



Adair County SB40 Developmental Disability Board
314 East McPherson Street
Kirksville, MO 63501

Postage
Information

X

Come Join In the Fun!

The Community Learning Center is open each Tuesday, Wednesday, and Friday from 8AM-5PM. You can also make an appointment to visit on a Monday or Thursday.

In January the Community Learning Center will be offering Project STIR. This is the first time we have been able to offer this class since 2019! Seats are limited so don't miss your opportunity to improve your self-determination, learn about self-advocacy and become a better problem solver. All participants must register for this class and be age 18 or older.

Tuesday, January 10th will be our monthly movie party. Come enjoy some snacks and a fun movie with your friends. The CLC will also have a new class on Tuesday afternoons at 3:30pm. Join us to learn some new skills and learn to be more in charge of your life decisions.

Don't forget that you are welcome to stop in anytime between the hours of 8a-5p on Tuesday, Wednesday, or Friday even if there are no scheduled activities at that time.



Please consider supporting all of the wonderful opportunities the SB40 Community Learning Center has to offer including the Sensory Room and curriculum and supplies for classes and activities.

SB40 Community Learning Center Activities for December

Check out the Activity Calendar for more information and times

Tuesdays -	Coffee & Cards Lead Your Life Music Moves (Jan. 3rd & 17th) Movie Party (Jan. 10th) Sensory Time (Jan. 24th & 31st)
Wednesdays -	Crafts Get Fit Game Time (Jan. 4th & 11th) *Project STIR - Registration Required
Thursdays -	*Parent-to-Parent Group (Jan. 19th)
Fridays -	BINGO

Please call or email the Community Learning Center to register for the Parent-to-Parent Group and Project STIR.

660-665-9400x4 or clc@sb40life.org



Developmental Disability Board

Adair County SB40 Developmental Disability Board

DD Resource Center
314 E. McPherson Street
Kirksville, MO 63501
(660) 665-9400
sb40@sb40life.org

Community Learning Center
1107 Country Club Drive
Kirksville, MO 63501
(660) 660-9400
clc@sb40life.org

Website: <https://sb40life.org>

January 2023

2023 Community Engagement Conference

Make sure you have marked your calendar! The Annual Community Engagement Conference will be held **Saturday, March 25th, 8AM—4PM at Kirksville R-III William Matthew Middle School.**

This FREE one-day conference will bring together individuals with disabilities along with their families, provider agency staff, professionals and community members to focus on learning how to *DREAM BIG and Plan for a Great Life*. This year's conference will feature Keynote Speakers, David Forbes and Susan Parker. Both David and Susan will share how they have used self-determination and the resources available to them to live the life of their dreams. They will also host a forum after lunch to discuss questions from their keynote presentation.

The new conference date and location have allowed the Conference Planning Committee to offer more breakout sessions and exhibitors. Attendees will now have the choice of five tracks with 15 different breakout sessions! This year's tracks include: Self-Determination, Education and Transition, Living Your Great Life, Assistive Technology, and Financial Planning. By adding two more tracks for 2023, the Committee feels they will be able to bring more information that is most beneficial to the needs of more people. Additionally, the new site allows for more hands-on exhibits for attendees to interact with and learn from. You won't want to miss some of the exciting things that are being planned.

Registered attendees will receive free refreshments and entertainment during registration, free lunch (*with registration by March 1, 2023*), admission to the keynote presentation, breakout sessions, forum, and materials, access to the exhibitor area, personal development through networking and making connections, and door prizes! All attendees must register individually; one form per person attending. Registration information and forms, along with more conference details will be coming your way within the next few weeks.



2023
COMMUNITY ENGAGEMENT CONFERENCE

DREAM BIG!!
Planning for a Great Life

Disability Rights Legislative Day

This annual event is coming up fast so you will want to make sure you have it marked on your calendar. Wednesday, March 1st will be the 2023 Disability Legislative Rights Day at the Capital in Jefferson City.

To help you prepare for this event you can participate in one of the free Legislative Education Project Webinars offered by the Governor's Council on Disability (see below for more information).

You can also begin to prepare for advocacy by sharing your story with your legislators. One way that you can do this is through letter writing. The Missouri Developmental Disabilities Council has shared some tips that you should remember when preparing your letter.

1. Writing a letter and sharing your letter with legislators, and others, in an awesome way to make your voice heard. You can send this letter ahead of time or bring it with you to an appointment or event. If you leave the letter with a legislator or their staff, they can read your letter at their convenience.
2. Determine your audience and who you want to reach with your letter.
3. Determine your goal for writing the letter. This will help you develop your message. Your goal might be sharing your experience, discussing how a bill impacts (or could impact) you, or inviting someone to an event (like Disability Rights Legislative Day on March 1, 2023).
4. Begin your letter with a sentence or two stating exactly why you are writing to them.
5. Provide clear contact information on who you are, how they can contact you, and any organizations that you represent.

One other thing to remember is that if you plan to visit with your legislator on Disability Rights Legislative Day, you should try to call ahead and make an appointment since they will be in sessions throughout the day. Not sure who your legislators are? Visit <https://www.mo.gov/government/legislative-branch/> to look up the representatives for your area.



Crystal's Corner

Happy New Year! We hope that you were able to enjoy your Holidays and are starting off 2023 with great plans. **Remember to mark your calendar** for the DREAM BIG: Planning for a Great Life Conference on **Saturday, March 25th, 2023** at the William Matthew Middle School. The planning committee is working hard to make sure the day is full of information, celebration and fun for everyone! Announcements for registrations will be released soon.

January 4th is World Braille Day, celebrating the importance of Braille and raising awareness of how this means of communication supports people who are blind or partially sighted to live more independently. Did you know that Braille, named after 19th century Frenchman Louis Braille, was actually initially developed as a military secret code called 'night writing'? It was used by soldiers to communicate after dark. An eleven-year-old boy, who was himself blind, recognized the potential of this secret code to facilitate communication for the visually impaired. Today, Braille has been accepted throughout the world as a fundamental form of written communication for blind and visually impaired individuals.

People who are visually impaired also benefit from Assistive Technology, such as screen readers, text-to-speech/speech-to-text apps, audio books, touch watches, long canes and more! SB40 recently funded a pair of OrCam glasses for an individual. These lightweight glasses, with a camera and direct speaker, speak out text and environmental information, recognizes faces, light, and colors, and lets the user share that information. We are so excited how Assistive Technology, both low and high grade, is being developed every day and supporting people with disabilities to increase their independence.

January and February are typically the coldest months of the year. Local warming centers include the Adair County Public Library, Adair County Salvation Army, LaPlata Public Library, Putnam County Library, Schuyler County Library, Scotland County Senior Center and the Sullivan County Multi-Purpose Senior Center. Call those locations for hours of operation if you need to find warmth. If you are using space heaters, be sure you know how to do so safely. Plug them directly into walls, and do not use extension cords or power strips. NEVER use a heater that has cracked or damaged cords. Be sure your fire & CO2 alarms have good batteries and are functioning properly. If you need help with winter safety and security, please call your Adair County SB40 Service Coordinator. We'll be glad to LINK you up to the right resources!

Finally, check out the new and improved Americans with Disabilities Act, <https://www.ada.gov/>. The Missouri Developmental Disabilities Council says that "The updated version of the website is designed to more effectively serve the public and help expand access for people with disabilities. The website works well with mobile devices, includes easy-to-use navigation tools, and is written in plain language. To find out more about the ADA, visit <https://www.ada.gov> or call the Justice Department's toll-free ADA information line at 1-800-514-0301 (voice) or 1-833-610-1264 (TDD)."

Stay safe and warm this winter!



Legislative Education Project Webinars

The Governor's Council on Disability (GCD) is offering webinars for the upcoming legislative session. The webinars will help you to learn about the Missouri Legislative process and how you can become an active self-advocate in creating public policies that are positive for people with disabilities. Each date will offer the same information but you are welcome to attend as many as you would like.

Registration is required in order to attend. You will need to complete the LEP Registration Form by visiting <https://disability.mo.gov/gcd/LEP-Registration.htm>. If you will need accommodations, the GCD asks that you complete your registration at least two weeks prior to the webinar that you wish to attend in order for them to arrange those you need in a timely manner. If you would like to learn more about the Legislative Education Project, you can visit the website: <https://disability.mo.gov/gcd/LEP.htm>. Webinars are available at the following days and times. Remember, you can schedule a time to watch them at the Community Learning Center by calling 660-665-9400!

Monday, January 9, 2023 - 10AM Monday, January 9, 2023 - 2PM
Wednesday, February 1, 2023 - 7PM Thursday, March 16, 2023 - 10AM
Thursday, March 16, 2023 - 7PM

NEMORESOURCES.ORG



Northeast Missouri Online
Resource Directory

Health Care • Community Support • Education
Civic & Government • Employment • Financial Assistance • Spiritual

**NEMO Resources an
updated QR code for
easy access!**



Looking for a specific resource in Northeast Missouri and not sure where to find it? Our new NEMO Resources website is the place to look. This website can link you to resources throughout the area. Find links to Health Care, Community Supports, Education, Civic & Government, Employment, Financial Assistance and Spiritual information all in one place — <https://www.nemoresources.org/>