

The CommUNITY Buzz

Hello everyone,

Each June, we celebrate National Safety Month. We all know safety is important year-round, and that safety is a foundation for our success at Alternatives. This month we work to highlight efforts to prevent injury and death. You will see throughout this newsletter our commitment to safety and our way to have a little fun with such a serious topic.

“Safety brings first aid to the uninjured.”

We are happy to have Justin St. Jean as our new Safety Committee leader and head of yellow in our Community Committee. We have created a safety mascot, “Safety Man”. Look through this newsletter to see how you might win some money with “Safety Man”. A community challenge will be coming out this month that will have us all focusing on safety.

Safety impacts most of what we do here. We must think about safety, plan and practice for emergencies, take certain measures when in and around the homes & programs, while driving agency vehicles, while loading and unloading vehicles, passing medications, following procedures and guidelines, safe food handling, following eating and drinking guidelines... As you can see the list goes on and on. I encourage all of you to think of ways and to be vigilant when it comes to safety, to practice and plan for emergencies and to share best practices with those around you.

Thank you. Here's to a safe, happy, and fun summer!

Kelly Callahan
Executive Director



June Employee of the Month: Mike Reyes



About Mike

Mike Reyes has been a valuable full time Direct Support Professional at our Genoa ICF since October 2018. He and John Valen remember his first day vividly, as John had just returned home that day from a short stay at the hospital.

He came to Alternatives with little experience in the human services field, but a strong desire to learn and help others. This is exactly what he has done. Mike has grown tremendously since his first day. Agency Directors, Managers and LPN's rely on Mike because they know they can! If there are issues, they like to “brainstorm” with Mike as he has great ideas and keeps the clients in the center of any solution.

Mike is a fantastic DSP! He has always been one to pitch in and help. He truly cares about the people that live at Genoa. He worked two COVID lockdowns at Genoa to help keep people safe. He trains new employees in proper procedures and techniques. He has gotten to know each client well and does a thorough job with medical appointments while being a strong advocate.

Mike likes to take care of people and states that this job has humbled him and believes that it has been life changing. He states that this job has made him more patient with people, he's learned how important it is to advocate for others and that teamwork is critical to the success of running an intermediate care facility.

Mike has strong family ties, especially to his sister. He lives with his family in Waterbury. In his free time he enjoys going to the gym, spending time with his girlfriend, being outside and playing and coaching football with the Waterbury Knights. In the future, he hopes to expand his coaching role and someday be self-employed.

Thank you, Mike! We truly appreciate having you on the Alternatives team. Congratulations!

Messages

I would like everyone to know that Mike shows up on time and that he is a good worker. I like it when he takes me to the movies, to the skate park and when he cooks for me. I also like it when Mike talks to me, asks me questions and when he plays games with me, especially air hockey and the punching bag.

-John Valen, Genoa Resident

Michael Reyes is a pleasure to have as a DSP worker. He is knowledgeable, reliable and is always willing to share his skills with others. When Michael helps train new DSP staff he always likes to introduce each resident with a funny story. Mike is also great with the residents. He loves to make them laugh and always encourages them to do activities but most importantly he puts their needs and safety first.

Congratulations on your employee of the month Mike! Well deserved!

-Vicky Colon & Myra Henao, Genoa LPNs

I rely on Mike a lot when I need assistance with medical information or insight into situations. I value his opinion! I also want to buy Mike a new alarm clock as a gift for being employee of the month!

-Deb Godbout, Programmatic Director



COMMUNITY SAFETY

BLUE

Tracy Daley, Kyara Jackson, Beth Jezierny

To feel spirit you have to feel safe, and we do because of the safety guidelines staff follow. They are trained to give us medicine, check seatbelts and van lifts, practice safe lifting, know what to do in an emergency and make sure everything (fire alarm, smoke detector, air conditioner and heater) is working.

GREEN

Kendra Giulini

It is very important this time of year to safely protect your skin. Take the time to: apply sunscreen to all exposed areas of your skin; grab a brimmed hat to protect your face and scalp; put on your sunglasses to protect your eyes. This will keep you safe from sunburn and damage to your skin and eyes.

PURPLE

Vicki Donaghy

Focusing on safety this month, it all begins with the mind! Thinking things through before taking action can prevent a lot of accidents. Knowing the specifics of your job tasks, you can pre-plan to make sure you are working in the safest way possible. Take a look around your program and think about what can be done to prevent accidents. If you have a suggestion/concern, share it with your manager or a member of the Safety Committee!

Spirit

Mind

Time

Health

Safety

RED

Jo-Ann Mauriello

Safety in the healthcare field is mostly about caring for yourself and the people we support by: encouraging a healthy lifestyle, wearing PPE, practicing good hand washing, cleaning/disinfecting areas, taking medication as instructed, keeping up to date with vaccinations and seeking medical attention when necessary.

YELLOW

Justin St. Jean

Safety is one of Alternatives' biggest priorities when it comes to caring for the individuals we support and the well-being of our employees. We want everyone to feel safe when they are here. A safe environment contributes to the health, happiness and productivity of all members of the AI Community.

JUNE IS NATIONAL SAFETY MONTH

JUNE IS SAFETY MONTH AND WE WANTED TO FOCUS ON THE FACT THAT WE HAVE RESUMED IN-PERSON SAFETY COMMITTEE MEETINGS.

SOME POINTS:

Safety Committee meets every 3 months and discusses any events that were reported during previous months and any new concerns that we can prevent in the future. We have established and approved a mission statement and goals for the Safety Committee.

MISSION STATEMENT :

To promote a safe, positive, and respectful environment for employees, residents, and participants.

GOALS:

Increase Safety Awareness
Build Enthusiasm for Safety Program.
Reduce and Prevent Personal Injuries and Property Damage.

SAFETY STARTS WITH YOU

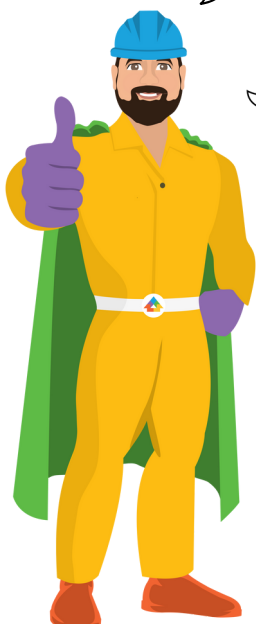
Don't Take Shortcuts
Safe Lifting Starts with Your Head
Be Aware of Your Surroundings
Wear Your Personal Protective Equipment (PPE)
Drugs and Alcohol Impair
Communicate and Report Unsafe Conditions
Be a Part of the Safety Culture!

MEMBERS

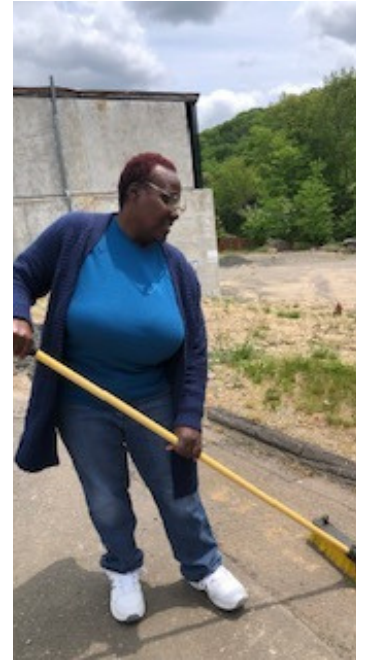
(FROM LEFT TO RIGHT)

Daniel Loso, Longview
Donna Lockwood, Office
Justin St Jean, Committee Leader
Sandra McFarland, Day Program
Mariah Fortier, Highview
Rayshon Dolphy, Lakeside
Lindsey Goss, Hewey, Committee Secretary
Nakisha Staton, Middlebrook
Victoria Burrell, Redwood
Thea Fleming, Goldbach (Not Pictured)
Gabriel Torres, Genoa (Not Pictured)
Walter Hunt, Client (Not Pictured)

BE ON THE LOOK OUT FOR AN UPCOMING SAFETY COMMUNITY CHALLENGE! GET YOUR PENS AND MARKERS READY TO CREATE A POSTER.



What's the Buzz?



Anniversaries

1 Year

Jackilyn Godfrey, Genoa
Mirian Polanco Baret, Lakeside
Jessica Weiss, Highview

Birthdays

| | |
|--------------------|-----------|
| Emily Millan | June 6th |
| Tonnie Pettway | June 6th |
| JoAnn Mauriello | June 12th |
| Christopher Varga | June 14th |
| Cheryl Harkins | June 14th |
| Gregory Marcelin | June 14th |
| Kimberly Benson | June 18th |
| Brian Edwards | June 18th |
| Cesario Santos | June 20th |
| Yanick Santos | June 21st |
| Tameeka Pettway | June 23rd |
| Tiffany Graham | June 24th |
| Dianna Lockwood | June 28th |
| Kristina Mauriello | June 28th |



HAVE YOU NOTICED OUR NEW SAFETY MASCOT, SAFETY MAN?

Find and count all the Safety Men throughout the newsletter. Email the total amount to Kristina at kmauriello@alt-inc.org. If your guess is correct, your name will be entered into a raffle for a cash prize!



Last Editions Butterfly Winner:
Suzanne Benz!



Shout Outs

A BIG shout out to Dan Loso and Tiffany Graham for the support and care shown to Chris during the week of his surgery. They were with him many hours each day, and made the time fun. Also to both Longview and Highview teams for the exemplary coordination of a rapid transfer! Great work!!

**-Robin Marino RN BSN MHA CDDN,
Director of Health**

Highview is so glad to welcome Christopher to our family! He moved in on 5/9 and has done great adjusting to his new home. His sense of humor and smile are a joy!! We're sad to say goodbye to Kyara but are so happy for her!

Vicki Donaghy, Highview Residential Manager

Thank you to Bill Smyser for once again coming through to help me out last minute! Your flexibility and willingness to help me out has always been and continues to be greatly appreciated.

-Suzanne Benz, Redwood Residential Manager

Shout out to Jemiah, Thea, Quiana, Maklah, Jessica, Michelle, Glenn, and Rashida. Thank you all for helping covering shifts at Goldbach. Some of you helped me out every week thank you, I appreciate you all!

Thank you Thea, Rose, Jessica and Greg for taking time out of your busy lives to take Charlie, Velma, Beverly and Caesar to enjoy a concert.

I also want to extend a welcome to new hires Glenn and Herschel.

**-Karen Custis, Goldbach & Middlebrook
Residential Manager**

I'd like to give a shout out to Tonnie Pettway! He has been a quiet "steady" for years at Alternatives. He is supportive to his individuals with his strong, gentle approach. He will be helping at Highview this week as well to support his peers on how to best work with an individual who is posing some behaviors. Thank you Tonnie for your help!

-Deb Godbout, Programmatic Director

RECIPE

Strawberry Shortcake

Recipe from lovefromtheoven.com

- 1 quart strawberries sliced
- 1/4 cup + 3 tbs granulated sugar, divided
- 2 1/3 cup Original Bisquick Mix
- 1/2 cup milk
- 3 tbs butter, melted
- 1/2 cup heavy whipping cream
- 1/2 tsp. vanilla extract, optional

1. Preheat oven to 425 F. While it's heating, combine the strawberries with 1/4 cup sugar in a bowl. Toss to coat well and set aside.
2. In a separate bowl, add the Bisquick with milk, butter and remaining sugar. Mix until just combined. Scoop the dough onto an ungreased baking sheet into six even portions. Bake for 10 - 12 minutes or until the tops and bottoms are lightly golden brown.
3. While the shortcakes are baking, add the heavy whipping cream to your electric stand mixer or metal bowl. Use the electric mixer fitted with the whisk attachment to beat on high speed. If using vanilla, add the extract when you see soft peaks start to form. Continue beating for another minute to combine.
4. Remove the biscuits from the oven and slice into halves while still warm. Add desired amount of strawberries to each half and top with whipped cream. Enjoy!

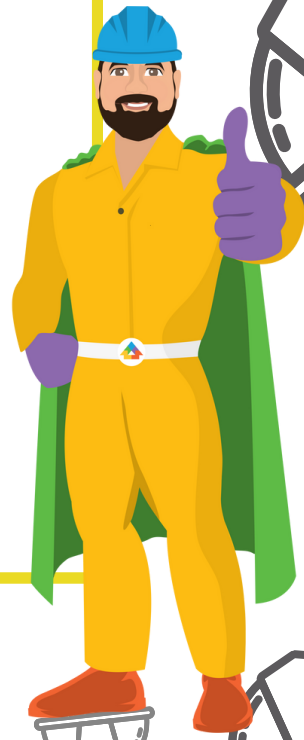


ACTIVITY

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| G | R | O | R | D | G | G | R | I | G | T | S | E | C |
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| E | M | M | R | A | L | A | E | I | V | A | F | E | D |
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Safety Word Search

Alarm
Signs
Gloves
Warning
First Aid
PPE
Accident
Medicine
Training
Emergency



The 3 P's of Safe Lifting

PLAN

- Plan the best way to lift the individual based on their transitioning guidelines.
- Have two people to lift for both manual and hoist.
- Communicate with the individual about what you will be doing.

PREPARE

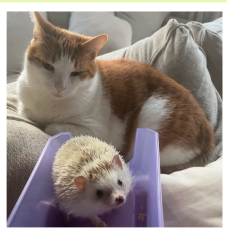
- Clear a path and make sure nothing is in your way.
- Place wheelchair as close to the intended location as possible.
- Check that the hoist is charged and working properly.
- Get a hoist pad for the individual's weight and size.
- Lock wheelchair and bed.
- Count to three before you lift.

POSITION

- Keep your back straight and lift with your legs.
- Legs should be bent like you are doing a squat.
- Don't twist your body to change direction, use your feet.



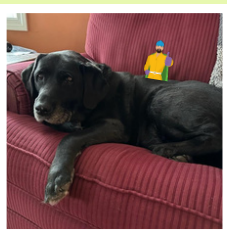
PET CORNER



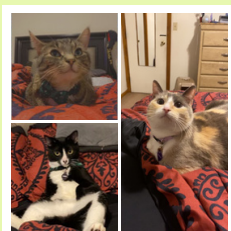
Suzanne's 8 year old cat, Mason, likes hanging out with his 6 year old hedgehog friend, Lenny, at the Benz household.



These are the six newest members to Kristina Mauriello's flock. They will soon be introduced to the other six chickens in the coop.



Ripley is a black lab. She is the Giulini Family's princess. Her 13th birthday is July 4th! She likes to curl up on Kendra's chair when she isn't home.



Meet April Malkin's three cats. Tiger in the top left, Oreo on the bottom left and Daisy on the right.

JUNE

9 FUN THINGS TO DO

1. Stratford Main Street Festival, June 3rd
Danbury Street Festival, June 3rd
2. Fair Food Festival, June 3rd - 4th
North Haven, CT
3. Duck Race & Festival, June 3rd
Naugatuck, CT
4. Steel & Wheels Car Show, June 10th
Danbury, CT (Danbury Railway Museum)
5. CT Localpalooza, June 10th
Bethany, CT (Three Saints Park)
6. Catherine's Butterfly Party, June 10th
Newtown, CT (CVH Animal Sanctuary)
7. Go to one of the many Strawberry Festivals
Torrington, CT - June 3rd
Cheshire, CT - June 10th
Orange, CT - June 10th
Monroe, CT - June 17th
8. See a drive-in movie
Saturdays starting June 3rd - Sept. 9th
Southington, CT (Southington Drive-In)
9. Visit the new "Under the Canopy" Exhibit
Hartford, CT (CT Science Center)

