



Disability Services Newsletter

Happy new year! As we turn the page on one year, a new chapter awaits us on the other side.

January 1st officially sparks the start of Celebration of Life Month. Formerly called National Sanctity of Human Life Day, it was proclaimed by Ronald Regan in January 1984 as a way to honor the importance of human life in all its stages. It was also his way of solidifying his strong anti-abortion stance on the anniversary of the Roe v. Wade landmark case court ruling.

While it's had a rocky journey, today we recognize January as Celebration of Life Month. Despite its origins, January is synonymous with celebrating life and how precious it truly is. January 22nd is Celebration of Life Day and has come to symbolize all that's wonderful about being alive.

Life has its ups and its downs — it's easy to forget just how lucky we are to be celebrating another new year surrounded by those we love most. January is a reminder to sit back, take note of what you have, the people you care for, and take time to feel gratitude and express appreciation. Remember every life is precious, individual, and a huge gift, so take a little extra time today to celebrate it.

Some of the things you can do to get ready for the new year include making a list of things you want to accomplish, getting some spring cleaning done, or gearing up to start a new healthy habit like

gardening or going on daily walks. Perhaps, your ideal mental health day consists of staying in bed bingeing your favorite series. There's no right or wrong way to celebrate your life.

As one-year ends and another one begins, we hope you remember not to take life for granted. We challenge you to make celebrating life a habit this year. Set apart a little extra time each day to practice gratitude and take note of all the reasons you have to celebrate your life.

Upcoming Mandatory Meetings



2024 Quarterly Support Companion Meeting Schedule

January 16th, 2024, 6:00pm-7:00pm - Via Zoom

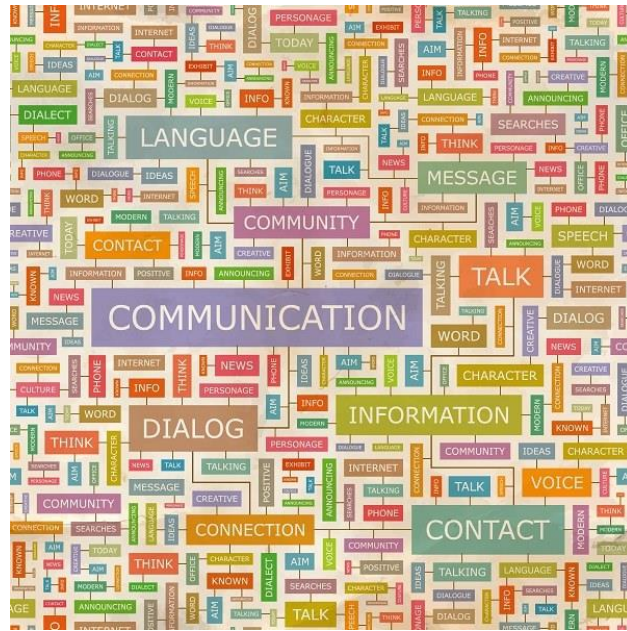
The Zoom link will be provided before each virtual meeting.

Stay tuned for upcoming meetings this year in April, July, and October.

We are so excited to announce that we will have in-person meetings in April and October!!

Make sure to check your emails for the We Inspire Weekly newsletter for important information and reminders!

Referral Opportunities



Do you know someone who would be a great Support Companion?? We have information sessions happening, and more to come! Please see below for the dates and times Disability Services is providing. If you know someone that is interested please let your case manager know so we can send the invite!

Information Sessions 2024

- 1/16 at 12pm
- 2/20 at 6:30pm
- 3/19 at 12pm
- 4/17 at 6:30pm
- 5/15 at 12pm
- 6/19 at 6:30pm
- 7/16 at 12pm
- 8/20 at 6:30pm
- 9/17 at 12pm
- 10/15 at 6:30pm
- 11/19 at 12pm
- 12/17 at 6:30pm

Orientations 2024

- 1/23 at 6:30pm
- 2/27 at 12pm
- 3/26 at 6:30pm
- 4/23 at 12pm
- 5/22 at 6:30pm
- 6/26 at 12pm
- 7/23 at 6:30pm
- 8/27 at 12pm
- 9/24 at 6:30pm
- 10/22 at 12pm
- 11/26 at 6:30pm
- 12/24 at 12pm

Inspiritus WE Awards



Inspiritus WE Awards— through the family portal, SharePoint, and via email, every individual, Support Companion, and team member can nominate anyone for anything they do “With Excellence”. Once a quarter, the Disability Services Leadership Team reviews all nominations for Excellence and chooses one individual, one Support Companion, and one team member who clearly embraces the key concepts of WE. Both a nomination and a quarterly selection earn points to receive Inspiritus SWAG and we highlight them in the quarterly newsletter!

*Each nomination = 5 points

***Each quarterly selection = 25 points**

***Gift cards begin at 25 points!**

25 points = \$10 gift card

50 points = \$25 gift card



Support Companion Highlight - Congratulations Beverly Dumas

Beverly, thank you for seven fantastic years of service. You make a difference, and we sincerely appreciate your hard work and dedication to the individuals you serve.



Individual Highlight - Congratulations Geraldine Booker

Geraldine has been in services with Inspiritus since 2012 and she has been with Beverly Dumas, our Support Companion Highlight since 2018. She is doing and looking great these days. Thanks for being awesome Geraldine!



Team Member Highlight - Congratulations Toni Long

Toni has been a valuable member of the Disability Services team since September 2020. She takes her responsibilities very seriously and truly exhibits each of the Inspiritus values (Excellence, Empathy, Innovation, Integrity, Teamwork). In her role as Administrative Coordinator, Toni supports the work that we all (Support Companions and Disability Services team) do in support of the individuals we serve. We truly appreciate you, Toni!

Our Individuals are Vibing & Thriving





























Director's Corner



Happy New Year to you all!!!

I would like to share a *little-known fact* to start out the year:

Did you know that once upon a time the new year started on March 1st each year? In 45 B. C., Roman dictator, Julius Caesar changed the calendar for the new year to begin on January 1st after consulting with astronomers and mathematicians. And it has remained January 1st ever since!

I would also like to share some Inspiritus Disability Services highlights from 2023:

- Opened 4 new homes and placed 4 new individuals with caring Support Companions
- Start of Community Living Support (CLS) Services allowing us to serve more individuals in need of support
- Welcomed 2 new Case Managers
- Denise and Amy traveled to Washington DC to advocate for IDD services and increased wages
- Started “WE Inspire Weekly” email updates increasing and improving our communication with all Support Companions
- We enhanced our quarterly Newsletter
- Many individuals enjoyed vacations to the beach, cruises, Universal Studios, Sea World, Ogeechee Kiwanis Fair, Jacksonville Science Museum, Dominica, Bayou Classics in Baton Rouge, and other destinations – how wonderful!!!

- We received the People's Choice Vendor Award for being a great partner in supporting our individuals
- Quality Enhancement Provider Review audit score of 90% - thanks to all of you and your hard work!

Along with all of our success in 2023, there were some lessons learned, which is ok because there's always room for improvement. We will continue to look for ways to improve our quality, compliance, and processes. For example, we heard our Support Companions who provided feedback in the Satisfaction Surveys related to communication.

Here are ways to stay in the communication loop:

- WE Inspire Weekly email updates
- Family portal updates
- Quarterly Newsletter
- Quarterly Support Companion Meetings – stay tuned for more information on in person meetings in 2024
- Inspiritus Website – see all happenings at Inspiritus
- Follow Inspiritus on Facebook, Twitter, LinkedIn
- Monthly Case Manager visits
- Staff directory – located in your new home information binders

Along with improved communication, the Disability Services Team wants to be the best support system we can be to our Support Companions. We appreciate each of you and the work you do in support of our individuals. We're looking forward to a wonderful 2024!

"The time is always right to do what is right."

~ Martin Luther King, Jr.

All the best to each of you,

LaWanda

Wishing each of you a happy, healthy, and safe year full of peace, love, and joy!



1 - Inspiritus Staff Photo

Back row: John Moeller, Jr, CEO, LaWanda Crawl, Denise Parker

Seated: Sceoheata "Bri" Wright, Germany Balloon, Fatimah Jones, Toni Long, Amy Cooper, Tessa Jamieson, Kirsten Jackson

On Call Information

****Inspiritus offices are closed January 15th in observance of MLK Day***

Weekdays: 5:00pm – 8:30am

Weekends: Friday 5:00pm – Monday 8:30am

Holidays: All day until 8:30am the next weekday morning

****Life threatening emergencies require calling 911 or an immediate Emergency Room/Emergency Department visit followed by notification to the on-call number (or to your Case Manager during normal business hours).***