



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 summer ends and we are still able to enjoy its lingering warmth, the chilling air is a reminder that fall will soon arrive. Fall is a great time to harvest our thoughts and efforts. CLA will be continuing to work through the federally mandated EVV process. Please watch for training opportunity announcements. In October, CLA will be celebrating our Caregiver of the Year Award recipients and nominees, acknowledging those who impact the lives of our clients through excellence and embrace caring as a career.

November marks Family Caregiver Month, and it is a great opportunity to acknowledge the efforts and contributions that families make each day supporting a loved one with a disability or an aging adult. CLA wishes to extend our gratitude and acknowledgement to our Family Caregiver workforce. We will be having a special presentation for our Family Caregivers and the public on November 10th. Governor Schreiber, the author of *My Two Elaine's*, will talk about his experience caring for his wife with Alzheimer's. Watch for more information to follow.

As the year progresses and we encounter some uncertainty with COVID-19 and breakthrough variants, take a few minutes during your commute, before bed or even between client visits for self-care during this stressful time. For example:

- *Recognize the valuable role you and your colleagues play on the front lines. Remind yourself that despite challenges, you are making a difference and taking care of those most in need.
- *Practice self-compassion. There is no road map. You are doing the best you can in a difficult situation. Take your situation day by day or hour by hour, if needed.
- *Validate any emotions you might be feeling. There is no right or wrong way to process.
- *It is normal to feel a range of emotions including being overwhelmed, frustrated or angry, worried, anxious, restless, agitated, sad or fatigued.
- *Find ways to see the positive. Try to find hopeful stories about communities coming together to support local businesses, feed hungry children and families, and recognize front line workers, like you, for the important work you do.

These small changes to your routine can improve your overall mood and protect your mental health. Seek out support from family or friends and find other simple self-care practices that help you.

Once again, I'd like to thank you all for the work you do each day to support CLA's mission.



[Greater Madison Area Farmers' Markets](#)

Available through end of Oct.—mid November

Capitol Square, Madison, Dane County

300 E. Main St., Sun Prairie

750 University Row, Westside Community Market

Hilldale Shopping Center, 726 N. Midvale Rd., Hilldale

McPike Park, 202 S. Ingersoll St., Madison Eastside

Northside TownCenter, 1865 Northport Dr., Northside

Ahuska Park, 400 E. Broadway Dr., Monona

Edgewood HS Pkg Lot, 2219 Monroe St., Monroe Street

Novation Center, 2500 Rimrock Rd., South Madison

Bill's Food Center, 787 N. Main St., Oregon

Capital Brewery, 7734 Terrace Ave., Downtown Middleton

2404 Main St., Cross Plains Parkway

5511 E. Cheryl Pkwy, Fitchburg Center

[Destination Madison—Online Resource & Events Calendar](#)

608-255-2537 or 800-373-6376

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



2021 Annual Compliance Training

CLA's Learning Management System (LMS) provided all CLA Direct Care Staff hired prior to April 29, 2020, with the opportunity to complete the 2021

Annual Required Compliance Training (ARCT), from a smart phone, tablet, or computer.

In the months of April through August, 363 PCWs, HCSs, RNs, and Schedulers successfully completed ARCT online.

PCWs without an email address or in need of technological assistance were able to schedule an appointment with me to complete this mandatory online training at CLA using a CLA Computer.

I want to give every CLA Staff Member 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 2022!

Sincerely,

Dona Potters, Education Coordinator

pottersd@clanet.org



Like us on FaceBook!

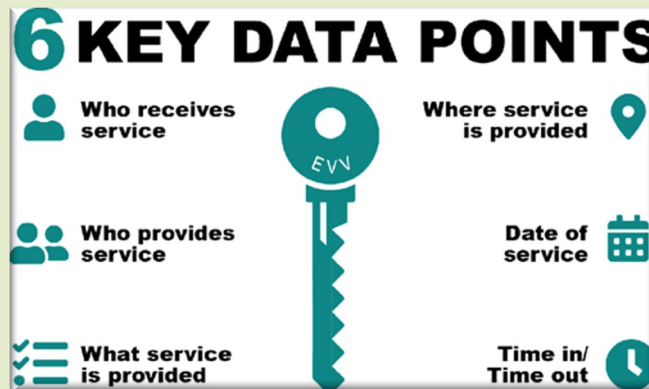


Electronic Visit Verification (EVV) - Coming Soon to YOUR PHONE!

You may remember that **Electronic Visit Verification** or “EVV” is coming soon and is a federal requirement for all Medicaid personal care and supportive home care services. In the coming weeks, CLA staff will be trained in a new process to clock-in/out from each client visit. Here are a few answers to question you may have about EVV:

What information is collected through EVV?

Regulations require CLA to electronically collect or verify six (6) pieces of information about each visit:



How will the visit information be collected?

Staff will use a new timekeeping system called “MITC” using your own smartphone. Right now, CLA is in the process of setting up MITC. You will be trained on how to clock-in/out of each visit and complete your documentation. MITC will also support all CLA scheduling and will allow you to easily access your scheduled visits with your smartphone.

What do I need to do now?

Watch for announcements about training on the new timekeeping requirements and process. If the requirement to use your smartphone creates a hardship for you, please talk to your supervisor right away.

How can learn more about EVV?

For more information about EVV, you can visit the DHS website below:

<https://www.dhs.wisconsin.gov/evv/index.htm>

Key Conversations

Join in **Key Conversations**: informal, monthly drop-in sessions for provider agency administrators. DHS staff will be available to answer questions about EVV.

September 20, 2021: 1-2 pm | [Join online\(link is external\)](#)
Call in: 301-715-8592 and use webinar ID 884 4307 0173

October 18, 2021: 1-2 pm | [Join online\(link is external\)](#) |
Call in: 301-715-8592 and use webinar ID 884 4307 0173

Electronic Visit Verification Video



https://www.youtube.com/watch?v=rt29rXY_td8



Getting 'Back to Normal' Is Going to Take **All of Our Tools**

If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces "back to normal" sooner:

Get vaccinated.



Wear a mask.



Stay 6 feet from others,
and avoid crowds.



Wash
hands often.



www.cdc.gov/coronavirus/vaccines

COVID-19 Resources

DHS Releases New Data on COVID-19 Cases, Hospitalizations, and Deaths by Vaccination Status

For Immediate Release

August 19, 2021

Contact: Elizabeth Goodsitt/Jennifer Miller 608-266-1683

DHS Releases New Data on COVID-19 Cases, Hospitalizations, and Deaths by Vaccination Status

Data shows the rate of infection much higher amongst individuals who are not fully vaccinated

The Wisconsin Department of Health Services (DHS) has launched a new data webpage, [COVID-19 Illness After Vaccination](#), which includes a visualization showing the rate of COVID-19 cases, hospitalizations, and deaths per 100,000 among individuals who are fully vaccinated versus individuals who are not fully vaccinated. These data are also presented by month, beginning in February 2021. By displaying the rates side-by-side, users can clearly see the difference in rates between these two groups. The overwhelming majority of Wisconsinites who are infected with COVID-19 are not fully vaccinated.

“The increase in cases we are seeing in Wisconsin right now is being largely driven by the Delta variant, and the overwhelming majority of people who are contracting COVID have not been fully vaccinated. With the original strain of COVID-19, an infected person was likely to infect two other people, who were then likely to infect two additional people for a total of 6 cases from one infection. With the Delta variant, an infected person is likely to infect about five people, who are then likely to infect 25 people for a total of 30 cases from one infection,” said DHS Secretary-designee Karen Timberlake.

“The COVID-19 vaccines are still doing their job by stopping the spread of many new infections, and by preventing severe illness, hospitalization, and death.”

[View the entire news release.](#)

Interested in where you can get vaccinated?

Use this link to see all the options nationwide and in Wisconsin.

<https://www.dhs.wisconsin.gov/covid-19/vaccine-get.htm>

Interested in where to get a COVID test?

Wisconsin's Department of Health Services has a map showing all testing spots in Wisconsin, as well as, information to get a free test kit delivered to your own mailbox.

<https://www.dhs.wisconsin.gov/covid-19/community-testing.htm>

Know anyone not yet vaccinated against COVID-19? Get paid for referring them to vaccinate!

CLA is proud to partner with the National Minority Health Association (NMHA) in its Flex for Checks program that *pays workers to refer others to become vaccinated*.



For each person you refer...

- \$25 goes to YOU;
- \$50 each dose goes to the person getting vaccinated (including yourself if you still need it);
- \$25 goes to CLA

1. REGISTER at this website: <https://worker.flexforchecks.com/?id=NMHA-WI0009>

OR under this QR code:



2. PRINT or SAVE the web link and/or QR code that you receive when you register. This is what you'll share with everyone so that when they sign up and get vaccinated, YOU get paid!

3. REFER clients, family, & friends to get vaccinated!

Share your personal web link or QR code for them to follow to register. If they register under your link, then get vaccinated and follow the instructions to verify their vaccination, they will get paid and so will you!



*Payments are only made by Flex for Checks AFTER the vaccination is verified.

See full flyer for more details.

Not yet vaccinated?

Here's another way to receive an EXTRA \$100!

Wisconsin DHS is giving a \$100 Rewards Card to residents who receive their first COVID-19 vaccine by September 19, 2021. Everyone who is eligible to receive the free vaccine is eligible to receive this gift card, regardless of insurance, ID, or citizenship.

Click the link below for details and the form to complete to receive your reward:

<https://100.wisconsin.gov/>



Get vaccinated.

Get rewarded.

Help end COVID-19.

Worker Instructions

Thank you for participating in the HRSA Grant Rewards Program! Please follow these instructions to earn your rewards.

1. Click on the link or QR code provided by your agency. You must register through your agency.
2. Complete the registration form and questions. *(Note: you do not have to answer any survey question that you feel uncomfortable answering!)* The answers to your survey questions will be sent to HRSA for statistical purposes only, WITHOUT your identifying information.
3. When you complete the registration, you will be issued a unique link and QR code of your own. PLEASE PRINT OUT THE CODE AND LINK. You will use them to pass out to your patients, clients, family, and friends, so they can register and get vaccinated, and so you and they will get paid! We will also email you a copy of your QR code and link.
4. Your agency may also provide you with additional materials you can distribute, such as door hangers and flyers. Write your name and link in the blank space on the door hanger and leave it on doors you pass by. You may get a reward when a neighbor of your patient/client gets a shot!
5. Distribute your unique QR code and your link to your patients/clients so they can register and receive their rewards. They may need your help to take them through the registration process.
6. Your patients/clients, your family members, friends, and anyone who is not yet vaccinated can register through your link or QR code. You will receive a reward for each shot they get.
7. Explain to them that their reward, just like yours, comes after a shot is validated. Validation happens when a registered person logs in to the same account where they registered and records the details of each vaccination shot, following these steps:
 - a. Upload a picture of their vaccination card. This can be either a cell phone photo or a scan.
 - b. Enter the vaccination type (e.g., Moderna™, Pfizer™, Johnson & Johnson™).
 - c. Enter the date of the vaccination.
 - d. Enter the location of the vaccination (e.g., Walgreens™).
 - e. **Optional:** After verifying their vaccination, your registered person will be invited to record a short video (up to 30 seconds) to convey their story or feelings about their new ability to check off all the things they can do now!
 - f. In the case of a two-shot vaccine, they will repeat these steps for their second shot. You and they will receive a second reward.

Reward funding is through HRSA and is limited by the terms of the Grant. Rewards will be distributed until end of Grant agreement with NMHA, or when all grant funding has been distributed, whichever comes first. This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$11.1 million. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.





CAC transforms our communities by fostering conditions where everyone can achieve social and economic security. This is done by focusing on housing security, food security, and quality of life



Commodity Supplemental Food Program

Senior Boxes

A monthly USDA food program that serves seniors age 60 and above with income at or below 130% of the federal poverty level

Each box includes:

- Canned vegetables
- Canned and/or dried fruit
- 1 or 2 bottles of juice
- Meat and/or fish
- Beans and/or peanut butter
- 2 pounds of cheese
- Rice and/or pasta
- Cereal
- Shelf-stable and/or dried milk

How to Qualify:

Monthly household income must not exceed:

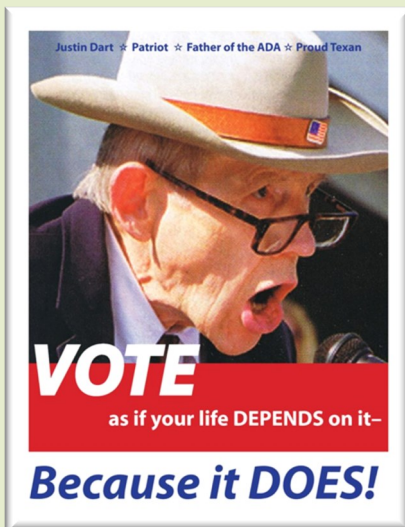
- 1 person: \$1,396
- 2 people: \$1,888
- For each additional person add \$492



Questions? Contact Catie Badsing
608-575-3695 | catieb@cacscw.org
For more details, visit www.cacscw.org

An equal opportunity provider

For more information visit the Community Action Coalition Website: www.cacscw.org



Becker's Bulletin



National Disability Voter Registration Week: Voter Registration Webinar

“Vote as if your life depends on it, because it does” is a quote from Justin Dart well-known advocate and the Father of the American with Disabilities Act (ADA). The first step in voting is getting registered. This can often be a confusing process for people with disabilities and their supports. Wisconsin Disability Vote Coalition (WDVC) is a great non-partisan resource to answer

any questions. Their mission is to help ensure full participation in the entire electoral process of voters with disabilities, including registering to vote, casting a vote, and accessing polling places. They are partnering with local organizations and a national organization to recognize National Disability Voter Registration Week, September 13-20, 2021. Interested in more information about registering in Wisconsin? Join the experts from WDVC on September 14. It's free and virtual.

What is National Disability Voter Registration Week?

Every year, the [REV UP Campaign](#) coordinates National Disability Voter Registration Week (NDVRW) to increase the political power of people with disabilities by sharing resources and getting folks registered to vote. This year, NDVRW is September 13-20, 2021. In the last election, an estimated **38 million** people with disabilities were eligible to vote, and we invite state and local organizations to participate in NDVRW in order to continue raise the disability voice and civic participation across the country in 2021 and beyond!

Join the Wisconsin Disability Vote Coalition as they present their **Voter Registration Zoom Webinar** as part of the National Disability Voter Registration Week! Learn everything you need to know about registering to vote, why voting matters, and how to make a plan to vote for your upcoming elections.

The webinar will be hosted via Zoom on **September 14th from 9:00 - 10:00 am**. Registration is required. [Register here to get meeting information and Zoom link](#).

Want more resources or have questions?

Contact the Disability Vote Coalition: phone **844-347-8683** or email info@disabilityvote.org



If you have questions or comments, please email me at: beckerp@clanet.org.

Be well and be safe —

Patti Becker, Director of Program Operations

Want to make EXTRA \$\$\$? Pick up Weekend Shifts!

CLA continues to offer all caregivers the opportunity to earn an extra \$5 per shift every time you pick up an extra weekend shift! Plus, if you pick up 3 or more weekend shifts together you will receive an EXTRA \$10 bonus on top of that!

All shifts must be in addition to your regularly scheduled shifts and *must be approved by scheduling.*

Contact scheduling **today** to pick up some extra cash on the weekends!

CLA is offering a bonus to all active, current employees who refer an HCS or RN New Hire!

\$500 Employee Referral Bonus for RN Referral

\$300 Employee Bonus for HCS Referral

Have someone in mind already?

Tell them to contact the Recruitment Team ASAP!

Not only will *you* get \$\$ if they're hired, but *they* could get a New Hire Bonus just by joining our awesome team!!

Directors, HR Recruitment Staff, and Hiring Supervisors/Managers are not eligible for the employee referral bonus; the referring employee and the new hire must be actively employed at the time of the incremental disbursement of the Employee Referral Bonus and/or New Hire Bonus; the new HCS hire must work at least 20 hours per week in order to receive a new hire bonus.

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

Kaylin Shampo, CLA's Behavioral Health Coordinator

I am incredibly excited to introduce myself as CLA's new Behavioral Health Program Manager and to be joining a team of people here at CLA that is so dedicated to supporting people to live well in our community. I moved to Madison almost fifteen years ago from Green Bay, WI and there is no place I would rather live and work.

I studied social work at UW-Madison and my career started with a focus on intellectual and developmental disabilities. My first social work job was as a Personal Care Worker and then I worked as an Independent Living Specialist and Grassroots Organizer at Access to Independence (ATI). While at ATI, I developed a love for grassroots organizing and became connected with the Certified Peer Specialist movement. I was very fortunate to be part of the team that developed and founded Solstice House Peer-Run Respite here in Madison, and the seed for my love of mental health work was planted! Working as the Assistant Manager at Solstice House to develop a service that was brand new to WI, while working with a team of my peers, was an amazing experience. My work at Solstice House also revealed how much I enjoyed program development and being a part of creating new and innovative services for mental health.

I eventually pursued and obtained my license as a clinical social worker with Journey Mental Health Center and was able to work in a variety of programs there including CCS GROW, Outpatient Services and their PROPS program working with youth having their first experience of what we typically describe as psychosis. I worked as a case manager, service facilitator, therapist, and team leader while at Journey and added clinical skills to my experience. Now, I couldn't be more thrilled to use all of my skills and experience in both disability work and mental health to fulfill my new role here at CLA.

My perspective of wellness, and what it truly means to be in recovery, has always focused on the wide variety of things we need as humans to feel healthy and connected. Personally, that has meant committing myself to spending time outdoors hiking and gardening, cooking and baking with my family, snuggling as many animals as possible, and taking time to read for fun as often as I can. Professionally, I think this perspective has allowed me to support people in a way that allows for self-exploration without judgement, and an ability to approach challenges with curiosity, optimism, and hope. With the right support system, and a willingness to try new



approaches and make changes, circumstances can always improve. I am a firm believer that we are all a work-in-progress and that we owe it to ourselves to keep growing and learning new things every day. With that in mind, I'm eager to take on this new and exciting task of managing CLA's Behavioral Health Program and I look forward to working with all of you in this exciting work. If you have questions or comments, please email me at: shampok@clanet.org

Stay Safe. Stay Strong.



In the Spotlight: Who's New at CLA?

Personal Care Department:

Melissa Romero, RN Supervisor, ext. 3231

Community Support Coordination Department:

Kaylin Shampo, Behavioral Health Program Mgr., ext. 3130

Cecelia Jewson, MSW Intern, ext. 3120

Finance Department:

Cathy Putnam, Director of Finance & Facility, ext. 1122



Together We Can!



Center for Aging Research and Education

CARE at the UW-Madison School of Nursing

Care Connections is the monthly newsletter from the Center for Aging Research and Education at the University of Wisconsin-Madison School of Nursing.

Care Connections: August 2021 [Home Is Where the HeART Coalition Is](#)

“How can we address healthy aging within these communities in ways that are feasible, achievable, and relatively inexpensive, but also have a great impact?” asks Geana Shemak, MS, ATC, the community coordinator and educator for the Healthy Aging in Rural Towns (HeART) coalition in Iowa County, Wisconsin.

For three years, HeART coalitions in Iowa County, Langlade County, and Waupun have worked with the University of Wisconsin-Madison School of Nursing to assess community needs and resources, and identify and implement strategies to support rural aging-in-place.

“People want to stay in their homes,” says Shemak. “But our homes aren’t necessarily built for us as we get older. Disabilities or unexpected health outcomes might mean that suddenly our homes don’t fit us anymore.”

“Most people don’t realize how important even simple home modifications are for preventing accidents that can cause serious, permanent loss of mobility,” says Barb Bowers, PhD, RN, FAAN, UW-Madison School of Nursing professor and faculty lead on the HeART project. “This project fits nicely within the School of Nursing commitment to improving the health of Wisconsin’s rural communities.”

[Read More](#)

State of Wisconsin Offers Free Online Courses for Caregivers

Click here: <http://wisconsincaregiver.org> to register and complete a short survey.
You will receive access to over 30 courses, including some of the following:

****Teepa Snow: Dementia Care Provisions **Moving & Transferring **Music Therapy**
****Verbal & Physical Aggression **Eating and Appetite Concerns **Aging and Nutrition**
****Fall Prevention **Finding Caregiver Support **Research on Exercise and Brain Health**

HOPE Health Newsletter – September 2021

Topics of Interest:

- Grains: The Whole Truth p.1
- Food Close to Home p.2
- Understanding Teens p.3
- Advice for At-Home Workers p.3
- Prostate Health Advice? p.4
- Exercise: Rx for Childhood Obesity p.4
- Suicide Prevention Advice? p.5
- Cholesterol: Highs and Lows p.5
- Building a Safe Room—Is it for You? p.6
- Teach Your Teen Money Smarts p.6
- Organic Food Safety p. 6
- Headache Relief p.7
- September Fill-in-the-Blank Puzzle p.8
- Dr. Zorba's Corner: Gums and Blood Pressure p.8



Retrieved from September HOPE Health Newsletter Vol. 41; No.9 produced by Hausmann Johnson Insurance, The Benefit Services Group, INC. (BSG), and BSG Analytics LLC.



Caring for Caregivers

Caregiver Chronicles—September 2021

Topics include:

- **Transitions in Automobility p.2-3**
****Driving Retirement and Transportation Resources p.4-5**
****Healthy Aging Workshops Offered in Dane County p.6**
****Caregiver Teleconnection Events p.7 **Alzheimer's Research—UW-Madison School of Nursing p.8**
****Let's Connect— Free Call-in program for Seniors p.9 **Poetry Party September 15th @ 10am p.9**
****Free Virtual (Online) Welcome to Medicare Seminars p.10 **Monthly MIPPA Moment: Help with Medication Costs p.11**
****Virtual Falls Prevention Event September 30 @ 10:30am p.12**

And so much more!!!!