



Mission:

At NCC we devote our resources to enabling individuals with developmental disabilities to reach their full potential. Our person-centered approach recognizes challenges and promotes strengths to ensure a comprehensive and individualized method of program development. We are an agency committed to creating opportunities while growing together in a caring community.

LIMITLESS. OPPORTUNITY. TOGETHER.

Vision:

Building lives without limitations by:

- Valuing the ambitions and individuality of individuals by treating them with dignity and respect.
- Encouraging and empowering our individuals to make and achieve personal goals.
- Giving our individuals a role in the community.
- Teaching skills that promote independence.
- Developing and retaining employees that provide excellent care.
- Evaluating the services we offer on a consistent basis.
- Giving a voice to people who cannot speak for themselves and providing a platform for those who can.

NCC WEEKLY BULLETIN

June 13, 2018

HUMAN RESOURCES

\$\$\$ BONUS \$\$\$

Additional Referral Bonus

When you refer a friend:

1. **After 30 days** you receive \$150
2. **After 90 days** you receive \$150
3. **After 6 months:** you receive an additional **\$200*** for a total bonus of **\$500!!!**

* Both you and the employee you referred must still be employed at NCC on an active basis working a minimum of 15 hours a week. Contact HR for details.

\$\$\$ BONUS \$\$\$

CALENDAR THIS WEEK

WED 06/13

Med Cert 1 - 10a-3p - Admin Class

Waiver - 1-3p - AdminConf

THU 06/14

Med Cert 1 - 10a-3p - Admin Class

TUE 06/19

NCC PAYDAY

ICF Mtng - 1-3p - AdminConf



BIRTHDAYS THIS WEEK

WED 06/13 Elizabeth Roman

THU 06/14 Victoria Brownell
Samantha Ellison

SAT 06/16 Kathleen Lyon

SUN 06/17 Karelys Cruz-Torres

TUE 06/19 Thomas Gilbert

Safety - National Safety Month Week 2 - Wellness

Prioritize

Your Wellness

We ask a lot of ourselves each day, and over time this can put a strain on our own wellness. Try these tips to help improve your wellness at every stage of life.

Focus on Your Wellness Each Day

- Take the stairs instead of the elevator or go for a walk at lunch to work physical activity into your daily schedule
- Take advantage of workplace wellness programs and choose healthy snacks each day
- Find nearby options for exercise classes through your local parks department
- Take breaks throughout your day to refresh your body and mind – if you sit for long periods, stand up and stretch for a few minutes at a time
- Get regular medical checkups, such as an annual physical and age-appropriate tests – ask a professional about the right tests, exercise and nutrition choices for your physical fitness and age
- Talk to your doctor about alternatives to opioid pain medications – learn more at nsc.org/takeaction

Watch Out for Fatigue

Fatigue is more than just being tired. If you're missing out on the recommended seven to nine hours of sleep each day, you could become sleep deprived and be at higher risk for the negative effects of fatigue.

- Chronic sleep deprivation causes depression, obesity, cardiovascular disease and other illnesses
- Fatigued driving is impaired driving – losing even two hours of sleep is similar to the effect of having three beers
- Night shifts and rotating shifts put you at a higher risk of fatigue – if possible, work with your employer to align your sleep and work schedules to get restful sleep
- To help combat fatigue, make your bedroom more conducive to sleep; a quiet, dark room that is not too hot and not too cold will help you relax and get to sleep sooner
- Avoid chemicals that affect sleep; caffeine, nicotine and alcohol can all contribute to sleep problems
- Help your loved ones get the proper amount of sleep – children and teens typically require even more sleep than adults

ZZ Wellness
70 MILLION AMERICANS SUFFER FROM A SLEEP DISORDER. DO YOU?

NATIONAL SAFETY MONTH 2018
nsc.org/nsm



NATIONAL SAFETY MONTH 2018

OPEN HOURS

June 13, 2018 – Please check with individual units for current openings.

House	Positions/Shifts
Admin - Rich T. 582-3300 x491	
Day Program - Virginia B. x495	10 openings, Shifts vary from 8a-3p, 8a-4p, and 8:30a-3:30p
Nursing – 440-582-3300	Part Time LPN; On call LPN
Alpha I - 440-582-4694	Sundays 7a-3p, 7a-1px3; Mondays 6a-10a & 3p-9p; Tuesdays 3p-9p, Wednesdays 3p-9p; Thursdays 6a-10a, 3p-9px3; Friday 6a-10a, 3p-9p x2; Saturdays 7a-1p x3, 3p-9p x3 and 9p-7a
Alpha II - 440-582-4692	1 full time 2nd shift; 2 part time 2nd shift; 2 full time 1st shift (must be company driver)
Alpha III - 440-582-4693	SUNDAYS-7am-3pm;7am-3pm;7am-3pm; 2pm-9pm;2pm-9pm MONDAYS-5am-10am;5am-1pm;2pm-10pm;3pm-9pm;4pm-12amTUESDAYS-5am-10am;5am-1pm;3pm-9pm;4pm-12amWEDNESDAYS-5am-10am;5am-1pm;3pm-9pm;3pm-9pm;2pm-10pmTHURSDAYS- 5am-10am;5am-1pm2pm-9pm;2pm-9pm;3pm-11pm FRIDAYS- 5am-10am;3pm-9pm;2pm-9pm;3pm-9pm SATURDAYS 7am-3pm;7am-3pm;7am-3pm;7am-3pm;7am-3pm;2pm-9pm;2pm-9pm;2pm-9pm (REVISED as of 5.15.18)
Bagley - 440-891-8444	Tuesday-Friday = 5AM-9AM
Maple - 440-234-9407	Sun 1st: 8a-3p x3; 7a-3p Med Passer. Sun 2nd: 3p-10p; 3p-9p x2. Mon-Fri 1st: 5a-10a Med Passer/ Driver is ideal. Mon 2nd: 3p-9p x2; Tues 2nd: 1:30p-9p Driver; 3p-9p Wed 2nd: 3p-9p; Thu 2nd: 1:30p-10p Driver; 3p-9p; 3p-8p. Fri 2nd: 3p-8p; 3p-9p Fri 3rd: 10p-8a Sat 1st: 8a-3p x3 Sat 2nd: 3p-9p x2; 3p-9p
Ridge - 440-888-9328	First(24) . Second(16). and third (30)part time
Royalton - 440-582-2775	#1- 31 Hours - Sun- 7a3p, Mon- 6a11a, Tues- 6a11a, Wed- 6a11a, Thurs- 6a2p #2- 33 hours - Sun- 8a3p, Wed- 6a2p, Thurs- 6a11a, Fri- 6a11a, Satur- 8a4p #3- 35 Hours - Sun- 8a3p, Mon- 3p9p, Tues- 2p9p, Wed- 2p9p, Fri- 2p10p #4 40 hours - Sun- 8a4p, Mon- 2p10p, Thurs- 2p10p, Fri- 2p10p #5- 29 Hours - Sat- 8a3p, Wed-2p10p, Thurs-2p10p, Fri-3p9p #6- 24 Hours - Thurs-2p10p, Fri- 2p10p, Sat- 2p10p
Sprague 216-469-5648	21 hrs/wk 2nd; 8a1p Sun, 4p8p Mon Tue, Fri and Sat; 23 hrs 2nd , Sun 5p1130p, Mon.330p9p, Wed.4p9p, Thurs.4p10p; 40 1st Tue-Fri 7a 5p; 22 hrs 3rd, Fri and Sat 3rd shift

Waiver

WAIVER HOUSE OPEN HOURS

Adrian (Berea): - Tues. 10p-8a; Sun. 2p-9p; (Must be female) Carlynn Banks 216-903-0479
Barrett (Berea): - Sun. 7:30a-2:30p; 2:30p-10:30p; 4p-8p; Tues. 10:30p-7:30a; Wed. 2:15p-10:30p, Fri. 10:30p-9:30a; Sat. 2:30p-10:30p, 10:30p-9:30a; (Female Staff) - LeKeshia Tucker 216-536-4249
Beta East (Cleveland East) None - Thressia Smith 216-401-5724 (Female Staff)
Beta West (Lakewood): None - Janice Matos 216-410-8636 (Female Staff)
Brandywine: (Parma) Fri. 4p-10:30p; Sat. 8:30a-3p, 3p-10:30p; Sun. 9:30a-2:30p; 2:30p-11p; Mon. , Wed. & Fri. 10:30p-8:30a; Sat. 10:30p-9:30a. - LaShonda Washington 216-303-3588
Delta (Cleveland): Fri. 12:30p-8:30p; Sat. 8a-4p; - Pam Shelley 216-973-1508
Eldridge (Bedford Hts.): Fri. - Sat. 3p-11p; Sun. 7a-3p, 3p-7p; – Carol Moore 216-482-4723 (Female Staff)
Fairview (Fairview Park) Sat. 11a-7p; Sun. 11a-7p, 3p-11p; (Must be a Driver).– Jackie (216) 407-7950
Gamma (Cleveland West): None - Marcia Alexander – 216-401-5352
Garfield: Mon. through Fri. 4p-9p; – Drake Douglas - 216-956-6567
Hawthorne (Strongsville): Sat. 8a-5p, 4p-9p, 5p-10p; Sun. 8a-4p, 8a-5p, 4p-9p, 5p-10p; - Marsha Jackson 216-339-0326 (Female Staff)
Highland View (Cleveland West): (2nd shift) Sat. and Sun. 3p-10p,; Mon. and Wed. 3p-9p; - (3rd shift) Fri., Sat., and Sun 10p-8a; Michelle Nicola 216-536-0970
Kenneth (Parma): None – Temeka James – 440-887-0443
Kingswood (Olmsted Falls): Sat. 9a-3p, 3p-11p, 3p-10p, 11p-9a; Sun. 9a-3p, 3p-10p; Mon. 2p-10p; 11p-9a; Tues. 2p-10p, 3p-11p; 11p-9a; Wed. 2p-10p; Thurs. 3p-10p; 3p-11p; Fri. 2p-10p; - Keisha Burdett – 216-956-1503
La Bianca (Parma): Sat. 10p-10a; Sun. 10a-10p; – Diana Camacho 216-536-4251
Lakewood – Thurs. 11p-9a; Sat. 3p-11p; 11p-7a; Sun. 7a-3p, 11p-9a;; - Cathleen Anderson - 216-469-5742
Laurel (Berea): Sun. 12p-10p; Mon. 2p-10p; Tues. and Wed. 2:30p-8:30p; – Sherry Haynes - 330-225-0801
Oakbrook Apartment (Division) - Monday-Wednesday 6am-8am & 4pm-9pm Saturday & Sunday 8am-1pm & 4pm-9pm – Bobby Borts - 216-469-5487
Seven Hills: None - Temekca James 216-704-0786
Triskett (Cleveland West): Mon. Through Fri. 2p-10p; – Cathleen Anderson 216-469-5742
Valley View (Cleveland West) – Sat. 9a-3p; (Driver Only) – Lydia Huffman - 216-408-0746
W. Sprague (Strongsville): Sat. 8a-4p, 8a-4p, 4p-10p; Sun. 8a-4p, 6p-10p.; – Sonni Thomas 216-401-5352

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