



The CommUNITY Buzz

Hello Everyone,

National Nurses Week runs from May 6 to May 12 of each year to honor the birthday of Florence Nightingale, who was known for establishing the first standards of nursing care. We want to say "Thank You" to all our wonderful and caring nurses, your effort and dedication is greatly appreciated!

We have been actively using our new company emails, please remember to check yours regularly for important information. If you are an LPN or a Med Certified staff, please know critical pharmacy changes will be taking place in May have been emailed to you. There's a mandatory pharmacy webinar you will be required to view.

See WHO WON \$50 by returning a survey about the Community Buzz on page 3. Thank you to all of you that took the time to read your email and respond to our survey. Keep your eye out for more surveys to come and more chances to win!

We've been working on our COMMUNITY initiatives and in April, welcomed 5 new members to that committee. Tracy Daley from Goldbach, Kyara Jackson from Highview, Beth Jezierny, Day Program Manager along with Justin St. Jean, Quality Assurance Manager. Each represent a color in our logo. Check out page 2 for more details. New Community Challenges will be coming soon along with changes to the EMPLOYEE of the MONTH.

Thanks for picking up the Community Buzz. I hope you enjoy all the fun and important things we've collected for you this month. You'll see many butterflies in this newsletter, and just like all the changes that butterflies go through before becoming big and beautiful, Alternatives has been making changes, transforming and has hope and faith for the future.

As always, thank you for being an important member of our COMMUNITY. We could not do this without all of YOU!

Thank you,

Kelly Callahan
Executive Director



May Employee of the Month: Jemiah Terry

About Jemiah

Jemiah has been a full-time employee at our Goldbach location for 5 years. For those of you who don't know, Goldbach is a lively home in Stratford that supports 5 awesome people. Working here takes a special person, and Jemiah is one of them!

Jemiah has grown tremendously in those 5 years and brings to the program an energy and compassion that works. Jemiah is dependable and willingly picks up shifts. Jemiah is honest, shares her opinions and asks good questions to help her learn and understand things. Jemiah is med certified and takes great care in ensuring that meds are passed correctly. She is committed to the health, safety and over all well-being of the Goldbach residents.

Jemiah's goal is to come to work and try to make people around her happy. She frequently plays board games and cooks. Cooking is her favorite part of the job and I'm told; she makes a delicious rice and beans dish. One of her favorite memories was bringing John & Charlie to a Rick Ross and Young Jeezy concert at Mohegan Sun Casino. She usually works 3rd shift but has been working at different programs lately. Jemiah enjoys her co-workers and likes working for Alternatives.

Jemiah lives in Bridgeport with her two daughters, Jayda age 7 & Myla age 6. She spends most of her free time taking care of them. It's evident when you speak to her that her girls are her world and that she has a lot to be proud of in how she is raising them. She is planning a trip for the three of them in August, to you guessed it, DISNEY. She also enjoys family time with her mom and grandmother, eating out and attending her children's functions.

Congratulations Jemiah!



Messages

Jemiah is a great worker and team player. She has shown professional growth that is evident in her work. She is always willing to pick up extra shifts which she has done a lot lately for Goldbach and Longview. Jemiah has a great sense of humor which is one of the things the individuals like about her and her coworkers appreciate. She loves to cook for people which shows by how much everyone enjoys her home cooked meals. She cares about the safety and well-being of all the individuals she cares for whether it be through dressing them in stylish clothes or playing a game of Uno with Charlie. Thank you for all your hard work and dedication to our individuals.



-Karen Custis, Goldbach & Middlebrook Residential Manager



Congratulations to Jemiah Terry for receiving DSP of the month!! I've known Jemiah for just over 4 years, and her personal and professional growth are impressive. She is a strong advocate for our clients, she actively works hard in Goldbach to keep everyone laughing and having fun! Her attention to detail is respected, and she always calls with great questions. Jemiah, I am so glad to have you on our team!!

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

COMMUNITY COLORS

BLUE

Tracy Daley, Kyara Jackson, Beth Jezierny

The color blue represents the sky and the sea. It means open spaces, freedom, intuition, imagination, inspiration and sensitivity. It is a calming, sad and happy color. Blue can be found in birds, jeans, butterflies, paint, eyes and construction paper. Blue foods include blueberries, tomatoes, corn, lobster, and cheese.

PURPLE

Vicki Donaghy

The meaning of purple is tightly tied to our spiritual nature and ability to think out of the box. Purple is the color of dreams, wishes and whimsy. It encourages peace of mind and helps people who need to calm the "busy brain" and gather focus. It pulses with innovation, making it the color often associated with creative people.

GREEN

Kendra Giulini

The color green relates to balance and harmony. From a color meaning perspective, green is also the color of growth, spring, renewal and many positive things related to overall well-being

Spirit

Mind

Time

RED

Jo-Ann Mauriello

Color of blood and fire, it's integral to life. It grabs attention and is used to warn people of change. In Western culture, it's associated with love and anger and it symbolizes good fortune in Asian cultures. It is a color that is powerful, helpful and emotional.

Health

Safety

YELLOW

Justin St. Jean

Yellow symbolizes intellect, creativity, and happiness. It is energetic and often used to create a sense of excitement, as it is bright and immediately grabs the eye. It's associated with caution and safety. Yellow is used to alert us to something dangerous and help us avoid it, i.e. caution tape or hazard signs.

TIME for Change

You may notice butterflies throughout the newsletter. Not only do they represent spring but also transformation, change, growth and rebirth. Here are some changes going on in our Community:

The Community Committee has added some new members!

Be on the look out for new Community Challenges such as voting boxes for Employee of the Month at each program!



Covid 19 Update Mask Requirements



Effective Monday May 1, 2023, universal masking will be optional but encouraged throughout Alternatives, Inc. This includes ICFs, CLAs, CRS and Day Program. If individuals are sick, all employees working with that individual must wear a mask. If any employee has any respiratory symptoms they must wear a mask. If you are sick with a fever along with respiratory symptoms please stay home.

Email Kristina at kmauriello@alt-inc.org with the number of butterflies in the newsletter to receive a personalized Flapping Butterfly (pg. 5) made at Day Program.

NURSES WEEK

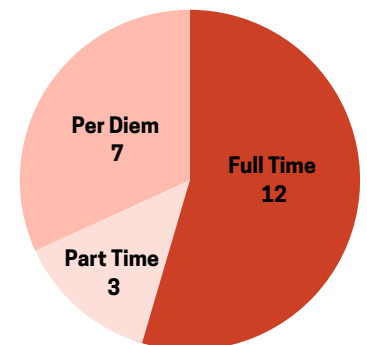
May 6th - 12th

Alternatives has 24/7 nursing at our ICF group homes. We have 22 LPNs employed with us and 2 RNs. The RNs are **Jessica Murray, ICF Nursing Supervisor** and **Robin Marino, Director of Health**.

LPN Responsibilities:

- Medication administration
- G-tube care/feeding
- Catheterization
- Injections
- Dressing Changes
- Specimen Collection
- Skin Care
- Documentation

LPNs Per Status



Top 5 LPN Longevity

1. Sherri LaCroix - 28 years
2. Danielle Arline - 16 Years
3. Tamisha Harewood - 14 years
4. Cheryl Harkins - 14 years
5. Cecilia MacDonald - 9 years



What's the Buzz?



Anniversaries

1 Year

Tiffany Graham, Longview Manager
Beth Jezierny, Day Program Manager
Sashery Mella, Highview
Maria Ortiz, Lakeside

Happy Birthday

Andrea Frank	May 1st
Jaimielee John	May 1st
Debra Hans	May 14th
Patricia Preston	May 14th
Mirian Polanco Baret	May 16th
Lisa Ayala	May 18th
Tracy Daley	May 18th
Justin McCallister	May 19th
Marelin Colon	May 20th
Mary Anne Anderson	May 23rd
Laneyha Thomas	May 25th
Brenda Newlove	May 26th
Lily Valen	May 29th
Gabrielle Descoteaux	May 30th



Congratulations!

Norma Jordan-Butler

for winning the newsletter survey raffle!

Thank you to every one who responded to the survey: Torisene Gaines, Suzanne Benz, Sandra McFarland, Jackilyn Godfrey, Debra Hans, Jessica Maia Johnson, Patricia Preston, Lindsey Goss, Tamisha Harewood, Kendra Giuliani, Demetrius Powell, Karen Custis, Victoria Colon, Quiana Staton, Kiona Sanders, Donna Lockwood, Vicki Donaghy, Robin Marino, Beth Jezierny, Sherri LaCroix, Myra Henao, Justin St. Jean, Imma DiMeo, Nakisha Staton, DeShawna Council, Lisa Ayala, Candace Gordan and Michelle Rodrigues. All your feedback is much appreciated.



I'd like to give a quick shout out to Beth J. in the Day Program! Beth inspires me with her can-do attitude, she faces each day with grace....whether she is short staffed, experiencing an emergency or just a chaotic day, her attitude never waivers. What an excellent leader!

-Robin Marino RN BSN MHA CDDN, Director of Health

To all Alternatives Nurses,
While we appreciate all you do every day, nurses week is coming up May 6-12. These last 3 years we have faced so many challenges and unknown circumstances. We have had to make so many changes, sometimes daily, to make sure we are providing the safest and most up to date care. I'm proud to have worked with all of you during these challenging times. You all have shown that hard work, and dedication to caring for our individuals truly pays off. I'm happy to say that we are finally seeing the light at the end of the tunnel. We have many positive changes coming in the near future. Keep up the great work!!

-Jessica Murray RN BSN, ICF & LPN Supervisor



April 26th was Administration Professional Day and we got to celebrate Donna with these beautiful flowers!
You greet everyone with a smile, Keep the ball moving on many projects and take care of a lot of little things that keep this office going. Thank you, Donna, for all you do for Alternatives.

-Kelly Callahan & Deb Godbout

Karen Custis deserves a shout out for her fabulous attitude!
Karen is always agreeable, takes on whatever is presented to her, (Even overnight coverage this past week) and does it with a great smile. Thanks Karen, it's a real pleasure to work with you.

-Kelly Callahan, Executive Director

RECIPE

Taco Salad Cups

Recipe from justataste.com

- 12 wonton wrappers
- Cooking spray
- 1 Tablespoon vegetable oil
- 1/3 cup ground beef or turkey
- 2 teaspoons taco seasoning
- 1/2 cup shredded Mexican cheese blend
- 1 cup finely shredded iceberg or romaine lettuce
- 1/2 cup homemade or store-bought guacamole
- 1/2 cup homemade or store-bought salsa
- 1/4 cup sour cream

1. Preheat the oven to 350°F.
2. Arrange the wonton wrappers in a 12-cup muffin pan then spray them lightly with cooking spray.
3. Bake the wonton cups for 5 minutes then remove them from the oven and set them aside.
4. Add the vegetable oil to a medium sauté pan set over medium-low heat. Add the ground meat and cook it, breaking it apart with a spatula, until it is browned and cooked through. Add the taco seasoning and stir to combine then remove the pan from the heat.
5. Assemble the taco cups by dividing the ground meat evenly among the wonton cups. Top the ground beef with the shredded cheese, shredded lettuce, and a dollop of guacamole, salsa and sour cream then serve.



JUSTATASTE.COM

ACTIVITY

Flapping Butterfly

Activity from rhubarbandwren.co.uk

- Cardstock
- Clothes pin
- Double sided-sticky tape (alternatively, you could also use ordinary tape or glue).
- Butterfly Template (Templates will be at the office or download from the above website.)

1. Cut out the butterfly template and two strips for the wings.
2. Decorate your butterfly. Unless you want to decorate with leaves and flowers, like we did, in which case, do this last.
3. Stick the butterfly body to the top of the peg, but make sure the head is at the pinching end of the peg.
4. Fold the wings up along the dashed line.
5. Stick the end of one of the strips to the underside of the peg, near the head end.
6. Next, stick the other end of the strip to the underside of the butterfly's wing. (See picture)
7. Repeat for the other wing
8. Decorate the butterfly to your liking.
9. Finally, open and close the peg to make the butterfly's wings flap!



RHUBARB & WREN CO UK



HAVE NEED FIND IT

If you are interested in an item please contact Kristina either by email (kmauriello@alt-inc.org) or the office phone (203) 632-8724.

Send in items you have that you want to get rid of or things you need for the next newsletter.

All items are free and are first come, first serve!

Have:

- Electric Griddle
- 2 Sets of Blue 84 in. Curtains
- 2 - 10 Quart Tupperware Containers with Snap-Lid
- 3 Tier Rolling Cart with Removable Top, Navy Blue
- Aquarium Tank with Stand

Need:

- Toy Race Cars
- Small Picture Frames
- Ribbon
- Styrofoam Balls or Rings
- Wood Craft Projects (i.e. birdhouse)

PET CORNER



Artie is Sherri LaCroix's 4 year old cat. He was adopted at 6 months. He loves to snuggle and follows Sherri everywhere in the house.



3 year old Bear and 1 year old Scout are two of three dogs in Jo-Ann Mauriello's household. Bear is lazy, snuggly and loving. Scout is feisty, energetic and mischievous.



Vicki Donaghy describes, 3 year old Bruno as the "bestest boy" and 1 year old Cooper as the "okayest boy." He's still learning from his awesome big brother. They love to visit Highview, but their favorite place on earth is the dog park their Dad takes them to.



Charlie is a 1 1/2 year old mini goldendoodle. He loves going on walks with Jessica Murray and her family. His interests include people watching, swimming, and most of all cuddling.



10 FUN THINGS TO DO

1. May Market, May 5th - 7th
Farmington, CT (Hill-Stead Museum)
2. Frog Frolic Festival, May 6th
Redding, CT (Mark Twain Library)
3. Meet Live Owls, May 13th
Farmington, CT (Hill-Stead Museum)
4. Dogwood Festival, May 13th - 14th
Fairfield, CT (Greenfield Hill Church)
5. Medieval Faire, May 20th - 21st & 27th - 28th
Harwinton, CT
6. Snuggle Goats
Southington, CT (Bradley Mountain Farm)
7. Visit Silverman's Animal Farm
Easton, CT
8. Paint Pottery
New Milford, CT (Create Escape)
Fairfield, CT (Happy Hands Art & Pottery)
9. Mine for Gems & Fossils
Rocky Hill, CT (Dinosaur State Park)
10. See Flowers & Have a Picnic
West Hartford, CT (Elizabeth Park)

