

Covid-19 Pandemic

This is an unprecedented situation. We have never seen anything like this. It is difficult for most of us to adjust to the new way of life. The cornerstone of our agency has always been community inclusion. We have worked hard to assist people to become involved valued members of our community. Now it is difficult to shut that all down and stay home. However, our staff and clients have been amazing through this ever-changing situation. The health and safety of our clients and staff have always been at the forefront of our agency. Currently, all of our efforts are focused on just that—keeping everyone safe and healthy. Observing the mandated stay-at-home order is so important in stopping the spread of Covid-19. We all have to do our part in keeping the community safe by staying at home and not going out to public places unnecessarily.

You can still go outside to take a walk. You can go to the parks and walk and enjoy nature but you must stay at least 6 feet away from other people. This is very important so you don't get sick or spread the virus to others. Exercise and outdoor activities are very important in maintaining your physical and mental health. Keeping active and occupied with fun activities is important while you are staying at home. Please share your activities on our Facebook page. It is fun to see the creative things people are doing during this quarantine period.

Stay up-to-date on the progress of Covid-19 by checking the Center for Disease Control's (CDC) website but don't watch too much tv about the virus as it can be overwhelming and upsetting. We will all get through this together—apart. Thanks to everyone who is doing their part to keep our Community Opportunities' family healthy.

Forward with Hope ~ Mary Sullivan-Thomas

Quarantine Fun

Everyone is trying to stay occupied and healthy while quarantined. Our amazing DSPs and CSTs are up to the challenge.



Getting outdoors and doing chores.



The ladies made new tie-dyed shirts!

Music with Mike while practicing social distancing. We had friends on Zoom too.



EMPLOYEE ANNIVERSARIES

ONE YEAR

Isabella Wilson
Kelsey Cannon
Lacy Gambill
Amanda Helvey

TWO YEARS

Anna Jaggie
Brandi Pezold

THREE YEARS

Christy Neubauer-Dobbs

FIVE YEARS

Kathleen Grover

SEVEN YEARS

Jeanne Minnella
Candis Pratt

ELEVEN YEARS

Jessica Hodge

FIFTEEN YEARS

Malinda Derr
Donna Jacobsen

SIXTEEN YEARS

Jessica Ruediger

NINETEEN YEARS

Shawna Fair
Angela Ray

TWENTY YEARS

Brenda Workman

THIRTY THREE YEARS

Darla Gamble

THIRTY FOUR YEARS

Mary Sullivan-Thomas

FRIENDLY FACES

Name: Josh Venable, Resource Specialist

Family and pets? Leslie: mom, Chris: younger brother,

Nick: youngest brother

Favorite vacation? Friend road trip to see Slayer, Lamb of God, Amon Amarth and Cannibal Corpse in Kansas City

Who inspires you? Ryan Reynolds, Eiichiro Oda, Dominik Hasek, Stan Lee, Jim Carrey

What unique talent do you have or hobby? Artist (painting and drawing), video games and tabletop gaming (mainly Warhammer 40K)

What is the best surprise you have ever received? Once had my friends all chip in to get me an amazingly expensive model kit for a birthday that I had been drooling over for months but was way out of my price range.

What is your favorite song? Bathory Aria by Cradle of Filth

The movie version of my life should be titled? The Inexorable Tide

My favorite physical activity is: NERF gun wars

One thing people are surprised to find out about me is.... I don't know how to swim.

If I were a superhero I would be.... Spider-Man, always my absolute favorite

What are you passionate about? Art, helping others, and gaming

What is your favorite family tradition? Driving around to see Christmas lights

Pet peeve? Inconsiderate people

What is the best meal you have ever had? Had a birthday dinner at Mandarin Garden, the best Chinese restaurant there is, before my dad passed away that will stay with me forever.



50th Birthday Surprises

Candis Pratt and Tom Wehmeyer both celebrated their 50th birthdays on Feb. 15. Their fun co-workers surprised them with a carry-in lunch on Feb. 2nd and had the perfect cake/cookies for each. Candis got a pile of puppy cookies and a unicorn cake for Tom!



Watching wrestling during 'Guys Night'!



Miss Amazing!

Mia was recently crowned Miss Amazing Missouri 2020 Junior Miss. The event was held March 7 & 8 at Lindbergh High School. The event draws inspiration from pageantry while guiding participants through interviewing and public speaking exercises. Doug and Danielle, along with Mia's family, were there to offer their support and watch Mia be crowned. Congratulations Mia!



Lincoln County Roadrunners Basketball Tournament

The March basketball tournament was held just before the stay-at-home order was issued.

The Lincoln County Roadrunners were on their game as they sent other teams in the tournament packing, capturing the 1st and 2nd spots of the skills competition. Congratulations athletes on a job well done!



Skills First Place Team



Skills Second Place Team





Tuesday Afternoon Music Club
Diana, Mike and Joy entertaining everyone.



Shelby P. at Pleasant Valley Church taking her turn at vacuuming. Keeping it looking



David and Megan show how they are trading in their *hi fives* for elbow bumps!

Mia went all out for St. Patrick Day!



Doug & Vanessa celebrating the start of spring by painting a cherry blossoms mural.



Robert advocating for himself by obtaining a library card to use the library to do research for the novel he's writing.



Steven practicing being taller than Angel...or *maybe* just working on his posture & strengthening exercising. Keep up the great work Steven!



Reid and Michele volunteering at Dogwood Kennels.



Donna J.; her mom, Marilyn and her daughter, Jenn making masks to protect our essential staff. Thank you so much!



Congrats DSP of the Quarter!

The DSP of the 4th quarter of 2019 is Michelle Palmer!

Michelle has worked for Community Opportunities for over 18 years as a direct support professional. In her many years here, she has worked in a variety of locations within the Residential department and has become a source of knowledge and experience for her coworkers. The person who nominated Michelle said that "Michelle is an asset to her department and to the agency as a whole"

Thanks Michelle for everything you do to support individuals with disabilities and congratulations on your award!



Employment Services

Employment Specialist, Mike Marx, was a music teacher in his former career, and along with his very musical wife, Joy, presented a New Year's Musical Celebration for our Day Program friends. Singing, dancing, instruments, and lots of jingling were enjoyed by the enthusiastic and captivated audience. He was such a hit, that he is now leading Music Club for the agency!



Breonna (pictured left with Employment Specialist, Kim Brutsman) was recently recognized as 'Employee of the Month' in December at Lincoln County Nursing & Rehab. Breonna works in the housekeeping department as part of the healthcare. Hats off to Breonna and her accomplishments!

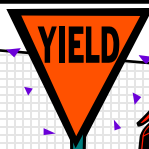


Employment Services would like to extend a heartfelt thank you to the businesses that have recently partnered with us by providing training opportunities for our clients: County Market; Hibbett Sports; McDonald's; Factory Connection and Super 8 Hotel

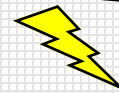
A great big shout-out to our recently hired clients and their employers! We celebrate the supportive partnerships we enjoy with our local employers.

Travis Barton - Dishwasher, Mercy Hospital Lincoln; Ana Godfrey - Back Room Associate, HomeGoods in Wentzville (pictured bottom right); and Christian Ray - Kitchen Crew, Chartwells Main Street Elementary School





Health & Safety Corner



Donna Jacobsen, H&S Chairperson

HOW TO CLEAN

The CDC recommendations for using bleach as a disinfectant is 5 tablespoons (or 1/3 cup) of bleach per gallon of water or 3 teaspoons per quart of water.



Wear gloves



Clean first, then disinfect



Wash you hands often (20 seconds)

Follow some simple rules when disinfecting and always use precautions to ensure you are not putting yourself at risk for exposure or spreading an illness. Wear appropriate protective equipment, such as rubber gloves or a mask. Clean hard surfaces first and then disinfect. And wash your hands often with soap and water for at least 20 seconds. Here's a few tips to remember when disinfecting around the house:

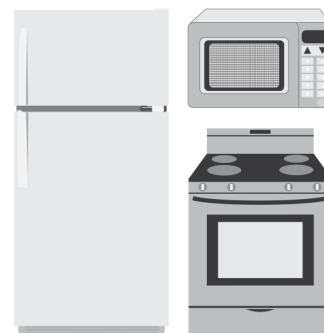


BATHROOM

Clean toilet lever, shower faucet, cabinet knobs, door knobs and light switches. Wipe down the walls. Clean your tooth brush or replace it.

KITCHEN

Disinfect things people touch: refrigerator handle, stove knobs, faucet, coffee pot, microwave controls. Cabinets, counter tops, table, chairs.

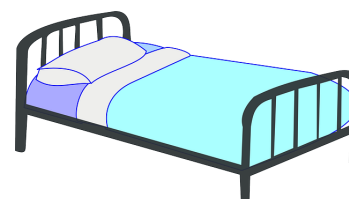
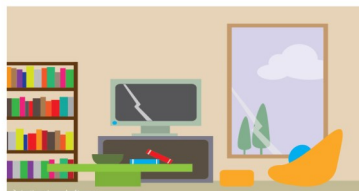


LIVING ROOM

Clean remotes, phone, key pads, Light switches, door knobs, Recliner controls and lamp switches.

BEDROOM

Change pillow cases daily. Wash soiled bed linens right away. Carry soiled linens or clothing in a plastic or washable hamper so you don't risk contaminating your own clothes. Disinfect all items on the night stand. Once again don't forget the light switches and door knobs.





Hats Off to...

- ★ to the Community Skills and Day Program teams for being so versatile and flexible and helping out in many areas in the agency. (from Janelle)
- ★ to **ALL** of the staff doing a quick 180 degree turn from community inclusion to self-isolation. Extraordinary work!
- ★ to Angela Schnuriger for always being so helpful. You answer so many questions, straighten out the schedule, work so many hours and do it with a smile. You are so appreciated (from Sandy Wood)
- ★ to Lisa And Colbert for working so hard. You fill in so often and work so many hours and are still a pleasure to talk to!! Lol. You are so appreciated. (from Sandy Wood)
- ★ to Donna J., her mom, Marilyn and daughter, Jenn for making cloth face masks for staff!
- ★ **Hats off to everyone for working together to get through this change in lifestyle with COVID19!**

Welcome New Trainees!

- Madison Borden, Residential, 2/6/2020**
- Deborah Borreson, Residential, 3/16/2020**
- Kaitlyn Klaas, Residential, 2/24/2020**
- Ryan Williams, Residential, 1/16/2020** Welcome Back!

Upcoming Training & Events

The Division of Developmental Disabilities will provide weekly webinars to provide timely updates and answer questions regarding health and safety information as it pertains to community service providers and COVID-19. If you are not signed up to receive these blasts, you can do so at: [E-mail Blasts](#). All E-mail blasts are posted to the Division website at <https://dmh.mo.gov/dev-disabilities/e-mail-blasts>.

⇒ Check your email for on-line training opportunities and assignments.

DD Awareness Poster Contest Winner



A Happy High-Five to Lera Poignee for her recent artistic achievement! Lera's art work was selected as the winner for the Missouri Development Disability Council's Disability Awareness Month poster contest. This was a state-wide competition in celebration of March DD Awareness. Lera's poster can be found throughout the state of Missouri. In addition to having her artwork displayed across the state she also received a cash prize.

Way to go, Lera... *What an accomplishment!*

