



What's Happening at Strive December, 2018



Message from the PRESIDENT & CEO

Submitted by: Sharon Jacksi

Looking back ... and **looking forward** ... it is of interest to me how much of our **life experiences** have been **captured** in **music** and **song titles**. **Moving forward** into the next phase of my life I have taken some time to

look back over **my tenure as CEO** of Strive and, unbidden, **song titles** and **lyrics** have **come to mind** that seem to mark this **journey**. **Please, come along with me as I make these connections.....**

"**I Can See Clearly Now**" by Johnny Nash captures the **excitement** I felt at being offered the **opportunity** to be **Strive's CEO**. This was followed closely by Nina Simone's "**Feeling Good**" (especially the words "**It's a new dawn / It's a new day / It's a new life for me / I'm feelin' good**"). The Carpenters "**We've Only Just Begun**" really **resonated** when I realized the **challenges** Strive was facing and the **scope of work ahead**. Of course, with each challenge faced and met, Bobby McFerrin's song "**Don't Worry, Be Happy**" would give me the **energy** for another day which would inevitably **start out with** "**Hi Ho Hi Ho, Its Off to Work We Go**" from Walt Disney's Snow White and the Seven Dwarfs.

OK, OK, I'll be **honest**, there were days when **words from** the Loverboy's "**Working For The Weekend**" flitted through my mind. At times **tired** and occasionally **overwhelmed** a childhood song "**High Hopes**" would creep into my mind "**Once there was a silly old ram / thought he'd punch a hole in a dam / no one could make that ram, scam / he kept buttin' that dam... 'Cause he had high hopes, he had high hopes, he had high apple pie in the sky hopes... So any time you're feelin' bad / stead of feeling sad / just remember that ram**". Hard to stay down with those lyrics running over and over in your head!

As **days moved into weeks, into months and years**, there were many many other songs that **capture** the **essence** of **experiences** that have **helped** Strive reach the next **level of services and supports for our individuals and our staff**. **Some touch the challenges, the new friendships, the dreams, the laughter, the losses**. There have been **sleepless nights, exhilarating events, smiles and tears** and **through all of this** I have known that "**We'll walk this road together**" as Eminem sings in "**Not Afraid**".

Final message.... I have nothing but **great faith** in the **future of Strive**. **Even if progress is slow, progress is still being made and the passions that each of you bring to your jobs will keep Strive's mission moving forward.**

So, in **closing**, the **words** from Rodgers and Hammerstein's 1959 musical **The Sound of Music** ...

Shannon Bailey, DSP
Kordale Burke, DSP
Joe Benitez, After Hrs Lead
Alissa Brown, Case Mgr
Joshua Burke, DSP
Emily Ernstsen, QA Monitor
Vincent Geresola, DSP
Bill Johnson, Voc Supervisor
Shannon Jones, DSP
Jonathan Kenworthy, DSP
Lou Nesbit, Payroll Coord
Thomas Poundstone, DSP
Ashton Robinson, BSP
Michaela St. Amour, HMaker
Elizabeth Searle, HMaker
Lane Seger, DSP
Connie Sherril, DSP
Ashley Smith, DSP
Sammanth VanDyke, BSP

"So long, farewell Auf Wiedersehen, goodnight, I hate to go and leave this pretty sight" "Adieu, adieu, to you and you and you" ...

I wish the best for you and the individuals we serve.

Sharon S. Jacksi, Ph.D.
President & CEO

***Departmental Updates:
Vocational/Residential...***

***Submitted By: Valita Speedie
Wellness***

Staff **collaborated** with **Active Wellness** after one of the individuals requested a **Pulled Pork Sandwich**. Staff made a **cook out party** and the **individual** with a **hankering** for pulled pork was our **head chef**. The **individuals in this group** worked with staff on **listing things** to be **thankful** for to celebrate **Thanksgiving**. The **front entryway** at **508** has been **decorated** for **Christmas** and staff rearranged the space to make it feel more inviting.

Active Wellness

Staff has been searching **Pinterest** to find fun and **creative crafts** to **decorate** their space for the **holiday season**. They **worked** with **Wellness** to do a **BBQ cook out** with pulled pork sandwiches and all the fixin's and **both programs** did a **Tie Dye Bandana craft**.

Coffee Klatch:

The individuals in this program were **very busy** in the month of November **helping out by serving 40 meals for Grey Gourmet**. We are **proud to say** that **everyone** has **passed the knife skills portion of cooking program** and are now **working on learning to boil water** in a pot. We **visited two museums**, everyone really enjoyed the Dinosaurs! **Every other Tuesday** this group has been playing **Bingo** and, thanks to this, **two** of our **individuals** have **picked up number recognition** really quickly.



Performing Arts: November was such a beautiful month. We were able to catch a lot of **color change** in our **photography class**. We worked on **making** some **edible art** as well by making **chocolate cups with a vanilla mousse shot through with gold sanding to represent autumn**. **Karaoke** was been a **big hit** in November. A number of our **individuals** are **coming out of their shells** by **getting on stage** and **singing** with their favorite artist. We have also seen a **significant amount** of **peer encouragement** with a "Yeah man, that was awesome", "you nailed it" and my favorite "you sound better than the real artist." **To experience that kind of positive affirmation towards their fellow peers is great!** The group



continues to work on **memorizing lines** and **song lyrics** to see what can be **retained without visual aids**. This **activity will continue** on throughout the month of December.

Healthy Body Healthy Mind:

November has sure flown by and we **took advantage** of the **great weather** outdoors. In the month of November we **planted** beautiful **wild flowers** on the **backside** of **Bear Hill**. This has been an **on-going project** we have taken on. We also **went** to the **Bureau of Land Management's** office and bought a **permit** to **cut down** our own **Christmas tree** from the **National Monument**.



This was **very exciting** for the **individuals** whom **participated** as many of them have **never** had the **experience** of **cutting down** their own **tree**. The **tree** was **picked out** by the **individuals** and **they all** had a hand in **cutting it down** and **loading it** into the pick-up to take **back to program**.

Performing Arts is needing your help. We are in **need** of a **bass guitar** to **add** to our **music program**. **If anyone has one they could donate to program that would be much appreciated!** **Thank you.**



Sweet Beginnings:

Part of any program is taking the **time** to **experiment** with **new products**. **Sweet Beginnings** is one of the programs which has been **busy experimenting** with **new products** such as **Sugar Scrub Cubes** and a **new Cocoa Mint body cream**. **Exciting new things which would make great stocking stuffers!**

Sweet Success:

'Tis the **season** for **sweets, sweets** and **more sweets!** Everyone in the **Sweet Success** program has been very **busy baking pies** and **cookies**, which are delicious! This group **continues** to **sell** fantastic **breakfast burritos** at **950** along with trying to **keep up** with their **special orders**.

Labor Solutions, Retirement and Milestones:

Two new individuals have **joined Labor Solutions!** **Before you know it** we'll be **bursting at the seams** of our **new program area....growth is good!!** The folks in **Retirement** have added **going to the Library** every **other week** to their activities. There is **great interest** in **checking out both books and videos**. Meanwhile, the individuals in **Milestones** have had a **crafty, crafty month**. They spent time **collecting leaves** during outings and then **turning them into** lovely **Thanksgiving decorations!**

Host Homes

With the **continued growth** of the **Host Home department**, we have **welcomed** an **additional employee** into our ranks. We are **excited** to **WELCOME** a long time employee, **Trinity Messamer**, into our department. She **brings** with her a large **unique set of skills** that will **further support** the **department** and the **individuals** receiving services.

In the month of November, this department had **one person move** into a **Host Home from a Strive group home!** He is so **excited** about his **new home** and is **happy** to have **met** a long time **personal goal!**

At present we are **working with** the **Grand Junction Regional Center** with **transferring 3 new people into Strive HH's!**

Public Relations & Development...

Submitted By: Doug Sorter

PR/Marketing:

- We have had a **number** of great **ads** running on the different **radio stations**, Vault, Magic, KSTR and others. Several **employees** went to the **studio** and **recorded** their **stories** of STRiVE.
 - **KREX TV** and **KJCT TV** have been very **helpful** with interviews for **several events**, hiring and fund raisers.
 - We have been running **ads** in the **Daily Sentinel** and **Business Times** for our **capital campaign**.
 - Social media like **Facebook** and **our web site** has also been **very active**.



Capital Campaign:

- The **capital campaign** has been **moving forward** in a very **positive** way.
- We have **increased** our **donor numbers by 8%** over the last year which is an **additional 398 new donors**.
- We have made **great strides** with many of the **eastern slope foundations** and continue to build relationships.
- Our **Enterprise Zone** has had a large **up-tick** since we are able to **provide** the **tax incentives** to the donors.

Events:

- Children's Services Christmas Baskets (on going)
- Sensory Santa Christmas December 8th and 15th
- All Staff Meeting December 17th
- Ugly Sweater Contest December 19th
- Christmas December 25th

Accounting...

Submitted by: Chris Bergquist

- Hired a **new payroll coordinator** and have been **training** him!
- Preparing for **year end** and **tax filing** by getting address changes, etc. ready to go as much as possible.

Human Resources...

Early Intervention...

Submitted by: Nancy Ketchum

Early Intervention:

- EI currently has **171 children** open, which is a **high number** for our program. This past year we were **typically around 140-150**. This **increase** in children being **referred** has been **great** to see but has also put an **increased strain** on EI **staff**, who are doing their **best** to **accommodate** each **family** and ensure that the **needs** of that family **are met**. We remain **short** staffed with **providers** but continue to

offer **Telehealth** to those **families** who are **interested**. One of our providers, **Meagan Duncan**, recently **moved** to Texas, but decided to **continue working** with some **families** through **Telehealth**. We are **grateful** for her **ability** to continue **working** with **families**.

- The EI team is **celebrating the holidays** together on **December 13th** with a **dinner** at the Goat & Clover. We are all **looking forward** to **relaxing** and **enjoying** some **good company**.
- Everyone in EI is **excited** for the New Year and that we will be **moving** to a **new building**. We are all **sad** to see **Sharon Jacksi leave** the CEO position, but we are **excited** to see where her **new ventures** will take her. **Her guidance to the agency and our team has been greatly appreciated!**
- The year 2018 has been a **difficult** one for **many of us** in EI. It has brought **struggles** and **challenges** that have **impacted all of us**. As we look **forward** to the **new year**, we are **hopeful** that our **team** and their **families** will be **healthy** and **happy**. We all have much to be **thankful** for, including the **wonderful families** that allow us **into their lives**, many of whom are facing challenges of their own. Being able to have even a **small impact** on their lives makes our **jobs meaningful**, and allows us to know we are **making a difference**.

MDS Resource Coordination...

Submitted by: Kayla Purdy

- **People First** is having their **Holiday Party** on **December 17th** from 5:00-6:30 p.m. It will be a **fun time** for everyone that attends.
- Case Management has had another **new addition** to their team. **Alissa** obtained her Bachelor's in Sociology at Colorado Mesa University and worked as a **High School Program Manager** for **underprivileged teens**. She also **volunteers** with **Partners** as a **mentor** in her spare time. **We are excited to have her!**
- We continue to **prep** for our **big move!** Our official **move date** is **January 17th** and we have already **started packing up** in order to be ready for when the **movers arrive**.
- **New enrollments continue coming in and the intake team continues to do a wonderful job!**



NAME	WAIVER	NEW ENROLLMENT	TRANSFER	CHANGE IN SERVICE	SERVICES REQUESTED	PROVIDER SELECTED
Case 1	HCBS-SLS	02NOV2018				ABLE
Case 2	HCBS-SLS	09NOV2018				Ariel
Case 3	State SLS	14NOV2018				Strive
Case 4	HCBS-SLS	15NOV2018				Ariel; Path-Co
Case 5	HCBS-SLS	30NOV2018				ABLE

Behavioral Services...

Submitted by: Christina Cruz

Self-care

Self-care is important for all of us. A lot of times we forget to take care of ourselves because we are busy and finding the time to give ourselves proper self-care can be hard. If we do not take care of ourselves, it is not long before we get battered and exhausted. We then enter into a "mental fog" and we have a hard time operating. This is when it is hard to care about yourself or anything.

It is important to take care of ourselves, scheduling time alone, exercise, and doing something fun. Self-care is not just a onetime fix. The best way to do self-care is by developing small activities into your day. Small and simple activities can be fit into your daily routine.



Example:

- Deep breathing/mini meditation
- Stretching
- Taking a short walk/get 15 minutes of sun
- Socializing with a friend/have a good laugh
- Reading a book
- Unplug from electronics (cell phones & social media) for an hour
- Take a power nap
- Write in your journal



DECEMBER ANNIVERSARIES	
1	Jeanne Sargent
2-4	Emmilie Anderson, Lena Quair, Katherine Waterman
6-9	Jenni Boone, Richard Parker



SUN	MON	TUES	WED	THUR	FRI	SAT
				1	2	3
				Marcia Jeppesen	Aston Walsh	Peggy James
4	5	6	7	8	9	10
	Trinity Messamer			Caitlin Moody		
11	12	13	14	15	16	17
Sue Havens						
18	19	20	21	22	23	24
Jessica Mulvey	Sarah Bonnell					Garrett Singley
25	26	27	28	29	30	
		Dennis Burnett	Holly Nelson			