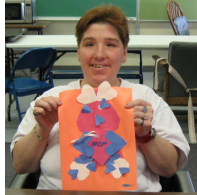


Lincoln Self Reliance Review

Client of the
Quarter from
Diamondville
Alisha Geller



Check it out on
Page 2



Client of the Quarter
from Afton
Brian Gillard

Special points of interest:

- [Person Served page 2](#)
- [Diamondville Program Manager, Residential/Vocational Manager, Day Hab Supervisor and ISC's articles on pages 3 and 4](#)
- [General information 5](#)
- [LSR information page 6](#)

From the Director

Darrel Skinner

Changes are on the horizon for providers, persons served, and parents/guardians. House Bill 52 passed with full funding. As a result the Acquired Brain Injury Waiver and Children's Waiver will receive additional funding to bring the reimbursement rate level with the Adult Waiver. All rates for services will be equal across all three waivers.

The big change that takes effect July 1, 2008, is how rates for Residential and Day Habilitation will be determined. The waivers will no longer have rates that are negotiated by the providers. The ICAP score will be used to determine a staff client ratio and the Division of Developmental Disabilities has set rates for services based on the staffing ratios. The area that this has the largest impact on is Day Habilitation services. Across the state of Wyoming providers will see a decline in reimbursements for Day Habilitation.

The Division has chosen to implement the new changes through the 2008/2009 Fiscal Year. As individual plans of care are renewed the new rates will be factored in.

On another note, LSR continues to grow both in the number of clients served and in types of services offered. LSR now offers Skilled Nursing services. You will be hearing more about Skilled Nursing in the future and what the benefits are to persons served on the waivers.

If you would like to know more about the new rate structure or have other questions on services offered through LSR, please contact Darrel Skinner at 307-885-1577 ext. 12.

Diamondville Client Of the Quarter

Meet Alisha Geller. Alisha has been with LSR for eight years. She was one of the first clients to pick LSR as her service provider.

Alisha lives on her own with her cat Nalla. She receives support from family, friends and LSR.

In her spare time, Alisha likes to do things with her family like fishing, camping and visiting other relatives. She has two sisters and a brother and a large extended family. Alisha also likes to spend time with friends.

Alisha has flown on her own to Texas and went on a Guided Tour last year. Guided Tour helps individuals with disabilities have a safe, fun travel experience.

Alisha is proud of her work record. She works for LSR, the Methodist Church and a private citizen.

Alisha is always willing to help others. If we need a volunteer we can count on her.

Alisha is involved in all aspects of Day Hab. She likes writing and presenting lesson plans. She likes to help other clients when they need assistance with crafts, work pages or playing a game. Alisha especially likes any activity involving community outings.



Is it go, whoa or mush?
A day at the Iditarod.

Companywide Lesson Plans

Persons served had ideas, wrote the plans and presented: **26**

Staff had idea, wrote and presented: **75**

Persons served/staff as a team had ideas, wrote the plans and presented: **36**

Total: 137

Some of the interesting lesson plans we have had are: each client preparing a fossil to take home; messy hair day; red, white and blue day; cooking new things each week; P.J day (which was interesting because it was when CARF was here); going to the annual dog sled races; coloring Easter eggs; making Shamrock dogs; each month we decorate a tree at Work Force Services with decorations clients make depicting that month or a holiday in that month; spending the day in Idaho Falls; hunting Easter eggs; going to "Horton Hears a Who" at the Ford Theater; spring lesson plans celebrating winter's passing (hopefully).

Afton Client of the Quarter

Meet Brian Gillard. He has been coming to LSR for five years. During this time he has shown tremendous growth.

Brian has worked in several different jobs throughout the community i.e. Pizza Hut and the Town of Afton. He has worked for the Valley Market for a year and is still employed there.

Brian is at his best when he knows he is helping someone. He likes to be needed.

Brian moved into Oakwood Cottage in August of 2007. He worked with staff for many hours getting everything set up for his home.

Brian enjoys watching wrestling matches, football and basketball at the high school. He enjoys going fishing and getting out in the community as much as possible.



Diamondville Program Manager, Susan Park

As usual, we had a busy quarter.

I asked Cindy Wardell, our ISC, to do presentations at Chamber and Rotary on the Ten Commandments of interacting appropriately with individuals with disabilities. It was very well received. I noticed people in the audiences nodding their heads when they saw themselves in a point brought up in the video. Cindy sent the material with Shirley Deason to HRC and it was well received there, too. The school district is interested in the presentation for the students.

We had three trainings this quarter. In fact, we had the three trainings in one month. Somehow we got off our schedule. We had Harassment, MSDS and HIPAA. New staff received CPR and First Aid Training.

The staff and persons served who chose to had their blood drawn for the Health Fair. Aisha Geller and I ran a table at the Health Fair. We had quite a few people interested in what we do. The most interest was generated by the ABI materials we had displayed. There was a lot of interest in the stroke information.

We had our book fair/craft fair fund raiser and did well. We had a representative from Usborne Books who put up a display and sold the books. The clients had been making craft items and we sold those, too. We got a percent of the book sales for planning/helping with the fair and the crafts brought in additional money.

We did well on our Pizza Hut fund raiser. We made a lot in tips. It probably wasn't because we were exceptional waitresses, dish washers and hostesses but it is my story and I am sticking to it. We received 20% of the sales we made that night. We would like to thank Pizza Hut for giving us the opportunity to raise additional funds for our programs at LSR.

The Diamondville staff did an excellent job during our CARF accreditation. The surveyor was impressed with the quality interactions with persons served.

Two of our staff, Lori Thornock and Dani Yoshioka, went to Rock Springs to represent LSR at the United Way banquet. They gave a short speech telling those who attended how the United Way funds have benefitted LSR.

I attended the ABI Conference in Douglas with several other LSR employees. It was an informative conference and counted toward my recertification as a Certified Brain Injury Specialist. The most important thing I learned was, "Don't let other people live rent free in your head."

We have hired two new staff, Stephanie Condos and Jenifer Price. They have hit the ground running and are picking up fast.

Residential/Vocational Manager, Annette Eggleston

We have made it through another winter and spring is on the horizon. We have a number of things going on the last few months. We had two clients move out of the home and one move in last month and one moving in this month. We have had to create three new positions to meet the needs of the individuals moving in. We are hiring two new DSPs and have created a Lead DSP position for residential. The clients have adjusted well to all of the new changes. Starting the two new individuals has increased our day program as well. With this change, we have moved into a new service that is very exciting. LSR has added Skilled Nursing to our services. In doing this, we are able to meet the needs of not only the two new clients but also other clients that could have used this service but it was not available. We have hired one full time nurse, are looking for one contract part-time and one contract on-call nurse. As we continue to grow and expand we hope to continue to add more new services.

The clients are getting geared up for another LSR first. We are planning a trip to the Special Olympics in May. We have three individuals from Oakwood and several more from Day Hab planning to attend this event. Afton is hosting the regional event on May 3, 2008 and then on to Laramie on May 15, 16, 17.

We are stating to gear up for our fund raising efforts. We have planned a "Pizza Hut Fund Raising Night" on May 1, 2008 here in Afton. Pizza Hut is allowing LSR staff to wait table from 5:00pm—9:00pm. Twenty-percent of all sales plus all tips will go to LSR. July 18, 2008 will be our golf tournament. The Lincoln County Fair starts on August 3, 2008 and runs through August 9. We are looking forward to making all those scones.

Oakwood also had a full pork donated by an anonymous donor. Dana's Cold Storage donated \$50.00 toward the processing of the pork. This was a great gift.

Lead Individually Selected Coordinator, Valerie Anglesey

I want to talk about “Meaningful “goals this quarter. What is a meaningful goal and to whom? The plan of care is centered on the individual. The plan starts with asking the individual, or their family if they cannot speak for themselves, what they like and what is meaningful to them. The plan of care is centered on the individual, their likes and dislikes and their personal future goals. I feel that meaningful goals are those things that will help the individual be more independent in their life and will help them find fulfillment within themselves. Some times as care takers (parents, teachers, trainers, staff) we find ourselves caught up in what will make my life better rather than the individual. Hopefully, as the individual becomes more independent it will help improve our lives as well.

The state has specific criteria that goals must include. Goals must be meaningful for the individual and they must be measurable. Some times making the goals measurable takes a lot of brainstorming to figure out how to track the data so the goal is measurable. We spend a lot of time writing methodologies to help the goal capture the data we need and to help produce the desired outcome. If methodologies are not followed as set up then the outcome is not being measured the same. This is where trainers and case managers should work together. Families and other care givers should also know what the goals are and how the individual is being taught so they can enhance the training and support learning. Families need to ask their team members to come to meetings and communicate about goals.

I have been writing and overseeing goals for six years now. The goals that are the most successful for the individual have come from team (not individual) effort. The first step is to identify what is really going on for the individual. Second, what exactly is needed to be learned. Everyone gives observed information and helps to put together a real specific plan of action. Then finally, with regular training and carefully following of the teaching strategies (methodology) and good communication progress and the desired outcome is seen. Everyone needs to know where we are going and exactly how we are going to get there. Sometimes the route needs to be changed because of road blocks and impasses. If something is not working, just doing the same things will not get the job accomplished. The team process is about observations and brainstorming and real team work in all environments. Remember we are a team and every member of that team and their ideas and support are important.

May we all continue to strive for the very best of ourselves as we work toward helping the individual become their best, but most of all enjoy who they are and realize all the wonderful things they can already do.

Day Hab Supervisor, Misty Wilkes

We have been very busy lately. We have recently received a new client. She has been a pleasure to work with and I think she will do very well here at LSR. She states that she likes it here where she is closer to her family. She has also stated that she likes her new home and friends. We are glad to have her.

Recently both CSI and Day Hab got to go to the theater to see “Horton Heats a Who” All the clients really enjoyed it. We also had calls from several families stating how much fun that the client had had. Thank You to Samantha Heiner for planning this activity,

Clients are getting very excited about the upcoming Special Olympics. Families have been very supportive with getting Person Served to the games. Haylee Eggleston has been in charge, and is doing a great job helping client get ready. We also have some families taking other Persons Served whose families are unable to attend. They will begin practicing this month.

Both CSI and Day Hab have been doing group activities each Friday. Some of these activities included making center pieces for the care center, cooking projects and Movie Days. CSI and Day Hab have been doing group activities each Friday.

Clients are getting excited about getting out in the sunshine. Persons Served are planning some volunteer projects and some other fun activities as the weather gets nicer.

UPCOMING EVENTS 2008

Vocational Supervisor Chantell Swenson,

The Afton Vocational Department at LSR has developed a shredding service and currently has three dedicated clients working each day. They shred documents for Lincoln County School Dist.#2, Star Valley Medical Center's X-ray and Foundation Departments, Alliance Title and Escrow, Star Valley Insurance, Star Valley Realty and Willford Trucking. I am always keeping my eyes and ears out for more accounts. That way LSR can give more clients the opportunity to work.

One client said to me just this morning, "I love my job because it is fun and easy". If you are looking to get some shredding done please contact me (Chantell) here at LSR 307-885-1577 ext 18

- DDD Survey May 20-22, 2008.
- Golf Tournament July 18, 2008.
- Lincoln County Fair, LSR fundraiser. Booth selling food.
- Oyster Ridge Festival July 25-27, 2008. LSR fundraiser. Booth selling food.
- Diamondville Annual Picnic August 20, 2008. Start 6:00PM
- Diamondville Awards Banquet September 26, 2008.

Special Recognition

Lincoln Self Reliance would like to give special recognition to staff person Lori Thornock. Lori attended a CTAT training to improve her skills in assisting individuals we serve find and retain employment.

After the training, on her own time, Lori successfully completed course work in "The Route to Quality Employment, Step Two" and received a National Certificate in Employment Services.

The certificate stated Lori had demonstrated competencies in using the discovery process to better match job seekers and employees, developing individual career marketing profiles, identifying financial barriers and strategies to avoid the untimely loss of benefits, preparing and delivering effective sales presentations to employers, creating strategic partnerships with the business community, developing natural supports and accommodations and providing excellent customer service.

Congratulations, Lori.

Lincoln Self Reliance Inc.
P O Box 1449
Afton, WY. 83110

Lincoln Self Reliance, Inc. is a private, not-for profit community based provider for individuals with disabilities. We provide Adult, Child, and Acquired Brain Injury Waiver services as well as Vocational Training

MISSION STATEMENT

It is our mission to provide training and support to individuals with disabilities so they may achieve maximum potential for self reliance and active participation in the community.

LSR BOARD MEMBERS

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Vice President
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Sharon Walker Monica Glynn
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Next Board Meeting
July 2008

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