



the Working Well

Community Living Alliance, 1414 MacArthur Rd, Madison, WI 53714 www.clanet.org (608) 242-8335

From the Desk of: Todd Costello Executive Director



As COVID-19 continues to pose challenges to the State of Wisconsin and our nation, I wish to take a moment to thank you for your dedication, and commitment to our clients. The quality care and support you provide is so valuable to help our clients sustain their health and independence. I think it is also important to acknowledge our family caregivers for the support and loving care that you provide to our clients while managing other responsibilities and concerns related to COVID-19.

Many of you may be aware that personal care agencies like CLA are required to implement an Electronic Visit Verification (EVV) system. EVV will document your arrival and departure from your client's homes. Please be on the lookout for announcements of upcoming CLA trainings. At the trainings there will be opportunities to ask any questions you may have about this new Federal/State mandated requirement.

Most of you are now aware of the Governor's Executive Order 82, which requires that masks be worn in shared public spaces. Please contact your supervisor if you need any additional personal protective equipment (masks, etc.) Thank you for your cooperation and everything you do to keep yourself, your family, our clients and community safe.

As you can imagine the demand for CLA services continues to increase during these challenging times. CLA will be offering incentives for anyone interested in picking up additional clients or filling in for vacant shifts. Please contact scheduling@clanet.org to learn more about these opportunities.

Each year CLA celebrates our Caregivers of the Year. Celebrations during COVID-19 have taken on a different look but an even greater significance. We look forward to celebrating our Caregivers of the Year recipients in a special way this year. It may not look like it has in the past but it will be as special as ever. Stay tuned for more information.




fever



cough



breathing difficulty

Please let your supervisor and your healthcare provider know if you have any of these symptoms.

UPCOMING MADISON AREA EVENTS Virtual & Physically-Distant

Always Available Information & Resources

Destination Madison—Online Resource & Events Calendar

608-255-2537 or 800-373-6376

Dane County Farmers' Markets; Virtual Fitness;
Outdoor Fall Fun; Food Truck Fridays

Madison Public Library—Library @ Home

Online and downloadable resources

Questions? Contact: Tana Elias: 608-225-0619

[Search for Madison Area Free Events on eventbrite!](#)



Annual Standard Precautions

Online Completion through Absorb

CLA's Learning Management System (LMS) provided all CLA Personal Care Workers hired prior to April 22, 2020, with the opportunity to complete the 2020 Annual Required Standard Precautions (SP) Training from a smart phone, tablet, or computer.

In the months of April through August, 427 PCWs successfully completed SP online.

PCWs without an email address were able to set up an appointment to complete this mandatory online training at CLA using a CLA Computer.

I want to give every Personal Care Worker a sincerely heartfelt THANK YOU for your patience and perseverance in learning how to navigate a new LMS Platform. I feel privileged and honored to support you in the valuable work you do.

Please feel free to contact me with any questions or concerns regarding CLA's online LMS. We'll do it again in 2021!

Sincerely,
Dona Potters, Education Coordinator
pottersd@clanet.org



Like us on Facebook!





Life Span
Division of Extension

COVID-19 Resources from UW-Madison Division of Extension

[Moving Forward During Covid-19: Deciding Who, When, & How](#) - Written by [Kristin Litzelman](#) and [Sara Richie](#)

The COVID-19 pandemic led to months of “Stay at Home” orders across the country. People were encouraged to stay at home to avoid the spread of the virus. Businesses and workplaces, places of worship, schools, and daycares were closed. Now that these locations are slowly opening back up, it may be time to decide how or when to return to these places or who to start engaging with in-person. The links below provide access to a guide that will walk you through the decision-making process. It will help you weigh your own risks and benefits of interacting with others in public spaces or in your homes again.

Before you start, consider: What interaction are you thinking about, and who is involved? Examples might include deciding when to see family, visit grandparents, send your children back to daycare, set up respite care or in-home help, or go to a barbeque or other event. Each section in this document has several questions to consider, with more information and guidance for each. You can also download a [worksheet](#) or [flowchart](#) to help you think through your decision or our use the [online interactive version](#)



**From the Alzheimer's & Dementia
Alliance of Wisconsin**

September Online Programs:

Dementia Outreach Specialists are working remotely to provide individuals impacted with Alzheimer's or other dementias effective skills and strategies that can enhance both of your lives. Programs are free and open to the public

DANE COUNTY CAREGIVER SUPPORT GROUP (online): Weekly on Thursdays from 1:00-2:30pm
To participate contact Noreen.Kralapp@alzwisc.org

UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES (online): Wednesdays, Sept. 9 & 23; 1:00-2:30pm
To participate contact Heather.Moore@alzwic.org

END OF LIFE (online): Thursday, Sept. 24 from 1:00-2:30pm
To participate contact Janet.Wiegel@alzwisc.org

UNDERSTANDING BEHAVIOR CHANGES (online): Wednesday, Sept. 30 from 1:30-3:00pm
To participate contact Nancy.Thacker@alzwisc.org

To see all ADAW Programs, click below to access the ADAW Events Calendar:

EVENTS CALENDAR

Becker's Bulletin

Everyday Advocacy

On a Saturday morning in July 1990, I was a college student working a weekend shift at a home of four people who'd recently moved from state institutions into their own home on the west side of Madison. The morning conversation was lively and celebratory due to that week's signing of the Americans with Disabilities Act (ADA). The ADA, like all civil rights legislation, was a long time in the making. It solidified the country's commitment for local governments, employers, and businesses to provide reasonable accommodations that would expand access to all people living in our communities. We were excited about lifts for wheelchairs in public transportation, as well as power doors, curb cuts, and accessible bathrooms in public spaces. It seemed like the world was opening up in ways it hadn't ever before.

Over the past 30 years, the world has indeed opened up, and through the efforts of advocates and their supporters, the opportunities continue to expand. I've considered myself lucky to have had a front row seat to many of those efforts and opportunities to build relationships with advocates along the way. I look forward to continuing that work with all of you at Community Living Alliance. As you know, CLA's creation and continued mission are grounded in the principles of the Independent Living and Disability Rights Movement. These are advocacy movements each of you sustain every day by showing up for work everyday. It's hard and important work that requires empathy, compassion, and commitment.

It can be exhausting, fast-paced, and feel overwhelming to do any work if we lose track of why we are doing it. We can all benefit from reminders of why we do what we do. I encourage all of you to take some time to remember the "why" of our work and it's strong connection to the ongoing Disability Rights Movement. One way you could do this is by watching the Sundance award winning movie *Crip Camp*. The filmmakers describe it this way:

"In the early 1970s, teenagers with disabilities faced a future shaped by isolation, discrimination and institutionalization. Camp Jened, a ramshackle camp "for the handicapped" (a term no longer used) in the Catskills, exploded those confines. Jened was their freewheeling Utopia, a place with summer-time sports, smoking and make-out sessions awaiting everyone, and campers experienced liberation and full inclusion as human beings".

You can find more information about Crip Camp at www.cripcamp.com.

I look forward to being a part of the CLA team - if you have questions or comments, please email me at beckerp@clanet.org.

Sincerely,

Patti Becker, Director of Program Operations





In the Spotlight: Who's New At CLA?



Human Resources Department:

Kathy Schraith, HR Director, ext. 1200

Community Support Coordination Department:

Heather Statz, Transition Specialist, ext. 3112

Administration:

Patti Becker, Director of Program Operations, 3118

Anne Speigle, Executive Assistant, 1378

Together We Can!



CLA is Accepting Applications

Want to make more money AND keep your client?

Become a Home Care Specialist!

If you have this:

- * 6 months caregiving experience
- * Valid driver's license & insurance
- * Reliable form of transportation
 - * CNA or other medical training preferred
- * Availability every other weekend, required

You can get this:

- * \$14.40/hour starting pay for HCS I shifts + \$700.00 Hiring Bonus
- * Guaranteed weekly hours available
- * Benefits & Advancement opportunities
- * PTO (Paid Time Off) with advancement

Want more? – May advance to the **HCS II** position after 6 months of satisfactory performance and attendance. Earn **\$14.90/hr** for all HCS II shifts **and PTO!!** (30-40 hrs/week availability required)

Still want more? – May advance to the **HCS III** position and earn **\$15.40/hr** for all HCS III shifts!!!

Are **YOU** interested, or do you know someone who is interested, in becoming a Home Care Specialist? Please contact Heather R. at: russellh@clanet.org or **608-242-8335 x1206**.

CLA is an affirmative action and equal opportunity employer.
Visit www.clanet.org for detailed information about current open positions.



Health & Wellness Column

Jennifer Mastick, CLA's Behavioral Health Coordinator

With another season upon us we can consider how to feed our mind, body, and soul!

On the upward trend is the term “COVID-19 Fatigue” according to [UC Davis Health Newsroom](#), “it’s real and it’s strong.”

As we approach fall 2020, you might notice that you are more tired, irritable, overwhelmed, bored, apathetic, or depressed than usual. This fall may feel different to you. Due to COVID-19, most of us have been unable to attend community events like concerts and live shows and we have had to curtail gatherings with family and friends. We are about to enter a time in which we won’t be able to meet with family and friends safely outside the same way we could this summer.

Although it sounds grim, we can prepare ourselves for the upcoming indoor season. First, it’s totally appropriate to acknowledge that this year feels different for you and your family. Acknowledging what is in front of you can go a long way on the road to accepting what we CAN do this winter. Fall is the time to get organized and plan out great fun and activities for Wisconsin’s indoor season.

Fall can be one of our state’s most beautiful seasons. Utilize the last few weeks of outdoor time by bundling up to go for walks with friends (safely) and family. During these walks gather ideas of ways you can safely enjoy the coming cold season. Planning activities not only gives us something to look forward to, it also forces us to get off our computers and take some much needed time for ourselves with family and friends.

Some ideas are as follows:

- Have a bake night once a month or once a week to try out new recipes.
- Date night with your partner, or plan a date night with each of your children.
- Game night, with some creativity this can be done over Zoom! Check out JackBox.
- If you have a game console, set up a time each week you and your friends can be on at the same time.
- Movie or reading goals: is there a series you’d like to watch consecutively? A book you’ve been wanting to read? Now’s the time!
- Plan regular weekly phone calls with friends to catch up and support one another.
- If you have children, plan craft activities.
- If you can, get outside! Colder temperatures aren’t so bad when you make it fun.
- This may be a great time to teach your children how to participate in self-care around the house such as keeping an organized space or cooking nutritious meals. Invite your children to join you in your normal workout routine.
- Make a gratitude jar: place a simple jar or container in a common area with scraps of paper and pen next to it. When you are feeling grateful, write what you are grateful for on pieces of paper and place them in the jar. Set aside a special day to read what you felt grateful for during your indoor season.

At the least, try to do your normal routine with intention. Take your shower with the intention of having a bit of alone time to decompress. Make your meals in an effort to nourish your body or enjoy the flavors of fall comfort food, like soups and stews. Let your bedtime routine become self-care instead of just what you do before you fall asleep, such as listening to your favorite tune while you brush your teeth. There are many ways that you can enhance each day by seeing it through a different lens.

Free Training Opportunities for Caregivers



You are invited to join the
Virtual WFACSA 4th Annual Summit

Join the Wisconsin Family and Caregiver Support Alliance's 4th Annual Caregiver Summit which will take the form of a series of webinars this year. Three different topics will be addressed on three consecutive Wednesdays in September from 1:00pm to 2:30pm and will include time for questions.

September 9 – [Caregiving during COVID-19](#)

September 16 – [Governor's Task Force on Caregiving overview](#)

September 23 – [Employer Perspectives and Changes during COVID-19](#)

For more information and to register, [click here](#). All family and professional caregivers are invited to attend. Help us celebrate another year of collaboration as we continue to work on increasing awareness and support of family caregivers in Wisconsin.

YOU WILL NEED TO REGISTER FOR EACH WEBINAR SEPARATELY!

Questions? Email: wfacsa@gmail.com

HOPE Health Newsletter – September 2020

Topics of Interest:

- Keep Your Wits About You
- Fall for Autumn Favorites
- Caregiving Service: What to Expect
- How to say “no” to Others?
- Improve Bowel Function
- Childhood Obesity
- How's Your Cholesterol?



Retrieved from [September 2020 HOPE Health Letter Vol. 40, No. 9](#) produced by Hausmann Johnson Insurance, The Benefit Services Group, INC. (BSG), and BSG Analytics LLC.