

## Community SEL 7.1 and 7.1 competency reflection

For the 7.1 competency, I completed three tasks within my time at meals on wheels by illustrating safety and ethics, professionalism and reflections on individual things I created or did. For safety and ethics, I went around the hotel site to not only obtain information from the clients but also get photos for the meals on wheels program to build a network and get more clients into the program. Then for professionalism, I ran almost every site within meals on wheels in Will County and adapted to the task that were left for me by the site managers while achieving the goals with little to no information about these sites' SOPs. The last portion was my reflections reports I created each week for my preceptors and Richard during my entire SEL.

After the clients were relocated to a hotel because of their facility fire and I obtained all their information and needs from my previous reflection, I was tasked with more things to do with these clients. While I maintained my protocols I made for storage and deliveries, I also had to find the consent form the Meals on Wheels uses to gain the clients consent for multiple things. But this was not this simple, I had to follow the guidelines to make sure they could make these decisions, but I allowed Richard to make this decision because he had training in this area and I wanted to avoid any issues that could arise since I was not qualified. Once the appropriate steps were taken, I got the proper consent from clients who were able to make this decision, and I took their photos and relayed this information to the appropriate person within meals on wheels. I ensured that the clients still felt comfortable talking to me about their wants and needs and any concerns they may have with the deliveries and most importantly, I made sure that I maintained the clients confidentially throughout these processes.

For the professionalism aspect of my SEL, I operated most of the sites in will county to replace the site managers and receiving positive feedback from the site managers and the clients. Along with this I was made sure I made progress reports of what I did but also what I saw during my rotation to keep track of what I did and to help improve how each site is ran. I did this not only for my SEL, but I also wanted to improve the services for the clients or sustain what they were already receiving. After my internship was completed, I also updated my eportfolio with all the experiences I did along with the prerequisites I finished.

For my 7.2 competency, I made sure I maintained communication, collaboration and advocacy throughout my entire time with meals on wheels. During this time, I coordinated with Richard, Charmaine and Tammie with my weekly reports and other task or events I was handling. I made sure I include all the progress, sustainment's and improvements within these weekly reports to ensure that I maintained my timeline and that anything they needed from me could be addresses. While life isn't perfect, nor was my SEL. I knew I had a

list of competencies I had to achieve throughout my internship, but I also understood that this was a organization that may need my help from time to time. So, while we all knew my task were important, we also understood that ensuring meals on wheels operated efficiently daily. I mention this because I had to put some of my task in the background at times to ensure certain sites or deliveries were completed instead of my task. If this was to arise, I would alter my schedule after this to make sure I still completed my task throughout the week.

I also made sure I worked at all of the sites to gain experience and knowledge throughout my time here but also to make an impact on the site managers and clients. I worked with site staff, volunteers, hotel management and the clients to help resolve issues regarding food waste, deliveries, storage and general concerns. Each site has their own unique cliental and SOP and by working with everyone it help me build a better foundation to build upon as I progress into my career and help prepare me work with most populations. Lastly, I was able to build my advocacy skills by reaching out to my state representatives and help meals on wheels to help improve deliveries and access to meals for not only the regular clients but also the fire victims.