



News and Information from.....

Community Workforce Solutions

From the desk of the Assistant Director

CARF (Commission on Accreditation for Rehabilitation Facilities) will be visiting us in March to conduct a survey. According to CARF International's information, "Accreditation is a process that demonstrates a provider has met standards for the quality of its services, and also uses the standards to evaluate how well a provider is serving people and how it can improve". We, as an agency, have invited CARF to conduct this survey in order for our programs to attain this national accreditation. We look forward to their visit and continuing to provide those we support with quality, accredited services!

Client Rights

Community Workforce Solutions feels strongly that the rights of those we support should be valued and respected. To that end, the agency has a Client Rights Committee which is comprised of six voting members with two being parents of individuals currently receiving services, one from each site. Efforts are made to have equal representation from both the Raleigh and Henderson sites and all applicable disability groups served are represented on the committee including: developmental disability, mental health, and brain injury. In addition, the Site Directors from both sites are non-voting members of the committee. The purpose of the committee is to review the following which may be brought by a participant, participant advocate, parent, legally responsible person, staff or others: Participant grievances; alleged violations of the rights of individuals or groups, including cases of alleged abuse, neglect, or exploitation; Concerns regarding the use of restrictive procedures; Actual or alleged clients rights violations. In addition, the committee performs the following functions: to provide support and input into monitoring policies and services in an effort to ensure the protection of participant rights and access to persons with disabilities; to review quarterly restrictive intervention log to monitor effectiveness, trends, and to take corrective actions as necessary; to monitor for unusual or unwarranted patterns of use of restrictive interventions. Participants, staff, and other stakeholders can get issues to the CRC chairperson directly by e-mail at:

RightsChair@communityworkforcesolutions.com

These can be presented anonymously, if desired, by the individual. Site Directors present any items of which they are aware that should be considered by the committee at quarterly meetings.

Diaper Service Update



The Clean Start Diaper Service is off to a wonderful start! We are now serving 22 customers in Durham, Chapel Hill, Morrisville, Cary, Holly Springs, Wake Forest and Raleigh. Delivery days are Tuesdays and Wednesdays. We also sell our OsoCozy pre-fold diapers, snappis, diaper pails, and the Bumkins line of diaper covers and wetbags. We are Bumkins distributor, so customers can also purchase any Bumkins item through us as well. For more information go to: www.cleanstartdiaper.com

Winter 2014

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Autism Walk a Great Success!

On October 12, 2013 several CWS staff members, the **CWS Busy Bees**, participated in the 15th annual Triangle Run/Walk for Autism in downtown Raleigh.

Participating in this event is a great way to show support and make a difference in the life of someone you care about with ASD (Autism Spectrum Disorder) said Denise Monkovich, CWS Team Leader.

CWS staff showed their support by purchasing race t-shirts, making donations, participating in the race or walk, being a virtual participant, helping with our bake sale fundraiser, or making a purchase at our bake sale.

Team CWS Busy Bee's raised \$358.42 for the Autism Society of North Carolina. We hope to participate again next year and hope to raise even more money to support the statewide programs and services provided by the Society.



The Busy Bees

Community Pathways Raleigh Update

Community Pathways continues to evolve and expand the opportunities for growth for our participants. We would like to highlight some of the special training opportunities available within our department that enrich the programming at our agency. The **Germ Busters** crew works daily to ensure that our work area and its many surfaces remain clean and tidy throughout the day by keeping tabletops, and doorknobs wiped down to decrease the amount of germs that we would otherwise come in contact with. Our janitorial crew cleans the restrooms twice per day and completes checks to ensure the bathrooms are fully stocked with toilet paper, hand soap, and hand towels. Our shredding crew ensures that documents for the agency are shredded and properly recycled per agency policy. The **Cantina** is an additional opportunity made available to individuals who are interested in learning customer service skills as they assist other participants and staff with making their food and drink purchases.

CWS has an on-site Wake Technical

Community College Instructor through the ABE TOPS (Adult Basic Education Transitional Opportunities for Post-Secondary Success) program formerly known as Compensatory Education Classes. Once enrolled in class, students study a variety of topics such as reading, writing, math and technology. In addition, our department teaches Self Determination; Women Be Healthy, and Live Healthy Work Healthy classes to encourage advocacy and health education. We also have a very active **Music Mondays** group led by staff that works together to learn songs, how to harmonize and make beautiful music together. We are preparing to host our 4th **Cooking Matters** class through the Inter-Faith Food Shuttle this coming May. The participants learn basic cooking skills, how to follow a recipe, and the components of creating healthy meals and snacks through a six week long course.

By popular demand we have invited a local yoga instructor to come in once per month to lead our participants through seated yoga poses to learn

about deep breathing and relaxation. We have begun to take a small group of volunteers to **HandMeUp Thrift Store** to get hands-on skills that are transferable to a variety of work settings. The Artful Pathways program is an on-site art program designed to encourage participants to use their skills and creativity to make products to sell to the general public both in-house and on-line through our **Etsy** store. Our Artful Pathways program has undergone a revamp and we are gearing up for marketing some of our new product lines. Currently we offer Doggie Delights (handmade dog treats with all natural ingredients), Kitty Toys, bird wreath feeders, drink coasters, handmade jewelry and select special occasion cards. Please check out our **Etsy** store at <http://www.etsy.com/shop/artfulpathways> to view our merchandise or make a purchase. If you have questions or would like to learn more about any of the activities listed above, please contact the Community Pathways/ADVP department to learn more.

Activities at the Brain Injury Clubhouse



Gateway Clubhouse

Gateway members have been busy this winter! The Clubhouse work units continued to keep the program operational and self-sustaining through various daily administrative and maintenance tasks. In addition to Clubhouse work, members continue their **Monday Meals on Wheels** route, delivering thirteen meals to senior citizens of the community. Recent community outings included the North Carolina Botanical Gardens, North Carolina Museum of Natural Science, and the Morehead Planetarium.

The Clubhouse maintained a successful garden over the Fall and harvested carrots, kale, collards and cucumbers. Members are already gearing up for the Spring gardening season!

Gateway Clubhouse has fourteen active members and is currently increasing marketing and outreach efforts. The Clubhouse recently provided program education to the *Morrisville Rotary Club* and the *Wake County Interagency Transition Team*. Members are looking forward to holding a booth at the Raleigh Walk & Roll-athon April 26 at the *Koka Booth Amphitheater* in Cary sponsored by **BIANC** (Brain Injury Association of North Carolina). **BIANC's** aim is to raise awareness of brain injury both as a major public health concern and as a life changing injury which has an enormous impact on the lives of brain injury survivors and their families.

The Clubhouse is excited to announce member program hours have been expanded to include Fridays, 9 a.m. to 3 p.m. beginning in July!

News from CWS Henderson



The Henderson Thrift Store

CWS in Henderson was highlighted in the *Daily Dispatch* newspaper by staff reporter David Irvine on Sunday, December 15, 2013. The article shared CWS's mission of supporting persons with disabilities and other barriers to employment. The reporter was impressed with the ways in which we assist and collaborate with our participants using creativity and out-of-the-box thinking to help individuals prepare for employment. For more information about this article please see:

www.hendersondispatch.com Volume X
CIXNo.300(252)436-2700

The Thrift Store's monthly **BAG SALE** on the first Wednesday of each month continues to be the 'best deal in town' according to Sandra Waverly, Thrift Store Manager. Come in and browse—we really do have rock bottom prices and a wide selection of merchandise! The Thrift Store now has the capability to handle debit purchases as well as credit card purchases.

The end of the year and New Year activities have focused on our Diversity Development Committee and ways that we can enhance our workplace diversity and inclusion efforts. Information was shared with staff and participants regarding various events and celebrations from Hanukah, Kwanza and Boxing Day. In January the discussion included Martin Luther King, Jr. and the need to be willing to volunteer and serve others. The Chinese New Year falls in January and is recognized by gift giving, parades, decorations and feasting. This celebration culminates

with the Lantern Festival on February 14th.

February is Black History month in the United States and Canada. Since 1976 the month has been designated to remember the contributions of the people of African Diaspora. President's Day is celebrated on February 17th this year and was originally established to honor Presidents Washington and Lincoln but now serves as a reminder of the contributions of all U.S. Presidents.

Henderson staff, like our counterparts in Raleigh, are also preparing for the upcoming CARF survey!



Community Workforce Solutions

3011 Falstaff Road, Raleigh, NC 27610

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We invite you to learn more about us by visiting our websites at
www.CommunityWorkforceSolutions.com,
www.gatewayclubhouse.org, or www.flexiblepa.com.

Contact a professional staff member at
Community Workforce Solutions, Inc. today

Our services are based out of two locations with a satellite site in
Durham, NC and the Gateway Clubhouse program in Garner, NC:

Raleigh	Henderson	Garner (Gateway Clubhouse)
3011 Falstaff Road	602 South Gamett Street	1805 Garner Station Blvd.
Raleigh, NC 27610	Henderson, NC 27536	Raleigh, NC 27603
Phone 919-231-3325	Phone 252-492-9555	Phone 919-662-0940
Fax 919-231-9189	Fax 252-492-6167	Fax 919-662-0950

Making a difference in your community!



Community Workforce Solutions



Community Workforce Solutions
Innovative Solutions Since 1964



Community Workforce Solutions

"It's great that people that need help and need to be guided in a positive direction have groups like this to show the light can be brighter if given a chance."