



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

Where has the year gone? CLA is grateful to have had a few opportunities to recognize the important work that our direct care workers do each day.

In September, CLA celebrated our Bob Deist Memorial Caregivers of the Year award recipients with a lovely outdoor celebration! Five Caregivers were nominated and received the award. CLA Board Members and Office Staff Members attended to celebrate the vital support they provide to CLA Clients.



In November, CLA celebrated Family Caregiver Month. CLA invited a guest speaker, Sarah Rodgers from the VA to discuss self-care for the family caregiver. In the event that you were unable to attend, you can now watch it from a link on our website or click [here](#). Family Caregivers are an integral part of achieving CLA's mission. We conducted 4 drawings during the month. Recipients received Amazon Fire Tablets, dinner delivery, and new pots, pans and accessories. Thank you so much for your consistent dedication to your family members, clients, and to CLA.

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Erika A. and her winnings. "It's a blessing being a caregiver!"

CLA participated in the "Share Your Holidays" food drive throughout November, thank you to all who dropped off nonperishable items. CLA is also "Lighting the Season with Kindness" by participating in a gift drive for CLA families needing assistance. Gift tags were available in the CLA lobby the last week of November and all wrapped gifts will be distributed in December. Winter in Wisconsin brings along its own bit of fun. Please allow extra time to get places, keep warm clothing items in your car for emergencies, and take care when dealing with snow covered driveways, sidewalks, and cars.

I wish to take this opportunity to thank all CLA's dedicated personal care workers (PCWs) and Family Caregivers for the care you provide each day to our clients and for your support of CLA's mission. In the spirit of the season, on behalf of CLA's Board of Directors and Leadership Team, *I wish you and your loved ones a safe, joy filled holiday season and a healthy and prosperous new year.*



Community Living Alliance Wellness Solutions Department

Mental Health Benefits of Art and Creativity



Engaging in art and creative activities can be an effective and accessible way of improving mental health. As we get older, we sometimes forget the joy and pride that came with creating something, but research has shown that art can be a beneficial activity for both children and adults. Whether people decide to make art on their own, as part of a group, or with a certified art therapist it has been shown to have many benefits including:

1. Improving social skills
2. Addressing past traumas
3. Reducing stress
4. Improving self-awareness
5. Expressing emotions and thoughts
6. Recognizing own strengths and weaknesses
7. Increasing creative skills
8. Learning coping mechanisms
9. Experiencing feelings of empowerment

Local resources for exploring art as a support for mental health:

- Cornucopia Arts and Wellness - [Cornucopia Arts & Wellness - Home \(copiaarts.org\)](http://Copiaarts.org)
- ARTS for ALL Wisconsin - [ARTS for ALL Wisconsin > Home](#)
- Monroe Street Arts Center - [Monroe Street Arts Center](#)
- Arts + Literature Laboratory - [Arts + Literature Laboratory | Madison WI Contemporary Arts Center \(artlitlab.org\)](#)

Community Living Alliance Care Solutions & Scheduling Departments

Hints & Tips

myMITC Tips for Live In CLA Personal Care Workers and Timely Reporting

1. Call or email CLA as soon as possible when we contact you about missing information
2. Tuesday @ 10:30am is the deadline for Live In Personal Care Workers to enter time and documentation in CLA myMITC
3. Get a signature before you clock out if the person you support is using Doodle Pad to approve your time.

Looking for more hours?

Know someone looking for work?

Scheduling team is interested in hearing from you if you want to work with additional people or pick up additional hours.

Email scheduling@clanet.org, if you are interested.

Know someone who wants to work with CLA?

See employee referral bonus information on page 6 or the link below:

<https://clanet.mitcawm.com/employees/>

CarePool and CLA - what it means to you and people who use CLA for support.



CLA has partnered with CarePool a national transportation provider on a Wisconsin DHS ARPA grant funding a pilot program that offers door to door transportation to personal care workers who don't have access to regular transportation.

Do you know someone who would like to work, but isn't able to due to transportation costs or limitations? Please encourage them to reach out to CLA HR team to apply and learn more.

This link will bring you to the video promoting the CarePool/CLA Pilot Project.

[CLA CarePool video](#)

Community Living Alliance
2024 Holiday/Payday Calendar

2024

Holiday/Pay Day Calendar

January						
Su	M	Tu	W	Th	F	Sa
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Employee Referral Bonus!

Community Living Alliance Human Resources Department

CLA offers a bonus to all active, current employees who refer a PCW or HCS New Hire!

Any eligible employee who refers a caregiver (PCW or HCS) candidate to CLA that results in a hire can receive a \$250 Employee Referral Bonus!

⇒Eligible Employees are defined as any current employee actively working for CLA.

⇒The Employee Referral Bonus of \$250 will be paid in 2 installments:

- * \$125 with the first paycheck after the candidate is hired
- * \$125 with the first paycheck after the new hire completes 6 months employment
 - ^ Please note both the candidate and the referring employee must be actively employed with CLA at the aforementioned times in order to receive the installment

⇒**New Referral Portal:** Recruitment is excited to start utilizing an Employee Referral Portal!

Click [HERE](#) to learn how you can share unique links, texts, emails, and social media posts tied directly to you and your referrals. The Employee Referral Portal will help you keep track of the number of friends you refer that get hired! You will also get updates on any new referral bonuses that happen in the future as well.

- * Go to clanet.mitcawm.com/employees to access the Employee Referral Portal
- * Register as a new user with your email and our Pass Phase: CLAHire

⇒**New Hire Bonus:** CLA is offering a Hire Bonus to both PCW & HCS new hires as follows:

- * \$250 for PCWs
- * \$700 for HCSs

Questions? Contact Lead Recruiter, Heather Braun: braunh@clanet.org

CLA partners with United Heartland to bring you [Winter Safety Tips](#)



Walk**S.A.F.E.**



[Caregiver Chronicle](#)
[December 2023](#)

Caring for Caregivers

Provided by [Area Agency on Aging of Dane County](#)

[State of Wisconsin Offers Free Online Courses for Caregivers](#)

Sign up for access to free training here: [Register - Wisconsin State \(trualta.com\)](#)

CLA partners with **Summit Credit Union** to bring you [Free Financial Education!](#)

Free financial education on the go! Check out Summit Credit Union's on-demand webinars, podcasts, and events to learn more about homeownership, mindful spending, budgeting and [taking control of your finances](#).

[Listen to Podcasts](#)



[Watch Webinars](#)

Caregiver Resources: Best Websites for Caregivers

Caregivers are often looking for good online resources. Below is a selected list of Websites for caregivers providing support for persons diagnosed with Alzheimer's & Related Dementias, mental health conditions, other chronic illness, or disability. The list also contains links to resources on caring for the caregiver. Each site is unique and aimed at providing current, practical, and expert advice.

Alzheimer's Association National Office.

Information for caregivers is available through several links found at www.alz.org. The materials cover a robust selection of brochures, factsheets, and links to external Websites on caregiving and self-care.

Daily Care:

<https://www.alz.org/care/>

Respite Care:

<https://www.alz.org/care/alzheimers-dementia-caregiver-respite.asp>

Alzheimer's Disease Education and Referral Center (ADEAR).

Caregiver Guide: Tips for Caregivers of People with Alzheimer's Disease from the National Institute on Aging.

This online booklet provides solid advice on a comprehensive array of caregiving topics.

<https://www.nia.nih.gov/health/alzheimers>

Alzheimer's Disease Research Center.

Dementia and Driving.

<https://www.alz.org/care/alzheimers-dementia-and-driving.asp>

American Medical Association.

Caregiver Self-Assessment Tools

Assessment tools to help caregivers take stock of their own well-being and minimize risks to their health.

<http://www.apa.org/pi/about/publications/caregivers/practicesettings/assessment/tools/index.aspx?tab=2>

Family Caregiver Alliance.

For those caring for family members with chronic health conditions of all kinds, this Web site offers fact-sheets, monographs, policy and statistical documents, and consumer and training materials on caregiving and caring for oneself.

<https://www.caregiver.org>

Mayo Clinic.

Alzheimer's & Related Dementias: symptoms, causes, treatments, coping strategies

<https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/alzheimers-caregiver/art-20047577>

MedlinePlus.

Home Care Services.

Provides links to numerous agencies and organizations that have resources for caregivers.

<https://medlineplus.gov/caregivers.html>

Self-Care

Key to Navigating the Holidays, Employee Assistance Program is available 24/7 with the resources and supports you need.

Featured this month

Relaxation Rx

Relaxation techniques that provide immediate and long-term benefits

[View Webinar](#) [More Resources](#)

To log into your WorkLife Online Portal:
Go to perspectivesltd.com
and click “INDIVIDUAL AND FAMILY LOGIN” at the top of the page.

Comprehensive navigation

Powerful search

New features every month

Most used resources

Biblioteca de recursos en Español

NEW Learning Center

From 3-minute overviews to 15-minute training sessions to full webinars and podcasts, you can pick the resource that fits your needs and schedule.

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AN
**EASY-TO-NAVIGATE
EXPERIENCE**

[Watch the orientation video](#)

<https://www.youtube.com/watch?v=0k7cOHkxXAo>

