Support  
Professionals**



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**Like  
Comment  
and Share**



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  
MARCH 22ND, 2023

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



CONTACT INFO  
626 REED STREET  
KALAMAZOO MI 49001  
(269) 343-6355  
FAX (269) 343-0054

OFFICE HOURS:  
8:00 — 4:30  
MONDAY — FRIDAY