

## December Monthly Minutes



### Help to Make it Up the Mountain!

The Winter Holidays are quickly approaching. Most of us have planned either a fun trip, or a fun and relaxing time at home. Quite a few years ago, I had the opportunity to go on a trip to the mountains with a group of teens to go snow skiing. It was quite an adventure for this Florida girl. A lovely young lady who was a 6th grader was my companion for the day on the slopes. Neither one of us was an accomplished skier but we were having fun. The part that was the most nerve-wracking for us was riding the lift up the mountain. We waited for the moving chair, and sat quickly as it reached us. We then held on for dear life as we moved up into the sky. It felt like I could fall at any minute. I kept saying that they really needed a bar across the front to keep us safe. On the last run of the day, my buddy and I jumped on the lift for one last trip up and down the mountain. I looked over at the lift beside us for the first time and saw that there was a bar across the seat for those riders. What?? I asked why they have a bar, and we don't. The man just pointed up. There was the bar that I was supposed to pull down. All day long we dangled dangerously on the seat when all it required for us to be safe and secure was for me to reach up and pull down. Sometimes life is like that. We feel like we are dangling on the edge and just about ready to fall. We wonder if we will make it up the mountain or fall below. It feels like there is no help when all we have to do is reach up and pull it down. My wish for all of us during the Winter Break is that we reach up for those things that help feel rested, joyous and loved. Take care of yourself during this busy season so you can safely ride out the hard stuff and feel joy as you fly back down the mountain. Don't forget that your support team at CRA is always here to help you make it up those mountains. All you have

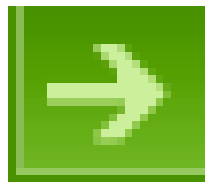
to do is check out! Happy Holidays and Blessings to you and yours!!

Jane M. Hastings, MMSc, CCC-SLP

### LET CRA HELP YOU UP THE MOUNTAIN!

- Jane and Shelley are available for mentoring and support with difficult cases, providing resources, and are also understanding listeners when needed. Give them a call!
- Contact CRA staff at the home office for assistance with benefits, questions on documenting absences, and so much more!
- CRA helps you grow by providing free CEUs through online training sites.
- CRA is here to support you as you serve the students on your caseloads in anyway we can.

## Getting Ready for the Tax Mountain



CRA Clinical Fellows, Karli and Molly are helping their students make progress in their narrative skills using Story Grammar Marker by MindWing. What evidence-based methodologies and materials are you using with your students? Please share!



Before December 31, 2018, please check your pay-stubs on **ADP portal** and verify your personal information such as your legal name, home address, and social security number (last 4 digits). Remember Community Rehab has transitioned to ADP as our payroll processing company. Pay-stubs are not emailed but they will be accessible online as well as in the ADP App for Android and iOS systems. If you have not already done so, please use the following link to register for your account: <https://workforcenow.adp.com/public/index.htm>.

For questions on accessing ADP, please contact Chastity Schaneman at [cra.accounts@commrehab.org](mailto:cra.accounts@commrehab.org) or at 877-268-4329 Ext. 105

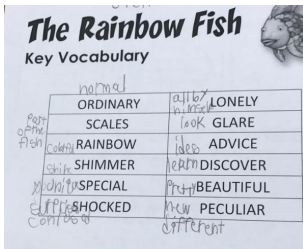
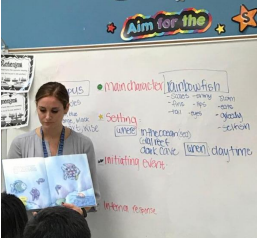
Please contact [cra.accounts@commrehab.org](mailto:cra.accounts@commrehab.org) if your address needs to be updated. Your W-2 will be mailed on or before January 31, 2019. Receipt of your W-2 will be delayed if there is an incorrect address on file.

### New Year, Same Insurance

If you choose to keep your benefits the same into the new year, you can continue to use your previously distributed cards.

If you switched plans, and do not receive your new cards by January 15, 2019, please contact Brown and Brown at 800-940-3303.

Humana Insurance cards are also available for download on your smartphone! Contact [humanresources@commrehab.org](mailto:humanresources@commrehab.org) for more info!



## Looking for some good books for therapy to start the New Year?

***Squirrel's New Year's Resolution*** written by Pat Miller provides younger students with an explanation of what a new year's resolution actually is as squirrel discovers his resolution.

***Shante Keys and the New Year's Peas*** Written by Gail Piernas-Davenport, in this multicultural New Years story, Shanté Keys learns about Chinese New Year and Diwali, as well as how January 1st is celebrated in other countries. The author includes additional pages of information about diverse New Years traditions and special foods.

***Chelsea's Chinese New Year*** written by Lisa Bullard is a nonfiction picture book for elementary-school-aged students that presents detailed information on celebrating Chinese New Year. It is divided into four chapters sequencing the events leading up to the New Year's parade.

## Don't Forget to Renew Renew Renew!!

If your license(s) are set to expire, please be sure you renew them before the expiration date listed on your license! Your license(s) must be listed as **active** to continue working at your assigned location(s).



## Occupational Therapists Climbing the Mountain!!

Take a look at the AOTA website for resources for School-based Practice! They also have descriptions of evidence-based practices to use with your students.

<https://www.aota.org/Practice/Children-Youth/School-based.aspx>

## Physical Therapists Climbing the Mountain!!

Have difficulty explaining the role of the Physical Therapist in the the schools? Check out this document from APTA:

**Physical Therapy in the School System (.pdf)**  
It is on their website.

## Oh the Paperwork Can Be So Frightful. But Getting it Done is So Delightful!!

Before you head out for Winter Break, please be sure that all your Medicaid data has been inputted, that lesson plans and data are up to date, and that you follow

all District instructions on how to prepare your room for the break. Being up-to-date will make it easier to ride up the mountain when January arrives.

## FREE CONTINUING EDUCATION FOR CRA EMPLOYEES

Did you know by being a CRA Provider you get free access to 4 online training sites? Winter Break would be a great time to catch up on your required CEUs, and learn new skills to implement when the new year is here.

Just reach out to [cra.talent@commrehab.com](mailto:cra.talent@commrehab.com) to get enrolled and start learning today.



**Don't forget to refer a colleague!**

Remember the **\$500.00** Referral fee you can earn by referring a friend.