

JANUARY 2024

## The PIC Informer

### From the Desk of the Director

Happy Holidays to ALL!

We did talk about the raises coming from Medicaid DODD during the trainings. The raises start January 1<sup>st</sup>, 2024. You will receive one more paycheck for December so your first check in January will have the raises included.

The raises are not for administrative hours. So those hours will be paid at your previous rate. OBO hours will be paid for with the increase. Meetings and training hours will be at a previous rate also.

We do not remember any increase being this amount or remember the last time OSOC received an increase. This is very exciting!

The average hourly rate for AWK increase will be \$6.00/hour. Higher for behavior add ons and medical add ons. The increase for OSOC will be \$4.00 an hour.

We are also reviewing yearly evaluations for an increase in that raise. It will still be based on performance, attendance at mandatory trainings, reliability and if required documentation has been turned in at scheduled time. All this is important for accreditations to keep us working.

This is the highest increase remembered. Well-deserved for all those dedicated to the supports PIC provides. We all know that most everyone does not do this job as Direct Support Professionals only for the money. PIC is made up of people genuinely dedicated to the individuals we have the privilege to be part of their lives. Thank you for being a part of Partners and you are appreciated every day even though we may not see each other as much as we would like to.

Velda

Hallie

Eric

WE ARE HIRING:

### Floating Site Supervisor

Near Erie County – Northeast Region

Partners In Community are looking to fill the position of Floating Site Supervisory. The person in this position is required to work a predetermined number of hours of direct care. The specific duties of each manager might vary according to the situation, but the following duties are relevant to every situation: Oversee the day-to-day operations of their assigned service sites (multiple sites within 2-3 counties), assure development of appropriate programs, monitor all Individuals documentation, assure scheduling of staff, serve as liason with therapists, case management, day programs and others, and supervise Direct Support Professionals. This position will be assigned a floating schedule of a minimum of 40 hours per week and requires flexibility. May be required to work any shifts; including day, second, third or weekend. Qualified applicants must have a minimum of one year experience working with adults living with developmental disabilities, supervisory experience, valid driver's license with less than 5 points, auto insurance, high school diploma/GED and the ability to pass background checks.



*New is the year, new are the hopes, new is the resolution, new are the spirits, and new are our warm wishes just for you. Have a promising and fulfilling New Year!*

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## Spicy Dr Pepper Shredded Pork

### Ingredients

- 1 whole large onion
- 1 whole pork shoulder ("pork butt"), 5 to 7 pounds
- salt and freshly ground black pepper
- 1 11-ounce can chipotle peppers in adobo sauce
- 2 cans Dr Pepper
- 2 **tbsp.** brown sugar

### Directions

1 Preheat the oven to 300 degrees. Peel the onion and cut it into wedges. Lay them in the bottom of a large dutch oven. Generously salt and pepper the pork roast, then set it on top of the onions in the pan. Pour the can of chipotle peppers over the pork (include the sauce.) Pour in both cans of Dr Pepper. Add brown sugar to the juice and stir in.

2 Place lid tightly on pot, then set pot in the oven. Cook for at least six hours, turning roast two or three times during the cooking process. Check meat after six hours; it should be absolutely falling apart (use two forks to test.) If it's not falling apart, return to the oven for another hour.

3 Remove meat from pot and place on a cutting board or other work surface. Use two forks to shred meat, discarding large pieces of fat. Strain as much of the fat off the top of the cooking liquid as you can and discard it. Return the shredded meat to the cooking liquid, and keep warm until ready to serve. (You can also refrigerate the meat and liquid separately, then remove hardened fat once it's cold. Then heat up the liquid on the stovetop and return the meat to the liquid to warm up. Serve on warm flour tortillas or hamburger buns. Top with shredded lettuce, diced tomatoes, grated cheese, avocado slices, salsa, and whatever else you'd like.

## System Spotlight: Dental Health



Good oral health has a direct correlation with a healthy cardiovascular system, a decrease in diabetes, and improved social well-being and quality of life. Dr. Steven Beetstra, DDS MHA, Dental Program Director at the Nisonger Center shared his advice for promoting dental health for people with developmental disabilities.

“People with intellectual and developmental disabilities have many of the same desires and wants as people without disabilities but often need assistance to maintain their healthy smiles. Therefore, it is up to us as providers and care givers to make oral health a priority. We need all health professionals to address oral health. I have a physician colleague who reminds everyone that teeth affect overall health, and overall health affect teeth. We all need to work together to ensure our patient’s oral health needs are taken care of in an appropriate manner. The first step is to have all healthcare providers address it with patients and caregivers.”

“Our patients often are medically compromised and at risk of contracting pneumonia. Research has shown that poor oral health and oral hygiene places our patients at a higher risk of developing aspiration pneumonia and other health conditions. It is our responsibilities as caregivers to make sure we remove plaque daily to diminish this risk. Having healthy teeth and a smile is vitally important for our patients and their self-esteem. Just like you or I, we want to make a good first impression. As more opportunities arise in the community for individuals with intellectual and developmental disabilities, we as health care providers need to listen more intently to understand what our patients want and need to be successful.”

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## 9 New Year's Traditions From Cultures Around The World



Happy (almost!) New Year!

Whether you're ringing in New Year's Eve from some exciting foreign country or at home with family and friends, you probably have a New Year's tradition or two. Common traditions throughout the United States include singing "Auld Lang Syne" to greet the New Year, and eating black-eyed peas for good luck.

Around the world, cultures welcome the change of the calendar with unique New Year's traditions of their own. Here are some of our favorite New Year's traditions around the world (we're especially fans of Colombia's!).

**Spain** In Spain, it is customary to eat 12 grapes – one at each stroke of the clock at midnight on New Year's Eve. Each grape represents good luck for one month of the coming year. In bigger cities like Madrid and Barcelona, people gather in main squares to eat their grapes together and pass around bottles of cava.

**Colombia** In hopes of a travel-filled new year, residents of Colombia carry empty suitcases around the block. That's one New Year's tradition we can get behind!

**Denmark** Residents of Denmark greet the New Year by throwing old plates and glasses against the doors of family and friends to banish bad spirits. They also stand on chairs and jump off of them together at midnight to "leap" into January in hopes of good luck.

**Finland** In Finland, people predict the coming year by casting molten tin into a container of water, then interpreting the shape the metal takes after hardening. A heart or ring means a wedding, while a ship predicts travel and a pig declares there will be plenty of food.

**Panama** To drive off evil spirits for a fresh New Year's start, it is tradition to burn effigies (muñecos) of well-known people such as television characters and political figures in Panama. The effigies are meant to represent the old year.

**Scotland** During Scotland's New Year's Eve celebration of Hogmanay, "first-footing" is practiced across the country. The first person who crosses a threshold of a home in the New Year should carry a gift for luck. Scots also hold bonfire ceremonies where people parade while swinging giant fireballs on poles, supposedly symbols of the sun, to purify the coming year.

**Philippines** You'll find round shapes all over the Philippines on New Year's Eve as representatives of coins to symbolize prosperity in the coming year. Many families display piles of fruit on their dining tables and some eat exactly 12 round fruits (grapes being the most common) at midnight. Many also wear polka dots for luck.

**Brazil** In Brazil, as well as other Central and South America countries like Ecuador, Bolivia, and Venezuela, it is thought to be lucky to wear special underwear on New Year's Eve. The most popular colors are red, thought to bring love in the New Year, and yellow, thought to bring money.

**Greece** An onion is traditionally hung on the front door of homes on New Year's Eve in Greece as a symbol of rebirth in the New Year. On New Year's Day, parents wake their children by tapping them on the head with the onion. -*WorldStrides*

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## The Two Biggest Myths About Happiness



There's nothing strange about wanting to be happy. "There is no one who does not wish to be happy," the theologian and philosopher Augustine flatly declared in 426 CE, with absolutely no evidence necessary then or now. Find us someone who says, "I don't care about being happy," and we will show you someone either delusional or not telling the truth.

What do people mean when they say they "want to be happy"? Usually, two things: First, they are saying they want to achieve (and keep) certain feelings—joyfulness, cheerfulness, or something similar. Second, they are saying there is some obstacle to getting this feeling. "I want to be happy" is almost always followed by "but..."

1. I can be happy...
2. ...but my circumstances are keeping me stuck in unhappiness.

The fact that complete happiness in this life is impossible might seem like disappointing news, but it isn't. It's the best news ever, actually. It means we all can finally stop looking for the lost city that doesn't exist, once and for all. We can stop wondering what's wrong with us because we can't find or keep it. You're capable of doing in the future. We can also stop believing that our individual problems are the reasons we haven't achieved happiness. No positive circumstance can give us the state of bliss we seek. But no negative circumstance can make getting happier impossible, either. Here is a fact: You can get happier, even if you have problems. You can even get happier in some cases because you have problems. — *Build the Life You Want*

## Memories from 2023



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