



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

Postage
Information

X

You can help support activities and classes at the Community Learning Center by donating to the [Adair County DD Link](https://sb40life.org)
Visit <https://sb40life.org> or scan this QR Code



Come Join Us!

Melissa and Angela would love to have you to visit them at the Community Learning Center (CLC)! It's a great place to meet new people, learn new skills, learn how to be your own best advocate, and meet your sensory needs while having fun. The Center is open to the community, as space allows, for most classes and activities. You can visit the Center Tuesday - Friday from 8AM-5PM and take part in the many scheduled activities and classes available, use the Sensory Room, or just hang out. You can also make an appointment to visit on a Monday by contacting Melissa at the CLC by calling 660-665-9400.

November is always a busy month with the holidays approaching and at the Community Learning Center our schedule is too! We are continuing to work on our annual Christmas Program. This month we will be practicing on Tuesdays and Wednesday afternoons from 3:30 p.m. - 4:30 p.m. We still need participants, especially singers, and invite you, your family, and friends to be a part of this year's program. On Tuesdays, Angela will continue holding our new class, Basic Life Skills. She will be working on skills needed to be independent in your daily life. On Thursdays, we are offering another new class, Healthy & Relaxed. In this class, you will practice safe stretches and/or chair yoga along with learning about the type of nutrition your body needs to be healthy. On Tuesday, November 12th at 5:30pm we will have a presentation on MO-ABLE accounts for Missourians with disabilities. Join us to learn what these accounts are.

If you would prefer to receive this mailing as an email, please contact Melissa (clc@sb40life.org) Page 4



Developmental Disability Board

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DD Resource Center
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(660) 665-9400
sb40@sb40life.org

Community Learning Center
1107 Country Club Drive
Kirksville, MO 63501
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Website: <https://sb40life.org>

November 2024

National Family Caregivers Month

National Caregivers Month is a time to honor and support the millions of people who take care of others, often without being paid. Every November, we recognize caregivers who look after family members or friends who are sick, elderly, or have disabilities. These caregivers do important work, like helping with daily activities, giving medicine, offering emotional support, providing transportation, and more.

Being a caregiver can be hard. It takes a lot of time and energy, and sometimes caregivers need a break, too. National Caregivers Month helps raise awareness about how we can support them. It's a chance to say "thank you" to the people who give so much of themselves to help others.

There are many simple ways we can show appreciation and support, like offering help, giving them time to rest, or just letting them know how important their work is. Supporting family caregivers is important because they often put the needs of others before their own. Here are some ways you can help:

- **Offer to help with tasks:** Caregivers are usually busy with things like cooking, cleaning, and running errands. Offer to do some of these tasks so they can have a break.
- **Give them time to rest:** Caregivers need time to relax and recharge. You can volunteer to spend time with the person they're caring for, so the caregiver can take some time off.
- **Listen and be there:** Sometimes caregivers just need someone to talk to. Let them share their feelings and frustrations without judging.
- **Help them find resources:** There are many programs and services that can help caregivers, like support groups or professional care services. Help them research options or connect with local organizations.
- **Provide emotional support:** Caregiving can be stressful and exhausting. Simple things like offering words of encouragement, sending a thoughtful message, or checking in regularly can make a big difference.
- **Give them a gift:** Small tokens of appreciation, like a meal delivery, a gift card, or something that helps them relax (like a book or bath salts), can show that you care.
- **Encourage self-care:** Remind caregivers to take care of their own health and well-being. Encourage them to exercise, eat well, and get enough sleep.
- **Be patient and understanding:** Caregivers may be overwhelmed or emotional at times. Be patient and offer your support without adding more pressure.



This month is all about caring for the caregivers!



October's Spotlight Award Winner Community Volunteer

Adair County SB40 is pleased to announce Ronnie Bean as the October Community Volunteer Spotlight. Ronnie was nominated by Michael Hartman, Professional Manager, with CVA/CHS.

Hartman stated, "Ronnie is, at heart, a helper. It's in his DNA. Since moving into the community where he currently lives, he has become known as the 'go to guy' to help with things. Ronnie lives in a senior community. He routinely checks in on all his neighbors to make sure they are doing OK. He often helps his neighbors take groceries into their home, carry heavy things to the garbage and do yard work. When anyone moves into the complex Ronnie is the first-person people ask to help. He does all these things without expecting anything in return."

Sean Jacob, Adair SB40 Incoming Executive Director, enthusiastically supported the nomination for Ronnie. "I'm so proud of Ronnie. He has worked so hard over many years. He has grown into a great communicator and strong self-advocate." Andy Magruder, SB40 Service Coordinator added, "Ronnie's the epitome of a selfless individual who's always looking to help others. He's such a valuable member of his organization and always goes above and beyond with anything that's expected of him. He has numerous responsibilities at his job and has been employed at Centers for Human Services-Chariton Valley Association for many years. Ronnie continues to show that limitations don't define a person. His role is just as valuable as anyone else's, and he sets such a good example for others."

Hartman shared these recent stories of how Ronnie has been very instrumental in keeping check on other supported individuals in his community as well. "One day Ronnie noticed his neighbors' support staff had not arrived. The neighbor was standing outside of his home upset and confused. Ronnie checked in with the neighbor and brought him food, since he had not had breakfast that morning. Ronnie then called the on-call staff and stayed with his neighbor until staff arrived. On another day, the ambulance and fire department were on site treating a supported neighbor with an emergency. Ronnie noticed the emergency responders and realized that staff were not present. He called the support provider to make them aware. Even after the neighbor returned home, he checked on him every evening to make sure he was still doing well."

Ronnie has been helping the apartment manager as well. He's happy to help with cleaning out apartments so people can move in and assist with work that requires heavy lifting. Recently, the manager fell ill. Ronnie volunteered to make meals for her and assisted with anything needed around the complex until she returned to work. He is never too busy to help.

Hartman added, "Ronnie goes above and beyond to support the community he stays in. He brings a smile to everyone who lives there." Ronnie's neighbor also said "he makes everyone feel seen and valuable. He's self-less and above all, caring."

Crystal Aminirad, Adair SB40 Executive Director, commented on the importance of community. "A community helps all of us to feel connected to something larger than ourselves. A community provides a sense of belonging, support and identity. Actively including people with disabilities in our community fosters that sense of belonging for everyone who lives here. That connection is what makes our community a wonderful place to live. Ronnie is one of those people that goes out of his way to assure everyone feels accepted and welcome. His smile is radiant, his kindness is contagious. He works hard, he helps others. He is a vital member of our community. I feel so honored to be able to recognize him for the amazing man that he is."

If you would like to nominate a great candidate for a monthly Spotlight Award, Adair County SB40 is accepting nominations. Anyone can make a nomination. Nominations can be made in any of the four following categories:

- Kids Inclusion Spotlight Award for children in kindergarten - 8th grade
- Youth Leadership Spotlight Award for youth in grades 9-12
- Community Volunteer Spotlight Award (any age)
- Entrepreneur or Employee Spotlight Award (any age)

In March 2025, a Spotlight Award of the Year winner will be selected from all the monthly winners. Nominations can be made throughout the year by visiting the Adair County SB40 website or by contacting an SB40 staff member to assist you at (660) 665 - 9400. You can also find more information about the four nomination categories by visiting Adair County SB40's website, <https://www.sb40life.org>.



Michael Hartman, CVA/CHS (L) and Ronnie Bean (R)

Crystal's Corner

Celebrating 15 Years of Service: Adair County SB40 Community Learning Center

This year, Adair County SB40 Developmental Disability Board proudly celebrates the 15th anniversary of the **Community Learning Center (CLC)**. For a decade and a half, the CLC has been a beacon of support, providing **free, inclusive programs** to individuals with developmental disabilities and their families. Our programs focus on fostering independence, personal growth, and community integration, helping participants achieve meaningful, fulfilled lives.

Programs for All

At the heart of our CLC is a diverse array of activities designed to build life skills, employment skills, and social connections. Programs such as:

- **Coffee & Cards:** A social space for casual interactions and making friends.
- **Dance Aerobics:** A fun way to get moving and stay healthy.
- **Project STIR~:** Empowering individuals with self-advocacy skills.
- **Circles Relationships & Intimacy 1 & 2:** Teaching healthy relationship-building skills.
- **BINGO:** A classic, favorite activity fostering fun and socializing.
- **Guided Painting:** Nurturing creativity and self-expression.
- **Halloween Dance:** Celebrating the season with joy and dance.
- **Young Adults Neuro-Diverse Group:** Creating a supportive space for young adults.

These programs, and many others, are designed with our community members' needs in mind, providing opportunities for **social engagement, recreation, and personal development**. Some programs, like **Nature Time** and **Science Fun**, are specifically designed to support education and outdoor exploration, while others, such as **Exercise Your Mind** and **Healthy Habits**, promote physical and mental well-being.

Supporting Families and Providers

In addition to programming for individuals, the CLC is committed to offering training and support for families and service provider staff. Our **Parent Group** and **Charting the LifeCourse Tools** programs are designed to equip families with the resources and knowledge needed to empower their loved ones to lead self-determined, meaningful lives.

Through our **Mandt System** training for Providers, we also provide specialized training for service providers, focusing on strategies that support individuals and foster a strong, inclusive community.

Aligned with Missouri Quality Outcomes

The CLC programs reflect the **Missouri Quality Outcomes**, which prioritize independence, choice, and inclusion in all areas of life. Our objectives align with these principles to ensure individuals can:

- Participate in meaningful daily activities through programs like Fun with Music, Crafts, and Social Media Safety.
- Live in environments of their choice, supported by services that promote independence.
- Build valued roles and relationships through social and spiritual engagement, as seen in programs like People First and Exercise Your Mind.
- Promote health and well-being through informed choices, supported by health-focused programs such as Breathe Easy.
- Ensure safety and security by educating individuals about their rights and strategies for self-protection.
- Advocate for personal goals and dreams, supported by programs like Smart Trust and Heroic Hygiene Skills.

Looking Forward

As we reflect on 15 years of service, we are reminded of the countless lives touched by the **Community Learning Center**. With every activity, class, and program, the CLC has helped create a stronger, more inclusive community where individuals with developmental disabilities are empowered to live their best lives.

We extend our deepest gratitude to our participants, families, staff, and community partners for making these 15 years a success. Together, we look forward to many more years of growth, inclusion, and support.

Happy Anniversary, Adair County SB40 CLC! Here's to many more years of success!