

January 2010

# Employee Beat

## What is COA?

COA is an international, independent, not-for-profit, child- and family-service and behavioral healthcare accrediting organization. It was founded in 1977 by the Child Welfare League of America and Family Service America (now the Alliance for Children and Families). Originally known as an accrediting body for family and children's agencies, COA currently accredits over 45 different service areas. Among the service areas

are substance abuse treatment, adult day care, services for the homeless, foster care, and inter-country adoption.

COA views accreditation as a catalyst for change that builds on an organization's strengths and helps it achieve better results in all areas. The accreditation process is designed to meet the needs of diverse organizations. An organization is evaluated against best-practice standards, which are developed us-

ing a consensus model with input from a wide range of service providers, funders, experts, policymakers and consumers.

The accreditation process is designed to meet the needs of diverse organizations--voluntary, public and proprietary, local and statewide, large and small. Currently, 34% of COA-accredited agencies have a budget of less than \$2 million; the budget of another 44% is between \$2 and \$10 million. (coastandards.org-©2008)



## How COA benefits Catholic Social Services

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The value and credibility of COA are most recognized through improved internal processes and procedures, improved service delivery, reduction of hidden costs, and improved employee morale. Here is what some other clients have said about COA: "The Self-Study

process proved to be a well thought-out and organized road map which challenged us to think about what we did, how and why we did it and how we might change in order to better meet the needs of our customers."  
~Laura Cooper, Executive Director, Lee County Youth Development Center.



Employees and volunteers checking guests in and out at the 2009 Charity Ball.

## Upcoming Events

**All Staff Meeting:** January 29th, 2010 from 12:30 pm to 3:30 pm at the Lidia Selkregg Chalet. Please bring a gift and join us for a gift exchange, education on COA, recognitions and more!

**MLK Day:** January 18th, 2010, CSS will have several projects going on at the CSSC and at Clare House.

**Quilt, Fiber & Wearable Arts Auction:** March 6, 2010. 12pm-3pm in the ConocoPhillips Atrium.

**Charity Ball:** May 8, 2010 at the Dena'ina Civic & Convention Center.

**President's Day:** February 15th, 2010. This is a new holiday for Catholic Social Services so plan ahead as we will have a three day weekend in February!

## Question of the Month:

### What is your New Year's Resolution?

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“Cheers to a New Year and another chance for us to get it right.”  
**Oprah Winfrey**

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“To visit Denmark.” (Colleen Crinklaw, Receptionist)

“To not move "stuff" twice - whether it be office papers, clothes, or piles of stuff around my apartment. Pick it up once, and deal with it!” (Melissa Bartley, Volunteer Manager)

“My New Year Resolution is to finish up my degree in Social Service at UAA...and hopefully remain here at CSS” (Lue Chang, RAIS Case Manager)

“To obtain my PHR by the end of 2010” (Rebekah Allen, HR Manager)



**Stethoscope:** An instrument used for listening to sounds within the body.

## Path to a Healthier Life

### Increase Your Health Awareness

To achieve a happy and healthy life, knowing about many aspects of health can go a long way. Learn more about important vitamins, proper skin care, correct posture, and your personal health risk. This

will allow you to prevent many diseases for the rest of your life.

### Regular Medical Check-up

This is one of the most ignored aspects of leading a healthy lifestyle. Your health is important so take the time to visit a

health professional or family doctor regularly. A good idea would be to take regular health check ups and screen yourself for potential health ailments at least annually.

## New Employees

On behalf of the many volunteers and paid employees who comprise the CSS “family” we’d like to thank you for joining us in working to fulfill the mission of Catholic Social Services to compassionately serve the poor and those in need, strengthen individuals and families, and advocate for social justice. Your work with CSS will require commitment, compassion, flexibility, and integrity.

### Welcome to the CSS team!

Colleen Crinklaw –Receptionist

Molly Weber– PS&AS

John Stupiello-BFS



## January Birthdays

Mariama Zongo (SNS): January 1  
Farah Abdullahi (RAIS): January 1  
Haroun Mahamadin (Facilities): January 1  
Bashier Khamis (Maintenance): January 1  
Janie Bueter (SNS): January 5  
Pamela Degraffinreid (TH): January 7  
Syjetlana Shield (RAIS): January 7  
Faafetai Taafua (SNS): January 8

Maryam House (SNS): January 13  
Sandra Abrego (CH): January 16  
Sara Craig (SNS): January 17  
Benita Stepp (TH): January 20  
Dawn Barr (SNS): January 22  
David Douthit (SNS): January 24  
Kjersti Langnes (Admin): January 30

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The secret of staying young is to live honestly, eat slowly, and lie about your age. -  
**Lucille Ball**

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## January Anniversaries

Olga London (RAIS): 5 Years  
Richard Moore (SFH): 5 Years  
John Kevin Fitchett (SNS): 5 Years

Justyna Raszewska (TH): 1 year  
Rebekah Allen (HR): 1 Year  
Carol Nelson (CH): 1 Year

**Total: 18 Years**

