

POSITIVE INSIGHTS

THE OFFICIAL NEWSLETTER OF POSITIVE OUTLOOKS, LLC



Valentine's Day Edition

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WELCOME TO OUR NEW - NEWSLETTER

BY CHRISTINE SEDITA

Newsletters make for great ways to communicate, share ideas and so much more! If you would like to contribute to our monthly newsletter please email the editor at csedita@positiveoutlookslc.com.

Feel free to submit anything ranging from poems, artwork, recipes, commentary, short stories, photos, or even some of your own recent achievements or news!

We hope to see you and your contributions in our next newsletter!

KEEP POSITIVE

COVID-19 VACCINES AVAILABLE EDITOR

Early to Mid February vaccines will become available for individuals 65+ and those with underlying conditions. Currently, vaccine registration is open to healthcare workers, nursing homes, and individuals 75+ years and older.

Currently, both the Pfizer and Moderna vaccine has been approved for use in the United States. Both have been deemed more than 90% effective and have been proven safe so far. Both vaccines are approved for individuals with underlying conditions. There have been no significant reports of side effects. Talk to your doctor about this vaccine and if it is right for you.

You can visit this website for more information:

<https://portal.ct.gov/Coronavirus/covid-19%20vaccinations>

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COLD WEATHER SAFETY

EDITOR

The cold weather is upon us. Wintery mixes, inches of snow, and bitter cold can make for a mix of dangerous situations. There are some easy things you can do to reduce your risk of illness or injury.

1. Ensure your stairs and walkways are clear of snow and remain dry to prevent freezing and ice. Take breaks while shoveling.
2. Purchase slip resistant shoes, or ensure your shoes have enough grip to reduce slip and falls.

3. Ensure you have enough oil or gas to heat your home. With more people staying at home, people are running out of fuel earlier than expected.

4. Ensure you have a place to go in the event of power outage. If you're unable to leave due to snow, notify a friend or family member, and dress in layers if a generator or temporary heating source is not available.

5. Do not use gas generators or heaters inside a home or enclosed space without outside ventilation.



EASY- PEASY HOMEMADE HOT COCOA

BY CHRISTINE SEDITA

2-3 Cups of Milk (Any Kind)

3/4 cups of Chocolate Chips (Any kind)

1 drop of Vanilla Flavoring (optional)

1 dash of Cinnamon (Optional)

Mix all of the ingredients above in a sauce pan on medium low heat until everything is dissolved and the milk is at your preferred temperature.

Taste and add more chocolate or more milk.

Whipped Cream Topping:

4 ounces or 1/4th of a small container of whipping cream.

3-4 table spoons of confectionary sugar

2 drops or 1/8th teaspoon of vanilla

Blend or mix on high until light and fluffy. add more or less sugar for desired sweetness.



Heating Assistance:

ALLIANCE -

Greater Bridgeport (203) 384 6904

Norwalk (203) 384 - 6904 ext. 3027

ACCESS-

Willimantic (860) 450-7400

Danielson (860) 412-1600

CAANH-

Greater New Haven (203) 387-7700

CAAWC

Greater Danbury (203) 748-5422

Greater Stamford (203) 357-0720

CRT

Greater Hartford (860) 560-5800

Greater Middletown (860) 347-4465

HRA

New Britain-Bristol (860) 356-2000

NOI

Greater Waterbury (203) 756-8151

Greater Meriden (203) 235-0278

TEAM

Derby-Milford (203) 736-5420

TVCCA

Norwich-New London (860) 425-6681

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When snow falls,
nature listens.

ANTOINETTE VAN KLEEFF

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OUR COVID-19 RESPONSE EFFORTS

DEVELOPMENT COORDINATOR

Positive Outlooks, LLC. has been vigilant in maintaining safety and covid-prevention throughout the 2020-2021 pandemic. We provided masks to employees who needed or requested them. We implemented safe guidelines in providing services and provided immediate notifications of potential exposure. For our clients, we made sure there was no disruption in service by providing immediate coverage even when we had a reduction in staffing.

This month Positive Outlooks, LLC. implemented a limited paid leave policy to long time loyal staff who test positive for covid-19. This policy is to ensure the safety and well being of our staff and our clients, while also ensuring our employees do not suffer financial loss.

In addition, Positive Outlooks, LLC. has swiftly registered and has been approved by the VAMS Vaccine system and we have invited all of our direct care support staff to register for the vaccine. The vaccine is now available for all of the support staff. Clients have the right to require their staff to be vaccinated.

We wanted to thank all of our employees and clients for being part of our Positive Outlooks, LLC. family. We will get through this together and we thrive.

Positive Outlooks, LLC. has masks available if you need them. We hope to you stay healthy, happy and warm.



POSITIVE PHILANTHROPY CORNER

EDITOR

Positive Outlooks, LLC. would like to increase its efforts to provide community philanthropy, participate in fundraisers and increase our interactions with volunteerism.

In 2020, Positive Outlooks, LLC. joined many other small businesses around Connecticut and sponsored several events, including one for the Connecticut Rivers Council, of the Boy Scouts of America Salute to Youth, and Stanton Outing for Scouting. These events were to provide funding to pay for camperships for underprivileged children and children with disabilities.

Moving forward, Positive Outlooks, LLC. will be looking for more opportunities to get involved.

We will be creating a group of volunteers that are interested in doing 5k's, Walk for fundraising, events, and other fundraising for causes we care about.

Please follow our Facebook Page for more recent updates.

STAY TUNED.



Follow our Facebook Page for updates, news, alerts, and events.

We will be including great events and so much more that we would like you to be aware of. These events can include virtual and in-person events.

In addition, if you'd like to see something you've accomplished posted on Facebook, please email csedita@positiveoutlookslc.com with an image and description of what you would like posted. If approved, you will see your post within 24 hours.

We may ask to use your post in our newsletter as well.

<https://www.facebook.com/PositiveOutlooksLLCHome>

FEBRUARY ACTIVITIES

DEVELOPMENT COORDINATOR

2/14 Healthy Indulgences Chocolate Making Virtual

virtual event with the kit that includes all you need.

\$25 Fee includes 1 chocolate making kit

additional kits only \$6 (1 kit makes 1 chocolate bar)

<https://asapct.org/project/healthy-indulgences/>

2/14 Hug A Horse, Farm Day of Fun. Avon

Enjoy a day at the farm, meet and greet horses, and more. \$10.00

<https://www.eventbrite.com/e/hug-a-horse-tm-tickets-137656148245?aff=ebdssbdestsearch>

2/17 DIY Cherry Blossom Painting Virtual

Learn how to paint a modern cherry blossom tree. \$10.00

<https://fb.me/e/1SgVbTCLk>

2/27 DIY Modern White Tiger Painting Virtual

Learn how to paint a unique white tiger painting. \$10.00

<https://www.artistspalette.com/event-details/bold-white-tiger>



SHOUT OUTS & ANNOUNCEMENTS

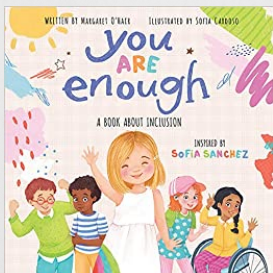
Send your shout outs and announcements to csedita@positiveoutlookslc.com to be included here

COMMUNITY CORNER

EDITOR

This page will be dedicated to community shout outs, photos and so much more of our employees and clients. Because this is our first issue we have limited submissions! Please email csedita@positiveoutlookslc.com to be part of our newsletter.

READING CORNER- ALL AGES



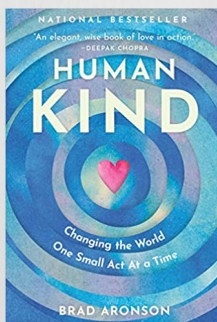
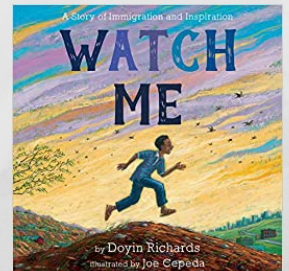
You Are Enough: A Book About Inclusion

Hardcover – Illustrated, Comes out March 2, 2021

A beautiful and inclusive picture book all about celebrating being yourself from Down syndrome advocate and viral sensation Sofia Sanchez!

Watch Me: A Story of Immigration and Inspiration

An inspirational picture book about immigration, Watch Me is based on the author's father's own story, by Doyin Richards



HumanKind: Changing the World One Small Act At a Time

A book filled with incredible short stories and examples of acts of kindness, and how it affected the people involved, by Brad Aronson.

VALENTINE'S DAY IDEAS

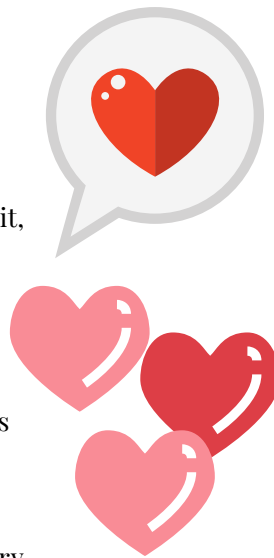
CHRISTINE SEDITA

Make Valentine's Day awesome with these great ideas for your loved ones, or even yourself! These are some things you can do to be creative and fun. Don't forget to practice social distancing, mask wearing and hand sanitizing.



VIRTUAL:

1. Host a Virtual Valentine's day party using Google Meets. Make fun Valentine's Day cards or posters to share with friends.
2. Decorate your front door or mailbox with Valentine's Decorations.
3. Make chocolate-covered strawberries, fruit, and marshmallows on zoom! Compare results!
4. Join a virtual paint night!
5. Have a bake-off with friends/family. Compare cakes and other deliciousness.
6. Play a fun game virtually like BINGO, Guess Who, Battleship, Yahtzee, and more.
7. Host a Watch Party watching a favorite movie, videos, or other things.
8. Perform a stand-up comedy act, slam poetry, or others with friends or significant other.
9. Create a playlist and share.



IN-PERSON:

1. Visit a pottery painting place such as Clay Date in New Haven or Ready Glaze Fire in Cheshire.
2. Visit the aquarium, pet stingrays, and Jellyfish at the Maritime Aquarium.
3. Book an appointment at Barker Character Comic and Cartoon Museum in Cheshire. Up to 5 people at a time for a private tour.
4. Visiting a wine tasting location.
5. Take a hike or gentle walk with an exotic animal like a llama, Alpaca or sheep such as Rowan Farms in Newtown or Bradley Mountain Farm. Can't hike? Visit one of the farms for some cuddles.
6. Go Sledding. Sledding can be for anyone., There are locations in Middlefield and Cornwall.

VALENTINE WORDFINDER

EDITOR

Happy Valentine's Day! February 14th is valentines day, and to celebrate it we have created this unique Positive Outlooks, LLC. only word finder.



POSITIVE
LOVING
FAMILY
ROSES
CHOCOLATE
AUTONOMY
GRACE
INDEPENDENCE
INCLUSION
ADAPTIVE
FRIENDS
COMMUNITY
RESPECT
HEALING
KINDNESS
THOUGHTFUL
VALENTINE