



Adult Learning Systems

LOWER MICHIGAN



FUTURE FOCUS NEWSLETTER

1

Issue 1 • June 2011

FISCAL CREATIVITY

As we all know, prices are sky rocketing! Gas, groceries, utility bills- all effect the site budgets in the same way as with our personal finances. It s easy to fall into thinking that because ALS-LM is a company, we don t need to be concerned. Well, there are no money trees in the group home backyards!! Below are a few tips to stretch those dollars:

Review sale ads, clip coupons from the newspaper on Sundays. Stock up on sale items.

Reduce driving trips; carpool with other sites, lump errands and appointments. We really need to strategize when it comes to site transports. Please remind consumers to keep this in mind when arranging rides, and encourage use of public transportation. Keep vehicles well maintained for better gas mileage.

With the warmer weather on the way, check that air

conditioner units are clean and free of debris. Pull weeds around the outside unit. Just a note; the licensing rule requiring home temperatures between 68 and 72 degrees does not apply to air conditioning. Please keep the temperature within reason, but it is very costly to maintain a home at 70 degrees all summer long.

Another great way to save money in the summer is to plant a vegetable garden. Vegetable seeds and plants can be purchased with food stamps. This is not only an inexpensive way to have delicious fresh produce, but can be a learning experience for the consumers. It is relatively easy to grow lettuce, peppers, tomatoes, cucumbers, and zucchini. An herb garden is simple and a fun way to experiment with healthy food choices. People who grow their own food are more likely to consume more vegetables. So, get those gardens planted by June 1st!!!!

Inside This Issue

• Fiscal Creativity	1	• Cultural Connection	2
• Heroes	2	• What's Been Happening.....	3
• Smoking.....	2	• Awards.....	4
• Funwalk.....	2		

8170 Jackson Road, Suite F, Ann Arbor, MI 48103 • 734-408-0112

Editor: Phyllis Wagner, Executive Regional Director

ALS-LM Heroes



Karlos Warren (Cherrywood)

On January 21, 2011 Karlos ran to the rescue of a choking participant at the home. He was able to remove the object using American Red Cross emergency procedures. Great job, Karlos!!!



Theodore Blackwell (Cherrywood)

Theo is serving in the U.S. Army National Guard and, is deployed in Afghanistan until October 2011. The corporate office is putting together a goodie box for this soldier. Any donations for the box would be greatly appreciated- send to main through mailroute.

Go to www.operationmilitarypride.org/packages.html for suggested items. If anyone would like to send greetings, his address is: Spc. Theodore Blackwell
1776th MP CO, Bagram Airfield
APO, AE 09354

Smoking

ALS-LM has always been a non-smoking company. This means no smoking in buildings, vehicles or inside at corporate functions. Macomb County Community Mental Health has recently implemented a policy restricting smoking from garages and near doorways, as well. We need to ensure everyone is following these rules. Just FYI: A recent study from Brown University actually found that quitting smoking may make you happier. Researchers determined that those successful at smoking cessation had fewer symptoms of depression, in the long run, than those that never quit.



Annual Funwalk

The Funwalk fundraising event will be held on Saturday, July 30th. The walks will be at Metropolitan Beach and Kensington Metropark. Pledge sheets will be sent out through corporate office within the next month. Please distribute to staff and others so we can all begin getting those pledges!

CULTURAL CONNECTION

Cultural diversity is such an integral part of who we are, that an ongoing dedicated column seems appropriate with all that is going on in our world. This company was founded in 1982 by Dr. Alice Roelofs, with the opening of the innovative Whole Life Semi-independent apartment program. The idea behind the concept was community integration for all persons, while allowing personal life style and cultural choices. Adult Learning Systems grew, operating programs in North Carolina, Oregon, and Michigan's lower and upper peninsulas. Upon Dr. Roelofs' retirement in 1998, each area became separate corporations, which is why we are now Adult Learning Systems-Lower Michigan.

What's Happening?

* Students Visit

In February a group of students from MISD Robert G. Lutz School came to tour the Macomb DD Whole Life Program. Most of the students still live with their parents and look forward to the day when they can move out on their own. Two ALS-LM participants, Sharon and Marilyn, hosted the question and answer session. They also opened their apartment for a tour. This is the third year that Sharon has assisted with this event. Refreshments were served at the office.



* Winter Fest

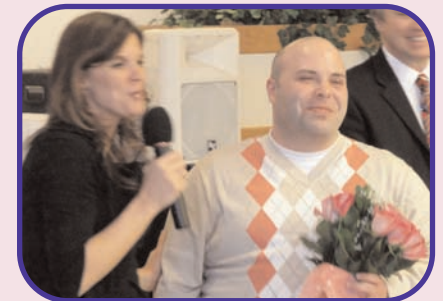


On January 30, the annual ALS-LM Winterfest was held at DeCarlos Banquet Center. There was a fabulous luncheon and socializing. Everyone enjoyed the music and dancing. This event takes the place of our former participant holiday party and gives us all something to look forward to during our long Michigan winters! Check out the highlights on our DVD on the ALS-LM intranet.

* Winterfest Awards

DCW of the Year: Nick Austin

Nick was named DCW of the year because he is awesome! He works at Macomb Whole Life, and takes care of everything. His good nature and great problem solving skills are invaluable assets to ALS-LM. Nick was at the site when a fire occurred last year. He ran to the building to make sure all participants were out of their apartments. He went into the burning building with firefighters to get two people out.



Volunteer of the Year: Jeff Wagner

Jeff was given this award for doing repairs around the group homes. He built an outdoor deck and bench for the Meadow Lane guys to enjoy. He installed shelving in several basements to allow for participant and site storage. Accepting the award on behalf of her grandpa, Miss Delilah Harmon said thank-you .



* Other Events

Abraham Home went to the Circus (1).
As part of our mission toward family reunification, Bayridge staff Michele took Beverly to a family reunion in Tennessee (2).



* Reminder *

All employees now have ALS-LM e-mail addresses.

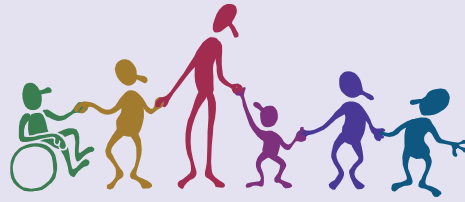
All employees should be checking their e-mail occasionally for company announcements, completing their quarterly training on the Essential Learning site, and updating their personal information on alslm.org self source.

Awards: Direct Care Workers of the Quarter



Melissa Burdette (Macomb County)

Missy has been with Macomb Whole Life since 1992. In her current role as Med Instructor, her organizational skills and attention to detail have proven to be a true asset to the site and participants. She has the ability to complete all of her job duties as a part-time employee. Missy is well respected by peers, participants and contract agency staff. She attends all participant medication reviews as well as completes the medical billing for thirty-three consumers.



Jeremiah Owens (Macomb County)

Jeremiah is not one to wait for someone else to lead, but goes right in and gets started! His motivational attitude and positive influence have worn off on co-workers at St. Clair Home. This young man is diligent about following person centered plans, and is not shy about explaining the importance of the plans to consumers. His interactions are conducted with the utmost courtesy, with a respectful tone, and he gets results. Jeremiah gets the job done right!

Rebecca Jones (Washtenaw County)

Becky has been a great employee at Seybold Home for four years. She previously worked at the Oakdale site. Her documentation is exemplary; accurately completing progress notes, behavior logs, chore lists, and medication records. She helps train new employees, is always on time, knowledgeable with all person centered plans and corporate policies.

Adult Learning System Lower Michigan Inc.

8170 Jackson Road, Suite F
Ann Arbor, MI 48103

