



What's Happening at Strive
December 2017 – January 2018

AND



Departmental Updates:

Vocational/Residential

Submitted By: Valita Speedie

Botanical Gardens:

- Very happy to announce our annual Christmas event - December 9th & 16th 5-9pm
- Botanical Gardens participated in the Ribbon project (explanation & pictures below)

“The Ribbon International is a United Nations Non-Governmental Organization that created a large decorated cloth promoting nuclear disarmament and care and protection of the earth. In an event held on August 4, 1985, panels were connected in an 18 mile long strip stretching from the Pentagon into Washington D.C. The event was covered in the film The Ribbon Starts Here by Nigel Noble. Individual sections of the Ribbon are exhibited internationally.”

A volunteer came down to assist our individuals with creating their own flag to connect to continue the tradition. The pictures are some of the flags they created and the volunteer session.

These will be hanging at the Public Library in the near future!

- Sara Atencio, DSP
- Dana Berg, Relief
- Logan Donovan, DSP
- Nevada Falcha, Relief
- Tara Graham, DSP
- Ariel Gray, Relief
- Michael George-Taylor, Lead Inv
- Kassandra Holmes, DSP
- Lydia Ingram, RN
- Krista Johnson, SSS
- Marissa Kastrop, DSP
- Jaidyn Littlejohn, DSP
- Rebecca Medaris, DSP
- Trisha Nielsen, Case Mgr
- William Sanders, DSP
- Jeanne Sargent, Nursing Admin
- Megan Schmidt, DSP
- Delaney Steinberg, Relief
- Ashley Tate, DSO
- Lucida Valdez, DSP
- Sean Washburn, DSP

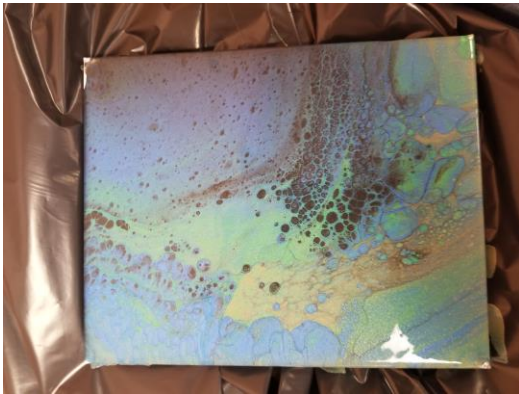


- One might think that December would be a “slow” time at the Gardens. No so! With this program again providing the community with a Sensory Friendly Christmas, making items for sale at the Candy Lane sale and prepping the grounds for spring it has been an exceptionally busy month. If you are feeling “down in the dumps” with winter, stop by and spend some time in the butterfly pavilion and stroll through the tropical gardens, we would love to see you AND your spirits will certainly be raised!

Fruitvale:

Wellness and ***Active Wellness*** are continuing to personalize the therapy areas.

- ***Wellness*** - We are continuing our creativity with personalization and sensory friendly environment. This is just the beginning...there will be more to come and we'll keep you posted!
- ***Active*** - We have been playing with float painting and have made some really great paintings. The individuals who have no range of motion are able to paint also because of their tilting chairs



- ***Labor Solutions*** - We have been shredding all month. Our contracts are holding up and giving everyone enough work
- **The 508 building has the highest documentation percentages of the whole company - both for therapies and ISSPs!**

Sweet Beginnings has had a good month, we worked on making candles, soap, toilet bombs, and our new bath bomb recipe. We have filled several orders for gift baskets and did very well at the Candy Cane Lane event. We had planned on selling at the Parade of lights, but due to changes and needing a permit now, we were unable. We did enjoy the parade with the individuals who came to help sell. Do not forget to stop by Uniquely yours and check out what we all have been working on!

- In the new year we will start production of our neck chillers. We have made a new product list and will have them available at the front desk of 950 and at 2404 Teller. Come by and check us out!!! **Happy New Year**

Sweet Success has had a busy month of filling orders (we love it!) We have made several dinners along with chocolates, chocolate covered caramels as well as chocolate suckers. You never know what we will be cooking up. Stop in and see us, we always have a variety of cookies for sale! We also have breakfast burritos etc. So give us a call and see what's available! We love taking your orders and we hope you all enjoyed the street tacos we made for the Christmas party as well! **Happy New Year!**

Milestones, had a fun month, we made Christmas decorations and even sold a few at Candy Cane Lane. We have been rearranging our program area and have two new staff that are making a big difference. Please welcome Cheri Trice and Amanda Wood, we sure enjoy having them in our program.

Golden Years had a great month, we worked on items for Candy Cane Lane and sold some as well. Do not forget to check out our items at Uniquely Yours, or stop by and see what we are working on!

OT/PT

- Three individuals got brand new wheelchairs in November.
- We scheduled trials for the use of a sit-pivot devices for individuals who have become inconsistent with the ability to maintain standing for stand pivot transfers. An individual at 385 now has one for long term use that was provided by Hospice. OT is seeking funding for the other device, which could be used by others in the agency if the need arises.
- We were successfully able to locate necessary parts, in our AT storage area, to replace a head rest for someone in service who currently does not have access for getting specialized medical equipment. He is now able to sit in his wheelchair with good head support.

Host Homes

- The Host Home (HH) department continues to grow! In, December 3 people moved into HH's and are finding the experience very successful. This is due, in part, to the excellent screening tool Michelle and Melissa developed which has greatly assisted in finding the "right fit" for all parties involved.
YEAH - GO TEAM HH!

SLS Programs:

- For the month of November, **Healthy Body, Healthy Mind** focused on building interpersonal skills and teamwork through various activities and volunteer opportunities.
- **Creative Living** has made many delicious gluten-free and sugar-free holiday treats.
- **Coffee Klatch** worked extremely hard on beautiful unique candleholders and has had many great discussions on setting healthy boundaries.

- **Performing Arts** has successfully completed their first play and is currently brainstorming ideas for an upcoming talent show for next year, which will also include individuals from other Voc Programs and Strive Residential homes.

Public Relations & Development...

Submitted By: Doug Sorter

Maintenance:

- We continue to develop better service to the people we support and our staff as we move forward with Bray Property Management. The amount of work they have been doing to correct some of the improperly installed equipment such as dishwashers, dryers vents and the like is winding down. We have also started to involve them with moves and cleaning after the moves which is another area that has been difficult to control. Their effort, expertise and timeliness have been a real positive for everyone involved. Cost wise it has been better than expected.
- Things seem to be doing quite well with the Bray Property management. We have had several months where we had fewer expenses than planned with a better response to the needs of the people we serve.

PR/Marketing:

- We continue to capture the attention of the different media outlets who have been very willing to tell our stories.
- TV has been completing interviews upon request and have also reached out to us when they have learned of a good story.
- Radio has been very involved sending out our messages, helping to invite guests in to the Striving for Success and providing advertisement to the Botanical Gardens and Uniquely Yours.
- We have also found a few friends at the Daily Sentinel who have been working with Sharon and I on various stories.
- We had several successful efforts to get the word out about STRiVE. Many of the people in our community were willing to support our Christmas Basket program for the families in our children services area.
- We had a successful event with the West Slope Colorado Oil and Gas Association who responded to the needs of our families with toys and donations, media coverage and interviews.
- With the help of KREX TV we were able to have our events and needs addressed and responded to.
- MBC Grand radio also ran several stories about the needs we are facing to help educate the public.

Foundation Board:

- We have had a bunch of activity with our Foundation members. They have all been very excited to help with the capital campaign, setting up meetings with possible donors, providing help with groups to speak with and many other efforts. I can't thank them enough for all they have been willing to take on to help this effort.

Development:

- I have had several opportunities to speak in front of some groups. Each of them have shown a higher degree of interest in STRiVE and want to assist in some fashion. None more than the West Slope Oil and Gas Association, they have chosen STRiVE for this year's beneficiary of their annual Christmas event and charity drive. Rod Christ was very helpful in this effort.
- I have been working with the City of Grand Junction for them to help fund several projects at the Botanical Gardens. This month I spoke at the City Council meeting and we were awarded a little over \$16,000 to help with repairs. We will continue to explore opportunities to partner with them in more that needs to take place in the future.

Capital Campaign:

- We have been working to complete the necessary presentation materials so we can start the process of approaching foundations and donors to help fund our capital project. It has been a learning experience to say the least, but we are getting there a little bit at a time. We hope to have most of what we need completed and ready for distribution by January. We have had some success but have a long way to go.
- The Foundation Board is working to get completed on the pledges from different leadership groups.
- Also working on plans to present to the community and media for announcing the campaign.
- If you would like more information on our Capital Campaign "Faming The Future" and how you can get involved, please contact me.

ERC/Safety/Wellness:

- These three committees are finding the voices, as we move forward in the development of procedures and best practices the stronger they become.
- Many are starting to participate in creating a good way to help the staff with different aspects of concern. This effort will only help as we try and retain, recruit and reward our staff for a stronger, committed and more dedicated STRiVE family.
- Had a pretty successful holiday season with a Christmas Party, Ugly Sweater contest and tours of the different facilities.
- Continue to discover our wonderful employees of the month and most successful staff people with the recognition they deserve.
- We have been on site conducting safety inspections. Meetings are very well attended and lots of quality information is being exchanged, from the Home Loan Insurance rep, our chief of police Mike and our maintenance manager Wayne.
- Our employee committee is strong and setting its goals to reduce injuries in three areas of concern.

Accounting Services ...

Submitted by: Chris Bergquist

- Preparing for year-end. We are scheduled with our Great Plains consultant on Dec 21st, 2017 to download our year end update to Microsoft Great Plains.
- P-card's are being turned in timely with a reduction in spending-
- The Supply Place has reduced our Janitorial Costs by a minimum of \$100-\$200 per order
- Web access to the janitorial supplies ordering is close to fruition-Start of the new year it should be accessible to all departments.
- WI-FI and internet has become more stable at 950.
- New equipment requests are being processed more promptly.
- Will be issuing W2s and 1095 is the next few weeks.
- Have been working on examining staffing plans to make sure as efficient as possible.
- Installed GP year-end update to have financial software current.

Human Resources

Submitted by: Andrea Podgorny

- HR has rolled over online recruitment and background screening to ADP, streamlining the application and background check process.
- Sarah Lamonica and our Residential Supervisors held a job fair at the Workforce Center and were successful in recruiting new DSPs for this month's CORE training.
- HR is busy updating payroll with the upcoming minimum wage change increase in January.

Behavior

Submitted by: Christina Cruz

The topic of focus for the Behavior department in December is:

CAREGIVER BURNOUT

- Even though taking care of others is often rewarding it can also involve dealing with stressful topics and situations. When we take care of others we often lose sight of taking care of ourselves. Some of the symptoms of caregiver burnout can be similar to the symptoms of depression. This can include an increase in stress, withdrawing from friends/family, and a loss of interest in activities that were once found to be enjoyable. Some people describe feeling blue, irritable, hopeless and helpless.
- It is important that you take care of yourself and do not ignore the signs of caregiver burnout. If you ignore the signs and symptoms of caregiver burnout it can lead to an increased level of stress, anxiety, depression, and have long term effects on your overall health.
- The following are helpful hints for taking care of yourself and avoiding caregiver burnout:
 - Make sure to maintain personal relationships. Keep in touch with friends and family. Continue to do activities that you find enjoyable (i.e. going to the movies, going out to eat, going shopping).

- Make regular time to do the things you enjoy and bring you happiness (i.e. going for walks, hobbies).
 - Get yourself out of the house (i.e. go visit friends/family, take a weekend away)
 - Get exercise: exercise is a great stress reducer and reliever
 - Get good sleep
- Many of us start out the New Year with making resolutions and setting goals. Sometime...a lot of times...life throws a curve ball our way and we give up on trying to reach or achieve our new goals. Also, some people look for quick/fast results and when they do not see this they give up on their new goal(s). When many people are not able to reach their goals and things become overwhelming they tend to lose their positive outlook on reaching or achieving their goals. When working on achieving a New Year's resolution or goal(s):
 - Pick one, small thing to focus and work on at a time. When this one thing is achieved add another thing to your list to achieve. This will help reduce the chances that things will get overwhelming when a "curve ball" is thrown your way.
 - Plan ahead and set yourself up for success. Read up on whatever topic it is that you want to change or achieve. Planning for success will increase the likely hood that you are able to reach your resolution or new goal(s).
 - Be aware that there might and/or will be bumps in the road as you work towards achieving your resolution and/or goal. Once you have anticipated that there may be bumps in the road you can plan for these possible bumps and be prepared so you are less likely to give up.
 - Pick a reasonable start date. Most people plan to start a resolution of the first day of the New Year. If you are not ready to work towards achieving a new goal(s) or resolution pick a date when you know you will be positive and more likely to work towards achieving your goal.
 - Write down a positive affirmation to carry in your pocket. When times get tough...reach in your pocket and read your positive affirmation to yourself. You can also tape a positive affirmation to your mirror. This way you can see it when you look in the mirror first thing in the morning and set the tone for your new day.
 - Remind yourself if you fail at reaching a goal(s) and/or resolutions that you are not a failure. Write a list of obstacles that have made it challenging or hard to reach your goal(s) and/or resolution and learn from these challenges and/or setbacks.
 - Plan for small rewards. As work towards meeting your goal(s) and/or resolution remember to reward yourself. This will give you a reason to continue to work hard at accomplishing whatever it is you want to achieve.

Early Intervention...

Submitted by: Nancy Ketchum

- EI continues to work hard to serve the children and families in our program. Our staff is currently serving approximately 150 children with an ongoing IFSP. Referrals to our program remain steady, at 3-5 coming in each week.
- The team continues to work on the new IFSP process and making sure it meets the needs of the child and family.
- This month we are busy taking requests from several families asking for assistance with a food basket or Christmas gifts. We are lucky to have so many sponsors who have stepped forward to help those in need.

This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!

-- D.M. Dellinger

MERRY CHRISTMAS AND A HAPPY NEW YEAR FROM THE EI TEAM!

- The EI team would like to say congratulations to Amanda and Jon Pesta and welcome to the newest Pesta Family member. Ande Elizabeth Pesta was born 12/29/17, weighing 6.6 lbs and 19 in. long. We cant wait to meet her.
- We have been working closely with the State as we implement our new Go 4 It process. Feedback and direction is being provided as we implement new processes. A State member was even able to attend an IFSP meeting with Jeanie Larsen and Mary Johnson. Feedback was positive with a few suggestions to come.
- The EI team is currently serving 145 children. Referrals remain consistent but an increase in categorically eligible children has been seen.

2017 Statistics January - December

461 children were served through EI (this includes Childfind and eligible)

246 were eligible for EI, 72 of these children were categorically eligible

Demographics of eligible kids only

86 – Female

160 - Male

2 - African American

2 – Native American

2 – Asian

1 – Pacific Islander

44 – Hispanic

1 – Arab Berber

192 - Caucasian

2 – Not Recorded

Program Operations...

Submitted by: Sarah Bonnell

Case Management:

- December, 2017 Sarah Bonnell took over the supervision of the adult case management department. She now oversees the entire CCB

function; Early Intervention, Family Support Services, Children and Adult waivers and State Fund. Upon entering into the department, we recognized a great need for expediting intake.

- There are currently 63 individuals that have requested a SLSW slot. To expedite the process, we have five staff members in the department working to process as quickly as possible. In the past few weeks, we have transitioned one person from the hospital onto an emergency DDW enrollment and they were able to transition into a medical home. In addition, we have had two transfers that were days away from losing services and Daisy Garcia was able to contact families, we met with the families and fine services that meet their needs.
- Documentation in November was at an all-time low for case management. Effective immediately, any staff member that is unable to document all of their activities will be asked to participate in a workshop on how to document more, why it is important and will stay in the classroom to document in the common space. This will continue until the case manager is able to demonstrate proficiency.
- We have two new case managers, Mathew Allen will be taking over Caprock individuals and Trisha Neilson is going to be taking over the Grand Junction Regional Center.
- Kristina Ruppelius has joined the case management department as well, many of you know her from the front desk. She is now a CCB Administrative Assistant and is really doing a wonderful job!

Crisis Stabilization/ START Program:

- The stabilization home is up and running with their new day program and have new enrollees asking for help on a daily basis. The program is offering one weekend a month for planned respite for children and a few days per month to support adults who are needing an out of home break to maintain stability.
- The START coordinators were tasked with identifying the 15 highest utilizers, doing intake meetings and starting assessments and programing for their caseload. Currently, between the two coordinators we are at 34. The caseloads are complete and the programing has started, so we hare starting strong in our second year.
- Recently, our state audit occurred regarding the Crisis Pilot. The team was very pleased with the program and was incredibly impressed with how the team was so client and family centered. They gave big kudos for the team not always taking the easy route but rather digging deep and honoring all participants of the team to assure our plan was the best plan possible for the individual. The team is very excited about the progress and seeing the change with all the individuals.

ANGELA'S CORNER

*Santa Claus tell me people do good!
I had good time at 393.
It was fun at the 508 party.
I can't wait to go shopping on Friday morning.
I hope everyone has a Merry Christmas Eve and Christmas!*



WE APPRECIATE EVERYTHING YOU DO

DECEMBER ANNIVERSARIES	
1	Zach Abrahms, Elisa Murillo, Sharon Pearson, Lean Quair
2-4	Emile Anderson, Amy Griffiths, Sue Knight, Jenneth Rader, Katherine Waterman
5	Jenni Boone, Lynn Daly
7	Richard Parker

JANUARY ANNIVERSARIES	
1	Susan Ormsby, Datelyn Digrado, Logan Mason, Megan Duncan, Brandy Schaefer,
2-4	Manuel Perez, Michael Zahniser, Brandy Gebbie, Julia Craig, Shyla-Lee Adamson, Velma Lange
5	Kristine Bowles,
6-9	Corrie Hudgens,
16	Kim Furr



SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
					Marcia Jeppsen, Sharon Chamberlain	Aston Walsh
3	4	5	6	7	8	9
Mary Jo Cousens, Peggy James		Suzanne Jacox	Necole Coffman		Caitlin Moody	
10	11	12	13	14	15	16
Megan Duncan	Sue Havens					
17	18	19	20	21	22	23
	Jessica Mulvey	Sarah Bonnell		Launa Stubblefield	Connie Benson	Nancy Gardner
24	25	26	27	28	29	30
Garrett Singley		Sandra Eisenberg	Dennis Burnette	Holly Nelson		

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
	Kathleen Doggert, Kylie Dorsey,			Abby Romero		
7	8	9	10	11	12	13
	Caleb Burgess, Merrienne Shaw,					
14	15	16	17	18	19	20
	Shirley Foster,	Trisha Nielsen	Kim Oviatt	Jenneth Rader, Valita Speedie		
21	22	23	24	25	26	27
Vivian Lybarger		Lisa Broughton, Ashley Tate,		Mercedes Castro, Athena Ruiz		
28	29	30	31			
Desiree Aydt,	Katelyn Digrado, Steve Morris		Mary Johnson			