

# Marion County Services for the Developmentally Disabled Newsletter

November-December 2010 Newsletter



**YOUR ARE INVITED TO OUR "OPEN HOUSE".**



Mark February 11, 2011 on your calendar! You are invited to our "Open House"! Stop by 12 Northport Plaza and then visit our "Bridges" Day Program at 3175 Palmyra Road. Yes, you can now visit us at two locations: (1) 3175 Palmyra Road and; (2) 12 Northport Plaza. Even though our doors have been open since August, 2010 at 12 Northport Plaza we are reserving February 11<sup>th</sup> to visit with you and tell you all about our services and how much we appreciate being a part of this giving community.

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Hannibal, MO 63401

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## What's in the Newsletter?

**Page 1:** News from MCSDD

**Page 2-4:** Reports and Activities on Programs and Homes & Announcements

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

As mentioned in earlier newsletters we have expanded our programs to include Service Coordination for the entire county of Marion. Due to limited space we have had to relocate some of our staff to 12 Northport Plaza in order to continue to provide effective quality services to you and yours. Start your Valentine's weekend off right - stop between the hours of 10:00 am – 2:00 pm. and see what we have been up to.

In lieu of Open House we felt this would be a perfect opportunity to honor those individuals in Marion County whom we have had privilege to serve. February 11<sup>th</sup> is also designated as "**Consumer Appreciation**" Day! Please take a few moments in your day to come by and say "hi" to some very wonderful people that give so much to our community! Let them know how much they are appreciated!!

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*I came across this story of a senior who was asked to speak at his graduation.....*

### **Inclusion is Not a Place, It is a Feeling**

My name is Troy Daniels, but my friends call me TD. I have Down's syndrome. Because my heart is bad I use a wheel chair, I do not speak very good and sometimes I use Libby (a device that I use to speak because people cannot understand my voice).

I am a person with disabilities and when I say "my friends" I mean friends, real friends just like everyone else, I have friends. Most of you think all people have friends but for people with disabilities friends are not always real. I want you to know why I have friends.

Not to long ago people with disabilities could not go to school with other kids, they had to go to "special schools". They could not have real friends; they call people like me "retard". That breaks my heart.

When I came to school there is law that says all kids go to school in the place they live. I started school right here in Northfield with all of senior class, we were little kids together. The law says that I can come to school but no law can make me have friends.

But than some kids started to think that I was ok, that I wasn't so scary or strange, first it was just one or two kids who were nice to me. They found out that I cared about them and I loved my school. I told them I want to have real friends. Others started to hang out with me and they found out we could be friends. We started to learn together that in some ways we were different but in some ways we were the same. They called me friend and made sure that I was in everything at school. I cared about them and they cared about me.

I want all people to know and to see that these students I call my friends, are the real teachers of life. They are showing you how it should be. They are the teachers for all of you to follow their lead.

Yes, I am person with disability. The law says that I am included but it is my friends who say..."TD come sit by me".

*May your hopes and dreams become realized in the new year .....Cathy Arrowsmith, Executive Director*

## Q's CORNER– Kris Bridges

### Coaches Plunging for Special Olympics

It has finally come to America's Hometown . . . Special Olympics Missouri (SOMO) is sponsoring Hannibal's first Polar Plunge into the Mississippi river Jan. 29<sup>th</sup>. Brrr. It makes me shiver just thinking about it! Two somewhat crazy coaches that work for MCSDD are planning on participating in this event. Both Kathy Butler and I, who are certified basketball and track coaches, want to do this not only for our Hannibal Hawks teams, but also for SOMO athletes all over the state. However, in order for Kathy and me to participate in this event, we both need to raise a minimum of \$50 to be able to jump in the river with the rest of the plungers.

We are asking for your help and your contributions. To donate over the internet you can go to [www.somo.org/themomsaidso](http://www.somo.org/themomsaidso) to help Kathy into the river or to [www.somo.org/KrisBridges](http://www.somo.org/KrisBridges) to help Kris into the river. Or, you may contact either one of us at the office at (573) 248-1077 with your pledge. Any donations you make would be much appreciated! And, if you would like to see some people get incredibly cold for a good cause, please join us at the riverfront marina at 11:00 that morning.

### Volunteer Project

Our Bridges Day Program found a good opportunity to be of service in the community recently. A small group of Bridges volunteers helped pick up and deliver boxes of hygiene items for Hannibal elementary school students. Over 950 items were collected and placed into hundreds of Buddy Backpacks that are sent home full of food on weekends for kids who qualify for the program. Teachers had said there was also a need for soap, shampoo, body wash, etc. so a committee called Hannibal Alliance for Youth Success (HAYS) organized a "Keep Our Children Healthy Drive" to collect the items. Our Bridges staff and consumers became involved when HAYS committee members needed help collecting and delivering the donations. A big thanks to all who helped!

Please remember that many of our consumers have goals to do volunteer work and would like to be involved in programs that help the community. If you have any ideas how we can get involved, please give me a call!



Volunteers from Marion County Services Bridges Day Program pick up donations collected by Hannibal-LaGrange University's Athletic Department as part of Hannibal schools "Keep Our Children Healthy Drive." Community members donated hygiene items to put in Buddy Backpacks that are sent home to hundreds of elementary school students on weekends. The backpacks contain easy to prepare foods, and the drive was also to include soap and shampoo for the children. Helping with this project, from left, were Steve Aldrich, Clinton Smith, Kim Shannon, Scott Aldrich, David Crane, and Susan Meyer. Also pictured is HLG athletic director Jason Nichols.

### Happy New Year

Lastly, I'd like to wish everyone a blessed, happy, and prosperous New Year! Looking forward to the good things that 2011 will bring!

## BRIDGES NEWS

Bridges has been busy the past couple of months with the holidays. On November 11<sup>th</sup> the staff and consumers honored our American Veterans for Veterans Day.

Consumers enjoyed a wonderful Thanksgiving dinner turkey with all the trimmings. Consumers had fun working on Thanksgiving activities, word search puzzles, games, creating banners, and open discussion about what they are thankful for, special events, and people in their lives. Thank you Cindy for all the cooking you did to make the meal a great success.

Consumers enjoyed putting up Christmas trees and making ornaments to hang on the trees. They decorated the bulleting boards and enjoyed the Christmas party. At the Christmas party, the consumers exchanged gifts and enjoyed treats.

The consumers and staff at Bridges would like to wish everyone a happy, healthy, and prosperous New Year.

## **Senior Group-Sherry Riley**

For the months of October, November, and December, the seniors have enjoyed lots of Holiday activities and dinners.

They enjoyed a Halloween party at Bridges, Thanksgiving dinners at Bridges and the Hannibal Nutrition Center, and a Christmas party. They are happy to have two new people join the group. Both love going out with the group to the different events.

The YMCA A.O.A. luncheons started in September. The luncheon is held the first Friday of every month. The seniors really look forward to the luncheon and guest speakers. The seniors enjoy going to Story-time with Gladys Cogswell at the Mark Twain Hotel on Friday afternoons.

The group also enjoys going to exercise class, playing BINGO, senior dances, and going out to eat.

## **COMMUNITY INTEGRATION-Kathy Butler**

### **Athlete's Day**

Though it was chilly outside on November 6th, the armory in downtown Hannibal was full of excitement with over sixty athletes gathered to compete in the annual Athlete's Day. Marion County Services hosted the Annual Athlete's Day. This event takes place every year so that everyone has the opportunity to participate in various sporting events and receive recognition. The events this year included bean bag toss, basketball shoot, horse shoe pitch, Frisbee throw, softball target, and races. After everyone completed the activities, the athletes were given medals and a certificate.

A special thanks goes to all who came out to participate and volunteer. Those include: Marion County Services Staff, Willow Care Staff, Hannibal Evening Kiwanis, US Cable, Hannibal Area Scouts and the Childress family. A huge thanks to the Hannibal Parks and Recreation Department for the use of the Armory. Also a special thanks to Kohl's food service for donating chips, Willow Care and Premium Water for donating water. The most important thanks goes to our Athlete's without them this would not happen.

### **Consumer Night Out Activities**

What happens when you take a blank card, stickers, markers, crayons, scissors, glue and imagination? Card making night at Marion County Services. On November 30th and December 2nd, several consumers came out to participate in what seems to be an annual event, card making. Consumers make holiday cards to send to family and friends. This was the first consumer activity in the new activity room at the Northport office. Everyone enjoyed themselves and left with several cards to send.

On January 31st, Marion County Services will host a Movie night from 6pm-8pm at the Palmyra Road Building. The movie will be a comedy. Popcorn and drink will be served. If you would like to come please call Kathy at 248-2077 ext. 203 as space is limited.

Mark your calendar for February 4th. Marion County Services and People First will be hosting a Sweetheart Dance at the Admiral Coontz Armory in Hannibal. The dance will begin at 6pm and end at 8pm. Admission will be a \$1 per person. If you would like to volunteer to help, please contact, Kathy Butler at 248-1077 ext. 203 or Skippy Coffman at 231-9979.

### **Aktion Club**

Aktion Club met the first Tuesday in November. They decided to plan an outing to an area nursing home to sing Christmas Carols, then come back to Marion County Services and have snacks and hot cocoa. So on December 7<sup>th</sup> over 25 members went to Willow Care Nursing Home and sang. They did come back and have snacks and hot cocoa. Everyone had a good time and enjoyed doing something for someone else. They also got their Aktion Club t-shirts that evening.

Aktion Club met again on January 4th. They discussed some various volunteer ideas. They also had several people participate in "happy coin" where they put a coin in the Kiwanis truck bank and tell something they are happy about. Everyone then enjoyed pizza (donated by Pizza Hut) and pop. A special thanks to Sara Barrett for getting the pizza donated.

### **Consumer Council**

Consumer Council met in November and discussed Consumer First nominations. Several nominations were turned in. They also discussed holding a fundraiser for a local family.

The December meeting of Consumer Council, included snacks and ideas of what to do for consumer night out events for the following year. Some of the ideas included movie night, a carnival, card making and game night. The council members shared something nice about each other instead of exchanging gifts.

### **Community Integration**

Community Integration is moving right along. We would like to welcome Joby to our department. In December we held our CI Christmas party. We played the reindeer game which involved balloons and pantyhose. We had a white elephant gift exchange. Everyone loved their white elephant! We then had finger foods and chili dogs. Thanks to Joby for making the chili dogs!

## **PARIS AVE. ISL– Nikki Minks**

The men at Paris enjoyed the holiday season! They had fun decorating for the Christmas. They welcomed a new consumer!

## **WILDROSE ISL-Katie Childs**

Everyone at Wild Rose ISL had a great holiday season! We welcomed a new consumer at the beginning of December and she's adjusting very well. The other consumer had a birthday on the first of January and enjoyed a cake and presents. We have a new staff member, Ariel Bock. Congratulations to Heaven Smith, who had her healthy twins on January 4, 2011. We're looking forward to winter's end and warmer weather!

## **WYACONDA ISL– Missy Hickman**

The women at Wyaconda really enjoyed the holidays. A couple of them went home for the holidays. They enjoyed spending time with their families.

The ladies have been going to the movies as much as possible. One of the consumers is recovering very well from surgery and is happy to be home.

The consumers and staff at Wyaconda are very happy to welcome back Katherine Rhodes.

## **ANNOUNCEMENTS**

**It's a BOY!! Congratulations to Olivia Powell and her family on their new addition!**

**Congratulations to Heaven Smith, who had her healthy twins!**

**SILENT AUCTION AND BAKE SALE** will be held January 24<sup>th</sup> and 25<sup>th</sup> at #12 Northport Plaza. Marion County Services Case Management is hosting the auction and bake sale. All proceeds will go toward helping Madilynn St. Clair and her family with travel and living costs while she undergoes heart surgery at the Lucille Packard Children's Hospital in Palo Alto, California on February 16<sup>th</sup>. Donations for the auction will be accepted until 9:00 a.m. on Monday, January 24<sup>th</sup> or earlier. Bidding on items will end at 2:00 p.m. on January 25<sup>th</sup>. Payment will be due at that time.

## **Provider Links and Resources**

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

## **SUNBURST ISL– Morgan Whitaker**

The men at Sunburst have been doing some really fun things. All three men enjoyed the holidays. Everyone loved getting their bellies full on Thanksgiving and opening presents on Christmas. Two of the men had a good time at a New Year's Eve party.

Everyone is looking forward to seeing what 2011 will bring!

## **People First**

People First continue to meet monthly. They also continue to grow. This self-advocacy group is working on putting together a cookbook. One member made Christmas Cards and sold them to make money for People First. They also are working with Marion County Services to organize the February 4th, Sweetheart dance. If you would like more information about People First contact Skippy Coffman at 231-9979.

## January 2011


Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18 <b>Consumer Council-</b> Palmyra Road 3:30pm <b>People First-</b> Palmyra Road 6:30pm	19 <b>Basketball practice-</b> Old Armory 4:30- 6:30	20	21	22 <b>Special Olympics Area Basketball-</b> Mexico, MO
23	24	25	26 <b>Basketball practice-</b> Old Armory 4:30- 6:30	27	28	29

## February 2011

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 <b>CNO Movie and Popcorn Night-</b> Palmyra Road 6:00- 8:00pm	1 <b>Aktion Club-</b> Palmyra Road 6:00pm	2 <b>Basketball practice-</b> Old Armory 4:30- 6:30	3	4 <b>Sweetheart Dance-</b> Admiral Coontz Armory 6:00-8:00pm	5
6	7	8 <b>Head Injury Support Group</b>  <b>Board Meeting-</b> 12 Northport 6:30pm	9 <b>Basketball practice-</b> Old Armory 4:30- 6:30	10 <b>People First</b> Palmyra Road 6:30pm	11 <b>Open House-</b> 10:00-2:00	12
13	14 	15 <b>Consumer Council-</b> Palmyra Road 3:30pm <b>People First-</b> Palmyra Road 6:30pm	16 <b>Basketball practice-</b> Old Armory 4:30- 6:30	17	18	19
20	21	22	23 <b>Basketball practice-</b> Old Armory 4:30- 6:30	24	25	26 <b>Special Olympics Area Basketball-</b> Sedalia, MO

## March 2011

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1 <b>Aktion Club-</b> Palmyra Road 6:00pm	2 <b>Basketball practice-</b> Old Armory 4:30- 6:30	3	4	5

6	7	<b>8 Head Injury Support Group</b>  <b>Board Meeting-</b> 12 Northport 6:30pm	<b>9 Basketball practice-</b> Old Armory 4:30-6:30	<b>10 People First</b> Palmyra Road 6:30pm	11	12
13	14	<b>15 Consumer Council-</b> Palmyra Road 3:30pm <b>People First-</b> Palmyra Road 6:30pm	<b>16 Basketball practice-</b> Old Armory 4:30-6:30	<b>17 Happy St. Patrick's Day!</b> 	<b>18 Special Olympics State Games-</b> Kansas City	<b>19 Special Olympics State Games-</b> Kansas City



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