



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



Spring has finally arrived and hopefully will bring warmer weather. I wish to thank all of our PCWs for your support for our clients during the long winter months. As warmer weather approaches it is a good time to remind ourselves to take caution while driving and be aware of children in the community playing outside as the school year ends.

Thanks to CLA's home care specialists, Sam and Marylou, who attended the Governor's press conference announcing a Taskforce on Caregiving. The taskforce will be a great opportunity for the State of Wisconsin to address the current direct care workforce shortage.



CLA will again be hosting an exhibit table at the **Disability Pride Festival**, July 27, at Tenney Park from 12 - 5 p.m. We want to encourage our PCWs and clients to attend this celebratory event and to stop by CLAs table for information or just to say hi. To learn more go to <https://www.fairsandfestivals.net/events/details/2019-disability-pride-festival>



I would like to thank CLA's Board of Directors, sponsors, and all those who attended our 2019 Fundraiser event. The evening was enjoyed by all but most importantly acknowledged the valuable work that personal care workers do each day.

Please continue to check [CLA's website](http://www.clanet.org) for new job opportunities. Once again, thank you for all that you do to support CLAs mission.



Summer 2019

July 17

July 27
Noon-5p

UPCOMING MADISON AREA EVENTS

Dane County Farmer's Markets Contact:
[Sarah Elliott](mailto:Sarah.Elliott@dnccwi.gov), Market Manager @ 608.455.1999

[Direct Care Provider Conference: A Day Just For You!](#)
at MATC in Madison, WI *see details on page 3*

[Disability Pride Festival](#)
Saturday, July 27, 2019 from 12-5pm
Tenney Park, Madison
Free live entertainment, exhibits and karaoke!

CLA is Accepting Applications

Home Care Specialists

If you have this:

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

You can get this:

- * **\$14.25/hour** starting pay
- * **10-30 hours** per week
- * **Guaranteed** weekly hours available
- * **Benefits & Advancement** opportunities
- * **PTO** (Paid Time Off) with advancement

Want to make more money AND keep your client?

Become a Home Care Specialist I (HCS I) and earn \$14.25/hr for all **HCS I** shifts!

Want more? – May advance to the **HCS II** position after 6 months of satisfactory performance and attendance; earn \$14.75/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 \$15.25/hr for all HCS III shifts!!! Questions? Contact Emily E. at: contacthr@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.



Like us on Facebook!





Annual Required Standard Precautions Online Completion through ePathnGage Learning Management System

With much enthusiasm, CLA's new Learning Management System (LMS) was launched in April, 2019! The new CLA LMS provides all CLA Personal Care Workers with the opportunity to complete the 2019 Annual Required Standard Precautions (SP) Training from a smart phone, tablet, or computer.

In the months of April and May, 250 PCWs who have a current email address on file with CLA, received a registration email with a link to the 2019 SP Training delivered in a three (3) part series. Three hundred (300) more PCWs will complete the 2019 SP Training in the months of June, July, and August.

PCWs who do not have an email address on file with CLA are required to either submit an email address (see CLA contact below) or set up an appointment to complete this mandatory training at CLA using a CLA Computer.

How it works: Every employee is assigned a completion month (April, May, June, July, or August), Each employee who has an email on file with CLA is notified in the first week of their assigned month and has until the last day of their assigned month to complete the online training. Completion month assignment is based on the first letter of your last name:

If your last name begins with:	Your assigned month for SP Training online completion will be:
A - F	April
G - L	May
M - R	June
S - X	July
Y - Z	August

If you want to update your email address or set up a time to come in to CLA to complete the 2019 SP Training on a CLA Computer, or if you just have questions, please contact Dona Potters, CLA Education Coordinator, at (608) 242-8335 x1203 or pottersd@clanet.org.

THANK YOU FOR ALL YOU DO!

A DAY JUST FOR YOU!

CNA, PCW, CAREGIVERS AND DIRECT CARE STAFF CONFERENCE

Participate in hands-on simulation exercises!

[Click here to register NOW!!!](#)

FREE!

Thursday, June 27
Northeast Wisconsin Technical College
Green Bay

Wednesday, July 17
Madison Area Technical College
Madison

Space is limited! Register early at https://go.wisc.edu/6ww003_OR (608) 263-6476!

*Space is limited to 100 attendees; you must register to attend.
Registration closes one week prior to the event.*

Program:

Putting the Person in Person-Centered Care, Tonya Roberts, PhD, RN

Caring for People Living with Dementia, Lisa Bratzke, PhD, RN

Aging and Vision: What's Normal? What's Not?, Marshall Flax, MS, CLVT, COMS

Lunch (included)

Ambulation and Sustaining Mobility, Barb King, PhD, RN

Understanding Pain, Kendra Deja, APNP, ACHPN (Madison only)

Navigating Nutrition for the Older Adult, Cassie Vanderwall, PhD, RD, CD, CDE, CPT (Madison only)

Reset, Restart, Recharge: Renew Your Purpose, Gina Green Harris, MBA (Green Bay only)



Sponsored by the UW-Madison School of Nursing's Center for Aging Research and Education and the Wisconsin Technical College System



Health and Wellness Column

Mind, Body, Soul: Summer Article

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

Mind: At times summer can feel much like our holiday season. There is something to do every day, whether that be a barbecue, camping, a birthday party, live music events, or an outdoor adventure with friends and family. This hustle and bustle, although fun, can drain our energies. Take time to enjoy the weather and also notice when you might need some down time. Planting a garden can be a great way to connect to the earth and have some solo meditative time. If you don't have access to a garden, consider adding a few plants to your indoor space. Plants not only clean the air of toxins and reduce anxiety, but they can also provide us with a sense of purpose.

Body: It's the time of year our insecurities and thoughts about our body image can feel a bit more close to the surface. We live in a culture where "beach bodies" are on every magazine on the rack, and there are a million ways to diet. Remind yourself first that those images are likely photo shopped and second, what is important in terms of *your* body. Summer is a great time of year to get outside and enjoy the weather and eat healthy freshly grown foods from any of the various farmer's markets in town. It can also be a great time to start a routine to carry into the fall and winter that fits your health goals. Maybe you'll plan to take a walk each day to watch the sunset or consider planning your meals for the week on a Sunday to make it easier to choose healthy foods when the week gets busy. Your body is the only one you get, take advantage of the summer sun and warmth this time of year to create new healthy habits.

Soul: Draw from the power of the sun. We have more daylight this time of year than any other. What does the summer sun do for your spirit? As we embrace the warmer days of the year, the spirit is encouraged to remain present. Feel the sun hit your skin, hear the birds chirp, and smell the flowers blooming around you. At the very least, sunlight increases serotonin levels, which may make us feel happier. The sun has powerful energy to light the soul; embrace the energy that the sun provides and consider: what lights you up?

Link to a summer meditation mantra: <https://yogisurprise.com/summer-mantras/>

Jennifer Mastick
CLA Behavioral Health Coordinator



In the Spotlight: Resources Exclusively for CLA's Personal Care Workers, and their Family Members, and Friends!

Go to EAP WEBSITE: www.perspectivesltd.com

Click on: →



Use CLA's Universal Username & Password

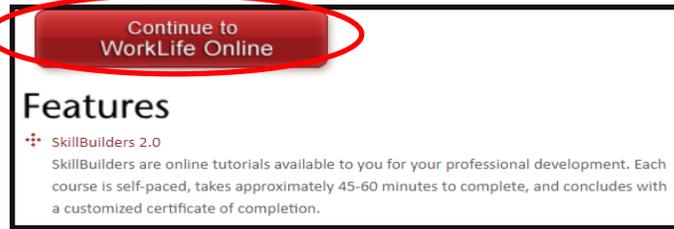


Take a moment to



You'll be glad you did!

Click on: →
Continue to WorkLife Online



Below is just a sampling of the many resource categories that are available to you, your family members, and friends when you log in to the EAP Perspectives LTD Website!



Featured this month:
Healthy Eating

Webinar

Recipes

More Resources

