

January 2021
1st Quarter

Issue
Twelve



Corpus Christi State Supported Living Center

the WAVE

Sponsored by the Volunteer Services Council



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The President's Pen.. 

A big thank you to the Port of Corpus Christi for their generous donation of \$3000. The Volunteer Services Council is truly appreciative of your continuous support for the CCSSLC residents.

**Thank you
Half Price
Books for your
generous
donation of
521 books!**

**HALF
PRICE
BOOKS**



Thank You

A big THANK YOU to all the companies and individuals who participated in our Angel Tree Giving Program. Your generous contributions helped make Christmas a special one for the CCSSLC residents.

Coastal Bend Blood Center
CoastLife Credit Union
C.C. Lease Locators
Private Donors

Citgo
Navy Army Credit Union
Nueces County Court Reporters

Valero
VSC Board Members
Port of Corpus Christi



**Christmas Tree Decorating
Contest 2020**

**1st Place
Kingfish 1**



**2nd Place
Angelfish**



**Holiday
Hoedown**

**3rd Place
Group Home**



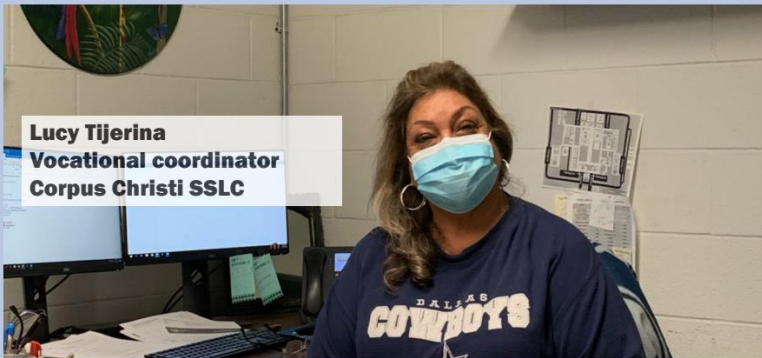
**Great job to all the
homes!**



Johnni Bell
Direct support professional
Corpus Christi SSLC

WHY I'M GETTING THE COVID VACCINE

"Getting the vaccine means, protection. Protection for myself and my family against an illness we may not be able to fight off."



Lucy Tijerina
Vocational coordinator
Corpus Christi SSLC

WHY I'M GETTING THE COVID VACCINE

"Getting the vaccine is the responsible thing to do for people in our profession. It's the only way we can stop the virus that has taken so many people from our community."



Audra Stolicki
Direct support professional
Corpus Christi SSLC

WHY I'M GETTING THE COVID VACCINE

"I'm choosing to receive the vaccine because I want to protect my clients, my family and myself."



What you need to know about the vaccine:

What is it? This vaccine is made with mRNA technology, COVID-19 mRNA vaccines give instructions for our cells to make a harmless piece of what is called the "spike protein." The spike protein is found on the surface of the virus that causes COVID-19.

Benefits of Getting a COVID-19 Vaccine

- Will help keep you from getting COVID-19.
- Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.
- COVID-19 vaccination is an effective way to help build protection.
- COVID-19 vaccination will be an important tool to help stop the pandemic.

Four Things to Know about the COVID-19 Vaccine

- Safety is a top priority while federal partners work to make COVID-19 vaccines available. The new COVID-19 vaccines have been evaluated in tens of thousands of volunteers during clinical trials. The vaccines are only authorized for use if they are found to be safe.
- The vaccines are highly effective at about a 95% rate.
- You cannot get COVID-19 from the vaccine
- Texas is already distributing vaccines and will continue as more becomes available.

Admissions & Placement

The Placement Department has been working with potential providers to overcome barriers that the pandemic created, and we are excited to announce that 6 individuals are about ready to move to the community with more on the way!

We would also like to send a shout out to everyone who has continued to come to work and serve the individuals, especially those that work directly with the individuals. Now, more than ever, DSPs truly are the heartbeat of CCSSLC, and it would not exist without you!!! Regardless of what you have going on outside of work, you still come in and experience the physical and emotional stress of a very demanding job for the betterment of the individuals.

We see you. And we appreciate you.



Quality Assurance

The Quality Assurance Department is currently hiring for the Data Analyst and Quality Assurance RN positions! If you have any interest in quality assurance and helping to improve the services we provide to the individuals at CCSSLC, please visit the Job Portal site or contact Aerial Ligon (ext. 7907) for more information!



The QA department would also like to welcome our two newest members:
Program Compliance Monitors Dana Nail and Kelsey Mitchell



By Competency Training & Development

*Noel Correa – ATL DSP I
 Amber Hernandez – PAC DSP I
 Madelynn Nunez – PAC DSP I
 Vicente Saenz – Network Specialist II
 Desyrae Valdez – PAC DSP I
 Concepcion Alaniz – ATL DSP I
 Veronica Brambila – ATL DSP I
 Roman Calderon – Rehab Therapy Tech
 Jessica Cavazos – Human Services
 Cecilia Corral – ATL DSP I
 Samantha Davila – ATL DSP I
 Daniel Gonzalez – BHS V
 Alexis Mungia – CS DSP I
 Krista Navarro – ATL DSP I
 Andrea Palmer – ATL QIDP II
 Nilda Pena – PAC DSP I
 Ernesto Perez – Custodian
 Amelia Ramirez – PAC DSP I
 Roslyn Ramon – ATL DSP I
 Ilene Reyna-Clark – PAC DSP I
 Robert Rivera – Maintenance Spec.
 Victoria Suhoski – ATL Nurse II
 Robert Valentine – Plant Manager
 Alexander Ajayi- Bembe – ATL DSP III
 Linda Baltazar – Custodian
 Melanie Deleon – PAC DSP I
 Rosemary Fashoro – ATL QIDP II
 Brinda Fuller – ATL Nurse II
 Robert Garza – Custodian
 Sarah Grant – Custodian
 Tamika Jones – CS DSP I
 Natalie Laurel – PAC DSP I
 Maricela Lopez – PAC DSP I
 Chyenne Lopez – Food Service Worker*

*Casey Ratcliff – Human Service Tech
 Jose Flores – Custodian
 Cristobal Avila – Rehab Therapy Tech
 Janaray Meierotto – PAC DSP I
 Barbara Merrill – PAC BHS V
 Alexandra Morales – PAC DSP I
 Silverio Morquecho – Food Service Worker
 Norami Ortiz – Clinical Nutritionist
 Luisa Salinas – Custodian
 Martha Salinas – PAC LVN II
 Maria Vela – Switchboard Operator
 Amanda Zapata – ATL DSP I
 Austin Alcoser – Food Service Worker
 Tracey Arteaga – CS DSP I
 Patricia Bradshaw – PAC DSP III
 Alba Cantu – Food Service Worker
 Samantha Cantu – ATL DSP I
 Maria Carrales – GH LVN I
 Laura Clark – PAC DSP I
 John Cortez – Facility Investigator
 Valerie Delapaz – ATL DSP I
 Chante Garcia – ATL DSP I
 Rebecca Garza – CS DSP I
 Karl Gonzalez – ATL DSP I
 Holly Hall – CS DSP I
 Eleas Hernandez – Rehab Therapy Tech
 Sarah Lopez – CS DSP I
 Marco Maldonado – Financial Officer
 April Martinez – CS DSP I
 Cynthia Ramirez – CS DSP I
 Carol Andrus – Physician IV*

*Shaddai Arredondo – PAC DSP I
 Michael Castaneda – Food Service Worker
 Eli Grimaldo – ATL DSP I
 John Herrera – ATL DSP I
 Hanah Johnson – Food Service Worker
 Rosalina Mallett – ATL DSP I
 Lisa Rodriguez – ATL DSP I
 Oscar Rodriguez – ATL DSP I
 Crystal Thomas – Human Service Tech
 Mariah Valdez – ATL DSP I
 Nicole Williams – ATL DSP I
 Luis Rodriguez – Custodian
 Michele Garcia – Food Service Worker
 Joann Medina – Food Service Worker
 Vivian Lopez – ATL DSP I
 Jose Vela – ATL DSP I
 Heaven Campos – PAC DSP I
 Melissa Chavez – PAC DSP I
 Clarissa Gomez – PAC DSP I
 Llean Sanchez – PAC DSP I
 Gabriela Monroy – Asst. Nurse Educator
 Ronald Bowen – Inf. Nurse II
 Michelle Evans – BHS III
 Kiana Howard – BHS III
 Alyssa Garcia – BHS III
 Dana Nail – Inspector IV
 Kelsey Mitchell – Inspector IV
 Anthony Garcia – Maintenance Specialist*



The Volunteer Services Council is now accepting donations to supply the Birthday Gift Store and the Hanger. Birthday gifts must be new and in original packaging. Clothing must be new or gently used. Here are some suggested items:

Backpacks/Purses
Board Games
Body Sprays/Wash
Card Games
CDs
Digital Watches
DVDs
Hats/Caps
Headphones

Make-Up
Perfume/Cologne
Portable Radios/MP3
Posters
Stationery Sets
Belts
Blouses
Button Up
Dresses

Flip Flops
House Shoes
Long Sleeve Shirts
Pants/Slacks
Coats
Jackets/Hoodies
T-Shirts
Workout Clothes
Tennis Shoes

If you would like to make a monetary donation to the Volunteer Service Council donate at corpusvsc.com or visit the Community Relations Office Bldg. 509. For more information contact us at 361-844-7004.

MARK YOUR CALENDARS

January

1st New Years Day
18th MLK Jr. Day
19th Confederate Heroes Day

February

2nd Groundhog Day
14th Valentines Day
15th President's Day



March

2nd Texas Independence Day
17th St. Patrick's Day
31st Cesar Chavez Day

In Memoriam

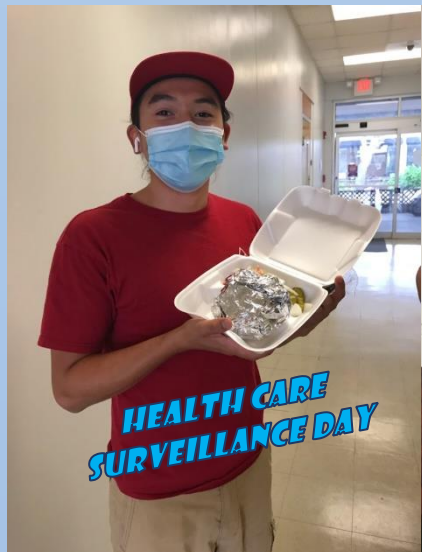
Francisco Medina 1/31/1967-11/19/2020
James Lincoln 6/4/1956-12/11/2020
Ronald Alphin 11/15/1952-1/4/2020

IMPORTANT NUMBERS

- To Report Abuse, Neglect, or Exploitation:
1(800) 647-7418
(All cases of abuse, neglect or exploitation MUST be reported within one hour of suspicion)
- Medical Emergency ?
Call 6333
(1.Stay calm 2. State the nature of the medical emergency 3. Your exact location 4. Don't hang up until the Infirmary does)
- Emergencies
Call 9-1-1



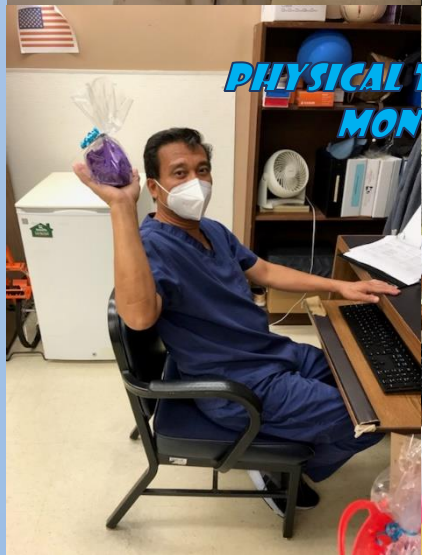
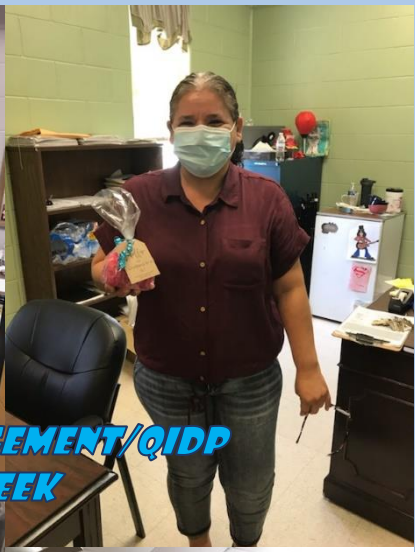
EMPLOYEE COUNCIL



**HEALTH CARE
SURVEILLANCE DAY**



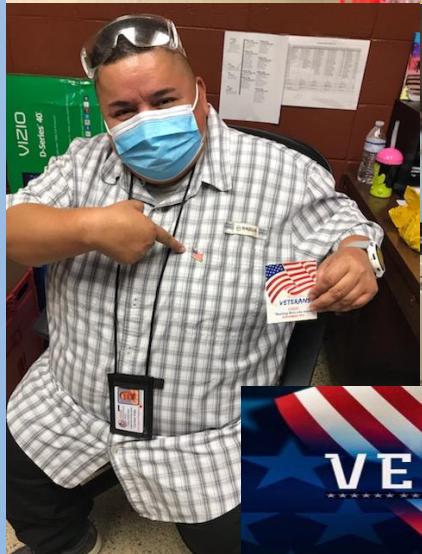
**CASE MANAGEMENT/QIDP
WEEK**



**PHYSICAL THERAPY
MONTH**



**FOOD SERVICE
WEEK**



VETERANS DAY



Safety Awareness 2021



Happy
New Year

#ResolveToBeReady

Emergency Preparedness Tips

Unlike fortune tellers we can't always see what the future holds. Worry less by being prepared ahead of time.

- Gather supplies and documents (batteries, flashlights, first aid kit, birth certificate, etc.)
- Devise a plan with your family members and keep your pets in mind
- Stay in the know, be aware of the latest information

Emergencies can happen at any time. Being prepared allows you to focus on what's most important. For more information on how to be prepared go to:

www.ready.gov/kit



BATH SAFETY

At home injuries occur more often than you think, and bathing is such a routine activity that an accident can happen when you least expect it. Minimize risk by:

- ✓ Installing safety bars or grab handles
- ✓ Use non-slip mats or stickers inside the tub or shower

Soaking in the tub is a great way to unwind. Take precautions to avoid accidental injuries.

January is National Blood Donor Month, give the gift of life this year by making a simple donation. More than 4.5 million Americans would die every year without lifesaving blood transfusions. You can make a difference! For every pint of blood donated there is the potential to save **THREE LIVES!**

Find a donation center near you!

BE A HERO!
Give Blood &
Save a Life



KICK OFF THE YEAR WITH PEACE OF MIND

Maintaining a healthy mind and body can help you live a safer, stress free lifestyle. Take time to form a positive, healthy mindset by using the WELL method.

W – Work-Life Harmony (finding a healthy balance)

E – Expect/Enable Excellence (set achievable goals)

L – Live Your Purpose (do what makes you happy)

L – Love, Not Fear (don't be afraid to fail or try new things)



Create daily routines that support prosperity. Small acts of self-care such as reading a book, making healthy choices and meditation can help your overall well-being. Be sure to get a good night's sleep to help combat stress levels and prevent tiredness during the day.

A healthy mind and body creates a better lifestyle. Being mindful of ourselves and those around us promotes a safer environment.

February is
American Heart
Month

Stop the Heartache

Every year 600,000 American's die from heart disease. Simple changes in lifestyle can help reduce your risk.

- ♥ Take up a heart- healthy habit – Eating healthier and staying active are important, try substituting one unhealthy item for a healthier one and sticking to it for a whole month
- ♥ Educate yourself – Know the risk factors, preventative measures and life style choices to help you and your family stay healthy
- ♥ Check your cholesterol – Ask your doctor for a simple cholesterol test



BEE HEALTHY! GET
THE FACTS AT
WWW.HEART.ORG

Don't Get Burned this Valentine's Day



National Burn Awareness Week takes place from February 7th-13th. Some important fire safety tips to keep you and your loved ones safe are:

- ✓ Don't leave candles unattended or near flammable materials
- ✓ Check electrical cords before use for loose or bare wires.
- ✓ When unplugging items, NEVER pull them by the cord, pull from the base
- ✓ Warm outlets could be a sign of bad wiring, stop using the outlet and call an electrician
- ✓ When cooking be sure to take extra precaution and be mindful of hot surfaces
- ✓ Remember to check smoke alarms and CO detectors, test them and replace batteries if necessary



If a fire breaks out remember to use an extinguisher if you have been trained and it is safe to do so. Never try to extinguish a fire if it is spreading, instead find the nearest exit and evacuate as quickly as possible.



It's Not Just About Being Lucky

Luck can only help you so much when it comes to severe weather emergencies. Keep safety in mind when planning and responding to weather related emergencies. Here's a few things to remember:

- ✓ Turn Around Don't Drown – as little as 12 inches of moving flood water can carry away a small vehicle
- ✓ Stay in the know – be aware of what's going on in your area and communicate with work and family
- ✓ Stock up on water and other essential items you may need in the case you'll need to stay in place

Just because the bad weather has passed does not mean danger no longer exists. Be aware of your surroundings and look for things such as:

- ✓ Flood Water – this could be contaminated with oil, gasoline or sewage
- ✓ Down powerlines or utility equipment – carries the potential for electrocution
- ✓ Wear protective clothing outside – glass, wood, and other hazardous debris could be scattered in areas and have the potential to cause serious harm

Fun Fact: In medieval Europe mercurous nitrate was used by hat makers to cure felt. Overtime the inhalation of vapors caused neurological symptoms of mercury poisoning such as psychosis and hallucinations, along with a variety of other health issues. This is where the term "mad as a hatter" comes from.



Don't Go Mad as a Hatter

Poisoning can occur without warning and poses some potentially serious hazards to your health.

Four main routes of exposure are

Ingestion

Inhalation

Injection

Skin Absorption

Important tips to remember are:

- ✓ Check labels for information on potential hazards and before working with a chemical check the SDS to learn more about it and what precautions must be followed
- ✓ Know the area you're in and be wary of venomous animals, insects or plants
- ✓ Prevent accidental exposure by washing hands properly after handling a chemical
- ✓ Never mix chemicals because it could create a potentially hazardous gas
- ✓ Use a sharps container when disposing of razors or needles
- ✓ Wash fruits and vegetables with running water, and store them properly

The Risk Management Team wishes you a
Safe and Happy New Year!

David McKinney- Risk Manager

Mary Barrientos- Employee Injury Services Case Manager

Lauren Arispe- Safety Officer

Jonnyvan Torres- Emergency Preparedness & Disaster Coordinator

Work Related Injury?

Accidents happen, if you're injured on the job you MUST:

- ✓ Report the injury to your supervisor
- ✓ Contact the Employee Injury Services Case Manager – Mary Barrientos
- ✓ Complete the injury packet
- ✓ Go to the infirmary for evaluation

Reach out to the Risk Management department if you have any questions, we are more than happy to help.

Vocational Vibes

I would like to thank all the Vocational staff for their dedication, caring for the individuals during this pandemic as their work does not go unnoticed. You all continue to provide excellent services to the individuals we serve.

- Lucy Tijerina, Vocational Coordinator



Congratulations to the following staff for their years of service.

Rose Soto 30 years

Humberto Yeverino 25 years

Vivian Catabay 5 years

Susan Cole 5 years



Welcome to the team!

**Eleeas Hernandez
Chris Avila**



**December:
Lucy Ortiz**

**January:
Jahida Balboa
Eleeas Hernandez
Vivian Catabay**



DID YOU KNOW???

The CCSSLC has
an On-Site Library

DVDs and Books are available
for check-out.

An appointment is required.

**Tons of new books
have arrived!!!**

*****Staff members are
encouraged to check out
books to assist individuals
with reading*****

**LOCATED IN THE COMMUNITY RELATIONS
BUILDING #509 CALL TO SCHEDULE 361-844-7004**

**GOT MUSIC CDs
COLLECTING
DUST???**

**We want
Them!!!**

**ALL GENRES
NEEDED!!!**

All donations benefit
the residents at the
CCSSLC. Please
contact Lori or
Cheryl to schedule
your donation pick-up
or drop-off!!!

361-844-7004

**THE
CCSSLC
RESIDENTS
LOVE
MUSIC!!!**