

# **SEPTEMBER 2023**

Official Newsletter of Community Living Options



# **Detroit Tigers for the Win!**

THANK YOU TO ALL THE STAFF AND CLIENTS THAT MADE THE TRIP TO THE TIGERS SUCH A FUN-FILLED DAY!



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### **Detroit Tigers- a Grand Slam**



The annual CLO trip to the Detroit Tigers was a success! Charter Bus ride, snacks, and fun! Tigers Win 8 to 2 v Cincinnati Reds. Witnessing a Grand Slam and receiving free hot dog lunches, courtesy of the Tigers, made for an awesome day!



## **Staff Announcements**



### **Welcome New Hires**

REBEKAH KIRK Shellie Harrison Peyton Reshnet Kyle Kelly

JOSEPHINE AMADU AMARUI MASSEY-MARTIN AVERY WARNER NA'CHELL DUDLEY

wish you a blessed *Yom Kippur* 

## **Staff Appreciation**





"Alone we can do so little; together we can do so much." -Helen Keller

"Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life." -Amy Poehler "Individual commitment to a group effort--that is what makes a team work, a company work, a society work, a civilization work." -Vince Lombardi

SHANA TOVA!

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1 YEAR LINIECE BRANDFORD MERCY WILLIAMS REVELLE WILLIAMS HASSAN CORBIN BRITTANY WHITE 2 YEARS MICHELE SAWYER LATROYE WHEATON 4 YEARS MARY MBOMBO MAMA COULIBALY "The nice thing about teamwork is that you always have others on your side." -Margaret Carty

9 YEARS RENITA ELLIS

> 10 YEARS RON COE

12 YEARS MARCIA VADEN

15 YEARS TIOMBI COOPER 17 YEARS BRETT VANDENBOSCH

# **Staff Appreciation**





people can't change the world. For, indeed, that's all who ever have."



"One person caring about another represents life's greatest value." Jim Rohn, author



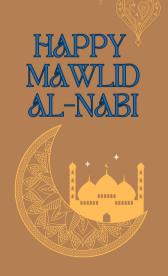
"If you want others to be happy, practice compassion. If you want to be happy, practice compassion." Dalai Lama



"Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters. Make a difference for another today." Amy Leigh Mercree, author



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."



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### **September Birthdays**

FANNY NSALIWA 2ND REBEKAH HAYS 3RD TAYLOR MURRAY 3RD MOONY WILLIAMS 6TH DENNIS AHWOREGBA 17TH JOHN WITHEE 25TH MERCY WILLIAMS 27TH SHELLIE HARRISON 29TH

### Announcements

IT IS WITH GREAT SADNESS THAT WE ANNOUNCE THE PASSING OF OUR BELOVED MISS VICKIE BROWN.

DESPITE THE CHALLENGES SHE FACED WITH HER DISABILITY, SHE WAS FIERCELY INDEPENDENT AND REFUSED TO LET IT LIMIT HER. SHE HAD A SPIRITED PERSONALITY THAT ENDEARED HER TO EVERYONE WHO KNEW HER. SHE WAS QUICK-WITTED AND ALWAYS HAD A JOKE OR A WITTY COMMENT TO SHARE, HER INFECTIOUS LAUGHTER WAS A SOUND CHERISHED BY MANY. THE MILWOOD COMMUNITY LOST A "REGULAR" AS WE ALWAYS SAW HER WALKING ON PORTAGE ROAD, RIP BOSS GIRL.

Rest in peace Vickie

IT IS WITH HEAVY HEARTS THAT WE ANNOUNCE THE PASSING OFCHARLIE MARSH, A REMARKABLE MAN, A MAN WHO HAS TOUCHED THE LIVES OF MANY AND LEFT A LASTING IMPRESSION ON THOSE WHO KNEW HIM.

THROUGHOUT HIS LIFE, HE INSPIRED THOSE AROUND HIM WITH HIS POSITIVITY AND INFECTIOUS SMILE.

REST IN PEACE, OUR BELOVED FRIEND. YOU WILL BE DEEPLY MISSED.

Rest in peace Charlie

COMMUNITY LIVING OPTIONS

### **CLO In the Community**



Residents and staff from Farrell, OLT, and Chelten went to the Binder Park Zoo courtesy of free tickets through the Tickets to Adventure Program! CLO looks forward to this opportunity each year!

Alcott Center participants and staff went out to the Kalamazoo Nature Center! CLO purchased an annual non-profit membership that allows up to 10 individuals to visit the Nature Center each day!





# Health and Safety

### If a fall occurs, before moving the individual:



#### **Complete a brief assessment, including:**

- Vital signs
- Movement of extremities
- Level of consciousness Hand grasp
- Pupil size and reactivity Speech clarity

Evaluate for a head, neck, or spinal cord injury.

Assess for obvious injuries such as cuts, lacerations, or bruising.

#### Assess the extremities for:

- Swelling
- Leg rotation
- Limited range of motion
  Shortening of the
- Inability to bear weight
- extremity

Ask the individual if they are having any pain or tenderness.

Do not perform range of motion if you suspect a fracture.

### What to do if a client falls and hits their head:

According to the CDC, 1 in 5 falls causes a serious head injury

It may not be immediately noticeable that a serious branin injury has occurred. Symptoms can take hours or even days to appear.

Most head injuries are closed head injuries. Those on certain medications such as blood thinners can have bleeding in the brain.

#### Signs and symptoms of a moderate to

#### serious head injury may include:

- Abnormal behavior • Unequal pupil size
- Excessive sleepiness • Vomiting
- Severe headache or stiff neck
  Loss of conciousness

If a fall occurs and the client hits their head, call the doctor or 911 right away.

Watch for signs and symptoms in the hours and days after the fall.

**Important!** Seek medical treatment for significant injuries or perform necessary treatment for any minor injuries.

### **Once the** assessment is complete:

Obtain a history of the fall from the individual or a witness.

#### Note the circumstances of the fall including:

Location

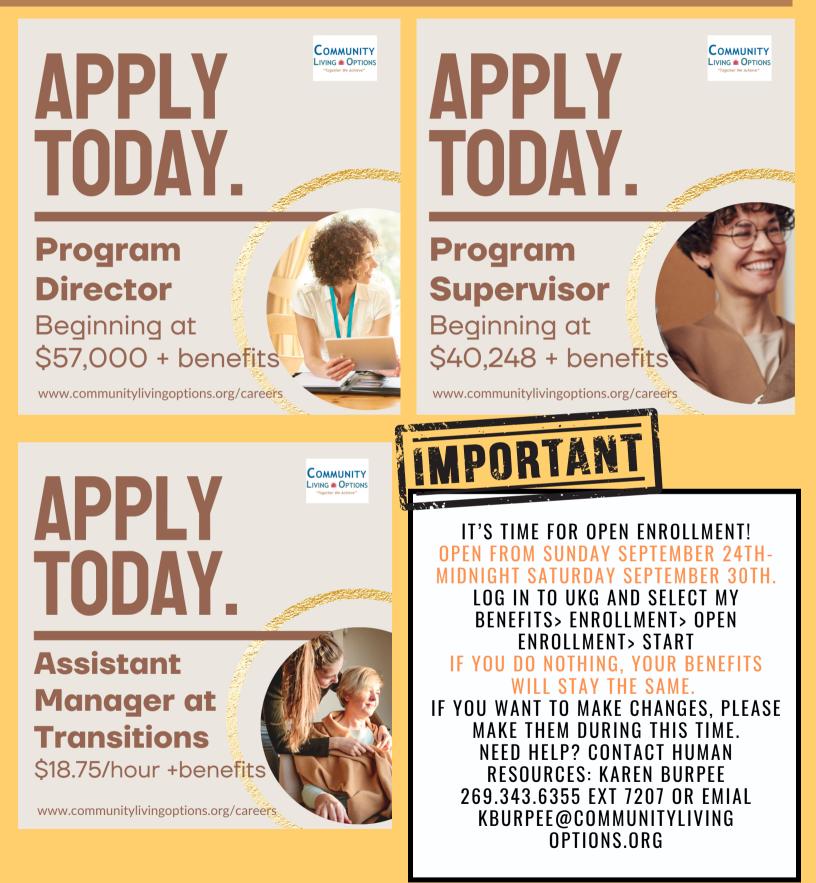
- Activity

- Time of day
- Any significant symptoms

#### Important! Make sure to always call your supervisor or oncall to notify them or to ask for assistance with any of the above. Falls are very serious especially for older adults, so it is always best to remain vigilant and cautious. Be sure to always follow any consumer specific protocols in addition to these recommendations.

#### COMMUNITY LIVING OPTIONS

# **Career Opportunities and Announcements**



**COMMUNITY LIVING OPTIONS** 

# **ABBY'S QUALITY CORNER**

REMEMBER TO NEVER DISCLOSE ANY OTHER PARTICIPANT'S IDENTIFYING INFORMATION TO ANYONE WITHOUT A PROPER RELEASE OF INFORMATION. THIS INCLUDES THE NAMES OF THOSE THEY

INTERACT WITH IN OUR PROGRAMS.

IT IS OUR RESPONSIBILITY TO PROTECT THIS INFORMATION. WHEN IN DOUBT- LEAVE IT OUT- REFER TO OTHER INDIVIDUALS THEY ENGAGE WITH AS THEIR FRIEND OR PEER.



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 SEPTEMBER 27TH, 2023



DARD OF DIRECTORS MELISSA GILBERT ED WILSON Suzanne McPeek Louise Kenny Debbie Dawson Torean Greeley Dawn Pantaleo Ron Ryan Joe Walls



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