

Connections

A Newsletter for the Members of Community Care



On the Job
with Gabriela
P.10



PG.4

**Nancy
and Elvis**

**WHILE SHE NEVER GOT THE
CHANCE TO SEE "THE KING"
HIMSELF PERFORM LIVE,
BACK IN DECEMBER SHE GOT
THE NEXT BEST THING.**

What's Inside this Issue

- P.2 Employees Award Excellence
- P.4 Nancy and Elvis, Member Shares Love of Elvis with Fellow Residents
- P.6 10 Tips to Help You Start Mindful Eating
- P.7 Heart Healthy Oat Bran Muffins
- P.8 Mask Up, Lather Up, Sleeve Up
- P.9 Interested in Joining The Member Advisory Committee?
Test Your Brain With an Animal Word Search
- P.10 On the Job with Gabriela
- P.11 Legal Decision Makers: Laws and Practices in Wisconsin

Employees Award Excellence



Community Care is proud of the amazing work our employees do every day on behalf of our members. Each year, we acknowledge the outstanding efforts of a select few nominated by their colleagues for our Employee Excellence Awards.

In December, we announced the winners of the 2021 Employee Excellence Awards. These employees are chosen because of their excellent customer service, their exemplary achievement and performance, as well as their initiative and innovation. We take pride in our wonderful staff, but we are especially proud of these four individuals, and we wanted to share this with our members. The 2021 Employee Excellence Award winners are:

Michele Ellenbecker (Washington County Family Care Supervisor)

Michele is the type of leader who helps others live up to their highest potential while maintaining a high standard for themselves. She is her employees' biggest cheerleader. Michele is always available to consult on cases and provide honest feedback. Her experience in this field helps her find solutions to meet our members' needs. Thanks to her cheerful outlook, Michele always has a smile to greet staff and members alike. We are lucky to have such a hardworking and compassionate supervisor who supports everyone she encounters.

Kathy Kaiser (Racine Kenosha Partnership RNCM)

Since joining Community Care,

Kathy has become an important member of the Racine Kenosha Partnership team. She is an outstanding nurse who embodies the team spirit by being strong and supportive. Kathy offers valuable feedback, supports her peers, and provides stellar service to her members. Kathy has developed strong working relationships both within and outside the organization. Her members, colleagues, and providers know they can rely on her to get the work done.

Dmitri Mayer (Clinical and Plan Services Pharmacy Manager)

While Dmitri might not be new to Community Care, he is new to the position of clinical and plan services pharmacy manager. He has done an outstanding job of moving into this role and keeping the pharmacy running smoothly. Dmitri models excellent customer service when

interacting with all internal and external customers. Most importantly, Dmitri is always a pleasure to work with.

Eric Williams (IS Assistant - Hardware Support)

While he does not work directly with members, Eric helps keep things running behind the scenes as a member of Community Care's IS/IT department. At the start of the COVID-19 pandemic, employees needed the tools to allow them to work from home. Eric was instrumental in helping our employees continue to serve our members. Eric is truly a team player. He has a great amount of respect for the organization and the services we provide to our members. As a result, he makes every effort to support our staff so they can serve our members.



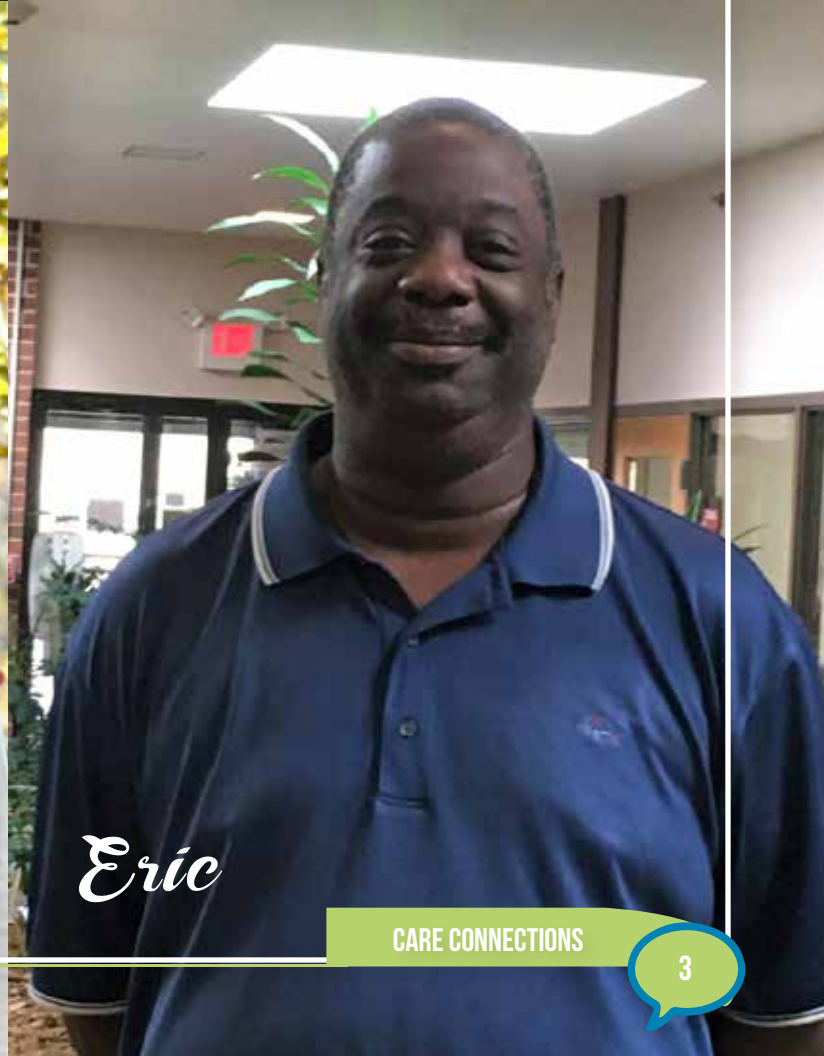
Michele



Kathy



Dmitri



Eric

NANCY and ELVIS

Member shares love of Elvis with fellow residents

Nancy Schleining has always loved Elvis Presley, ever since she was a teenager growing up in Sheboygan. She loves his deep voice, not to mention the way he wiggles his hips. Her



favorite Elvis song has always been “Love Me Tender.”

While she never got the chance to see “The King” himself perform live, back in December she got the next best thing.

An Appleton-based “Elvis tribute artist” by the name of John Hardginski, or “Elvis John” as he is known, paid a special visit to Nancy and her fellow residents at Countryside Manor, an assisted living home in Sheboygan.

Nancy, who is 78, had been

talking about Elvis and his music for the better part of a year, according to Susan Quirt, administrator at Countryside Manor. This gave Susan an idea. Together with

Nancy’s guardian, Susan helped to coordinate Elvis John’s visit on Nancy’s behalf.

“She’s obsessed with his music. It was like having a teenage girl at an Elvis concert,” Susan said. “I’ve

never seen her smile as much as she smiled on that day.”

In the 10 years since he started performing his Elvis tribute, Hardginski, 57, has performed in a variety of venues. But he says his favorite place to perform is at assisted living communities.

The setting provides Hardginski a chance to make a deeper connection with his audience, which often includes residents living with

memory loss or dementia.

“Those audiences are very appreciative. I can’t always tell what’s going on in their mind, but I’ve had staff come up and tell me they were tapping their feet,” Hardginski said. “It’s really a positive experience. People are responding. I’m using that persona to show love to these people.”

Often, audiences like these include people who grew up listening to Elvis, like Nancy. Since it was Nancy who inspired this visit, the staff at Countryside Manor made sure she was the center of attention the day of the performance.

Not only was it a dream come true for Nancy, a member in Community Care’s Family Care program, but it was a chance for her to spread a little joy.

“She was so excited. Everybody was dancing that day.”

“She was so excited. Everybody was dancing that day,” Susan said. “Nancy’s a generous soul. She made a lot of people happy.”



Have a Story to Share?

Do you have a hobby or skill? Do you play a sport or participate in an interesting activity? Are you a collector? Did you serve in the armed forces?

If you would be interested in sharing your story with other members in the Connections newsletter, please let a member of your care team know.

10 tips to help you start mindful eating

Mindful Eating is based on Mindfulness, a form of meditation that helps you recognize and reflect on your emotions and physical sensations. Mindful Eating uses this practice to bring full attention to your internal cues of hunger, fullness, food cravings and emotions surrounding eating.

The goal is to help guide your food choices and shape your eating habits towards meeting your diet and health goals. Here are 10 tips to start practicing Mindful Eating. Try to start following these tips at one meal each day. Increase the number of meals as you become more familiar and comfortable with the tips.

① **Monitor your hunger levels**

Throughout the day, check in with your internal hunger cues. The hungrier you feel, the more likely you are to make choices only driven by this intense hunger.

② **Plan ahead**

Have an idea of what you will eat and the foods you have available so that it is easier to make decisions when you become hungry. Having a general plan in place and having food choices ready to go will help.

③ **Check-in with your fullness**

During meals, check in with your fullness. Stop eating after you feel satisfied. Eat slowly, chew thoroughly, and take small bites to give your brain time to register the food.

④ **Engage all your senses**

When you are eating your meals, notice the flavors, textures and other properties

of the food and focus on the satisfaction you are getting from the food and the emotions it evokes.

⑤ **Increase awareness of food choices**

Become more aware of the types of foods you eat, how much you eat, and how you feel afterwards. Measuring portion sizes may be helpful to find what amount of food is right for you.

⑥ **Don't assign a moral value to food**

There are no "good foods" or "bad foods." Instead, think of foods as their components and what they offer your body. Eating different foods helps us get all the nutrients our bodies need.

⑦ **Think about adding not subtracting**

Focus on what you can add to your diet that's healthy rather than focusing on what you should give up. Choose foods to give your body the nutrients

and energy it needs, but also that taste good and are satisfying.

⑧ **Acknowledge your emotions**

Be curious and not judgmental when you ask yourself "why" you want to eat. Think about your emotions with a neutral curiosity to understand why you want to eat and what you need in that moment.

⑨ **Honor your cravings**

Food can be a source of great pleasure! Give yourself permission to eat the foods you really want and that not all meals will be "perfect."

⑩ **Be kind to yourself**

Eliminate negative self-talk and feelings of guilt about your food choices. Behavior change is a conscious effort with long-term goals. The key is to not let one bad day - or week - make you give up.

Source: National Center on Health, Physical Activity and Disability



Heart Healthy Oat Bran Muffins

Even though spring is on the horizon, this is still the perfect time to bake. So, why not bake something that is delicious and nutritious. Well, these heart healthy oat bran muffins check both boxes.

Oats are one of the healthiest grains you can eat. They are packed with many vitamins, minerals, and fiber. Oat bran is one of the products left over from the milling process. It is linked to many health benefits, such as improved blood sugar control, healthy bowel function, and lower blood pressure and cholesterol.



Ingredients:

- 2 cups oat bran
- $\frac{1}{4}$ cup brown sugar
- 2 teaspoon baking powder
- 1 teaspoon nutmeg
- $\frac{1}{2}$ cup skim milk
- 2 egg whites, slightly beaten
- $\frac{1}{4}$ cup honey
- 2 tablespoons canola oil
- $\frac{1}{2}$ teaspoon vanilla extract

Directions:

- 1) Preheat oven to 425 degrees.
- 2) Coat muffin pan with cooking spray or line with paper baking cups.
- 3) Combine oat bran, brown sugar, baking powder and nutmeg in a bowl.
- 4) Add milk, egg whites, honey, oil, and vanilla.
- 5) Divide evenly among muffin cups.
- 6) Bake 15-20 minutes or until lightly browned and tooth pick inserted in center comes out clean.

MASK Up LATHER Up SLEEVE Up

At Community Care, we know it is important for everyone to do their part to stay healthy this flu season. Getting a flu vaccine this winter can reduce your risk of getting sick from the flu, along with helping keep your loved ones and others safe.

If you or a loved one are living with a condition like asthma, diabetes, or heart disease, a flu shot is the best way to fight flu and reduce your risk of developing serious complications.

Remember: As more people receive the flu vaccine, more people overall are protected because it helps prevent the virus from spreading.



Here are some tips on how to prevent the spread of flu and other illnesses:

Mask Up

Cover your nose and mouth with a mask when out in public.

Lather Up

Wash your hands frequently with soap and water.

Sleeve Up

Roll up your sleeve, get a flu shot.

Not sure where to get your flu vaccine? Ask your Care Team, primary care doctor, or visit www.walgreens.com to schedule an appointment for a vaccine nearby.

Interested in Joining?

The Member Advisory Committee is Looking for New Members

Did you know Community Care has a committee for members to join and give feedback about the services we provide, along with make suggestions for improvements?

The Member Advisory Committee is open to all members and/or their legal decision makers, and meets every few months (January, April, July, and October). Members are able to decide on their own how many meetings they would like to attend – participants are not required to attend all meetings.

Here are some examples of topics we discuss:

- COVID-19 updates

- Annual Quality Management and Improvement plans
- Member Forum and other member events
- Member-focused projects
- Member-driven newsletter topics and creation

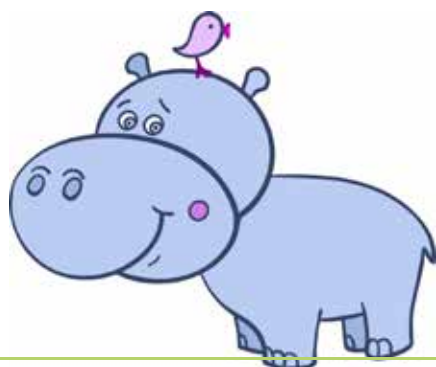
Community Care wants to increase participation in its Member Advisory Committee and wants to hear from you if you are interested!

Please contact the Quality Department directly at 262-207-9325 or info@communitycareinc.org.

Test Your Brain with an Animal Word Search

CAT
DOG
BIRD
ELEPHANT
HIPPO
SQUIRREL
GIRAFFE
FISH

MOUSE
MONKEY
ALLIGATOR
LION
TIGER



G E S U O M H N W R B W C W L
X D A Q H J X O O M L T H W J
B W S H N L H T P I C R A W M
Y W M E F F A R I G L K D O G
R C K R R R S Y K T H I P P O
J T O W I E F B X X L Q R J E
D R O T A G I L L A E B Z H X
T H N X P I C L F C R V Z S Z
V N H R S T H E T D R I B I Q
N Z A C S T Y X L W I N H F L
W U Q H K L J A E A U F A H F
V Q Q D P O Y K N V Q Z A T V
X M T L Q E T J Y E S Y R C H
T A C K Q C L K M O N K E Y R
P T S H W L Y E T D R A H T L



On the Job *with Gabriela*

Member: Gabriela Moffett

Age: 29

Employer: Culver's

Gabriela Moffett knows the importance of a job well done. It is one of the reasons she worked her way up to being a trainer at the Culver's on Green Bay Road in Kenosha. Gabriela started working at the restaurant in 2018. Since then, she has earned a reputation not only as a hard worker, but as a dependable member of the team.

Gabriela, 29, had worked other jobs before. She spent about six years at the Kenosha Unified School District in the mailroom making copies for schools. After that she worked four years in the cafeteria

at Christian Life School in Kenosha, until one of her best friends told her she should try to get a job at Culver's.

"He said I would really like it. It's really family friendly," Gabriela said.

At the beginning of each shift, Gabriela has a list of responsibilities that includes opening the dining room, making sure the tables are wiped, and the floors are clean, among other things.

"Whenever she's out here, I never have to worry about the dining room," said General Manager Floyd Williams. "She's been doing an amazing job."

The year Gabriela started working at Culver's also happened to be the same year

Wisconsin's "Employment First" law took effect. The goal of this law is to create an inclusive workforce that provides meaningful employment, fair wages, and career advancement for people with disabilities.

Gabriela understands how important it is to have a job. Not only does it help to pay the bills, but it has allowed her to meet new people, and she has gotten a great deal of experience from her different jobs.

When she is not working, Gabriela devotes herself to the sport of power lifting. Whether at work or preparing for competition, she applies the same work ethic. This has paid off. After getting her start with Special Olympics, Gabriela now competes nationally in events sponsored by the Natural Athlete Strength Association. In her most recent competition, she took home five first place trophies.

Her advice for anyone considering getting a job: Look for things that you like to do.

When you are ready to interview, "Make sure you're dressed nice; that shows people that you are interested in the job," Gabriela said. "Be professional, be at the interview early, and be excited."

Legal Decision Makers: LAWS AND PRACTICES IN WISCONSIN

ZOOM MEETING

APRIL 6, 10:00 - 11:30AM
OCTOBER 6, 12:00 - 1:30PM

The topic of Legal Decision Makers is an important matter for people in Wisconsin in order to assure the appropriate individuals have the legal authority to make decisions, and what decisions they can make.

This training will cover:

- Core Concepts in Wisconsin
- Supported Decision Making
- Power of Attorney Basics
- Guardianship Basics
- Common Issues with POA and Guardianship
 - Drafting and Executing Documents
 - LDM Responsibility in Decision-making
 - Ward / Principal and Competence / Capacity
 - Retained Rights
 - Revocation / Deactivation
 - Limitations on Legal Decision Makers

WHO SHOULD ATTEND?

Professionals who interact with legal decision makers including:

- Administrators
- Members and Families
- Program Managers
- Registered Nurses
- Health Coaches
- Case Managers
- Chaplains
- Religious Leaders (Formal and Lay)
- Social Workers
- Respiratory Therapists
- Health Educators

SPACE IS LIMITED!



JOIN OUR FREE WEBINAR

Please register by sending an email to contractinquiries@communitycareinc.org include your name, title/agency, if applicable.

Join Zoom Meeting: <https://tinyurl.com/LegalDM>

Meeting ID: 816 3608 6742 Passcode: 559408

One tap mobile: 3126266799,,81636086742#,,,*559408#



205 Bishops Way
Brookfield, WI 53005

Jane Doe
5555 S. Pine St.
Milwaukee, WI 53203



*Interested in having the
Connections newsletter
emailed to you?* 

To sign-up for an emailed newsletter
or to read previous issues please visit:
[www.communitycareinc.org/
members-families](http://www.communitycareinc.org/members-families)

We hope the Connections newsletter
is helpful and want to hear your
feedback. If you have suggestions
or want to unsubscribe, email us at general.inquiries@communitycareinc.org
or call (866) 992-6600 and ask for our
Marketing Department.



| WWW.COMMUNITYCAREINC.ORG | 866-992-6600 | TTY: WISCONSIN RELAY SYSTEM 711