



Adult Learning Systems

LOWER MICHIGAN

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FUTURE FOCUS NEWSLETTER

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Awards:

Please don't forget to nominate your favorite Direct Care Worker of the quarter. We do this each quarter and need your help in choosing our winners. Anyone, not just managers, can nominate a worker. One nominee will be selected from Macomb County and one will be selected from the rest of counties combined.

Who qualifies:

- Must be a DCW or med instructor
- Employed a minimum of 3 months
- Have ZERO discipline for the quarter
- Max of 2 nominees per site

Areas to consider when choosing:

- Documentation
- Interaction with participants
- Specific acts that required person initiative
- Performance above and beyond normal job duties and responsibilities

**DCW of the 3rd Quarter 16-17
(July 2017 – September 2017)**

Betsy Cannon (Macomb Aspen)



Betsy is always willing to pick up shifts at the group homes when they are short staffed. She will also pick up shifts at her own site, when needed. Betsy is very dependable and reliable. She is great with the participants and has been with ALS for over 20 years.

Evelyn Smith (Leelane)

EMPLOYEES OF THE QUARTER

Evelyn is our Med Coordinator. She's always coming in on her days off to help out. She always has a smile on her face and is eager to lend a helping hand. The ladies love

Evelyn, and are excited to see her when she comes in. Evelyn goes above and beyond with her job. I'm happy she's part of our team, and I don't know what we'd do without her.

Linda Taylor (Norton)



Lyn has worked at Norton for about 17 years. She is now our Med. Coordinator and is doing a great job. She keeps up on scheduling appointments as they come due and is very patient when the participants get frightened when shots and such are required. Our participants are all getting older so they require more doctors and meds. We recently had a couple audits and all meds and paperwork were in place as required. She works any shift plus extra and arranges her schedule according to appointments as required. Our participants always look forward to her coming in the door. She is a valuable asset to our home and we feel she deserves recognition.

Announcements:

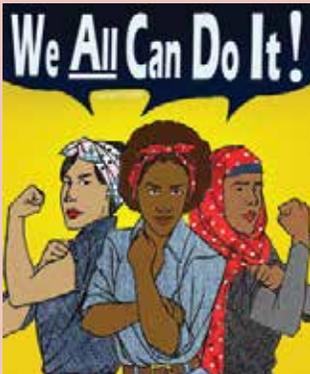
The fundraiser at Buffalo Wild Wings was a success!! Thank you to all of the consumers, staff and their families that came out and supported ALS-LM.



Vanise would like to introduce her new little angel to her ALS-LM family. Mr. Dominic James was born on July 19, 2017 at 2:35 AM weighing in at 8 lbs., 8 oz. and was 21 inches long.



On July 27th MW, from Briarwood, celebrated her birthday with a party, cake, ice cream and presents.



Cultural Diversity

August 26 is Women's Equality Day. This day commemorates the 1920 certification of the 19th Amendment to the United States Constitution that gave women the right to vote. Congresswoman Bella Abzug first introduced a proclamation for Women's Equality Day in 1971. Since that time, every president has published a proclamation recognizing August 26 as Women's Equality Day.

September 16 is celebrated as Mexican Independence Day and recognizes the revolution in 1810 that ended Spanish dictatorship.

July 26 marks Disability Independence Day, which marks the anniversary of the 1990 signing of the Americans with Disabilities Act.



For people with a spectrum of disabilities, *life* should be *without limits.*

All Around ALS-LM



In September, MacDD & MWLII rocked out with Elvis at the Annual North Gratiot Cruise. Other entertainers included Rod Stewart and Wayne Newton impersonators. They all had a blast and want to go again next year.



In August, MacDD attended the airshow at Selfridge ANGB. The show was amazing and the weather was HOT! The guys were really interested in the tanks and had a lot of questions for the military personal.



The staff at Norton staff took their participants to the Frankenmuth antique car show. They also walked through downtown and the visited the stores. They went to a craft show and listened to a live band. Afterwards, they had dinner at Tony's Restaurant. They had a great time!



MacDD & MWLII enjoyed a picnic, followed by a few games of soccer. They have a VERY competitive group of folks over here.

The Briarwood home went to the Fowlerville Fair. They enjoyed fair rides and some of them had snacks of elephant ears and cotton candy.



Meadowlane, Trombley and Sugarbush all went to Blake's Cider Mill. Everyone picked apples and received a pumpkin. They also enjoyed drinking cider and eating donuts.



Fun Facts of Fall:

❖ The gorgeous red, orange, and yellow pigments in fall foliage are actually there all year, just under the surface. Sunlight helps fuel plant cells containing a chemical called chlorophyll, which gives leaves its vivid green color while working to turn light into energy. When sunlight diminishes in fall, chlorophyll breaks down, letting the plant's hidden red, yellow, and orange hues shine.

❖ Monarch butterflies, meanwhile, make autumn a migratory season, flying South from America to the relative warmth of Mexico and parts of California. Traveling at speeds of between 12 and 25 miles per hour (that's just shy of Usain Bolt's average 27.8 mph footspeed), they are the only insect that migrates up to 2,500 miles for nicer weather.

❖ Until about 1500, autumn was just called "harvest." The full moon closest to the autumn equinox is known as a harvest moon. Before cities electrified, the bright night of the harvest moon was essential for farmers harvesting their late-year crops.

❖ Hungry for more mystical, colorful phenomenon? Turn your eyes North to the aurora borealis. Also known as the Northern Lights, these geomagnetic storms occur when charged solar particles squeeze through our atmosphere's defenses and collide with gaseous particles in Earth's sky. Thanks to longer, clearer nights, this free light show occurs twice as often during fall and winter months.

❖ Researchers think that lower levels of vitamin D (due to shorter days and less contact with sunshine) is in part responsible for autumn and winter weight gain. A lack of vitamin D is thought to reduce fat breakdown and trigger fat storage, leading to an average weight gain of two to four pounds each year in autumn and winter. These are signs you could be deficient in vitamin D.

❖ Our bodies love to "fall back." On November 6th, daylight savings time ends, giving us an extra hour of sleep. According to a New England Journal of Medicine report, Americans' rate of heart attacks has been known to fall on the Monday following the end of daylight savings time in November, while the rate of both heart attacks and car accidents tends to rise on the Monday following the start of DST in Spring. Check out these other mind-blowing facts about daylight saving time.



Fundraising - GIVING MORE BACK TO THE COMMUNITY



Adult Learning Systems-Lower Michigan (ALS-LM) continues to participate in the Kroger fundraiser. We are asking you to please sign up and encourage staff, friends, and family members to do so as well. Each time someone shops at Kroger and swipes a Kroger card, the shopper will receive all sale prices and ALS-LM will receive 2% of the amount spent on food and paper products. Please support our company!

Thank you for your participation!

Adult Learning System Lower Michigan Inc.

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