

“Carpe Diem. Seize the day, boys. Make your life extraordinary”

Robin Williams' character in the 1998 film Dead Poets Society.

This quote ranks 95th out of the top 100 all time American movie quotes by the American Film Industry.

The famous Italian poet Horace during the time of Caesar Augustus in Rome, BC worded this aphorism more fully as “Seize the day, trusting as little as possible to the future”. In a more positive vein, I feel that the phrase further suggests that we take each day to grasp the value of life to the fullest extent possible and appreciate all the good beyond what is not.

I once received a tee shirt from a friend which had “Carpe Diem” inscribed on the front. I took it as no coincidence that this line was chosen because Diem is a phonetically correct pronunciation of my surname (Dehem). Other than that similarity, I have always liked what it means to me and tried to adopt it for myself and realize its importance to others in my life.

These times of economic recession, the daily reporting of news featuring natural disasters, human suffering, international unrest and exploitation of the vulnerable are just but a few of the reasons for us all to feel it difficult to see and value the richness of life.

For people with disabilities, life has often been hard despite the “Bull Market” times for the rest of society. For many, it is not the nature of the disability itself that makes it difficult for them to “seize the day” but

rather it is the way that society has treated them or perhaps better said, not treated them in the same way as others. The lack of support they need to get a better life has been historically kept from their control through a myriad of ways: institutional treatment, severe poverty and very significantly the lack of accessibility, opportunity and human respect.

Over the last year I have lost many friends, some of whom CLS had supported, very suddenly to issues of cancer, heart disease or other common diseases. Some are still battling, some are now survivors. I have seen in myself and my similarly aged peers and friends, the inevitable disabling process of aging. It all says one thing to me. We are all equal and just as vulnerable to what life brings that makes it difficult to thoroughly enjoy each and every day. Yet we need to realize we can make it more possible for people, especially those with disabilities, to have access

to all of life’s potential jewels. We need to step in and partner with them in pursuing the dreams they always have had, but never had the real expectation or hope of reaching.

I just heard someone say yesterday that what brings them joy in life despite their extreme hardships are very simple things, companionship (including a pet), a job or meaningful reason to wake up each day, a child or grandchild and doing something for others were specific things mentioned that brought meaning to their day despite other elements they had to deal with.

Take each of your days to the fullest. Realize that we can all be part of someone else having a great day and a better life. Life is much too short. Carpe Diem.

Jim Dehem,
President and CEO
Community Living Services, Inc.

A Year of Freedom

A year ago at this time, the state's only institution, still open for people with developmental disabilities, was preparing to close. It was an anxious time but also an exciting time as people moving out began to experience freedom, some for the very first time.

Many moved in with families or are sharing a home with others; a few are living by themselves, content without any housemates. But one constant theme among them, they are now members of a community to which they belong, living self-determined lives and are able to finally choose how they want to live their lives.



So how does one transition from a life of seclusion, isolation and no choices to one of freedom, joy and no fear?

For many the transition process is a long one, for others, it happens rather quickly as soon as they realize freedom is right around the corner!

That's the way it was for Levi Williams. He walked out of the doors of the state institution for persons with developmental disabilities, the Mt. Pleasant Center and never looked back.

On paper, Levi seemed to be angry, untrusting and fearful to say the least. The provider, Enhance Inc. was told to "be careful" when they "took him out" and "not to be alone" with him. Well when the group stopped for lunch, Levi got out of the car, walked into the restaurant and pulled out the chairs from underneath the table for the ladies to sit on! He was and is quite the gentleman! His documented reputation proved false.

Levi now lives in a very nice home in a quiet neighborhood with his roommate, Timothy Johnson. The two men are happy and content and are very compatible. Levi is very interested in cars and how they

operate and many times you can find him in his front yard tinkering with remote control cars. Timothy likes to sit on his front porch and plant flowers in his yard.

The main form of communication in their home is sign language. Both men are hearing impaired so they have staff that is also hearing impaired or that know sign language. They have several high-tech devices integrated into the home that help them communicate with their friends. Their phone has a video screen that allows them to see the face of the person they're calling. Also their front door has a series of alarms that go off to let the guys know there is someone at the door.

It took many, many years to close down the Mt. Pleasant facility and when it finally did shut its doors, many were fearful that their loved ones would not be able to survive in the community. Levi's life is just one example of an independent and self-determined life that is possible when the right supports are in place for the person.



From left to right: Timothy Johnson, Mary Ann Valentine and Levi Williams

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COMMUNITY LIVING SERVICES, INC

Wayne & Oakland Counties, Michigan & Kentucky
Consolidated Statement of Activities
For the Period Ending: September 30:

| | 2007 | 2008 | 2009 |
|---|-----------------------------|-----------------------------|-----------------------------|
| REVENUES | | | |
| Community Mental Health Contracted Revenues | \$117,476,448 | \$119,975,692 | \$120,780,492 |
| Carve-Out and Pass Through | 5,481,356 | 7,271,992 | 6,712,534 |
| Grant Revenue | 53,919 | 1,223,293 | 1,193,747 |
| Interest Income | 274,297 | 128,999 | 58,944 |
| Other Income | 369,864 | 641,288 | 212,159 |
| Extraordinary Income | 0 | 8,236,994 | 0 |
| Total Revenues | <u>\$123,655,884</u> | <u>\$137,478,258</u> | <u>\$128,957,876</u> |
| EXPENDITURES: | | | |
| Salaries, Wages and Benefits | \$11,128,465 | \$12,001,808 | \$11,625,679 |
| Professional Fees/ Contract Services | 8,132,073 | 7,405,752 | 6,440,787 |
| Administrative Expense | 2,023,650 | 2,951,972 | 1,765,516 |
| Occupancy | 1,349,486 | 1,501,508 | 1,568,713 |
| Provider Payments | 83,928,131 | 91,971,507 | 90,378,532 |
| Home Leases | 5,004,728 | 4,588,897 | 4,275,947 |
| Maintenance and Repairs – Homes | 1,289,153 | 1,031,681 | 717,677 |
| Other Member Related | 1,154,604 | 1,347,031 | 1,347,031 |
| Day Programs | 10,408,012 | 10,705,733 | 9,718,753 |
| Depreciation | 75,598 | 132,218 | 132,721 |
| Other Expenses | 54,016 | 186,027 | 73,523 |
| Total Expenses | <u>\$124,547,916</u> | <u>\$133,824,134</u> | <u>\$128,044,879</u> |
| Change in Net Deficit | (892,032) | 3,654,124 | 912,997 |
| Net Assets Deficit), Beginning of Period | <u>(1,447,068)</u> | <u>(2,339,100)</u> | <u>1,315,024</u> |
| Net Assets (Deficit), End Of Period | <u>(\$2,339,100)</u> | <u>\$1,315,024</u> | <u>\$2,228,021</u> |
| Average Per Member Per Month Revenue (PMPM) | 3,847.90 | 3,668.42 | 3,447.72 |



Advocates speak out on important issues

CLS advocates have travelled up to the state capitol in Lansing several times this year, discussing major budget issues with legislators.

One of the main topics of discussion, restoring Medicaid cuts especially dental.

Legislators have heard from hundreds of people around the state about why the restoration of these benefits is so critical to them and they say they will continue to “let their voices be heard” until something is done.

Advocates testify before the House Appropriations Committee.

I am Making My Own Choices Now!

The first principle of Self-Determination is FREEDOM and that’s exactly what Canton resident Ila Volante has for the first time in her young life! Ila had her rights restored several months ago by Wayne County Probate Judge Martin Maher.

“I’m really happy and proud,” said Ila. “I want to make my own decisions and now I’m able to.

From the beginning of her life and up through her 20’s, Ila’s mother was her guardian, but the two didn’t agree on things so a public guardian was appointed. Although she was happy with her guardian, she still wanted to be independent, so six years ago she began the process of taking control of her own life.

Ila met with CLS Advocacy Specialist, Joe Zwally and pleaded her case. The Executive Director of the guardianship

agency had concerns about moving forward but did not contest the request. After assessing the case, it was determined that she was capable of making her own life choices. “More and more people and agencies are becoming aware of options to guardianship and so our goal continues to be to educate them so they can make their own choices and live life as independently as possible,” said Zwally.



CLS Personal Agent Hawayna Jackson was by her side every step of the way. “She needed people to believe in her and we certainly did! She deserves to be in control of her own life,” said Jackson.

Hawayna and Ila celebrate after her victory in court!

MISSION

- To assist and advocate for each person
- To control and exercise authority over their own lives
- To live a life of freedom, opportunity and relationships, as family, friend and neighbors
- To share in full community membership and citizenship

VISION

People will fully participate in their communities and have a quality of life which comes from freedom and its responsibilities, the authority to make their own life decisions, and the control of resources to implement them.

Hundreds of people braved the rainy weather to trek to the capitol to discuss important issues.



Kentucky News

In Kentucky, there are still several open and operating institutions so it has always been our mission since we opened 3 years ago, to offer any individual with disabilities the opportunity to live in the community and help them lead a life that they want to lead with as much or as little support as needed.

It is also our philosophy to treat people with dignity and respect and teach them about living in a "culture of gentleness." For many of them who have been abused this is a new and frightening concept because they have been so isolated and treated so poorly. What this "Gentle Teaching" approach means is that we teach the person to manage themselves. We help them react to situations differently without anger or violence.

We are currently supporting nine people who have successfully transitioned into the community. We have also transitioned four other individuals from an institution that are not supported by us but were able to move to other parts of Kentucky after their successful transition into the community! Now they are able to live near family after learning to manage themselves and learning to trust support staff again.

Many of the individuals we support have been out of the institution for a few years now and our staff has worked with them daily with trusting and managing their fears, now all of the hard work is paying off! Some people are giving back to their community by volunteering at various places such as; local animal shelters, Habitat for Humanity, Red Cross, Salvation Army, the VA Hospital and Ronald McDonald House.

We are also assisting individuals with getting jobs which will enhance their self-esteem and make them even more a part of their community.

We continue to have the attitude of "Whatever It Takes" and we will continue to push forward toward a life of independence and freedom.

Several people are now volunteering at the Louisville Ronald McDonald House.

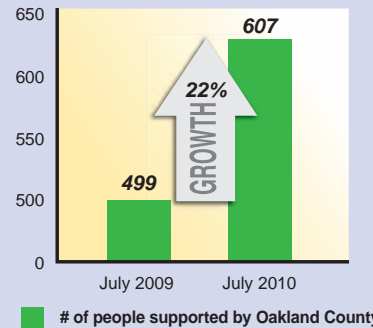


Oakland County News

Community Living Services, Oakland County Division (CLS/OC) provides supports for people of all ages with developmental disabilities throughout Oakland County. The daily decisions made at CLS/OC are guided by the principles of Self-Determination. We assist

people in developing a Person-Centered Plan and then develop an individualized budget based on that plan. We possess a strong commitment to supporting people to live in their own homes; to establish meaningful, long-term relationships; to earn income; and to be active and contributing members of their communities. We encourage and support people to self-direct individualized budgets so they can control who, what, where, when, and how supports are provided.

Oakland County Growth Stats:



Our contract with the Oakland County Community Mental Health Authority is designed to assist people with developmental disabilities in developing and controlling individualized budgets to pay for their authorized supports and services. This puts the resources in the hands of people utilizing the services (and their families), so they can judge whether or not the services they receive are of good value to them and they can make their own life decisions. Our service model includes open choice of community based service providers, the use of Independent Support Coordinators, Peer Mentors, and Fiscal Intermediary supports to assist people in hiring their own support staff.

CLS/OC connects people/families with qualified individuals and agencies and can assist in the interview process to help people decide who they would like to provide their services. Everyone supported by CLS/OC lives in their own home, where they sign their own lease, or in the home of a family member. We feel people need to be encouraged and supported to control who provides their supports, and most importantly, to control who comes and goes through their front door. Supporting people following the principles and practice of Self-Determination, has allowed CLS/OC do just that!



Several people from CLS were invited to attend a nationally known conference in Baltimore, MD this past summer. The Conference entitled: "Reinventing Quality" was attended by more than 700 people.

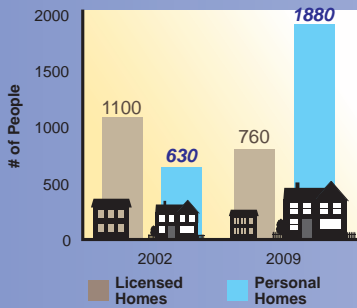
In 1997, in conjunction with the CLS Board of Directors, CLS, Inc. established a Quality Assessment and Performance Improvement Program (QAPIP).

The QAPIP has undergone many revisions since that time including revision to address the expanded requirements and responsibilities CLS assumed when it became an MCPN in 2002. Included within CLS' QAPIP are performance indicators from a variety of sources including MDCH, D-WCCMHA, CARF, CLS' Strategic Plan, and Internal CLS quality assurance and improvement performance measures. Below are a few of our indicators and trends that have occurred since 2002:

TRENDS

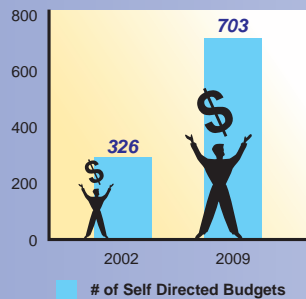
The CLS QAPIP encompasses many such indicators and trend analysis. These are but just a few.

Movement from People Residing in Licensed Homes to Personal Homes



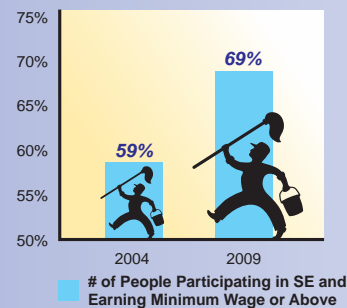
Moving from Licensed Residential Homes to Personal Homes where people live with their families, own their own home, or sign their own lease.

Growth of Self Directed Budgets



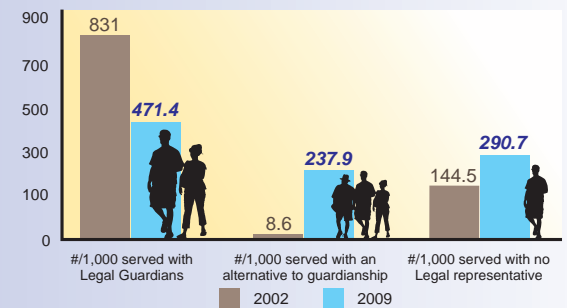
People will control their own budgets.

Growth of People Participating in SE and Earning Minimum Wage or Above



Percentage of people who earned minimum wage or more from any employment activities.

Comparison of people served with varying levels of guardianship from 2002 to 2009



People will be supported to maintain their personal powers.

In 2008, CLS earned the following Outcomes Management Exemplary Statement from CARF reflecting recognition for its commitment to quality improvement:

“CLS is commended for its extensive and thorough outcomes management system which gathers and utilizes information with a focus on managing the quality

of service provision by its providers. Though the organization has a contractual responsibility to monitor its network’s performance, ensure compliance, and implement needed corrective actions with a continuous quality improvement focus, CLS has developed an outcomes management system that exceeds expectations by taking a grass roots approach when

utilizing information gathered at multiple levels in an effort to facilitate ongoing improvement of service delivery. This is evidenced by its outstanding data gathering and reporting format that provides both current and historical data for status review and trending analysis which promotes implementation of continuous quality improvement activity.”

Services to Older Adults

CLS has been offering services and supports to Older Adults for approximately three years now and in that time, has secured several contracts, established many new partnerships and been invited to participate on many advisory boards. The below is a snapshot of its most current activity.

Acquired three new contracts

Parkside Pioneers: Unique day supports; microenterprise; volunteer; social and recreational initiative with the skilled care some need.

Detroit Area Agency on Aging: In home-Counseling, DME, EMOD & training.

Detroit Area Agency on Aging: Nursing Home Transition: Moving people out of nursing homes back into the community.

Collaborations and Partnerships

Member of:

The Senior Alliance
AAA1-C Advisory Council Member
AAA1-B Combined Advisory Council Member
United Way Senior Collaborative
Michigan Office of Services to the Aging-Agency with Choice workgroup

"The notion that any one person is the single cause of any significant social change is a devastating stereotype which robs individuals of responsibility and credit, and actually inhibits social change. You can be a revolution of one. In your living room, in your family, in your community."

Justin Dart, Jr., Father of the ADA



THE CENTER FOR SELF-DETERMINATION IN
PARTNERSHIP WITH THE MICHIGAN OFFICE
OF SERVICES TO THE AGING PRESENTS:

Determining Change:

Increasing Choice & Control for Older Adults and people with disabilities
through Person-Directed Planning and Self-Determination in Long-Term Care

WHO: The Center for Self-Determination and the Michigan Office
of Services to the Aging.

WHAT: A Fall Conference entitled: "Determining Change: Increasing
Choice & Control for Older Adults and people with disabilities through
Person-Directed Planning and Self-Determination in Long Term Care."

WHERE/WHEN: Wednesday and Thursday, October 13-14th,
Causeway Bay Hotel, 6820 Cedar Street, Lansing, MI 48911.

WHO SHOULD ATTEND? Older adults and people with disabilities
and their family members, caregivers, support coordinators, care managers,
aging service providers, nursing home transition specialists and those who
want to learn about the issues affecting the system of Long Term Care.

HOW MUCH? One day registration \$145, Full conference \$199.

DETAILS: The Conference is designed to give people supported by and
working within the system of Long Term Care a greater understanding
of how Self-Determination and Person-Directed Planning can work in the
lives of older adults and how to effectively implement these initiatives
within a system of supports. Conference goers will be given practical
tools on increasing their choice and control over their lives.



Training Topics Include:

- Essential Elements of Self-Determination
- Person-Directed Training
- The Changing Role of Nursing Facility Care
- Peer Mentors in Long Term Care
- Disability Pride and Peer Mentoring
- Advocacy

CEU Credits Include: Social Work, Substance Abuse
Professionals, Counseling & Nursing Facility, Nursing
Education credits for Registered Nurses (not LPNs or CNAs).

GET MORE INFO: Exhibitor and Sponsorships are
also available. For more information, visit:
www.centerforself-determination.com or
www.macmh.org



COMMUNITY *Living* SERVICES



The CLS Oakland County Division is funded through the Oakland County Community Mental Health Authority

The CLS Senior Division is funded through:
Area Agency on Aging 1-B

The Senior Alliance, Area Agency on Aging 1-C
Detroit Area Agency on Aging 1-A
The Information Center
United Way of Southeast Michigan
City of Allen Park

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The CLS Wayne is funded through the Detroit-Wayne County Community Mental Health Agency

The CLS Kentucky Division is funded through the Kentucky Department of Medicaid through the Division of Developmental Disabilities and Intellectual Disabilities