



CREATIVE CONNECTIONS

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HEALTHY HEROES

Creative Empowerment Opportunities recognizes the importance of employee health. As caregivers we play a key role in the lives of the persons we serve and as role models. Employees health and well being results in not only good physical health but also an increased positive mental and emotional status, decreased absences from work and increased energy. To kick off 2024 CEO would like to recognize some of CEO's inspiring 2023 Healthy Heroes!



Healthy Hero	Title	Total Loss in 2023	How they did it!
Kimberly Atwood	Program Supervisor, CEO Clinton Twp. & Mt. Clemens	40lbs.	Kim accomplished her goal through eliminating a lot of processed foods and weight lifting 3 days per week.
Falicyta Brown	Quality Assurance Officer	20lbs.	Falicyta began walking 6,000-10,000 steps a day, drinking at least a gallon of water a day and eliminating pop from her diet to reach her weight loss goal.
Anne Bieri	Program Supervisor CEO Washington	18lbs.	By incorporating 15-30 minutes of exercise per day in addition to 10,000 steps a day, Anne reached a significant weight loss this year. Anne said that she also replaced pop with water which contributed greatly to her loss.
Barb Emery	Administrative Manager CEO Clinton Twp.	60lbs.	Intermittent Fasting. "I ate when I needed to and not because it was just something to pass the time. I now enjoy food, all kinds of food."
Latonia Hunter	Program Manager CEO Pontiac	37lbs.	Latonia worked hard to eliminate sugars such as baked good in her diet and reduced her pop intake Latonia also attributes much of her success to using exercise equipment at home minimum 4 days/week.
Danielle Young	Program Manager CEO Anchorville	25lbs.	Dani reports that limiting sugars, increasing her water intake and portion control were key. She also shared that she finds 30 minutes per day to exercise.

CONGRATULATIONS LADIES ON A TOTAL LOSS OF 200LBS!!!



Law Makers...Make them Aware & Make them Care!

For over a century, persons with disabilities have been viewed as outcasts to be segregated away from everyday society. Since the 1800s persons with disabilities have dealt with and battled against marginalization, oppression, harassment, degradation and ridicule. There were no rights, human or civil for them to exercise. Luckily, circa 1930's, Franklin D. Roosevelt, living with a disability himself, became an advocate for persons with disabilities. The emergence of technology in society promoted/fostered greater self-reliance for persons with IDD. Pressures of WWII and disabled veterans returning home, wounded vets and citizens who were grateful for the vets' service made demanded the government assist persons with disabilities in receiving rehabilitation and vocational training. Disability Awareness and rights has been developing and evolving for over a century, but we still have so much further to go.

Advocacy has helped and continues to help Michiganders with disabilities fight for their right to practice self-determination, make informed choices in their lives, full inclusion, civil rights including the right to vote, participate in civic organizations in their community, decision making groups and/or task forces, with policy makers at the federal, state and local level and the necessary services, supports/accommodations to do that. So many persons living with disabilities need help to make their voice heard, provide access to information regarding their rights and opportunities.

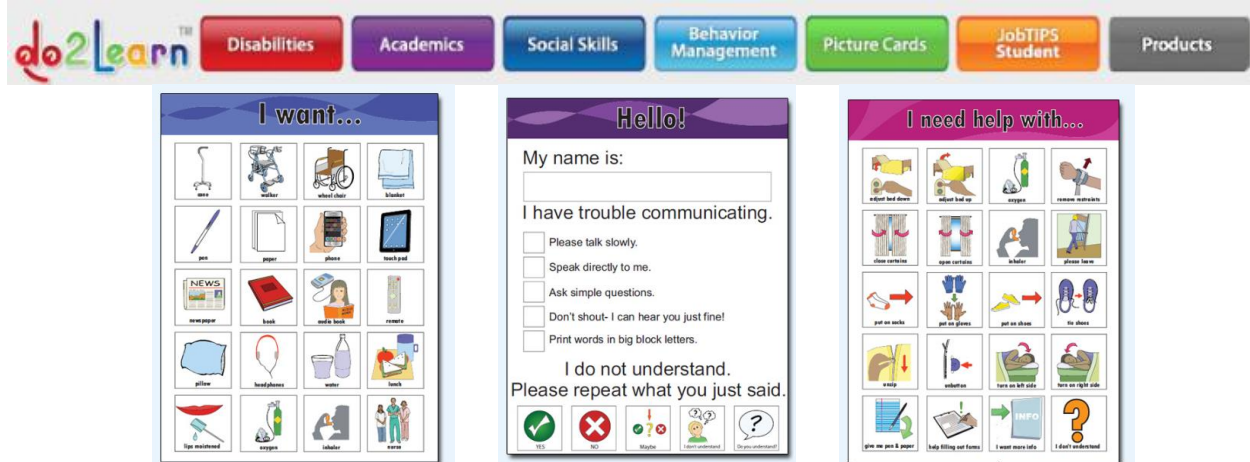
How can you help persons served along their road to equality, to be the voice for so many persons who do not have one? Persons with disabilities are human and it is time that they are heard, valued, and treated with equality and autonomy. Below we have listed a table with advocacy organizations, just copy & paste the link into your search bar.

- [National Disability Rights Network](#)
- [Disability Network Michigan\Michigan Disability Rights Coalition](#)
- [The Arc Michigan](#)
- [Olmstead Decision \(olmsteadrights.org\)](#)
- [Michigan Disability Resources and Advocacy Organizations - Olmstead Rights](#)
- [Michigan Disability Resources](#)
- [Michigan Department of Civil Rights](#)

Resources



Do2Learn is a vast educational resource online for persons served with special needs and/or their caregivers to help develop communication, ADL's, social skills, academics, behavior management and so much more. It also has an extensive library of pictures for visual schedules free of charge.



Of course there are additional resources available on Do2Learn such as teaching aids for a low cost. These are also excellent tools and well worth the investment.

[Do2Learn: Educational Resources for Special Needs](#)

Creative Empowerment Opportunities provides a Person First learning environment for persons served. Our agency fully embraces the culture of “Gentle Teaching”. We provide care and support to people with intellectual disabilities and those in recovery from mental illness. Each Person Served is encouraged to select individualized and meaningful goals to increase their skill set and independence. CEO fully embraces and comply with all Home and Community Based Federal Rules.

Don't forget to visit our Creative Empowerment Opportunities Facebook page to keep up to date on all our news and events!

