

Marion County Services for the Developmentally Disabled Newsletter

September-October 2010 Newsletter



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What's in the Newsletter?

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WE HAVE RECEIVED OUR THREE-YEAR CARF ACCREDITATION!!!

We are pleased to announce that Marion County Services for the Developmentally Disabled (MCSDD) has been accredited for a period of three years for its Independent Support Living (ISLs), Community Integration (CI), and Day Habilitation (Bridges) programs. The latest accreditation is the third consecutive Three-Year Accreditation that CARF, the international accrediting body, has awarded to Marion County Services.

By pursuing and achieving accreditation, MCSDD has demonstrated that it meets international standards for quality and is committed to pursuing excellence.

This accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows the organization's substantial conformance to the CARF standards. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process and has demonstrated to a team of surveyors during an on-site visit that its programs and services are of the highest quality, measurable, and accountable.

Marion County Services for the Developmentally Disabled is a nonprofit organization that has been providing services to individuals with developmental disabilities in the county of Marion since 1988 when the tax levy was passed by the citizens of Marion County.

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

We would welcome an opportunity to further acquaint you with our services and respond to your questions. We believe we are a valuable asset to the community we serve and are all the more valuable because of our CARF accreditation.

The Board of Directors would like to thank the staff of Marion County Services for the hard work and compassion that they exhibit on a daily basis. The Three-Year Accreditation is proof of their commitment to persons served. The Board also extends their gratitude to the community for their continued support.

For additional information, contact Cathy Arrowsmith, Executive Director, at 573-248-1077.



Q's CORNER– Kris Bridges

Standing at the base of Cardiff Hill as the morning sun was still rising, looking up, and watching as over 200 people of all ages repeatedly climbed the lighthouse stairs for a great cause, I was amazed.

On September 18th, the Shine a Light on Autism group held their first Lighthouse Challenge where people made donations to walk anywhere from one to 15 laps up the stairs, down the hill, and then up the stairs again. At many points along the route they were encouraged and applauded by members of the group and volunteers.

As for me, I was glad to discover that a person could pay to participate yet could stop wherever they wanted. I climbed a third of the stairs to the place where the activities were and decided that looked like a pretty good place to stop and visit with people. Next year, I promise to do better!

The event was a fund-raiser with proceeds going toward the planned accessible, all-inclusive playground to be built at Huckleberry Park. The city of Hannibal has donated the land, but now it is up to us in the community to raise the funds for the equipment that will allow children with disabilities and those without to play together side by side.

Thank you Shine a Light on Autism for all you are doing to help raise awareness about Autism and funds for community projects! We at MCSDD are pleased to support the “Right to Play” (playground) project, and hope to continue to work with people that have such enthusiasm as your group has!

Next year I have decided that for the lighthouse challenge, I am going to offer a challenge myself. I plan to ask our Special Olympics basketball and track teams to participate. This, of course, would be with lots of training prior to the event and “Coach Kris” climbing with them every step of the way.

For anyone interested in the Shine a Light on Autism group, information is available at

www.shinealightonautism.com. Officers are: President - Marlene Rodenbaugh; Vice President –Amelia Johnson; Treasurer – Rebecca Briscoe-Yager; Secretary – Mary Lynne Richards; Director Cindy Plowman. Committee members are Steven Yager, Sherri Wiley, Ann Lear, Brooke Kendrick, Alan Stoll, Ruth Rosenkrans; and Becca Thomas. The group’s mailing address is: PO Box 1064, Hannibal, MO 63401. **On another note regarding Autism:** A Northeast Missouri Autism Support Group has been formed and will hold its next meeting Nov. 16 at 6 p.m. at the MCSDD building at #12 Northport Plaza. This will be the third meeting for the newly-formed group. All are welcome to attend!

BRIDGES NEWS-Cindy Cates

In the last few months we have been volunteering at Willow Care Center. Every Thursday morning our consumers assist their residents with playing Bingo, Hillbilly golf, and doing arts and crafts.

We went to Shelbina to Old Threshers, where some of the consumers were able to enjoy a ride in a cover wagon.

We also had the Health Department out, to teach our consumers and staff about the importance of proper hand washing.

We had a Halloween party, a program which the consumers really seemed to enjoy.

For November, we are planning a Thanksgiving dinner to be on November 22, 2010 at noon.

COMMUNITY INTEGRATION-Kathy Butler

Aktion Club was held November 2nd. The group was very excited that they had made over \$200 at the bake sale. They signed thank you cards for the nutrition center (where the sale was held) and for Kiwanas for having them visit in August. They were also given a coin bank to start saving money. They will decide at the December 7th meeting, they will find a nursing home where they can do some caroling and then come back to MCSDD to have hot chocolate and everyone will bring cookies. They also plan on signing cards to hand out to people in the community. They voted to donate \$25 to MCSDD to go towards the adopt-a-family. They made this decision due to the fact they did not feel \$25 was enough to cover one family. They also voted on getting shirts for Aktion Club. They will be navy t-shirts with the logo on them.

Peoples First met on October 21st and had a Halloween party. They had several people there that dressed up and had a great time.

Consumer Council did not meet in the month of October due to not having enough for a quorum. The next meeting is November 16th.

The last bowling day is November 21st. Everyone is having a good time bowling and we are getting some pretty high scores. This is a good learning experience for several of the consumers as they help each other out and cheer each other on.

Camp Yogattawanna was held October 8th, 9th, and 10th this year. We had 26 campers come out to Si Colborn Group camp at Mark Twain Lake. Campers arrived at Marion County Services Palmyra Road building on the 8th. After luggage and medication check-in, the campers loaded into the three Marion County Services 15 passenger vans and headed off to the camp.

Upon arrival they were greeted by several scouts and scout leaders, who had come earlier and prepared a

meal of hotdogs, chips, fruit and drink. The campers unpacked the vans, prepared their bunks and went to the dining hall to eat and listen to the camp rules. After supper the campers took their chairs and formed a circle where they met the main guest for the night, a cute little black rat (plastic of course). The get to know you game consisted of holding the rat and saying your name and something about yourself. Everyone enjoyed passing "Ratoule" around. The scouts then took the new beach ball that was bought (48 inches in diameter) and aired it up for us. We then played kick the ball around the circle. The campers who cannot run fast really enjoyed sitting down and kicking the ball. After that the campers took socks and rubber bands and worked on making tie dye socks for camp. They all enjoyed this and putting the dye on the socks. The campers then headed toward the cabins for bed.

They were divided up into four groups and given team leaders and set out to do the day's activities. Most of the campers went on a boat ride supplied by one of the scout leaders. They also were able to make leaf art, paint snakes, paint pumpkins, learn different types of knots, basic safety skills, and some first aid bandaging. They also went on a scavenger hunt and picked up several different nature items.

Later in the afternoon the campers were given free time to do as they wanted. There were several crafts items to do, the favorite being fuse beads. Several consumers went down to the cabins and took naps (or tp-ed Kathy Butler's room). After free time campers made stone soup and learned the importance of working together as a community. The campers really liked working together to make this soup and agreed it was important to work together to get things done.

During supper they stayed in their group. After supper campers went into party mode and started karaoke and dancing. Some continued to work on different craft projects. Country music and oldies seem to be the popular music for the campers. The campers were back at their cabins by 11pm. Several were tired; several were still having fun in the cabins.

The campers got up early in the morning and packed. After breakfast, they took turns telling the video camera what they enjoyed about camp. Once they were ready to go they loaded in the vans and were taken back to MCSDD. Several said they can't wait to go next year!

The CNO for November is card making on the 30th. This will be our third year to offer this. We will also offer it on December 2nd. It will be from 6-8pm at the Northport office. It will be limited to 30 consumers each evening. The consumers take blank cards and make holiday greetings to give to family and friends.

Special Olympics basketball will begin December 1st at the Old Armory from 4:30-6:00pm every Wednesday night. In January they will compete in Mexico, February in Blue Springs, and state will be held in Kansas City this year.

PARIS AVE. ISL– Nikki Minks

One of the consumers has been busy working on his wood projects. He also has been busy with Aktion Club and recently joined People First. The other consumer has been going to all of his favorite stores; including the Mark Twain Casino.

They both along with the staff would like to welcome a new consumer to the home. He enjoys listening to country music and socializing with his new roommates and staff.

WILDROSE ISL-Katie Childs

Wildrose has been enjoying the changing seasons. The consumer dressed up as a devil for Halloween. She helped carve a jack-o'-lantern and handed out candy to the trick-or-treaters. She is looking forward to the upcoming holidays. She and the staff are getting excited for one of the staff member's upcoming double delivery!

WYACONDA ISL– Missy Hickman

The ladies at Wyaconda have enjoyed going to camp, shopping, and eating out. They really enjoyed spending time with family and friends. They went to a Halloween party and loved it. One of the ladies is going to be an aunt really soon and is very excited.

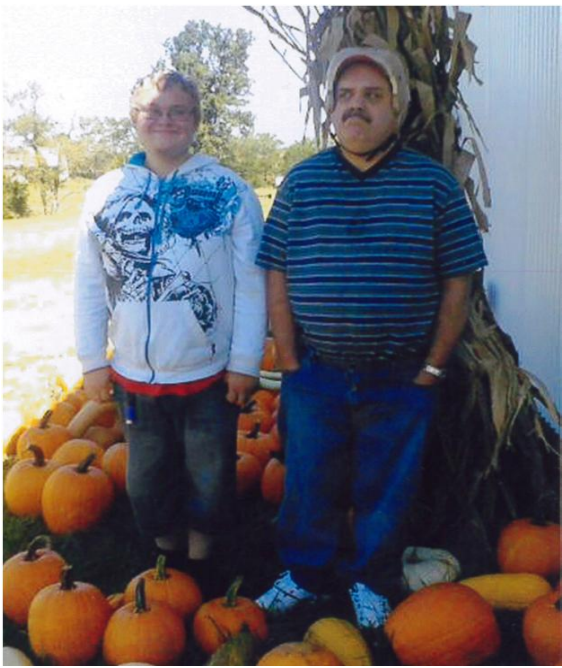
The consumers and staff would like to welcome Dominique to the home as a staff member.

SUNBURST ISL– Morgan Whitaker

Sunburst has had some great changes. They have welcomed a new consumer into the home. He is settling in great and seems to really enjoy it.

The consumers also enjoyed decorating for Halloween. Everyone was in the spirit.

The staff and consumers would like to welcome the 2 new staff members to the home. They are Angela Dietle and Sarah Bell.



Charles J. (left) and David C. (right) picked out some pumpkins and gourds for decorations.

Target Case Management-Service Coordination– Mahogany Wallis

Greetings from the TCM department! We continue to stay busy with our normal paperwork, meetings, and making sure clients' needs are met. Besides the typical job responsibilities, some of our Service Coordinators have taken on other projects.

Shannon continues to organize the Autism Support Group, which has brought parents, families, and providers together to discuss their stories and receive support and advice about their loved ones with autism. The next Autism Support Group meeting is November 16th at 6:00pm, which will be held at #12 Northport Plaza, everyone is welcome! We try to meet once a month. If you would like more information please feel free to contact Shannon at 573-248-1077 ext 106.

Recently, Barb helped organize the Head Injury Support Group Halloween Costume party. People with and without a head injury enjoyed dressing up in their scary, funny, and cute costumes while dancing to Halloween themed music. They also socialized and enjoyed snacks. The Head Injury Support Group meets the 2nd Tuesday of the month at 6:30pm at the Bridges Day Program building located at 3175 Palmyra. Whether you have a head injury or not you are welcome to come and join the fun!

Kelly will soon be starting a Drawing Club. This will be an opportunity for teenagers to socialize and create some basic artwork through drawing. There will be more information on this to come.

If you have any questions about any of these groups, or suggestions on what you would like to see as a support or social group in our area, please contact us.

We are very excited to bring people together and provide support in our community!

On the “business” end of things there are a few things to mention. Mahogany recently attended the quarterly TCM meeting, which was held in Columbia, MO. Some of the topics it included were Utilization Reviews, satisfaction surveys, MOCABI, TCM documentation review, and many more topics that are necessary for us to stay up-to-date on, in order for us to more efficiently serve our clients.

On November 19th, we will hold a breakfast meeting for Mark Twain Behavioral Health, Preferred Family, and Comprehensive Health. This will give us the opportunity to network and learn more about services that one another provide.

As of 10/1/10 MCSDD received a new prevention waiver. Recently 2 spots were filled, which will hold up to \$12,000. This will make it more possible for consumers to receive services such as: transportation, personal assistance, supported employment, etc. To be eligible for this, you must have Service Coordination and be Medicaid eligible. If you or if you know someone that does not already have a waived service and would like to be on a waiting list, or if you have questions, please feel free to contact us.

Have a happy and safe Thanksgiving and holiday season from all of us in Service Coordination!

Retention Committee– Sarah Stolte

The members of the Retention Committee would like to thank those who purchased donuts from our Krispy Kreme fundraiser. It was a huge success and the proceeds will go toward a “Spring Fling” for our employees. We hope everyone enjoyed them as much as we did!

Right now we are in the process of reviewing different policies and suggestions from employees. Over the next couple of months we look forward to planning a “Spring Fling” for staff and families. This will give employees and their families a chance to socialize outside the workplace and better get to know one another.

We would like to wish everyone a happy Thanksgiving and a wonderful holiday season!

People First

The Northeast Missouri Chapter of People First held its organizational meeting in September of 2010. After a long silence the voice of individuals with disabilities will again be heard in our area.

The meetings are currently being held on the second Thursday of each month at MCSDD in the Bridges Building at 6:30pm. The group wants to focus on issues of importance to individuals in this area and currently

have identified transportation, recreation, and accessibility as some of those important issues. They want to raise funds and awareness to address these issues.

The group has also decided that support for one another is an important function of NEMO People's First and will make social activities an important piece of their mission.

For more information about People First, contact Skippy Coffman at 573-231-9979.



Skippy Coffman, who is helping organize the local chapter of People First, offers a cupcake to Lynn W., the group's fund-raising chairman, during a Halloween party in October.

Head Injury Support Group

The Next Head Injury Support Group meeting will be a combination party for Thanksgiving and Christmas, held at 3175 Palmyra Road, Bridges building. It is on Dec 14th, starting at 6:00pm; it will be a carry in. Those who were at the meeting signed up to bring specific things. Friends, family, and people with head injury are all welcome to come, as in past Christmas parties.

It would be helpful if everyone coming brings something to share. There is still soda and potato chips

ANNOUNCEMENTS

**It's a GIRL!! Congratulations to Stacy Mixer and her family on their new addition!
Congratulations to Cindy Cates on her new grandson!**

Congratulations to the Employee of the Quarter!

Congratulations to **Kathryn Quintana** for receiving the Employee of the Quarter Award!

Provider Links and Resources


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

from the Halloween party, so that won't be needed. The \$10 received from the Halloween party will go towards buying glitter for pine cone decorations that will be made that evening. The balance will go towards sliced ham and turkey. People have signed up to bring paper plates, plastic utensils, cheese slices, bread (white & wheat), M & M cookies, Little Smokies, Veggies, a veggie plate & dressing, crackers, and meat sticks. Knowing what has been chosen should make it easier to bring other things. Two of the men volunteered to pick up & bring sacks of pine cones. Several people agreed to bring Christmas music, others can bring music too. Those that wish to participate in a gift exchange can bring a gift between \$4-\$6. If it is definitely a lady's or guys' gift, it can be marked with a M for man, L for lady. If it can be for either, you do not need to mark it. Those that bring a gift will select one from the group, in order by number, (Selecting #'s drawn from a hat").



Garrett L. finds himself all wrapped up in the "mummy contest" at People First's Halloween Party.

November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Bowling- Ten Pin Alley 3:30-5:00pm	22	23	24	25 HAPPY THANKSGIVING  MCSDD Closed	26 MCSDD Closed	27
28	29	30 CNO Card making- 12 Northport 6:00-8:00pm				

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Special Olympics- Old Armory 4:30-6:00pm	2 CNO Card making- 12 Northport 6:00-8:00pm	3	4
5	6	7 Aktion Club- Palmyra Road 6:00pm	8 Special Olympics- Old Armory 4:30-6:00pm	9 People First Palmyra Road 6:30pm	10	11
12	13	14 Board Meeting 12 Northport 6:30pm Head Injury Support Group Palmyra Road 6:30pm	15 Special Olympics- Old Armory 4:30-6:00pm	16	17	18
19	20	21 Consumer Council- Palmyra Road 3:30pm	22 Special Olympics- Old Armory 4:30-6:00pm MCSDD Closed- Shut Down	23 MCSDD Closed- Holiday	24 MCSDD Closed- Holiday	25 MERRY CHRISTMAS 
26	27	28	29 Special Olympics- Old Armory 4:30- 6:00pm	30	31 New Year's Eve MCSDD Closed	January 1 Happy New Year! 

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Aktion Club- Palmyra Road 6:00pm	5 Special Olympics- Old Armory 4:30-6:00pm	6	7	8
9	10	11 Board Meeting 12 Northport 6:30pm Head Injury Support Group Palmyra Road 6:30pm	12 Special Olympics- Old Armory 4:30-6:00pm	13 People First Palmyra Road 6:30pm	14	15
16	17 Martin Luther King Jr. Day MCSDD Closed	18 Consumer Council- Palmyra Road 3:30pm	19 Special Olympics- Old Armory 4:30-6:00pm	20	21	22

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