

Contact Us

Clinton Twp:

Kim Atwood- Program Director
Darlene Underwood- Sr. Program Manager
Latesha Marks- Program Manager
Kiana Ponder- Community Resources Manager

Empowerment Academy

Kim Atwood- Program Director

Anchorville:

Danielle Young- Program Supervisor

Pontiac

Cara Flockhart- Program Director
Latonia Hunter- Program Manager

Washington:

Anne Bieri- Program Director

Westland:

Ron Peguies- Program Director
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Clinton Twp. - Creative Empowerment Program Macomb County Autistic Program Administrative Offices

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(586) 493-9715

C.E.O. Anchorville

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C.E.O. Pontiac

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Pontiac, MI 48342
(248) 858-7847

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Questions, comments, article ideas?

We would love to hear from you!

Please check the website for current news and information

Our website: <http://creativeempowerment.org>

Executive Director: Kathleen Kunz

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Creatively Speaking

December 2024 Edition

Mission Statement:

We believe that all people are entitled to respect, dignity, independence, community integration and the opportunity to make choices in their own future.



Important Dates:

Creative Empowerment Opportunities

Will be closed on the following days to observe the holidays.

- 12/24/25
- 12/25/24
- 12/31/24
- 1/1/25



We wish everyone a safe holiday season filled with much joy, love and laughter!

Reminder :

In the event that Creative Empowerment Opportunities needs to close due to severe weather, snow closings, etc., please watch local television channels 2, 4 or 7 for closings or listen to WJR Radio. You can also check online for all the local news websites as well, under school closings. Please watch for the county and the service site that you attend. Thank You!



What's going on?

Spirit Wednesdays!

12/4/24: Candy Cane Day (Wear stripes)

12/11/24: Wear Red- for Santa or Wear Green- for Grinch

12/18/24: Christmas Hoodie or dress like Christmas Character

12/23/24: Ugly Christmas Sweaters and Christmas Hats



Home Placement Acknowledgment

CEO Anchorville- We wish to acknowledge all homes for the kindness and consideration you show every day for the persons served.

CEO Pontiac- We would like to acknowledge Davison Family for awesome gift bags for Halloween!

CEO Washington- We wish to acknowledge all homes for the kindness and consideration you show every day for the persons served.

CEO Clinton Twp.- Thank you, Colony Group Home for great communication so that we can provide the best care for the persons served.

CEO Westland- Thank you to Kelly and her staff for ensuring that her ladies have great attendance. Kelly and her staff are kind and helpful when needed.



S K I I N G S N O W B O O H T
S F I R E P L A C E I N G E O
L I E A R M U F F S C N Y T S
E W S B C O L T R A E S T A C
D I M L R O W S N O U G H E A
D N U I A U L O W P S H T O R
I T F Z E S A D E H A T A O F
N R B Z B A E R O W P L Y I I
G C O A T O T L Y D M W L C R
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P O T D E C E M B E R I L C L
L A S N C R O V I N C L O L R
O A D H J K T C E S H O V E L
W J A N U A R Y O E S A H S T
M I T T E N S W E A T E R E L

BLIZZARD	FIREPLACE	PLOW
BOOTS	FROSTY	SCARF
COAT	HAT	SHOVEL
COCOA	ICE	SKIING
COLD	ICICLES	SLEDDING
DECEMBER	JANUARY	SNOW
EARMUFFS	MARCH	SWEATER
FEBRUARY	MITTENS	WINTER

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Happy Birthday!

Happy Birthday
to all
Persons Served and
Employees celebrating
December Birthdays!



A big "Thank You" to our dedicated employees celebrating employment anniversaries in December:

Bryan Davis- 14 years
Crystal Conlee- 1 year

Program News:

Anchorville: Please call the building to notify management of absences, please do not wait for the van to arrive to notify the driver. Please make sure they have extra clothing in their bag for any accidents...CEO does not have clothes on hand.

Hot lunch: December Turkey Feast- 12/19/24

Clinton Twp: With cooler weather approaching, please make sure your loved one/ Person Served is dressed appropriately for the weather.

Hot Lunch: Christmas Luncheon- 12/19/24

Fundraiser: Snack store is open once a day to everyone to purchase goodies. Everything is currently .50 cents or \$1.00.

Pontiac: Please remember that if a Persons Served is exhibiting **ANY** symptoms of illness, they should stay home until they are symptom free.

Hot Lunch: 12/18/24- Ham, Green bean casserole, mashed potatoes, dinner roll, beverage and dessert. Cost \$3.00 due by 12/16/24

Fundraiser: Pop Bottle drive

Washington: Please help persons served be ready for transport pick up with appropriate dress: Coats, hats, gloves, scarves, boots, etc. **A Birthday treat will be provided on the last Friday of the Month, to celebrate birthdays.**

Westland: Please make sure to contact the program if you know your person served will be missing a day. We appreciate it.

CEO Bottle Drives

- **Do you have returnable bottles and cans you don't feel like returning? Please feel free to bring them in or call for a pick-up and both of these programs will be glad to take them off your hands.**
- **Proceeds will go to skill development activities at the Community Empowerment Center and in the greater community, classroom supplies, art supplies, as well as treats for upcoming holiday parties.**

For more information, please don't hesitate to contact the program you wish to donate your bottles/cans to.....

Thank you for your support!!!!!!

Now Hiring: Direct Support Professionals Accepting applications at all CEO Empowerment Centers

Creative Empowerment Opportunities is seeking competent and caring staff, to provide services for adults with intellectual and physical disabilities as well as those with mental illness in a community empowerment center. Instructors may work in the facility, instruct in classroom settings (teaching daily living skills etc.), in the community or job coaching. The job duties do include all aspects of direct care, transporting people in large vans, daily data collection and documentation and assigned cleaning duties. *If you are a group home staff, that would like to pick up some extra hours on your day off, or if you are a family member or friend who knows of somebody looking for work, then feel free to apply! What a wonderful opportunity to make a difference in someone's life!*

For more information regarding employment with CEO, you may call any of the CEO Empowerment Centers at the numbers listed in the newsletter, or you can contact Stephanie Hess, Training Supervisor at 586-569-4250 or email her at stephanie.hess@creativeemployment.net

Individual Served Achievements

Anchorville:

- Larry D. for working hard at Meals on Wheels and always enjoys volunteering.
- Jim S. for always helping his peers during activities.
- Greg N. for working hard at 7-11.
- Angela F. for always helping staff in cooking class and making sure things are tidy.

Clinton Twp:

- Katrina B.- Great job learning a new task at Dave's Sweet Tooth!
- Sue Lynn P.- Great job helping out at Focus Hope!
- Becky K.- Awesome job helping others!
- Emily F.- Great job reading to your friends!

Pontiac:

- Ann J. for outstanding work on Unifirst and communication with her peers!
- Vicki H. for positive participation in daily activities and flexibility!

Washington:

- John F.- Most Friendly
- Larry F.- Amazing Volunteer
- Madeline F.- Most Amazing Smile
- William F.- The Hardest Worker

Westland:

- Tynesha for having a positive week and being so helpful.
- Marvin for helping in the classroom.
- Danny for being an amazing helper.
- Jagdeep for his positive and effective communication skills.



Cold Weather Safety

Winter in Michigan is a celebrated season despite the extreme drops in temperature posing Dress warmly and stay dry: Be sure to dress in layers in wind resistant clothing. Wool, silk or polypropylene inner layers will hold more body heat than cotton. If your clothing is wet, go inside as soon as possible. When inside, remove the wet clothing as soon as possible.

- **Avoid exertion:** Cold weather can put extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or other hard work in the cold. The body is already working hard to stay warm, so extra work can cause an overload.
- **Cover exposed skin:** Always wear a warm hat that covers ears, gloves or mittens that cover the full wrist, and a scarf or ski mask to protect face and neck.
- **Be Safe During Recreation:** Notify friends and family where you will be before you go hiking, camping, or skiing. Avoid perspiring or becoming overtired. Be prepared to take emergency shelter. Pack dry clothing, a two-wave radio, waterproof matches and paraffin fire starters with you. Do not use alcohol and other mood altering substances and avoid caffeinated beverages. Carefully watch for signs of cold-weather health problems. It is important to be aware of any changes in exposed skin during cold weather periods.

Frostbite and hypothermia are very serious conditions that may be prevented or slowed down by early recognition and treatment. Shivering can be a good indicator that it's time to go in, as it is the first sign that the body is losing heat. If you are caring for an infant or senior citizen, be sure to frequently check that their homes are adequately heated. If heating is not at a safe level, making alternative housing arrangements is recommended.

Frostbitten skin is hard, pale, cold and has no feeling. When the frostbitten skin is in warm air, it will become red and painful. Very severe frostbite can cause blisters, gangrene (blackened dead tissue), and deep tissue damage in tendons, muscles, nerves and bones.

Hypothermia is a life-threatening condition that is caused by short exposure to extreme cold or long exposure to mild cold. Symptoms of hypothermia include trembling, stiffness of muscles, puffiness in the face, poor coordination, confusion, and low consciousness and reactivity.

If you suspect frostbite, hypothermia or other complications surrounding extreme weather, seek emergency medical care immediately.



Community Rewards through Kroger:

Creative Empowerment Opportunities is registered with Kroger Community Rewards and we encourage you to link your Kroger Plus Card!

What are Kroger Community Rewards?

Every year, nonprofit organizations earn millions of dollars through Kroger Community Rewards. It's easy to get started, and then simply scan your Kroger Plus Card on your next shopping trip.

How do register my Kroger Plus Card with Creative Empowerment Opportunities?

- Go to krogercommunityrewards.com and click on Sign In/Register.
- If you are a new online customer, click on SIGN UP TODAY in the 'New Customer?' box.
 - Sign up for a Kroger Rewards Account by entering zip code, clicking on favorite store, entering your email address and creating a password, and agreeing to the terms and conditions.
 - You will then get a message to check your email inbox and click on the link within the body of the email.
 - Click on My Account and use your email address and password to proceed to the next step.
 - Click on Edit Kroger Community Rewards information and input your Kroger Plus card number.
 - Update or confirm your information.
 - Enter Creative Empowerment Opportunities, select organization from list and click on confirm.



Friendly Reminders:

Please make sure that when sending in lunches for Person Served, that you please include items they may need to go along with that.... Such as napkins, plasticware, paper plates, etc.

Please make sure to apply sunscreen or sun block and bug spray to your Persons Served before they arrive at their program.

Thank you for your continued cooperation and support!

Holiday Stress Management Tips:

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Try these suggestions:

- Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.
- Eat healthy meals.
- Get plenty of sleep.
- Include regular physical activity in your daily routine.
- Try deep-breathing exercises, meditation or yoga.
- Avoid excessive tobacco, alcohol and drug use.
- Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit.



Attention All Transporters: Dropping off and/or picking up individuals

Please DO NOT leave your vehicle running unattended!

If you have other passengers in the vehicle that do not attend this facility, please give the front office a call and ask for someone to come out and assist the individual from your vehicle.

A staff member will come out with the attendance book for you to sign the individual in or out.

Thank you for your cooperation.