



"Your Life - Your Choices"

Su Vida Services Inc.



Support Person Awards

Support Person Awards

In recognition of individuals who have demonstrated the highest quality of services we would like to present the Support Person of the Month Awards.

June: **Brenda Lind** — Brenda provides administrative support in the office, and she is always a joy to have around. Staying late when needed, answering phones when needed, and generally doing whatever is needed to help people, we are proud to award her the support person of the month award for June. Thank you, Brenda.

July: **Belma Beaver** — Belma is a fantastic caregiver for the individual she supports. Over the years, she has provided upgrades to the home that have made her home much more accessible for that person. She keeps the individual involved in community life in a part of the state where there aren't many local activities. We are so thankful to have someone like Belma.

August: **Martha Padilla** — Martha has been working with Su Vida as a CCS provider for quite a while. Always willing to step in and provide emergency coverage when needed, Martha does an excellent job of supporting the individuals she supports to get involved in activities that they enjoy and where they can learn new skills. Great job, Martha. .



We welcome a number of people to the Su Vida Services family:



New Staff and Contractors

Jessica Berthiaume, Marcus Lathon, Karina Lugo-Quezada, Margo McCoy, Alberta Jeanette Moya, Jamie Renee Rael, Francesca Rael-Ramirez, Lisa Secetero

Reminder—October is fire drill month. (The other two fire drill months are March and July.) A form for fire drills is attached to the newsletter. Please be sure to turn in your fire drill form with your October paperwork. Thank you!

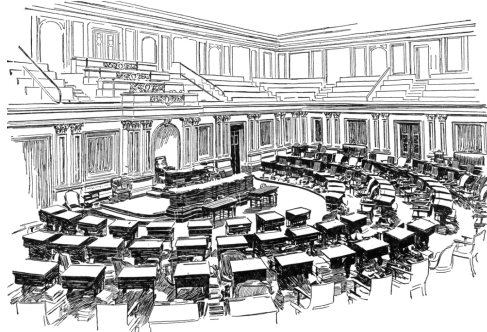


Update on the Rate Study

As you already know, the State completed the Rate Study earlier this year. The results of the Rate Study were good for our ability to seek more money from the legislature going into the Legislative Session in January and February. The Rate Study agreed with our position that people in this industry (including Family Living Providers, Supported Living Home staff and CCS providers were significantly underpaid for the services that they are being asked to provide.

Since the Rate Study was commissioned by the State for the State, it appears that we have a strong position to seek more money from the State for the jobs that you do each and every day.

The good news is that the Developmental Disabilities Support Division (DDSD) has taken a position with the State that our industry needs the entire amount stated by the Rate Study to remain functional. This means that our friends at DDSD will be backing us 100% in seeking significant rate increases — a significant amount of which will go to you.



Keep in mind that until the Legislature agrees to the rate increase, the Rate Study itself does not create a rate increase. The Legislature is having to deal with a large number of requests for rate increases from a number of service providers, and the Legislature can choose to provide only a portion of the requested rate increase or provide no increase at all despite the backing from DDSD.

I encourage everyone to contact their legislators for their districts and let them know how important it is for the rate increases to be put in place. You work hard, and we would love to be able to pay you more for the excellent work you do.



The Su Vida office will be closed on Thursday November 28 and 29 for Thanksgiving. If you need any assistance over the Holiday, please contact your Coordinator.

Su Vida is looking for Supported Living Home Staff.



First, **we are in need of permanent staff for our three supported living homes in the NE area of Albuquerque.** If you know someone who has a caring heart, who is interested in working with people with disabilities and who you believe would do an excellent job of helping those in need, please have them contact us

about our openings. We have both home supervisor and full and part-time direct support positions open.

In addition to permanent staff, **we are also in need of people to fill in at the Supported Living Homes on a temporary basis.** Perhaps someone quit suddenly, or perhaps someone called in sick. Perhaps someone just needs some time off. In such situations, we would like to have a list of contractors willing to step in and help out. We already have a few, but we could definitely use more.

If you are interested in being put on to the temporary help list or know someone who desires a full or part-time job in our supported living homes, please contact your coordinator, Latryce Calton, Tim Carbins or Bill Kesatie. We would welcome your help.

Advocate Listening Session on the DD Waiver Renewal with the NM Dept. of Health/DDSD

Calling all self-advocates, family members and guardians

The Dept. of Health/Developmental Disabilities Supports Division wants to hear from you about the DD Waiver renewal.

- What do you think is working and how can improvements be made?
- What are your experiences and ideas related to Person Centered planning, the team process, simplifying the ISP, budgeting for the plan, being more independent, etc.?

Everyone is welcome. Pizza will be served.

Wednesday October 2, 2019 9:00 a.m. -1:00 pm

At the Developmental Disabilities Planning Council (DDPC) Large Conference Room
625 Silver Ave. SW Suite 100, Albuquerque, NM

For more information contact ABQ People First President: Roel Adamson (505) 948-8214 roeladamson1@gmail.com



Individual Stories

William Trammell never ceases to amaze. He recently graduated from CNM with a degree in the electrical trades. He then participated in a nationwide competition where his team came in 8th place out of approximately 50 teams from all across the country. For his team's victory, William won some tools from Milwaukee—considered to be a top tool in the industry. Way to go William!!!



Danielle Begay has a ton of energy. In addition to engaging in lots of activities through special Olympics she beads and creates marvelous works of art. Take a look at the beautiful pot-holder that she made. That's talent.

Great job, Danielle.



Crystal Glauner has recently started going to the lake where she goes out in a boat and goes fishing. Her family reports that she is having a great time, and she is smiling the whole time. Of course, anyone who knows Crystal knows she smiles all of the time. Here's a picture of her on the boat. Looking good.



Edmund Edaakie is a true artist. In addition to his beading and jewelry, he is also a sewer. Recently, he and his family decided to combine his love of music with sewing, and helped him create an amazing quilt out of old concert T-Shirts. WOW! I want one of those!



Training



Your Stress-Busting Checklist

TIPS FOR REDUCING STRESS

We all feel stressed from time to time and the holidays are just around the corner and offer their own special stressors that can make us feel even worse – such as a family get-together that evolves into a fight over politics or a shopping trip for gifts that maxes out your credit card. Stress can be unhealthy. So, what can you do to avoid or minimize some of these holiday stress inducers?

Trying to cut down on the stress in your life? These tips can help. See how many you can check off in the next 30 days on your way to a better life.

- Set priorities. Focus on what's important. Let the other stuff go.
- Identify tasks that you can share or delegate, then ask for help.
- Get organized. Disorder can make things confusing and hard to remember.
- Set short-term goals you can reach. Reward yourself for meeting them!
- Say no -- gracefully -- to taking on more obligations.
- Focus on the positive. Choose to look for the good in others and yourself.
- Laugh! Look for humor in your everyday life, or watch a funny video.
- Listen to music. Choose tunes that relax or revive you.
- Talk to a counselor or a friend.
- Remember, things don't have to be perfect. Sometimes "good enough" is just fine.

Take a time-out for yoga, meditation, or some deep breaths.

Get regular exercise. Find something you like doing that you can work into your schedule.

Set aside some time, even 5 to 10 minutes, for yourself each day.

<https://www.webmd.com/balance/stress-management/stress-management>

September – October 2019 Training Calendar

◆ 9/16—AWMD Day 1	11:00 am—5:30 pm
◆ 9/17—AWMD Day 2	9:00 am—3:30 pm
◆ 9/20—ANE	9:30 am—4:30 pm
◆ 9/24—PCP	8:30 am—3:30 pm
◆ 9/26—CPR/First Aid	9:30 am—12:30 pm
◆ 9/26—Advocacy 101	8:30 am—3:30 pm
◆ 9/27—AWMD Recert	9:30 am—12:00 pm
◆ 10/3—CPR/First Aid	9:30 am—12:30 pm
◆ 10/3—ANE	8:30 am—3:30 pm
◆ 10/8—AWMD Recert	9:00 am—12:00 pm
◆ 10/15—PBSS	9:30 am—4:30 pm
◆ 10/17—PCP	9:00 am—2:00 pm
◆ 10/18—FHW	9:00 am—3:30 pm
◆ 10/22—AWMD Day 1	9:30 am—2:30 pm
◆ 10/23—AWMD Day 2	9:00 am—2:30 pm
◆ 10/24—Pre-Service	8:30 am—3:30 pm
◆ 10/24—CPR/First Aid	9:30 am—12:30 pm
◆ 10/25—AWMD Recert	9:00 am—12:30 pm
◆ 10/29—TSS	9:00 am—3:30 pm

Self-Care: To Take Better Care of Yourself

Why Do We Often Fail at Self-Care?

Practicing self-care isn't always easy. Most of us are crazy busy, have stressful jobs, or are too consumed with technology to make time for ourselves. Me-time is usually last on the agenda. Worse, we can sometimes feel guilty about taking the time required to take care of ourselves. So getting started with self-care can be challenging. <https://www.psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself>

MORE ON ABLE ACCOUNTS

The State of New Mexico has approved a way for individuals to have an actual savings account, and have more than \$2,000. It is called "Able New Mexico", the document attached at the end of this newsletter will explain who and how the accounts can be set up.

Here is some more information about ABLE Accounts pulled from an article by Kathleen Martin for the Esquire For MediaNews Group.

"ABLE accounts are available to those who were disabled before age 26 years. Funds that are deposited in these accounts can be used for a wide variety expenses of qualified disability expenses, such as those related to education, housing, transportation, employment training and support, and assistive technology. The funds in an ABLE account do not affect eligibility for government benefits such as Social Security and Medicaid. Nor are these funds subject to tax if used for qualified disability expenses. ABLE accounts can give disabled persons more independence as they are not limited to a bank account with under \$2,000, and distributions are not as limited as they can be from a Supplemental Needs Trust.

"The maximum yearly contribution to an ABLE account is \$15,000, and the account cannot hold more than \$100,000 in total. Therefore, an ABLE account may just be part of disabled person's es-

Reminder about Christmas Donations

An early reminder, as we have done every year, Su Vida will be collecting gifts to be donated to the Bethel Warehouse in Moriarty to be distributed to disadvantaged children. Last year you graciously donated 95 gifts, and we'd like to beat that this year. So remember us as you do your early Christmas shopping!

Recognizing Great Work

WANT TO GIVE SOMEONE AN EXTRA PAT ON THE BACK?

Besides saying, "Thank you, good job!" there are a couple of ways you can be sure someone gets a special pat on the back for going above-and-beyond the usual duties they perform.

First, you can complete a "**Complimentary Action Form**" which will get the person a bit of special recognition and have a positive entry into their contractor and employee file.

Second, for those really special times when someone gives an extraordinary effort to assure that an individual receiving supports has the highest level of support and care — or if you have someone who, through years and years of consistently outstanding care, you believe should be recognized as an outstanding caregiver — you can nominate that person for the **Support Person of the Month**. The award is open to anyone at Su Vida — Family Living Providers, SubCare Providers, Customized Community Supports or Customized In-Home Support Providers, Nurses, Coordinators, Front-Desk Staff, and anyone else who is associated with Su Vida.

So many of you are doing great work that rarely gets recognized. We'd like to recognize the people you believe are doing a great job. Please help us by letting us know who needs to be recognized.

DDSD NEWS FROM THE NEW DIRECTOR

Jason Cornwell has recently been named the new Director at the Developmental Disabilities Support Division (DDSD), part of the Department of Health that oversees the DD Waiver and Mi Via Waiver. Jason recently wrote an article for the DDSD newsletter which is very informative, and I want to share it here:

The DD Waiver Steering Committee has been formed. The DD Waiver Steering Committee is a subcommittee of the Advisory Council on Quality (ACQ) and supports the traditional DD Waiver Program. The DD Waiver Steering Committee will meet as needed depending on renewal process and timelines with Center for Medicare and Medicaid Services (CMS). The current DD waiver term is 7/1/2016 through 6/30/2021.

DDSD has also undertaken Validation Surveys of Home and Community Based Services administered by DDSD, including the Developmental Disabilities Waiver, Mi Via Waiver and Medically Fragile Waiver programs. This Survey has assisted DDSD to ascertain compliance with the CMS Final Rule, and to perform the remediation process as necessary.

DDSD allocated 330 individuals to the DD Waiver in May. 201 of those folks opted to accept the allocation. Of those being allocated, 68% chose the traditional DD Waiver, while 32% chose to receive services through the Mi Via Waiver. Currently 22 individuals are in service. Help us get the word out that Allocation Fairs held in each region are important sources of information about the process of allocation, and choosing providers and services. Please encourage individuals and their families to contact their regional DDSD Office Intake and Eligibility Staff for any questions they may have.

Earlier this year, Public Consulting Group, Inc. (PCG) was contracted by the New Mexico Department of Health, Developmental Disabilities Support Division (DDSD), to calculate statewide payment rates for providers that contract with DDSD to provide services to individuals with intellectual and developmental disabilities through three 1915 (c) Medicaid home-and community-based waiver programs, Developmental Disabilities (DD), Mi Via (MV) and Medically Fragile (MF). This information is crucial in determining cost and reimbursement, and we would like to thank everyone who participated in this important project.



The Supports Waiver has taken shape! The Governor's Office has directed DDSD to implement a Supports Waiver for 7-1-2019. Earlier this calendar year DDSD surveyed the waiting list, and asked individuals and families what services mattered most. Over 600 persons responded! At this point in time based on the feedback received, the proposed service array is: Assistive technology, community navigation, BSC, Employment, Personal Care/Homemaker and Chore Services, Environmental Modification, Vehicle Modification, Respite and Non-Medical Transportation.

Implementing this waiver will cost money. DDSD has asked the LFC for a total of 6.4 million dollars for financing and assessments to fund this effort.

CMS Final Rule

As you all know, the Centers for Medicare and Medicaid Services (CMS) has published a Final Rule addressing several sections of the Social Security Act. The final rule amends the regulations for 1915(c) Home and Community Based Services (HCBS) waiver programs, which includes both the DD and Mi Via Waivers.

The CMS Final Rule is designed to expand and enhance rights of people by improving HCBS programs by providing protections to participants, allowing participants to have the same opportunity to receive services in the most integrated setting appropriate and to have full access to community living opportunities. **We are all required to make certain that the services we are providing are in compliance with the CMS Final Rule.**

To make certain that we are in compliance with the requirements of the Final Rule, Su Vida is asking providers to ask themselves the following questions about the services being provided. If, following fair consideration of the facts, you can answer yes to all of these questions, you are well on your way to being in compliance with the new rules.

- Does the individual have opportunities to seek employment if desired?
- Does the individual have opportunities to engage in community life?
- Does the individual have opportunities to control personal resources?
- Has the individual's living situation been selected or approved by the individual?
- Does the individual have privacy, dignity and respect in the home?
- Can the individual exercise initiative and autonomy in the home?
- Is the individual free from coercion/restraint?
- Is individual choice promoted in the home?
- Is individual choice promoted in the services received?
- If leased – does the individual have legal protections from eviction?
- Is the individual supported to control his/her own schedule?
- Does the individual have access to food at any time (subject to restrictions)?



A FRIENDLY REMINDER ABOUT DOING PAPERWORK TIMELY

As some of you are aware, we were audited this past July. During the audit, it was discovered that some of our staff is not doing their paperwork daily.

Please remember that the Standards require that progress notes are required to be completed every day, and data collection sheets (tracking action steps and outcomes) need to be completed the same day that the outcome/actions steps are worked on.

We thank you for your willingness to stay in compliance with the State Standards!



FIRE DRILL FORM

INDIVIDUAL: _____

Date of Drill: _____ **Location:** _____

Person conducting drill: _____

Time drill started: _____ **Time drill ended:** _____ **Length:** _____

Number of Persons Evacuated: _____

Drill Checklist (Check all items present):

- | | |
|---|--|
| <p>___ Evacuation routes in home</p> <p>___ Smoke Detectors working</p> <p>___ Carbon Monoxide Detector working</p> <p>___ Drill Completion (meeting site used, 911 simulation, head count)</p> | <p>___ Fire Extinguisher Charged</p> <p>___ First Aid Kit present and full</p> |
|---|--|

Performance Codes	0 = Total Assistance	1 = Some Assistance	2 = Independence
Individual Evacuating	Responded to Alarm	Left Building	Went to Safe Site
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Problems Noted:

Recommendations/Assignments for Improvement: