

# The Declarations Quarterly

Summer 2018

11th Edition

## Staff Day 2018

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Declarations, Inc.’s Staff Day was held on Thursday, June 28, 2018 at our new Freehold office. This year, we had in-house presentations from the following individuals:

- Melissa Cavaluzzi – Annual Medication Training
- Jennifer Kuzminczuk – CSS – An Overview of Day-to-Day Documentation & Face-to-Face Needs
- Kellen Polito & Darryl Petrone – QA: Ensuring Quality Services in a CSS World
- Barbara Mele – Laughter Yoga
- Ronald Henson – The Best Self Care
- Kerri Eger – Staff Satisfaction Results

From our staff members, we were able to get updated information about medication policies and general education, how to more effectively document our day-to-day activities as per licensing and Community Support Services (CSS) standards, and updates regarding observations for charting and Data-Assessment-Plan (DAP) note trends. We had an exciting, stress-relief activity through Laughter Yoga where staff were encouraged to participate in short exercises and laugh to receive increased serotonin. After lunch, we learned about the impact of mindfulness and meditation, engaging in an exercise to try to achieve the “gap” in our minds. Finally, we wrapped up the day with a review of the Consumer and Staff satisfaction surveys, as well as an open forum to discuss what we are doing well vs. areas for improvement.

Additionally, we had the pleasure of having Anna Marie Toto as our keynote speaker. She engaged staff in a wonderful activity to help reinforce understanding of our abilities and limitations in assisting others, as we can only give people support and skills for them to make a choice in taking what they feel they need. She provided education about tools staff can use to help consumers delve into their hopes, dreams, and aspirations, and reminded staff about the useful ways Illness Management and Recovery materials can be implemented in our sessions. We would like to thank Anna Marie for taking the time to teach our staff new techniques to help increase our toolboxes while working with our consumers.

Finally, we would like to thank our Vice President, Wendy Marinko, for all of her hard work baking, coordinating, and preparing the food selection for our Staff Day! Everything was delicious and very thoughtful, as she made sure that all staff could indulge in the foods, despite dietary restrictions/needs.

Thank you, everyone! ☺



Written by:  
*Jennifer Kuzminczuk*  
*Assistant Director – CSS*



Written by:  
*Erin Mullen*  
*Assistant Director of*  
*Nursing*

## Nursing Corner

### Insect and Sun Safety: How to Protect Yourself Outdoors

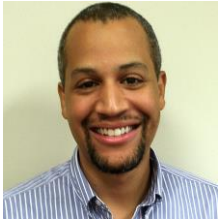


With summer upon us, people have started planning outdoor trips and days outside. When you are outside, you may not be aware of all the ways you can protect yourself from the sun's rays and the insects you encounter. Here are some tips to help you safely get through the summer months:

- ☼ Make sure you use sunscreen when outside. There are many available sunscreen options, including sweat-proof and waterproof, depending on your activity. Be sure to re-apply sunscreen every few hours. If you know you are sensitive to the sun, you can use SPF 30 or higher.
- ☼ Wear clothing that is appropriate for the weather. If the sun is out, consider a hat or sunglasses. If you are going for a hike, consider longer pants to avoid skin exposure. Be mindful wearing bright clothing—it can attract insects such as bees and hornets.
- ☼ Avoid the use of scented soaps or perfumes when being outdoors. These can sometimes attract bugs.
- ☼ Make sure to stay hydrated! Staying hydrated helps prevent you from heat stroke or heat exhaustion. Pack plenty of ice and drinks if you are planning a long day outside.
- ☼ Be aware of your surroundings. If you are in heavily wooded areas that tend to attract many insects like mosquitos, be sure to use insect repellent. There are many options for bug repellent at your local store you can spray on prior to going outside, such as OFF spray.
- ☼ After being outside, inspect your body and clothing for any possible insects, such as ticks. If you notice a tick, it can be removed using tweezers by grabbing its head. Clean the site thoroughly with soap, water, and rubbing alcohol after removing.

If you follow these tips for outdoor safety, you can ensure a happy and healthy summer for you and your family!

## Clinical Corner: Clinical Director Update



Written by:  
*Ronald Henson*  
*Clinical Director*

### *The Unhealed Ego and Transference: The Basics of Non-dualism*

For this year's Staff Day, I focused a large portion of my presentation on the impact the human mind has on people's moods and their ability to practice meditation. During my presentation, I briefly made mention of the unhealed ego and its impact on thinking that focuses on the past and the future. I did not have time to go into more detail about how the unhealed ego is constantly churning out these types of past/future related thoughts, but it seemed to be of interest to the audience; therefore, I wanted to include this concept in the newsletter. The reason for this phenomenon is the unhealed ego, from the moment we are born, registers/accounts for potential threats to our safety in our respective environments. Like an all present dash camera within our minds, the unhealed ego has been taking account of all of our experiences, interactions, minor wounds, and traumatic experiences, while filing them within mind's inner depths for future reference. It does this so that when we encounter people that we do not know, we are able to make quick judgments based on the feeling that arises within ourselves, which helps us to determine whether a particular person is someone we should avoid or if the person is someone with whom we may potentially wish to interact.

The split-second feeling you get in your body about a person when you look at them, when you get a sense of who they are, is known as transference. Transference is occurring everyday, all day, between people all over this world. It is a ubiquitous transaction that humans make without even knowing they are making it. The transference I am referring to is different from the typical transference/countertransference terms you hear related to the dynamic between a client and a therapist. The reference to transference I am making is deeper because it is all encompassing in terms of how often it is happening. It is just what we do as humans—we are always making quick judgments as to what will be good or bad for us, what will keep us safe or what will make us unsafe.

Now, imagine for a moment a world where people did not constantly judge others as safe or unsafe, as this way or that way. This way of thinking is a doorway into non-dualism, which, simply put, is a way of being more in reality. When you understand and can respond to transference in a healthy way, it is akin to removing a veil that is over reality at a very basic level. It is a way of casting the unhealed ego to the side, of opening up ourselves to people and experiences that we may not otherwise have had without this new (non-dual) lens with which to begin to view the world. In doing so, we open ourselves up to the beauty within all people, and all things. Being able to be more in reality helps us to understand on a deep level that we really are all connected—all one. This is the essence of non-duality.





Written by:  
*Melissa Cavaluzzi*  
*Director of Nursing*

## Clinical Corner: Annual Health Recommendations



It is always a good time to take charge of your health by reviewing the current annual health care screening recommendations for preventative care! Please review and contact your Primary Life Coach, Team Nurse, or insurance company for how and where to access these services according to your insurance plan!

- Primary Care Provider:** annual exam and subsequent follow-up as needed.
- Bloodwork:** at least annually. Subsequent follow-up as needed for individual needs including diabetes, thyroid, vitamin deficiencies, medication levels, etc.
- Dentist:** every six months
- Vision:** annually
- Dermatologist:** annually
- Podiatrist:** annually if you have diabetes
- OB GYN:** annually for women; subsequent follow-up, as needed
- Prostate exam:** annually (may be performed by primary care provider)
- Colonoscopy:** every five years for individuals over age 50. Individuals with a personal or family history of colon cancer may have more frequent follow-up/testing.
- Mammogram:** annually for women over age 40. Women at increased risk may start earlier. Subsequent follow-up, as needed (may include additional pictures, short term follow up, ultrasound, or biopsy)
- STD screening:** may be performed annually with primary care provider, OB GYN, or other clinicians

## Derby for Declarations



Written by:  
*Darryl Petrone*  
 Development  
 Assistant/Quality  
 Assurance  
 Coordinator



As promised, the Derby for Declarations fundraising event this year was another night filled with fun, mint juleps, awesome hats, and laughs on the veranda as we watched the sun go down in beautiful Point Pleasant. The newly named B2 Bistro did not disappoint with amazing snacks and dishes from the beginning of the event, all the way to dessert. This year, we may have had less event-goers than usual, but everyone that battled the Cinco de Mayo traffic and came in their Derby Best were greeted with a mint julep as soon as they walked into the door from the open bar. The first hour was filled with laying money down on the horses we expected to take the race. Once all wagers were in, the race began, along with appetizers served. As the day advanced to night, we began dinner and announced the winners to come up and claim their gift baskets of choice from all the local businesses that donated. The sun went down, cigars were lit on the veranda, and patrons sat in front of the new outside fireplace, chatted about life events, and shared fun stories. It was absolutely an awesome night! Above are some memories from the Derby!

## Development Update

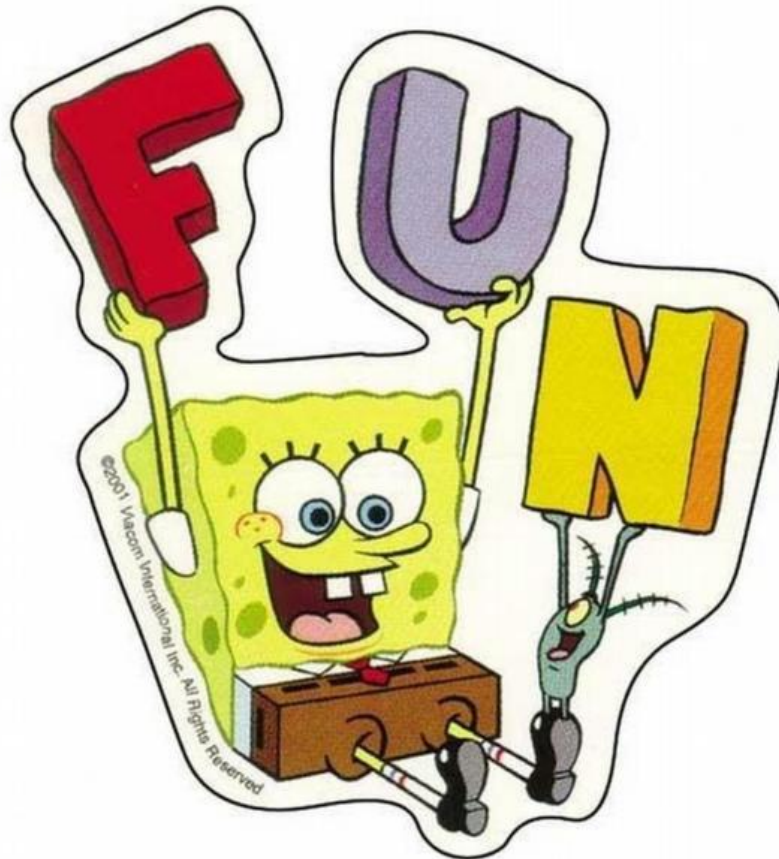
### Let's Put the "F-U-N" in Fundraising!



Written by:  
*Darryl Petrone*  
*Development*  
*Assistant/Quality*  
*Assurance*  
*Coordinator*

Hello and happy summer everyone! As the beautiful weather starts to filter in I hope you and everyone you know enjoys the extra Vitamin D! Last month we had our Sixth Annual Derby for Declarations Fundraising Event at B2 Bistro in Point Pleasant. It was an awesome time and had some new attendees and donators this year who we were very happy to see attend! We also had more Corporate and Private sponsors than we have ever had, and raised more money with the Derby for Declarations event than in the past! Very successful year. We have another fundraiser event cooking up that we think you will all enjoy very much. You can look for more details to come in the fall.

Moving forward, we are looking for suggestions regarding what types of fundraising events people want to see. We would like to make these events enjoyable for employees, sponsors, and anyone who is interested in attending. In order to do this, we want to hear your input as to what types of events would be fun to attend. I already have a couple of concepts I am working on, but I wanted to make one that staff and supports alike would want to attend. Please send your ideas to [development@declarationsinc.org](mailto:development@declarationsinc.org).



## Consumer Spotlight: Sherman Program

### HayLee



Written by:  
*Geoffrey Hannon*  
*Sherman Assistant*  
*Team Leader*

HayLee has been a consumer in the Declarations Sherman Program since July 2017. Over the past 11 months, HayLee has worked with Sherman Staff to continue her enrollment in school where she is studying the culinary arts. HayLee has been attending the Culinary Education Center at Brookdale Community College for one year where she is taking collegiate courses. This is in addition to two years she attended in high school to practice the skills of cooking and preparing food in the hotel and restaurant settings. HayLee reports she has been enjoying herself since starting the courses and that she is learning everything there is to know about food. HayLee states she originally joined the classes for personal use because she knew she would need to learn to cook in order to live on her own in the future; however, her personal desire to cook grew into a strong interest in cooking for large groups in a restaurant or hotel setting. According to HayLee, she feels everyone needs and deserves to eat, so why not cook for a group of people? HayLee also enjoys the atmosphere in which she cooks, where she is able to prepare high quality meals with high quality ingredients for her local community at an inexpensive price. She strongly encourages everyone to come to the school to enjoy the lunch and dinner menus that she and the other students in the class have worked hard to create. On top of attending culinary school, HayLee has also been able to apply herself to a job where she works consistently during her free time from school, which she has learned to balance effectively with her courses. HayLee continues to strive toward her goal of graduating culinary school where she then plans to discover her next endeavor and pursue it with the same dedication she is currently applying.



## Consumer Spotlight: Jefferson Program

**Allen E.**

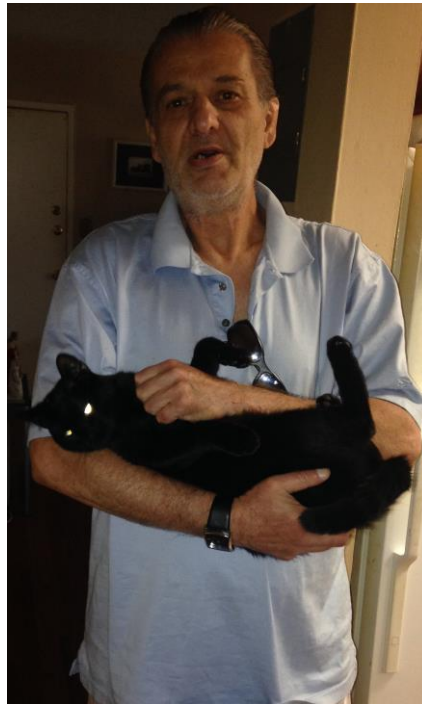


Written by:  
*Shauna Fontenelli*  
*Jefferson Assistant*  
*Team Leader*

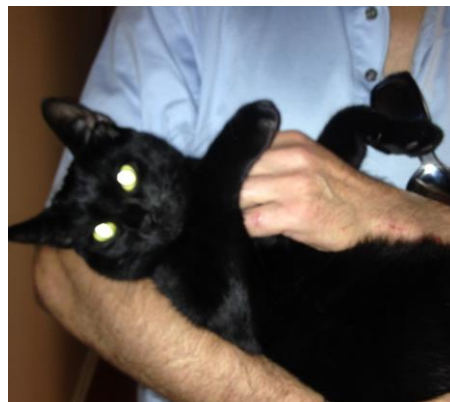
&



*Kiara Thompson*  
*Jefferson Life Coach*



Allen E., a consumer from the Jefferson Program, is excited to introduce his new kitten, Sky. Allen rescued a kitten from the SPCA and has identified the positive benefits of having his new companion. Allen has a background of working as an animal trainer. Since adopting Sky, Allen has been reminded of his love of animals, which has motivated Allen to seek volunteer work in a local Animal hospital. Allen purchases new toys weekly to play with Sky. Allen has been receptive to working with staff to learn the benefits of cat education related to the health benefits of owning a cat and how to care for Sky. Additionally, he has identified that having a Sky as a companion has been a great help to his overall mental health and is "the best thing that has happened to [him] in a very long time."







Written by:  
*Alexandra Gallarello*  
*Team Leader of*  
*Adams & Franklin*  
*Programs*

## Welcoming New Members

The Franklin Team is happy to announce that, by mid-July, the program will have all consumer vacancies filled for the first time in over a year. As part of the Forensic Initiative, the Franklin Team often encounters significant barriers to guiding new consumers through the discharge and admission process, the primary obstacle being housing. Luckily, the Franklin Team has been able to establish linkage with community landlords in order to help consumers find housing in Monmouth County. The team welcomed two new consumers back in December 2017, leaving one vacancy available. We have been working with a hospital assignment for a few months and are now happy to welcome him to the team around July 16, 2018. The Franklin Team is excited to move forward with providing services to as many consumers as possible who fall into this under-served population, helping them to attain independence in the community.



As the Team Leader of the Adams Program, I would like to take this opportunity to highlight the outstanding work being done by some of the agency's exceptional staff members. The Adams Team recently underwent some staffing changes, which left the team with some gaps in coverage. Luckily, several members of the other teams, including Franklin, Jefferson, and Sherman have stepped up to provide assistance. These individuals have taken on small caseloads and have been working diligently to provide support services to the Adams consumers to ensure that there is no lapse in service. Each of these individuals have transitioned to these temporary changes with competence and motivation to best serve the consumers. I would like to give a special thank you to Gina (Franklin), Mike H. (Franklin), Shauna (Jefferson), and Geoff (Sherman). In addition, Kellen, our new QA Coordinator, has stepped in to take on a caseload and provide assistance to the team where needed. He has been a huge help to the team and taken on extra responsibilities to provide great service to the consumers. Finally, I would like to also shed some light on the tremendous effort being displayed by Kyra of the Adams Team, who has been working extra hard to make sure that all of the consumers' needs are being met. Thank you, everyone! Your hard work and dedication have not gone unnoticed!

## Staff Celebrations



Written by:  
*Jennifer Kuzminczuk*  
*Assistant Director - CSS*

&



*Alexandra Gallarello*  
*Team Leader of*  
*Adams & Franklin*  
*Programs*

Special \*CONGRATULATIONS\* to the following staff on their recent personal and professional endeavors:

- ❖ Melissa Cavaluzzi (nee Scholz), who recently married her partner!
- ❖ Franklin and Adams recently hired new staff members! Please join us in welcoming:
  - Jason started on the Franklin Team on 5/29/18
  - Frankie started on the Adams Team on 6/18/18
  - Ebonie will be starting on the Adams Team on 7/16/18
  - Alyson will be starting on the Adams Team on 7/16/18
  - After 6/29, we will also have an idea of when two additional staff members for Adams will be able to start



## Stay Tuned!

*Coming Soon*

Please be sure to check out our upcoming newsletters for updates on the following events:

- ❖ Updates from our move to the new Freehold office