



Marion County Services for the Developmentally Disabled Newsletter

May-June 2011 Newsletter



EMERGENCY PREPAREDNESS What To Do During An Emergency

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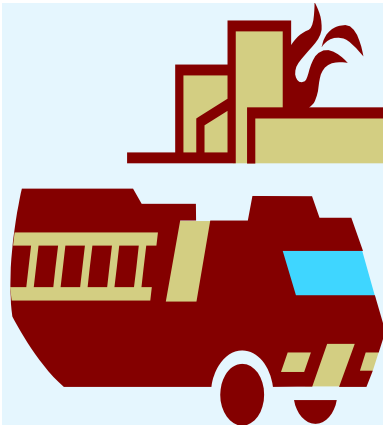
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Emergencies can strike anytime. A tornado, a flood or even a terrorist attack can change lives. Missouri families, communities, businesses and schools need to take steps today to prepare for an

emergency. Preparing today can save lives!

During an emergency, remember that city, county, and state officials have developed emergency plans. But you are responsible for your own safety, even during an emergency. If you've already created your own family emergency plan, make sure you follow it. Also remember these four key things.

- **Stop. Listen for instruction as to what to do.**
- **Listen before you act.**
- **Remember your emergency plan and emergency supply kit.**
- **Remain calm.**

Ready in 3 is an emergency-preparedness program for Missouri. The Missouri Department of Health and Senior Services sponsors the program. **Ready in 3** aims to help residents and communities prepare for many types of emergencies from tornadoes to terrorism.

Ready in 3 focuses on three main steps:

Create a Plan.

Prepare a Kit.

Listen for Information.

For more information, visit www.dhss.mo.gov

Know that although in the eternal scheme of things you are small, you are also unique and irreplaceable, as are all your fellow humans everywhere in the world.

- Margaret Laurence

What's in the Newsletter?

Page 1: Note from the Executive Director

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Page 5: Calendar of Events

HEAT EXHAUSTION is one of the heat-related syndromes, which range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke. Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration, and inadequate fluid or salt intake. Signs and symptoms resemble those of shock and may include:

- Feeling faint or dizzy
- Nausea
- Heavy sweating
- Rapid, weak heartbeat
- Low blood pressure
- Cool, moist, pale skin,
- Low-grade fever

- Heat cramps
- Headache
- Fatigue,
- Dark-colored urine

(5) Cool the person by spraying or sponging him or her with cool water and fanning;

(6) Monitor the person carefully. Heat exhaustion can quickly become heatstroke.

If you suspect heat exhaustion:

- (1) Get the person out of the sun and into a shady or air-conditioned location;
- (2) Lay the person down and elevate the legs and feet slightly;
- (3) Loosen or remove the person's clothing;
- (4) Have the person drink cool water or other nonalcoholic beverage without caffeine;



Q's CORNER– Kris Bridges

At this time, our agency is preparing for our next staff training which will be held Aug. 11-12 at the Palmyra Road Building. (The Bridges Day Program will not be in session those two days.)

We have some great topics and guest speakers lined up, and one of the sessions I am most looking forward to is strategies on working with people with autism.

As I researched this topic myself, I came across a wonderful website of the Autism Research Institute at http://www.autism.com/index_b.asp. If you are interested in the topic, there is a wealth of information available there.

One article that immediately caught my attention is "Teaching Tips for Children and Adults with Autism" written by Temple Grandin, Ph.D., who has autism herself and who revolutionized the United States' cattle industry, among other amazing accomplishments. She credits her autism as having given her the insights into how cattle behave that allowed her to make humane improvements to cattle processing facilities.

There is a movie that HBO produced about Temple's life simply entitled, "Temple Grandin," that goes into more depth on the subject as well as paints the portrait of this incredible woman's life. It won seven Emmy awards and can be ordered online through HBO's website.

Temple's article is too long to be reprinted here in its entirety, so I would like to share with you just a few excerpts. The entire article is available online at http://www.autism.com/ind_teaching_tips.asp.

According to Temple:

* "Many people with autism are visual thinkers. I think in pictures. I do not think in language. All my thoughts are like videotapes running in my imagination. Pictures are my first language, and words are my second language. Nouns were the easiest words to learn because I could make a picture in my mind of the word. To learn words like "up" or "down," the teacher should demonstrate them to the child. For example, take a toy airplane and say "up" as you make the airplane takeoff from a desk. Some children will learn better if cards with the words "up" and "down" are attached to the toy airplane. The "up" card is attached when the plane takes off. The "down" card is attached when it lands."

* "Many autistic children get fixated on one subject such as trains or maps. The best way to deal with fixations is to use them to motivate school work. If the child likes trains, then use trains to teach reading and math. Read a book about a train and do math problems with trains. For example, calculate how long it takes for a train to go between New York and Washington."

* Typing is often much easier than handwriting due to many people with autism having problems with motor control in their hands.

* "Avoid long strings of verbal instructions. People with autism have problems with remembering the sequence. If the child can read, write the instructions down on a piece of paper. I am unable to remember sequences. If I ask for directions at a gas station, I can only remember three steps. Directions with more than three steps have to be written down. I also have difficulty remembering phone numbers because I cannot make a picture in my mind."

* "Some hyperactive autistic children who fidget all the time will often be calmer if they are given a padded weighted vest to wear. Pressure from the garment helps to calm the nervous system."

* Some people with autism are sensitive to sound-- some of them so much so that they will avoid places and even exhibit problem behaviors in places where they have heard the uncomfortable sound before.

* "Some autistic individuals do not know that speech is used for communication. Language learning can be facilitated if language

exercises promote communication. If the child asks for a cup, then give him a cup. If the child asks for a plate, when he wants a cup, give him a plate. The individual needs to learn that when he says words, concrete things happen. It is easier for an individual with autism to learn that their words are wrong if the incorrect word resulted in the incorrect object."

* "In older nonverbal children and adults touch is often their most reliable sense. It is often easier for them to feel. Letters can be taught by letting them feel plastic letters. They can learn their daily schedule by feeling objects a few minutes before a scheduled activity. For example, fifteen minutes before lunch give the person a spoon to hold. Let them hold a toy car a few minutes before going in the car."

* "Several parents have informed me that using the closed captions on the television helped their child to learn to read. The child was able to read the captions and match the printed words with spoken speech. Recording a favorite program with captions on a tape would be helpful because the tape can be played over and over again and stopped."

* "Fussy eating is a common problem. In some cases the child may be fixated on a detail that identifies a certain food. Hilde de Clerq found that one child only ate Chiquita bananas because he fixated on the labels. Other fruit such as apples and oranges were readily accepted when Chiquita labels were put on them. Try putting different but similar foods in the cereal box or another package of a favorite food. Another mother had success by putting a homemade hamburger with a wheat free bun in a McDonald's package."

BRIDGES NEWS-Cindy Cates

Bridges Day Program is having some summertime fun!

Before the heat wave hit we enjoyed the breezes in the park and on the riverfront, the flowers blooming in the downtown area, an occasional dish of ice cream, or a cool drink in the middle of the afternoon.

We were able to squeeze in a small fishing trip to a local stocked pond before it became too hot to fish. Since no big fish were caught for a fish fry, we had one of our traditional barbecues instead. Our "chef" and foster grandparent Richard Schroeder grilled hot dogs and hamburgers, finishing right before becoming drenched by one of the many storms we have had this summer.

Storm damage at Bridges was minimal. One tree did blow over during a windstorm, and another storm resulted in some large limbs breaking. However, we were fortunate to not have had any damage to our building.

Now that it has gotten hotter, many of our consumers are going to places like the library, retail stores, the Mark Twain Museum, and local restaurants to still be able to get out, but to remain cool. If there is a heat warning, we stay in our nicely air conditioned building on Palmyra Road where we can paint, do crafts, learn sign language, attend a variety of classes, enjoy light shows and music in the sensory room, play games on the Wii, and enjoy the many other activities offered.

In June we had an ice cream social, which was very tasty and a good way to cool down. As we head into the hottest summer months of July and August, I think this is an activity that we will plan to enjoy a few more times!

Reminder: Bridges Day Program will NOT be in session Thursday and Friday, August 11 – 12, for staff training.

COMMUNITY INTEGRATION-Kathy Butler

The CI consumers spent a night going out to the ballgame. June 23rd the consumers were treated to a night at Clemmons Field. They enjoyed watching the Cavemen play against the River Rats. They enjoyed being in a suite and having the waitress come to them to order snacks. A very special thanks is extended to the Hannibal Regional Medical Group for providing the tickets for this event.



A group from MCSDD enjoys a night at the ballpark thanks to Hannibal Regional Medical Group who donated seats in their suite. In spite of a Cavemen loss, everyone had a good time at the game.



Annthea Dean & Vera pose for a picture at the Cavemen baseball game.

Camp Yogattawanta

Mark your calendars for September 9th -11th. We will once again have camp at Colbourn Group Camp located at Mark Twain Lake. Applications will be sent out the last part of July with more information.

Consumer Council

Consumer Council did not meet in May or June. They will be discussing future events at the July meeting. Consumer Council is comprised of consumers for MCSDD's various programs and one consumer from out in the community. They work together to provide information and input for the MCSDD organization and the consumer's of Marion County.

Aktion Club

Aktion Club will be celebrating its first anniversary in August. After electing new officers in June and swearing them into office in July, they are now planning an anniversary celebration in September. They also are planning a bake sale in September. Aktion Club meets the first Tuesday of each month at 6pm, at the Palmyra Road Building.

Aktion Club also participated in the 4th of July Parade in downtown Hannibal. Several members walked or rode in the parade. Thanks to George Sweet for allowing us to use his truck and to Angie Wallace for driving the truck in the parade.

"Celebrate the Artist in You" art show was a huge success. Several artists sold their artwork. Thanks to all who sponsor the art show. Start working on your artwork now for next year's show!

CNO

May's CNO night was BINGO. Over 25 consumers came out for an evening of bingo and visiting with friends. Everyone was a winner and appeared to enjoy themselves.

June brought Athlete's Day to Marion County. 58 consumers enjoyed a morning of activities, which included basketball, frisbee throw, parachute, relay races, soccer kick and horse shoe pitching. After participating in the events, the athlete's were awarded a medal and a certificate of participation. Our very own Special Olympics of Missouri Finalist for Mr. SOMO basketball player of the year, Kenny W. handed out the awards this year. Thanks Kenny for a job well done, your an inspiration to us all. Thanks to all the staff and volunteers who helped with the Athlete's Day! Also thanks to the Hannibal Parks and Recreation for the use of the Armory.



Some of the athletes parachuting.



Look at all those athletes!

July's CNO will be July 26th 6-8pm at the Palmyra Road Building. We will be explaining "Life Books" and beginning to work on them. Life books are similar to a scrapbook that tells about you. Space is limited so RSVP to Kathy at 248-1077 ext. 203 to sign up. If there is several interested we will hold another night for life books at a later date.

In August will be having a dance at the Admiral Coontz Armory. This will be August 30th from 6-8pm. This will be a sock hop theme, so bring those socks and come out for a night of dancing. Special thanks go to the Hannibal Parks and Recreation for helping sponsor the event.

ISL HOMES

The consumers and staff at Sunburst, Wildrose, Paris, and Wyaconda are enjoying the summer. They celebrated the 4th of July and birthdays.

People First

People First are now a chapter of the State's People First. They have elected a new board and are excited to get things moving. People First meets the third Tuesday of each month at 6pm, at the Palmyra Road Building. For more information contact Skippy Coffman at 231-9979.

TCM-Service Coordination

Service Coordination Updates:

We are pleased to welcome TCM's new Service Coordinator, Adam Retherford, to our department! Adam is 24 years old and has a Bachelors degree in Administration of Justice with a Minor in Sociology from Hannibal LaGrange College. He and his wife, Krystal, have a daughter named Kylee. Adam has fit in well with the rest of the team and is learning the job fast. We are happy to have him be a part of the team!

Along with a new Service Coordinator we would like to congratulate Shannon Klaska on recently becoming a Service Coordinator III. Over time she will be working more to assist in supervisory roles. This will help to ensure our team continues to run effectively in many ways. We know Shannon will do great with her new responsibilities!

New Intakes:

Recently, we have had many new intakes and transfers come into TCM services. We currently serve 294 consumers through Service Coordination! As you can imagine the process of bringing in new intakes keeps us busy with a lot of paper work, setting up appointments, and more opportunities to meet new people, which is the best part! We are proud to become acquainted with new consumers and their families and discover new ways we can help out!

Satisfaction Survey:

To ensure that we are providing our consumers the best care possible we will be giving consumers and/or caregivers a satisfaction survey to fill out and send back to us at the annual plan meeting. This will give consumers and their caregivers a chance to

give input on how their Service Coordinator is doing, what services they would like to receive, what needs are or are not being met, etc. Thank you to those who have already had the opportunity to fill one out and return it. We have had some great input!

Events to Remember:

- **Autism Support Group** – The Autism Support Group continues to meet every 3rd Tuesday of the month at 6:00pm. Everyone is welcome! Please contact Shannon Klaska for more information and location, as this may vary from time to time depending on weather and other circumstances.
- **Head Injury Support Group** – The general dates that the HISG meets are the 2nd Tuesday of the month at 6:30pm at MCSDD Bridges Day Program Building (3175 Palmyra Road). On August 9th at 6:30pm Lisa Curtis, who is the Head Injury Service Coordinator, will attend and speak on how other support groups are doing across the region/state. There will be discussion of other activities and ideas for the group. For more information and for other dates/times, please contact Barb Van Abbema.
- **Draw Club** – It was decided that Draw Club will be held throughout the rest of the summer until the end of September. This is to give teenagers through adults the opportunity to socialize while creating art through drawing. We are able to give rides if we know ahead of time. Please contact your Service Coordinator or Kelly Johnson for more information or if you need a ride (in advance please). It is held at MCSDD #12 Northport Plaza.

The dates for Draw Club are as follows:

July 21st
August 4th and 18th
September 1st, 15th and 29th

All of us in TCM wish you a happy and safe rest of the summer!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 17	18	19 Consumer Council -Palmyra Road 3:30pm People First -Palmyra Road 6:30pm Autism Support Group -12 Northport 6:00pm	20	21 Draw Club -12 Northport 6:00pm	22	23
24	25	26 CNO -Palmyra Road 6:00-8:00pm	27	28	29	30
31	August 1	2 Aktion Club -Palmyra Road 6:00pm	3	4 Draw Club -12 Northport 6:00pm	5	6
7	8	9 Board Meeting -12 Northport 6:30pm Head Injury Support Group -Palmyra Road 6:30pm	10	11 MCSDD -Closed Staff training	12 MCSDD - Closed Staff training	13
14	15	16 Consumer Council -Palmyra Road 3:30pm People First -Palmyra Road 6:30pm Autism Support Group -12 Northport 6:00pm	17	18 Draw Club -12 Northport 6:00pm	19	20
21	22	23	24	25	26	27
28	29	30 CNO Dance -Admiral Coontz Armory 6:00-8:00pm	31	September 1 Draw Club -12 Northport 6:00pm	2	3
4	5 MCSDD - Closed Labor Day	6 Aktion Club -Palmyra Road 6:00pm	7	8	9 Camp Yogattawanta Colbourn Group Camp	10 Camp Yogattawanta Colbourn Group Camp
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