



Alegria News

From the CEO

Here are at Alegria, we hope your 2023 year is going well so far. For our part the good ship Alegria in enjoying smooth sailing, with no storms anticipated. However we do have some events to report.

Almost half of our provider families are more comfortable speaking and reading in Spanish than English. In recognition of that fact, we now have both Spanish and English versions of our website. And, starting this quarter we now have both Spanish and English version of our quarterly newsletter. Soon we will also have both Spanish and English versions of the daily progress notes that you providers complete.

Second, we are happy to report that Alegria is slowly but consistently growing in the number of providers we serve. To assist us in supporting a growing number of families, we have hired a new full-time employee – Yuriam Zavala. Yuri is already making a difference and the fact that she is fluent in Spanish is an added advantage.

Finally, we notified you in another part of this newsletter that DDS is considering making the EOR a paid position. That change could make all of our lives easier. DDS is asking for input from providers so please let them know how you feel about this possible change.

Otherwise for the good ship Alegria, it continues to be “steady as she goes”. And please don’t hesitate to contact us if you have any questions or concerns.
Larry

New Year's Resolutions For Inclusion.

In 2023, the disabled community still deals with many issues that don't propel the community forward. Thus, the following New Years Resolutions can be considered for everyone looking to promote inclusion:

- ◆ **Don't touch people without permission** - When it comes to people with physical disabilities, it is somehow forgotten. Wheelchair users, like everyone else have a right to their personal space. Being in a wheelchair does not give anyone permission to touch without asking beforehand.
- ◆ **Speak directly to people** - Adults with disabilities, unfortunately often still have this experience of being talked over. Others will often address their care assistants or interpreters rather than them directly. Give all people the courtesy of speaking to them directly when they're in the room.
- ◆ **Make sure the environments you frequent are accessible** - No matter what environment it is, this tip is the most actionable item because you can do it anywhere at any time. From HR to accessible bathrooms, ensuring our environments are accessible can be a step forward in 2023.

**GOODBYE
2022
WELCOME
2023**

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What's happening in January 2023?

This month was named after the Roman god Janus, known as the protector of gates and doorways who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future.

January 16 is Martin Luther King Jr. Day (observed). This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence.

January 17 is Benjamin Franklin's birthday. He was not only a world-renowned statesman, inventor, and scientist, but was also fascinated by agriculture

January 22 is the Lunar New Year. Celebrated widely throughout East Asia, this holiday begins with the first new Moon after the Winter Solstice and is associated with the Chinese Zodiac.

January 8: Elvis Presley's Birthday.

January 10: National Houseplant Appreciation Day.

January 14: National Dress Up Your Pet Day.

Meet Yuriam Zavala (Yurii) Administrative Assistant



The newest member of the Alegria Family Services team is Yuriam Zavala, also known as Yurii. When Annette Martinez was promoted to Mi Via Coordinator (congratulations Annette), Yurii was hired to replace her as our new Administrative Assistant. She was born in Mexico, raised in Texas, and moved to Albuquerque in July of 2022. Yurii joined Alegria in January 2023.

Yurii is a Graduate of Texas Wesleyan University with a Bachelor of Science degree in Exercise Science. While her background has been working in Physical Therapy, she brings with her a wealth of knowledge and organizational skills that are a great fit for our office needs. In addition to being Bilingual (Spanish & English), Yurii has proven herself to be a fast learner with excellent communication skills. She is an active listener

who handles the pace and pressure of our office with calm and grace. Her past experience of providing direct patient care as a Physical Therapy Tech. has given her the people skills needed to work well with our clients and providers.

As Alegria's new Administrative Assistant, Yurii spends much of her day setting up provider packages, organizing the digital training records, and providing much needed assistance to our office manager and Mi Via Coordinators. She is a coffee addict, cat and dog lover, and enjoys spending time with family, traveling, painting, watching new shows/movies, running, and sleeping.

Next time you visit the Alegria Family Services office, say hello and welcome to Yurii Zavala!

THE ALEGRIA MONTHLY GIVE-A-WAY.

Most providers already know about the AFS monthly drawing, but if you missed the memo, here is the basic information. Each and every month during 2023 AFS will hold a drawing and give our providers and EORs the opportunity to sign up to win fun and useful prizes. Complete details can be found at both the Spanish and English versions of our AlegriaFamily.com website.

In January we gave away three 10 inch Android 11 4G Cellular Tablets by Zonco. Our winners were:

Carlos Perez—1st place
Kimberlie Billy—2nd Place
William Bryant—3rd Place

In February AFS gave away dinners for 2 gift cards:

Susan Rose- \$100 gift card to Seasons Restaurant
Vicky Alvidrez—\$50 gift card to The Cheesecake Factory
Cecilia Velarde—\$50 gift card to The Cheesecake Factory

Our final drawing this quarter will be held towards the end of March so check out our website at alegriafamily.com for full details.

Get your Taxes Done for Free!

Anyone can get free in-person or on line tax prep through AARP: call 888-227-7669 or go to www.cabg.gov/seniors/aarp-tax-assistance.

If you are 65 or older, or if your income is \$60,000 or less, you qualify for free tax preparation through Tax Help New Mexico. Call 505-750-3885 or sign up online at TaxHelpNM.org

If you make \$73,000 or less, use free on line tax prep at: getyourrefund.org or tax-aid.earpfoundation.org/online-self-and-assisted-prep



New Mexico Adaptive Programs. (part 2 in series)

Bear Canyon CrossFit

Our goal at Bear Canyon CrossFit is to safely establish and maintain lifelong fitness by increasing functional capacity and decreasing limitations. Our trainers work with each athlete towards reaching their personal goals, both in the gym and in life through an environment that is safe, challenging, rewarding and inclusive. Whether an impairment is temporary or permanent, Bear Canyon will help you reach your fitness goals.
www.bearcanyoncrossfit.com

Camp Rising Sun

Provides a specialized and inclusive summer camp experience for individuals with Autism Spectrum Disorder (ASD) and their peers, ages 13-17. Camp Programs include swimming, horseback riding, hayrides, arts and crafts, drama, and music.
camprisingsun@gmail.com

Carrie Tingley Hospital Camp Adventure

Camp Adventure is a summer adaptive camp for children 6 to 19-years-old living with permanent disabilities that receive care at Carrie Tingley Hospital. Camp Adventure allows children and teens the opportunity to unleash their possibilities in areas of sports, music, arts, and more. It is open to youth with a wide range of disabilities.
carrietingleyhospitalfoundation.org

Conquistadors New Mexico Wheelchair Basketball

Wheelchair basketball for everyone of all ages and ability. The Conquistador program has chairs, balls, and equipment available for people to try.
nmwheelchairsports.com

DDSD Training Requirements for Mi Via Providers Update.

As most providers will remember, back in July of 2022 DDSD outlined some surprising new training requirements for anyone working on the Mi Via waiver. These new requirements were retroactive for all Mi Via providers and included several trainings that most people working on the Mi Via waiver would not have taken in the past. The time required to take the training seemed unrealistic to many of you, and although DDSD seemed to be flexible, the task seemed daunting for many providers.

We all worked diligently to complete this large undertaking, and most providers were able to complete all the newly required trainings in record time. We at Alegria felt that we were ahead of schedule by September, with most providers nearing completion. This is all thanks to your hard work.

During the last 6 months, DDSD received a lot of feedback from Mi Via providers and EORs around New Mexico. On January 20th Eline Hill, the Mi

Via Program Manager had this to say in a memo: "After receiving feedback from various Mi Via stakeholders, we want to assure you we heard you! DDSD is temporarily pausing our training requirements until we do our best to resolve issues, concerns and questions that have been brought to our attention. Thank you for providing feedback on the training rollout."

At this time, DDSD has temporarily suspended the Mi Via Training Hub requirements for Consultants, Employer of Record, Direct Support Professionals, Employment Support Services, In-Home Living Supports and Mi Via Vendors.

What does that mean for providers at Alegria? Until we are notified otherwise, the only training that will be required will be ANE and ANE Recertification. If and when DDSD completes its review, and new changes are expected, AFS will notify you immediately via email, our website, and this newsletter. Thanks again for all your hard work.

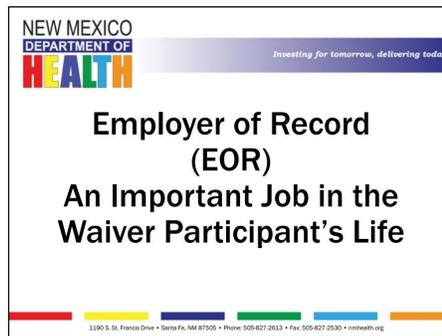
Employer of Record Waiver Service.

In January of 2023, Jennifer Rodriguez, the Mi Via Deputy Director for the Santa Fe Central Office posted to the DDSD website new information regarding the EOR role on the Mi Via budget. The post indicated that DDSD is in the process of drafting an Employer of Record waiver service for the Mi Via and Supports Waivers.

It is widely known that the EOR is critical in the Mi Via self directed process, and while this important role is a requirement, it is an unpaid and sometimes difficult position. Finding someone willing to commit to this services can often be daunting, and Deputy Director Rodriguez acknowledged this in her post:

"Currently if the participant is not their own EOR, it is their responsibility to find a volunteer to support them in this role. Due to the critical nature of this support, and waiver participants' difficulty in finding reliable, committed, responsible EORs, DDSD is responding to the need and voices of the people we serve in our self-directed waivers by writing an EOR service into the Mi Via and Supports Waivers. This will allow participants to choose from

provider agencies who will be paid supports and specifically trained in the EOR responsibilities."



Director Rodriguez goes on to say that public input is being collected now and the service details are currently being developed. If you would like to participate in this discussion, **you may read the complete final draft in our Newsletter Archives at AlegriaFamily.com/news-letter-archive.**

To submit your comments go to the link at the bottom of this page and reference EOR Draft 1.19.23 final.

<https://app.smartsheet.com/b/form/724f258f7b3947418871ef4e421cc340>

Did you know?

January 3, 1959 - Alaska was admitted as the 49th U.S. state with a land mass almost one-fifth the size of the lower 48 states together.

January 10, 1878 - An Amendment granting women the right to vote was introduced in Congress by Senator A.A. Sargent of California. The amendment didn't pass until 1920, **forty-two years later**.

January 24, 1972 - Japanese soldier Shoichi Yokoi was discovered on Guam after he had spent 28 years hiding out in the jungle not knowing World War II had long since ended. The retelling of this story has long been a staple in movies and T.V.

February 2, 1848 - The war between the U.S. and Mexico ended with the signing of the Treaty of Guadalupe Hidalgo. In exchange for \$15 million, the U.S. acquired the areas of present day California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming, and Texas.

February 19, 1942 - Internment of Japanese Americans began after President Franklin Roosevelt issued an Executive Order requiring those living on the Pacific coast to report for relocation. Over 110,000 persons therefore shut down their businesses, sold off their property, quit school and moved inland to the relocation centers.

February 28, 1844 - During a demonstration of naval fire power, one of the guns aboard the *USS Princeton* exploded, killing several top U.S. government officials on the steamer ship, and narrowly missed killing President John Tyler.

March 10, 1862 - The first issue of U.S. government paper money occurred as \$5, \$10 and \$20 bills began circulation.

March 8, 1918 - The 'Spanish' influenza first reached America. One quarter of the U.S. population eventually became ill from the deadly virus, resulting in 500,000 deaths. World-wide deaths approached 22 million.

IHLS Digital Documentation (progress notes)

We at Alegria have always encouraged our staff and providers to embrace technology and all that it is capable of doing. While paper documentation has limitations due to the space provided for hand written notes, digital documentation has no such limitations. However, there are important things to remember when using the Alegria digital forms. Today we will discuss IHLS notes. (please see the graphic below)

- 1— Pull-downs. Use the pull-down to select meals, medications, and daily hygiene tasks. Note how you as the provider assisted your individual with each task that you select in your Full Details Box. Remember to enter any Therapy appointments, Doctor appointments, or note worthy incidents and note each in the Full Details Box.
- 2— Full Details Box. Currently Mi Via notes do not require time in and time out entries, however your notes should describe your days interactions with your individual with enough detail to easily depict 4 or more hours of assistance by the provider per day. We know it is often difficult, but please try to avoid too much repetition if possible. We understand that daily routines are often repetitious by nature, but do your best.
- 3— Did Not Provide Services Checkbox. If you do not provide services for a day, simply click the check box and update. There is no need to add additional information. This is important to remember, as Mi Via only pays providers for actual days worked. Checking this box will prevent over billing and potential consequences from the State.

As with all New Mexico waivers, DDS audits can and do happen on the Mi Via Waiver. Taking care to give accurate and detailed progress notes each month can help avoid findings by DDS that could result in expensive reimbursements of funds.

Day 1		Date: 2/1/2023	Incident:
Dr. Appt:		Therapy: Speech Therapy 10:00-11:00 am	
Breakfast: <input checked="" type="checkbox"/> P <input type="checkbox"/>		Medications: <input checked="" type="checkbox"/> F <input type="checkbox"/>	
CHECK IF APPLY	Ate <input checked="" type="checkbox"/> = Yes w/ Assist Type	Lunch: <input checked="" type="checkbox"/> P <input type="checkbox"/>	Assisted <input checked="" type="checkbox"/> = Yes w/ Assist Type
	Dinner: <input checked="" type="checkbox"/> P <input type="checkbox"/>	Clean Room: <input type="checkbox"/> None <input type="checkbox"/>	
		Bathing: <input checked="" type="checkbox"/> F <input type="checkbox"/>	
How I assisted give full details.	Test McDemo got up early, I helped him get ready then he ate breakfast. After breakfast he went to the local school and back. On the way back I told Test that he was going to have to get home, I guided him to his bike, and he rode for 35 minutes. I told him he did a Speech Therapy appointment and back. Afterwards he sat in the living room while I cleaned the kitchen, I still had laundry to do. I prompted him to carry his soiled clothes to the laundry room.		
Did not provide services today!	<input type="checkbox"/> Update day 1		

The Last Word: Legend says that each leaf of a four leaf clover has a meaning: Hope, Faith, Love and Luck, however your odds of finding a four-leaf clover are about 1 in 10,000. Currently there are 34.7 million U.S. residents with Irish ancestry. This number is more than seven times the population of Ireland itself. **Thanks for Reading!**

You can find past issues of our newsletter at:
<https://www.alegriafamily.com/news-letter-archive>



Saint Patrick's Day, or the Feast of Saint Patrick

St. Patrick's Day is a cultural and religious celebration held on March 17th, the traditional death date of Saint Patrick, the foremost patron saint of Ireland. St. Patrick's Day 2023 will take place on Friday, March 17. The Irish have observed this day as a religious holiday for over 1,000 years.

On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. People would dance, drink and feast on the traditional meal of Irish bacon and cabbage.

As Irish immigrants spread out over the United States, other cities developed their own traditions. One of these is Chicago's annual dyeing of the Chicago River green. The practice started in 1962. That year, they released 100 pounds of green vegetable dye into the river—enough to keep it green for a week. Today, in order to minimize environmental damage, only 40 pounds of dye are used, and the river turns green for only several hours.