

## Please read the daily COVID-19 update in its entirety!

In an effort to effectively communicate updates and information to all staff it is essential, expected and mandatory that you read the daily COVID-19 updates provided. Reading all information will keep all information centralized, ensure staff is up to date regarding needed information, and prevent staff questions regarding information that has already been communicated.

Thursday, May 21, 2020



We know the ongoing COVID situation is wearing on even the most patient of people, and that it's the last thing that most of us want to think about or read about any more than we have to, **however, it is vitally important that all staff continue to read these daily updates carefully and in their entirety!** Information changes by the day, and sometimes by the hour and these daily e-mails are the best tool we have to ensure

that all CMH staff can access the same information in a timely manner. It will be especially important for staff to stay informed as we shift our focus to reopening and all of the changes and modifications that will accompany this process.

That being said, if you have any suggestions about how we can make these communications more valuable, informative, useful to staff etc., please reply to this e-mail or send your feedback to the [COVID19@scccmh.org](mailto:COVID19@scccmh.org) e-mail box at any time.

### Zoom Meeting Clarification from Dann Hayes

If you have a CMH iPad, Zoom video meetings will not work. If you have ANY OTHER CMH device, you are allowed to join Zoom meetings, but CMH will not be hosting (or presenting) any Zoom meetings.

Any video conference related meetings that we are presenting, or host of, will continue to be done through Lifesize.

## Question of the Day – Submit your answer for a chance to win a \$10 gift card to Tropical Smoothie, Starbucks or Tim Hortons – your choice! (Even if it's the wrong answer... 😊)

We will periodically be including a **Question of the Day** in our e-mails. The Subject matter will vary and might not always directly apply to your job function, but all CMH staff are encouraged to answer (even if it's just a guess!) Today's question applies primarily to OASIS users:

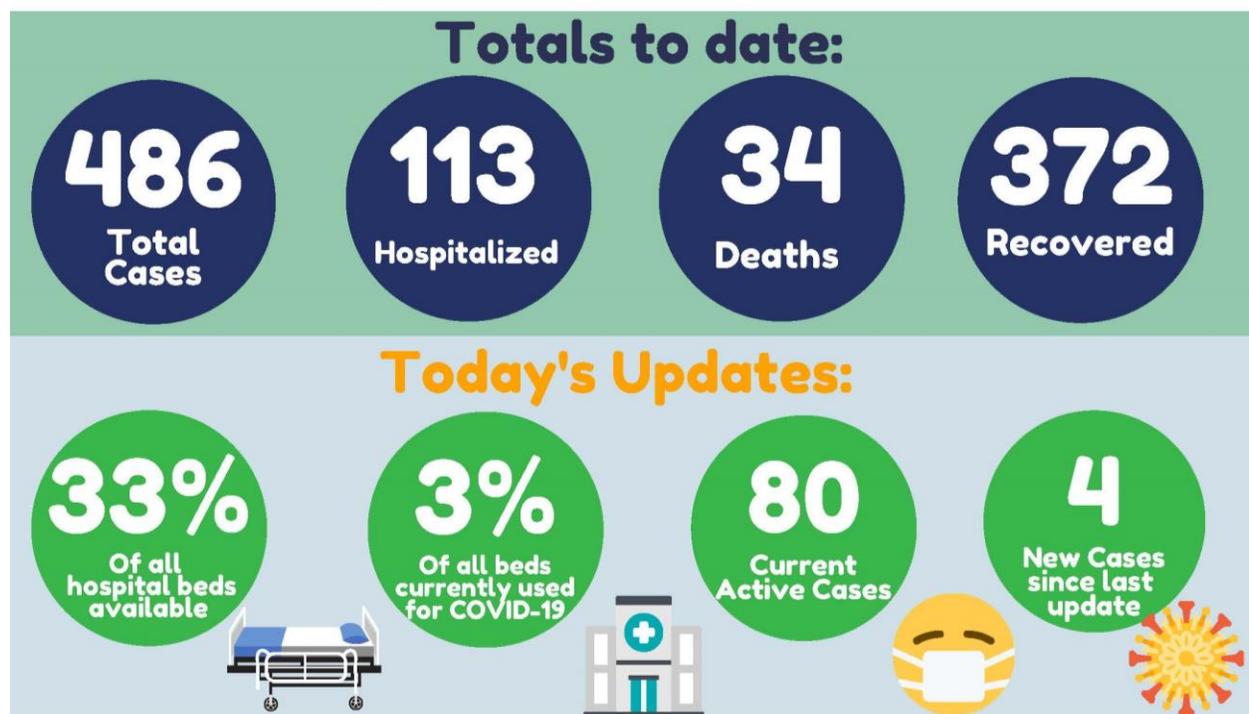
*Q: In order to link an individual on my caseload with a Primary Care Physician, I left three voicemail messages throughout the week. Each voicemail was at least one minute long. Are these services billable with the new COVID-19 code changes?*

Reply to this e-mail with the answer to the question in the subject line for a chance to win a gift card!

### St. Clair County COVID Report

Here is an excerpt from the daily St. Clair County COVID report. You can find more information on the county's data dashboard:

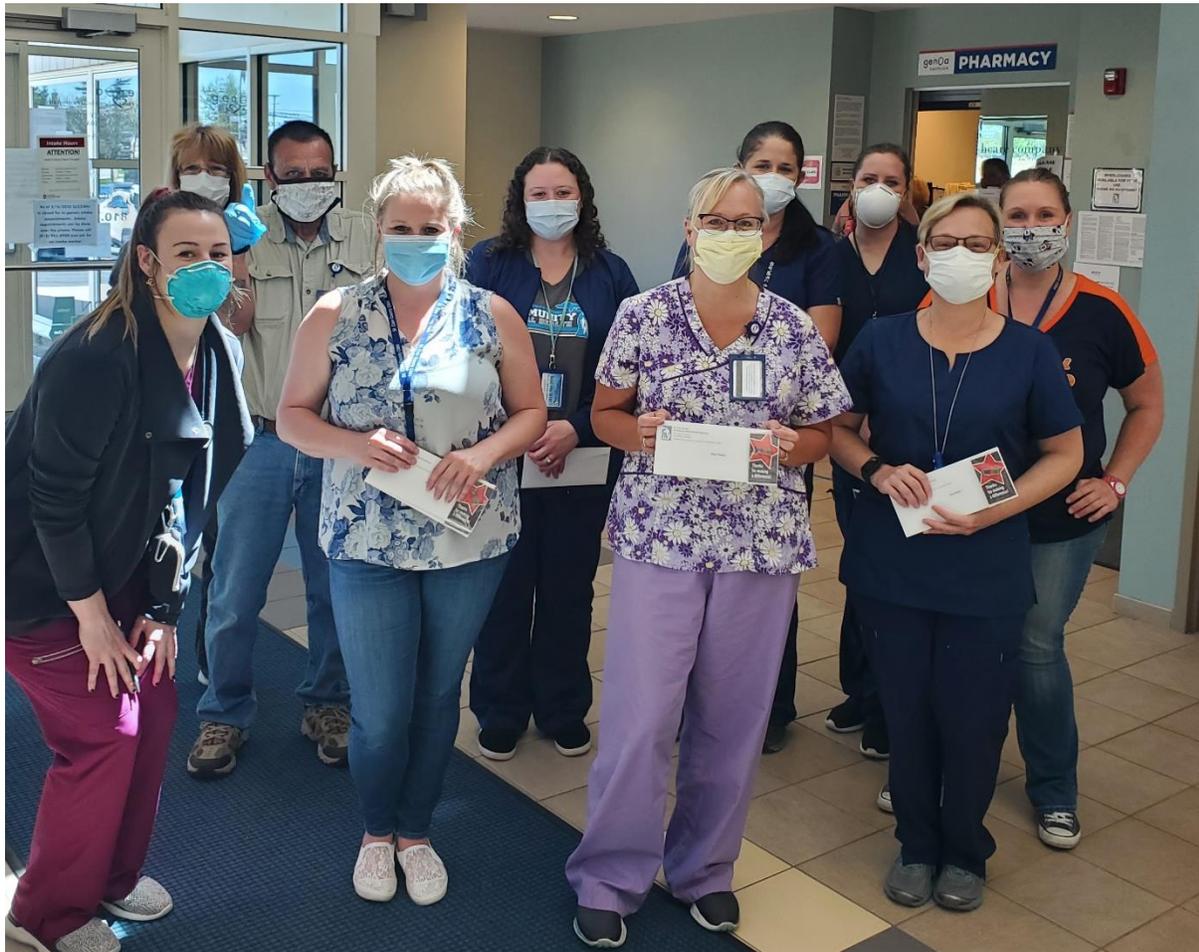
<http://scc-gis.maps.arcgis.com/apps/opsdashboard/index.html#/7213b9bf8596405c9fccbebc4981aec5>



**Congratulations to the April Team of the Month!**

**The "Front Door Triage Squad" (a.k.a. Nurses, Medical Assistants, Manny Gonzales and Nancy Richards)**

Nominated by Jody Kruskie



When confronted with a dangerous situation, human nature dictates that most people would choose to keep their distance. Nurses and medical assistants, and those who support them, by virtue of their job function, turn towards danger not away from it. Our nurses and medical assistants with the support of Nancy and Manny have been our front line since the COVID-19 situation took hold in St. Clair County. The care and dedication of these CMH employees has allowed us to continue to provide vital, essential services to people who need them most, while protecting the health and safety of staff and everyone who enters our building. And they have done all of this with smiles on their faces (the masks may hide it, but we can see it in their eyes 😊 )

Our Nurses and Medical Assistants administer temperature checks at the front door and ensure everyone is wearing a mask. With their professional and pleasant demeanor they put people at ease and make what could be a troubling experience tolerable. In addition, Manny and Nancy, have worked side by side with our medical team, making sure every single surface touched is sanitized every time.

We owe a great deal of gratitude to each of them. This team, quite literally, makes it safe for us to do our work here. For their professionalism in a challenging situation, the Front Door Triage Squad, have been named SCCMH's April Team of the Month.

### **“Taking Care of Yourself During COVID-19” Zoom Virtual Series**

Today was the first session of the virtual series *Taking Care of Yourself During COVID-19* (though the information is definitely relevant even in non-pandemic times). You can catch it the next three weeks on Thursdays at 3:00 pm. For staff – **these sessions can be viewed on work time!** So take the opportunity to learn something new and support your fellow CMH employees Tom Kingsbury and Noelle

Schleder, and Nancy Armstrong – who teaches yoga classes at CMH! You can use this same link every week: <https://tinyurl.com/y8bwshq6> The password is 909041

**HEALTHY MINDS  
HEALTHY BODIES**

St. Clair County  
Community Mental Health  
*Promoting Discovery & Recovery Opportunities  
for Healthy Minds & Bodies*

the **Y**  
YMCA  
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Taking Care of Yourself  
During COVID-19

**VIRTUAL SERIES**  
Thursdays at 3:00pm

Each week, Health Mentor Tom,  
Dietitian Noelle and Yoga Instructor  
Nancy will walk you through simple  
activities that you can do from home  
to care for both your mental and  
physical health during times of social  
distancing and staying at home.

**>>MAY 21**

- Reducing Stress, Depression and Anxiety through Outdoor Exercise
- What does a healthy meal consist of?
- Outdoor breathing exercise

**>>MAY 28**

- Workout Using Items You Have at Home
- Eat This, Not That Cooking Demonstration
- Chair Yoga exercise

**>>JUNE 4**

- Why Stretching Is Vital to Your Health
- Foods that Boost Your Immune System
- Vinyasa Flow Exercise

**>>JUNE 11**

- Exercise Techniques to Ease Pain
- Health Benefits of Water
- Yoga Stretches for Shoulders, Neck and Hips

Use the link below to join this series on Zoom:

**https://tinyurl.com/y8bwshq6** Password: 909041

## Staff Spotlight

Keep sending in your Staff Spotlight answers and photos if you would like to be featured in the daily updates! The form is attached and can be returned to Tracy Goyette at [tgoyette@scccmh.org](mailto:tgoyette@scccmh.org)



## Staff Spotlight

### Debbie Barnes

**Position:** Integrated Health Assistant, CSM Unit

**Length of time working at CMH:** First time 9 1/2 yrs and 3 yrs currently

**Family/Pets:** Husband of nearly 39 yrs, Rick, 2 daughters: Christy & Trisha and 1 son, Ricky, 10 Grandkids, 3 Great Grandkids, 2 dogs and a turtle.

**Favorite thing about working at CMH:** The Team commitment to helping the people we serve.

**If I could only watch one movie for the rest of my life it would be:** “The Goonies” because we first viewed it together as a family when our kids were at ages that the movie was thrilling, fun and humorous. Plus, we have been to Astoria, Oregon where much of the movie was filmed and seen some of those locations so it came alive for me.

**What is the best gift you have ever been given?** Salvation through Jesus and my Family.

**What is the most interesting place you’ve ever visited?** Went to the Philippines on a Mission trip in 2000. Beautiful country and the sweetest people.

**What is something you’ve done that would surprise your co-workers?** Worked construction in Florida when I was much younger. Drove heavy equipment including a Belly Dump, Frontend Loader and a Terex Dump Truck that was two lanes wide and at least a story high. It was like driving around a garage. My daughter, Christy got to ride in it with me on Take Your Child to Work Day when she was in Kindergarten.

**5. What’s your favorite outdoor recreation?** I started shoveling snow and doing gardening for neighbors at about 12 and have loved doing both ever since. Very therapeutic.



## Staff Spotlight

### Audrey Bell

**Position:** IPS Department

**Length of time working at CMH:** 5 years 8 months

**Family/Pets:** No kids or pets

**Favorite thing about working at CMH:** Helping people and the great people I work with at CMH.

**If money was no object, what would you do all day?** Rescue dogs and cats.

**What is the best gift you've ever been given?** Gift of life!

**What would you do if you won the lottery?** Open a huge animal rescue and more local shelters.

**Aside from necessities, what is one thing could you not go a day without?** Phone, lol.

**What is your favorite song of all time and why? Does it have special meaning or memory?** Living on Prayer, it's mine and my sister's song!

**What is a skill you would like to master?** Building Furniture

**What is the most interesting place you've ever visited?** Munich, Germany at a concentration camp.

**Have you ever met anyone famous? What was it like?** Sylvester Stallone, I didn't believe it was him at first. He was nice.

**What is something you plan to do in the next year you've never done before?** Surf

**Do you play any musical instruments?** Piano

**What accomplishment are you most proud of?** Being on the All State softball team in high school and graduating from college.

## Kudos

Thanks to the InShape staff for jumping on board with Employee Health and Wellness Day to compile the list of 10 healthy tips we shared yesterday and on Facebook. Also great job today Tom Kingsbury and Noelle Schleder! Your sessions in the virtual series *Taking Care of Yourself During COVID-19* were awesome! We can't wait to see what you have in store for the next three weeks!

Kudos to Kristen Thames. She handled a very concerned and upset mother's call with professionalism and was able to assist in de-escalating the situation and notifying the case holder of the situation. She also was willing to follow up with secondary calls to make sure that her son was now scheduled and that the phone issue had been resolved. Thank you Kristen for your hard work and professionalism!

