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support and promote independence.
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Community Village Lawrence

Neighbors helping neighbors



goodlife
INNOVATIONS

Community Village Lawrence & GoodLife Innovations Meet & Greet Minutes from 1/14/21

Persons Attending: Yolanda Hargett/Sr. VP/GoodLife; Jenni Bryan/Sr. Service Proj. Mgr./GoodLife; Stephanie Thorne/Dir. Of Intake & KU Liaison/GoodLife; Mindy Fry/DC Neighborhood Network Director/GoodLife; Chris Holmer/CVL Bd. President; Ellen Paulsen/CVL Bd. Member; John & Challa LaRocca; CVL Bd. Members; Robert Little/CVL Outgoing Service Coordinator; Gene Puckett/CVL; Vivian Hammond/CVL; Christy Kennedy/CVL; David Beck/CVL Bd. Member; Richard DeGeorge/CVL; Diane Adamson/CVL; Linda Dean/CVL; Annebelle Hiegel/CVL; Jean Drumm/CVL; Rick Cagan/CVL; Janet Benson/CVL.

Chris Holmer started off the meeting with thanks for everyone in attendance. Chris summarized the recent action by CVL & GoodLife Board of Directors to partner together in a common mission to help provide needed services so that seniors can live successfully in their own homes and participate in community activities as much as is desired. He mentioned the recent success of the COVID vaccinations clinic hosted by GoodLife on Wednesday, 1/13/21, where 36 CVL members/volunteers/family members received their 1st vaccination! Yolanda mentioned that GoodLife hopes to have extra vaccinations available in the future as well so

that more can be offered to CVL. Chris asked the GoodLife participants to introduce themselves and their current roles at GoodLife and CVL.

Yolanda Hargett - Long-time leader within GoodLife Innovations since 1986, previously known as Community Living Opportunities (CLO). As a Senior Vice President, Yolanda currently oversees GoodLife's Neighborhood Network semi-independent living services in Johnson & Douglas Counties and is working with a team to expand GoodLife services to include seniors. Read more about Yolanda:

<https://mygoodlife.org/blog/staff/yolanda-hargett/>

Jenni Bryan - Has been with GoodLife for several years, first as the Coordinator of day activities and vocational services for adults living in GL's Neighborhood Networks and then moving into helping to develop and coordinate services for seniors. Jenni is the current Coordinator of CVL's sister organization called Vibrant Village which serves seniors in a 55+ apartment living program called Sorrento. And now, Jenni is also fulfilling the CVL Services Coordinator role being vacated by Rob Little. Read more about Jenni:

<https://mygoodlife.org/blog/staff/jenni-bryan/>

Stephanie Thorne - Has been with GoodLife for more than 20 years and heads up all initiation of services for children and adults with special needs as well as now including seniors. Stephanie has her Doctorate from University of Kansas in Developmental & Child Psychology with a focus on applied behavior analysis. Stephanie serves as the liaison between GoodLife and KU to help coordinate the ongoing training, consultation and quality enhancement services our KU partners provide. Read more about Stephanie:

<https://mygoodlife.org/blog/staff/stephanie-thorne/>

Mindy Fry - Mindy began with GoodLife a couple of years ago, coming from a background including several years of working with seniors in a variety of settings. With a Bachelor's in Social Work, Mindy is the Site Director for the Neighborhood Network apartment living program which currently serves adults with a variety of intellectual and developmental disabilities but she is excited to begin offering services also to seniors who can benefit from living in a community setting that has on-site support services as needed.

Yolanda provided an overview of GoodLife's mission and services, summarized below:

- GoodLife Innovations (previously called CLO) has provided services in the Lawrence community since 1991, providing a variety of services such as residential living

settings, day activities, health and behavioral support to individuals who need extra support in order to live high quality lives in the community.

- Our mission is to make a meaningful difference in the lives of persons with a variety of disabilities and other support needs in order for them to live fulfilling lives in the community. Some of the specific diagnoses of people we serve include autism, cerebral palsy, down's syndrome and a variety of intellectual and learning disabilities.
- CLO (now called GoodLife) was founded in 1977 by a group of parents and active community leaders who were determined that persons with significant support needs should be able to live in the community, close to family and friends, just like you and I. Many people served initially came from state institutions and GoodLife has helped to downsize and close many institutions in Kansas as well as in other states such as California & Tennessee.
- Since our first home opened in 1983, GoodLife has grown significantly and broadened WHO we support, now serving more than 500 children and adults throughout eastern Kansas who have a wide variety of support needs.
- Part of changing our name to GoodLife Innovations was because we strongly desire to serve a wide variety of people who need support, including seniors, enabling them to live safe, happy, healthy and fulfilling lives in the community.
- GoodLife's website is: www.mygoodlife.org

MIDNIGHT FARM

Yolanda gave an overview of one of GoodLife's favorite programs called "Midnight Farm" - a 40 acre farm about 7 miles south of Eudora. Midnight Farm provides all kinds of country-style activities for persons served and also actively involves local organizations and community members who volunteer and hold events at the farm. In fact, CVL held a joint meeting between their Board and GoodLife leaders at Midnight Farm this fall and enjoyed a full tour of the program! There is a large arena which used to provide therapeutic horseback riding, but when that became too difficult to continue, it was renovated to provide all kinds of fun activities for persons served, including dances and parties, exercise and sporting events, golf cart driving courses, etc. The adjoining Lodge hosts day activities for persons served including country-style arts and crafts, karaoke, etc. The farm also has a large greenhouse, outdoor gardens, ceramics pottery barn complete with a kiln, walking trails, petting & farm animals to interact with and take care of, and much more! There are several homes on the property as well, allowing individuals to live a more rural lifestyle as desired. Yolanda expressed that GoodLife would LOVE for the CVL members and volunteers to visit

Midnight Farm and get involved helping others and enjoying the “good life” in this beautiful country setting. There is something for everyone!

Learn more about Midnight Farm here: <https://www.midnight-farm.org/>

Douglas County Neighborhood Network (DCNN)

Mindy Fry described the Neighborhood Network at Frontier West Apartments, highlighting the following:

- GoodLife’s DCNN is a semi-independent apartment living program that serves around 18 adults with a variety of special needs at this time. Generally 2 adults live together per apartment, with each person having their own bedroom and bathroom and then sharing the common spaces.
- The NN maximizes the power of technology to help monitor and provide support only when needed in the least intrusive manner possible. There are cameras in the general living areas (NOT bedrooms/bathrooms) as well as a communication intercom system and different sensors/alerts such as on external doors and alerting of stove/oven use, etc., in order to help provide supervision and support as needed. Smart home technology can be individualized as appropriate.
- Four Professional Neighbor Concierges who live on-site provide the majority of the monitoring and support for persons living on site and are available 24/7 to answer questions and provide needed resources and support. The DCNN has an office on-site which serves as the central hub for the monitoring of cameras and interacting with persons living in the neighborhood. Overnight, GoodLife’s iLink Central Site Monitoring takes over with the provision of monitoring the cameras and sensors/alarms and providing support as needed. The live-in Concierge team also are on call to provide direct support, as needed.
- The Concierges also supervise a team of DSP’s (Direct Support Professionals) who are deployed to provide direct assistance as needed to persons in the neighborhood. They also provide transportation and community support.
- The DCNN also provides health services such as medication administration and ordering support, nursing assessments and consultation, 24/7 on call nursing support, etc. There is an on-site nursing assessment/consultation room that includes technical support for doing virtual appointments with medical professionals and providing vital signs and other assessment data with special equipment designed to transmit via the internet.

- Our goal at this time is to expand the DCNN to invite adults who are aging and may need a little extra support at times to join the DCNN community so that they can live as independently as possible with the needed on call and direct support to help them stay safe, healthy and active.
- The DCNN Office is at B-213. CVL also has moved its office to be located at the DCNN in Apt. D-404.
- Please contact Stephanie or any GoodLife team member listed here to find out more about the DCNN and go to this link to learn more:
<https://mygoodlife.org/neighborhood-network/>
- When COVID risks reduce, in person tours can be scheduled. Until then, please go to this link for a virtual tour. Click on the "Tour of the NN in Douglas County":
<https://mygoodlife.org/videos/>

CVL Service Coordination

Jenni Bryan will fulfill the role that Rob Little previously held. She can be reached at the CVL office phone # (**785-505-0188**). There are also CVL Volunteers who are covering the phone and email communications throughout the week. Jenni will coordinate and communicate with these volunteers with the ultimate goal of providing the requested services from CVL members. Jenni is in charge of onboarding new Members and Volunteers. Jenni is also in charge of coordinating the provision of social activities and educational opportunities for CVL members and volunteers. She will also focus on community outreach, recruitment of new volunteers and members, and fund-raising efforts. All of this, of course, is in concert with the CVL Board, Volunteers and Members, as nothing can be accomplished without involvement from all stakeholders.

Immediate Goals in 2021

1. Get to know each of you and help ensure that the services needed by each member are provided.
2. Contact each current volunteer to update their volunteer profile to ensure they are getting contacted for the appropriate service needs that match their interests and strengths.
3. Learn all of the CVL procedures (including Club Express) and review the written information provided to members and volunteers and update these as appropriate/needed.
4. Work to update the CVL website so that it is current and includes GoodLife contacts and information as appropriate.

5. Obtain input from CVL members/volunteers/board members as to what should be prioritized goals for 2021.

Questions/Suggestions?

1. Would like to get more ZOOM/virtual get togethers scheduled for members and volunteers, possibly using the typical coffee time from the past which was the 2nd Thursday of each month in the morning. Jenni will get these scheduled.
2. Suggests doing educational sessions to increase members' ability to utilize ZOOM or Google Meet along with answering questions and providing guidance on basic IT/Tech questions. Mindy mentioned that she has a good person to help with this type of session. Jenni will pursue scheduling these.
3. Can CVL Members access GoodLife's Nursing Services? ~ Yolanda stated that CVL provides volunteer services but anyone desiring to be served by GoodLife's senior services could access their Nursing Services. The immediate project for GL's expansion into senior services is for those who desire to be served within the DC Neighborhood Network, which will include Nursing Services. Yolanda will be checking to see if GoodLife might offer its Nursing Services as an ala carte service sometime in the future.
4. Ellen Paulsen asked that the flyer from the Landon Center on Aging be distributed in case anyone wants to participate in the activities and educational opportunities they offer. Jenni agreed to get this sent to everyone.
5. Annabelle Hiegle suggests that CVL/GL present to the Lawrence Welcome Club. She will forward information to Yolanda, Ellen and Jenni about this club.
6. Mindy Fry expressed interest in having a variety of opportunities for CVL members/volunteers and DCNN persons served to interact with each other in ways that are mutually beneficial and rewarding. She mentioned that her current residents have interests and capabilities to do some services and fulfill service needs for seniors. She also said that they love to put together presentations and performances and in general enjoy interacting with other community members. Mindy thought that the CVL members may also enjoy assisting her DCNN residents in ways that match their strengths and interests. It's definitely worth exploring!!
7. Christy Kennedy mentioned that her husband works with Children's Mercy and does home assessments and training to help people have healthy and safe living environments. She suggested that her husband could possibly do a presentation on related topics of interest to the CVL members/volunteers and also for GoodLife as a whole. Jenni & Yo will follow-up with Christy on this opportunity.

8. Chala LaRocca suggested that the minutes from this Meet & Greet be typed up and sent out to all the members and volunteers so that those who weren't in attendance can read everything they missed. Yolanda & Jenni agreed to do this.

GoodLife Team Members Contact Information:

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