

# Marion County Services for the Developmentally Disabled Newsletter

January-February 2011 Newsletter



**THANK YOU**

**FOR MAKING OUR OPEN HOUSE A SUCCESS!** March 17<sup>th</sup> was Marion County Services Annual Open House. It was such a pleasure to see new and familiar faces and to be able to take you on a tour of our new facility at 12 Northport Plaza and our more structured "Bridges" Day Habilitation program located at 3175 Palmyra Road. Northport Plaza houses our administration offices (director, finance, payroll, human resources, development and marketing offices), Target Case Management (service coordination offices), Independent Support Living program personnel, Community Integration program personnel and three beautiful conference rooms which allow several confidential meetings to be held at the same time. The Palmyra Road location houses the "Bridges" program and personnel plus the Qualified Developmental Disabled Professional office. The Transportation fleet is also located at Palmyra Road. We were very excited to see you and look forward to your visits throughout the year.

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Service Coordinators:**

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Hannibal, MO 63401

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## March 2011: Disability Awareness Month:

All people are People First and all have needs and rights. Everyone wants to enjoy life, feel productive and secure. Most people have disabilities of one kind or another. The differences lie mostly in degree and whether our disabilities are seen or unseen. You can help remind others of these important facts during Developmental Disabilities Awareness Month, March 2011

### What's in the Newsletter?

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**Page 5-6:** Calendar of Events

## SPRING IS ON ITS WAY!

Now that February is over, spring is in sight, and it begins March 21. March brings more daylight, strengthening sunshine, and usually a warm up. The start of spring is a joyous time; the soil starts to come alive from its long winter sleep. The onset of spring is my favorite time to do yard work; there are few bugs, the weather is mild, and it's good for the soul to get fresh air after being cooped up all winter.

With the excitement of warmer temperatures also comes the dread of stormy weathers which cause rain, floods and the potential of tornadoes. Please review all the precautions you need to take now to prepare.

**EMERGENCY PREPAREDNESS FOR PEOPLE WITH DISABILITIES!** Make sure you and those you serve are prepared for an emergency. Check for local and state level trainings that will assist in your preparedness. Also contact your local American Red Cross for steps to take in case of an emergency.



## Q's CORNER– Kris Bridges



**Kris shakes the freezing water out of her hair after plunging into the river. She was the top fund-raiser for Hannibal's first polar plunge.**

It really began to sink in when I saw the picture on the front page of the Hannibal Courier-Post.

A back hoe was cutting through the ice covering the Mississippi River. For two weeks prior, I had ignored one of my favorite river views from the hill upon which I live. Knowing what was coming, I just didn't want to look . . .

And then the day came! Hannibal's first annual Polar Plunge for Special Olympics of which I was a first-time participant!

I had been working hard during the weeks prior asking everyone I knew for donations so I could jump into the river for my favorite Special Olympics athletes, the Hannibal Hawks. As a basketball and track coach for the Hawks, I see the athletes work hard for what they do, so I was motivated to work hard for them.

My jumping in partner, Kathy Butler, herself a Hawks coach, conveniently got a "stress fracture" in her foot before the event. I would have asked for a doctor's note, but the "boot" she wore on her foot told me her injury was legitimate.

Fortunately, I found another partner willing to jump into the freezing waters with me. It was my godchild, Breeanna Gwartney, a senior at Palmyra High School, who was ready for anything, even painting the Hawk's gold and black colors right down the center of her face.

For those who do not know anything about the Polar Plunge, dressing in costume is part of the event, and a prize is given to the most unique costume. People can plunge either as individuals or as part of a team. Each individual needs to raise a minimum of \$50 to participate, and both Breeanna and I want to thank all the people who donated!

So, with faces painted and floaties in place we headed down to the river. The sun was shining, and a large crowd was gathering. Then, I spotted the first one – a Hannibal Hawks Special Olympics athlete! Then another, and another, and then I spied Kathy and her children dressed up like Hawks complete with costume beaks and feathers to cheer on the jumpers. What a morning!

Many people have asked me how it felt to jump into the river that day, and I, in turn, ask them this: Have you ever been in the shower and accidentally turned off the hot water, leaving only the cold water blasting against you while you attempt to turn it off or hop out of the way? It was like that . . . times 10.

The answers to the other questions most frequently asked were: "Yes, I dove in and went all the way underwater," and "No, we were not allowed to wear wet suits." Finally, the question most asked that day was, "Will I do it again next year?"

You bet I will, but this time I would like to plunge in with a team of Hawks fans in the group category. Would you like to join?



**Kathy and her son, Evan, shows some Hannibal Hawks pride at the Polar Plunge.**



**Kris and Breeanna, armed with face paint and floaties, are pictured in Hawks attire prior to their plunge.**

## BRIDGES NEWS-Cindy Cates

Bridges consumers have decided to "go green."

It's not for St. Patrick's Day, nor even simply to welcome spring. Bridges consumers want their day program building to recycle more, so hopefully by the end of spring the Palmyra Road building will be totally "green."

Currently, the Bridges program recycles aluminum cans and newspapers on a regular basis, but we want to do more for the environment. A trip to the Sheltered Workshop, which does recycling, is planned so consumers can learn more about what is involved with keeping our planet free of trash. Also, we will be inviting guests to come speak to us about recycling. We'll keep you posted on how things are going in future newsletters.

### Special Guests

Everyone at Bridges had a great time in January when the Gospel Shed band gave a concert one Friday afternoon. There was clapping and dancing, requesting songs, and even

some comedy shared by band members. We would like to thank Marty and Betty Miller (on guitar and drums, respectively) and guitar players George Roberson and Bill Cornelius for coming to perform. And, we would like to thank them for agreeing to come back and play for us again!

Additionally, during the past couple months, Bridges consumers enjoyed celebrating Christmas together by purchasing each other gifts, having snacks, and “rocking around the Christmas tree” as well as having a New Year’s celebration. Several consumers also started working on their art projects for the annual art show coming up in May.



Sometimes it feels great to just get up and dance as Gary (center) and Mary (left) can tell you! Also pictured are Kathy and Tim.



Nicole and Terri enjoy the music of the Gospel Shed as they play for the Bridges Day Program. Nicole’s mother says her love of gospel music comes from her grandfather.

### Senior Group-Sherry Riley

After the snow we had the past couple of months the seniors are ready for spring! The seniors are already asking about picnics and rides on the river boat. They still enjoy the senior dances and have made lots of friends there over the years. They also enjoy BINGO on Thursdays and going to the Nutrition Centers in Palmyra, Monroe City, and Quincy. One new thing they have been doing on Friday afternoons is going to the Mark Twain Museum for story time and singing with story teller Gladys Coggsell. They all said they enjoy this and look forward to Friday afternoons. They also enjoy carry-in dinners at the YMCA for “older active adults”. They had a ventriloquist from Hannibal-LaGrange University for entertainment. They enjoyed this a lot.

## COMMUNITY INTEGRATION-Kathy Butler

The cold weather hit the Midwest hard in January but the Hannibal Hawks did not let that stop them from working hard every Wednesday from 4:30-6:00pm at the Admiral Coontz Armory. On January 22<sup>nd</sup> the Hawks went to Mexico, Missouri to the Northeast Area Games. All the teams did well and received medals. Lots of fun memories were made that day too.

January also brought the first annual Hannibal Polar Plunge. With over 60 “plungers” getting wet in the Mighty Mississippi, they raised over \$8,000 for Special Olympic Missouri. This money is used within the state of Missouri to enable the athletes to go to events, trainings, etc. Our very own QDDP, Kris Bridges, actually had the highest donations for individuals. Way to go Kris!!!!

February brought snow and more practices for the team. They had to say goodbye to Coach Jane due to her work schedule. They also had to say goodbye to coach Joby as he is preparing to leave to go to Afghanistan. Joby had a movie night on the 11<sup>th</sup> for the team. He wanted them to watch “Facing the Giants”. He thought the movie really showed how to work together as a team. The team had a surprise for Joby too! They had a wedding shower for Joby and his new wife, Lara. Everyone enjoyed cake and brownies.

At the end of February, the Hawks flew into Sedalia for the district games. Leaving at 5am really shows how dedicated the athletes are. The individual skills group came home with several medals. The 3 on 3 team came home with a bronze medal and the full court team received a fourth place Ribbon. All were happy to find out they were going to Kansas City for State Games in March.

The Hawks will compete in Kansas City on March 19<sup>th</sup>. They are very excited about going and plan on bringing home several medals. If you would like more information about Special Olympics or would like to volunteer go to [www.somo.org](http://www.somo.org) or call Kathy Butler at 248-1077 ext. 203.

Marion County Services will be holding the 2<sup>nd</sup> Annual Prom April 15<sup>th</sup> at the Admiral Coontz Armory. The prom will go from 6pm-9pm. The theme this year is Hawaii. Consumers may dress up Hawaiian or formal. More information will be mailed out as soon as it is available. If you have questions or would like to volunteer to help, please contact Kathy at 248-1077 ext. 203.



The Blackhawks warming up for their game in Mexico.



Individual Skills watching the others play after receiving their medals.



Hannibal Gold Hawks playing basketball at Mexico.



Hannibal Hawks getting ready to get that ball!

### Aktion Club

The Aktion Club continues to keep busy coming up with more ways to help our community. They are currently helping with the Sandy Holman Fundraiser. They plan on doing some help in the area parks this summer and helping some elderly neighbors with yard work. They also are planning to participate in the 4<sup>th</sup> of July parade in Hannibal and maybe having a booth at this year's celebration. The Hannibal Are Aktion Club is open to anyone over the age of 18 that has a disability. They meet the 1<sup>st</sup> Tuesday of every month at Marion County Services Palmyra Road Building. If you would like more information please contact Kathy at 248-1077 ext. 203.

### Consumer Council

Consumer Council has been keeping busy despite the cold weather. They are working hard on the Sandy Holman Fundraiser. They are also working on getting ready for the prom. The council meets the 2<sup>nd</sup> Tuesday of every month at the Palmyra Road building beginning at 3:30pm. If you have any questions call Kathy at 248-1077 ext. 203

### ISL HOMES

The ladies and gentlemen at our ISL Homes enjoyed the snow but are ready for the warm weather. They celebrated birthdays and Valentine's Day in February. Everyone is looking forward to spring!

### People First

People First is an organization that promotes and teaches persons with disabilities to advocate for themselves and others. The group meets the 3<sup>rd</sup> Tuesday of the month at the Marion County Services Palmyra Road Building. In January, Advisor Skippy Coffman took some People First advocates to St. Louis for Advocacy Training. February's meeting was held and the group decided to join the State level of People First. Connie, Garrett and Adam went to Jefferson City the first week of March for the People First Steering Committee Meeting. They learned several items that are bills in legislation that could affect people with disabilities. They were also able to meet with Rep. Lindell Shumate while at the capital. They also left information at Senator Munzlinger's office and left information for him to look at regarding bills that are in legislation. If you would like more information about People First please contact, Skippy Coffman at 573-231-9979.



Pictured above is (front Row) Garrett Lawrence and Connie Lawson. Back Row) Chuck Taylor, Rep. Shumake and Adam Anderson.

### ANNOUNCEMENTS

Sandy Holman Family Fundraiser is March 25<sup>th</sup> at the Shirley Bomar Building, 253 Munger Lane, Hannibal. The fundraiser is from 6:00-8:00p.m. They will be serving soups, hotdogs, and desserts. For more information please contact Kathy Butler at 573-248-1077 ext. 203.

### Provider Links and Resources

Provider links and resources are under construction and will be available soon. Thank you for your patience!

# March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23 <b>MACDDS-</b> Jefferson City	24 <b>MACDDS-</b> Jefferson City	25 <b>Holman Fundraiser-</b> 6:00- 8:00pm	26
27	28	29	30	31	April 1	2

# April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5 <b>Aktion Club-</b> Palmyra Road 6:00pm	6	7	8	9
10	11	12 <b>Head Injury Support Group Board Meeting-</b> 12 Northport 6:30pm	13	14 <b>People First-</b> Palmyra Road 6:30pm	15 <b>PROM-</b> Admiral Koontz Armory 6:00- 9:00pm	16
17	18	19 <b>Consumer Council-</b> Palmyra Road 3:30pm <b>People First-</b> Palmyra Road 6:30pm	20	21	22 <b>MCSDD Closed</b>	23
24 	25	26	27 <b>MACDDS-</b> Jefferson City	28 <b>MACDDS-</b> Jefferson City	29	30

# May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <b>Aktion Club-</b> Palmyra Road 6:00pm	4	5	6	7
8	9	10 <b>Head Injury Support Group Board Meeting-</b> 12 Northport 6:30pm	11	12 <b>People First-</b> Palmyra Road 6:30pm	13	14
15	16	17 <b>Consumer Council-</b> Palmyra Road 3:30pm <b>People First-</b> Palmyra Road 6:30pm	18	19	20	21

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