



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 is 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.**

SB40 Community Learning Center Activities for May

Check out the Activity Calendar for more information and times

Tuesdays - Coffee & Cards
Dance Aerobics
Fun with Music
Project STIR
Nature Time (5/28/24)
Yard Games
Movie Party (5/28/24)

Wednesdays - Crafts
Open Hearts Story Time
Get Fit
CIRCLES - Level 2

Thursday - Science Fun

Fridays - BINGO

*Registration Required

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

In May, Holly with the MO Department of Conservation will be back for Nature Time on Tuesday, May 28th at 2:00 p.m. and Miss Bre, from Adair County Public Library, will be at the Center for Open Hearts Story Time on Wednesdays at 1:00 p.m. to share a story and craft. For Science Fun, our volunteer Jim, will be doing some fun chemistry activities with us on Thursday mornings at 10:00 a.m. And, with the warmer weather, we will be pulling out our yard games for some outdoor fun.

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



Developmental Disability Board

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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>

May 2024

Learning to Care for Your Mental Health

Each May, we take time to focus on the importance of having good mental health during Mental Health Awareness Month. Mental health is important because it is how we think and feel about ourselves. When our mental health is good, we feel happy and positive about life. We can enjoy doing things we love, such as spending time with friends or doing a favorite hobby. It helps us to think clearly and make good decisions. It's like having a clear mind to understand things better, use good communication skills, and solve problems.

Sometimes, life can be hard and we might feel sad, worried, or stressed. When our mental health is strong, we can handle these tough times better, find ways to feel better, and ask for help if we need it. It also helps us to get along with other people. We can make friends more easily and enjoy spending time with family, friends, and those we care about.

Finally, our mental health is connected to our physical health. When we feel good mentally, it can help us stay healthy overall, sleep well and have energy to play and learn. So, just like we take care of our bodies by eating healthy food and exercising, it's important to take care of our minds too.

Here are some simple ways you can take care of your mental health or help others to do so:

- **Express Your Feelings:** It's okay to talk about how you're feeling. Whether you're happy, sad, or worried, find someone you trust to share your feelings with.
- **Stay Active:** Even if you have a disability, there are ways to stay active. Try activities that you enjoy and that are safe for you. It could be as simple as going for a walk or doing some gentle stretches.
- **Take Breaks:** If you're feeling stressed or tired, take a break. It's important to listen to your body and give yourself time to rest and recharge.
- **Do Things You Enjoy:** Take time to do things that make you happy. Whether it's playing a game, reading a book, listening to music, or spending time with pets. Doing the things you enjoy can help lift your mood.
- **Practice Relaxation:** Learn some relaxation techniques, like deep breathing or mindfulness. These can help calm your mind and reduce stress.
- **Get Enough Sleep:** Make sure you're getting enough sleep each night. Sleep is important for both physical and mental health, so try to establish a bedtime routine that helps you relax and unwind.
- **Find Support:** Don't be afraid to ask for help when you need it. Talk to friends, family, or someone you trust if you're feeling overwhelmed. They can offer support and help you find ways to feel better. **If you feel you don't have someone you can talk to or are thinking of harming yourself, you can call or text 988 for the National Suicide and Crisis Lifeline which has someone you can talk to 24 hours a day, each day of the year.** Your call or text is free and confidential.



Remember, taking care of your mental health is just as important as taking care of your physical health. By following these tips to take care of your mental health, you can help keep your mind and body healthy and strong. To learn about more ways you can take care of your mental health, visit <https://www.nami.org>.



April's Spotlight Award Winner Employee Spotlight Award

Adair County SB40 is pleased to announce Andrew Ryan Pickett as the April recipient of the monthly Spotlight Award for his outstanding performance as an employee of Burger King in Kirksville. Andrew was nominated by Rose Padgett with CVA/CHS.

Andrew's nomination was enthusiastically supported by Burger King Manager, Liz Harrison. Harrison said, "Andrew has been with us for 17 years which is currently the record length! Except in the case of extreme weather, I can't recall a time Andrew ever missed a shift. He is very, very hard-working and such a joy to all of us. He leaves behind a job well done and many smiles every day. We are so thankful to have him as part of our team and look forward to many more years! Andrew, from all of us at BK, we are very grateful and glad to have you on our team!"

Padgett discussed many of Andrew's wonderful attributes, stating that "Andrew volunteers at the YMCA by helping with laundry and cleans the restrooms and equipment. He has participated in Special Olympics for thirteen years in: bowling, basketball, and track and field and earned many medals including several gold ones."

Andrew enjoys reading, music, watching movies, making videos of himself with friends singing songs, and playing games. Andrew also enjoys many unique and large collections, including Elvis items, Funko Pop Figures, Roy Rogers, Movies, Movie Soundtracks, Books from movies, and other Movie collectable items. In addition, Andrew has a prized collection of 675 yo-yos.

Padgett added, "Andrew has a great sense of humor. Andrew has been writing newsletters and movie reviews each month since 2011 which are complete with a listing of upcoming new movies at the theatre and new DVD movie releases. His reviews are posted at the Community Learning Center, Adair County Public Library, Hy-Vee, Wal-Mart, and other store bulletin boards in Kirksville. Andrew has also written original stories that were published in the Adair County SB40 newsletters in the past. Andrew has an extraordinary memory of recalling birthdates, events, and overall memory of small details of day-to-day events. He is currently working on a series of music videos he has made of himself and with his friends to be edited and made into one presentation. He wants to invite friends over to watch it at his home theatre in the basement."

Andrew loves spending time with family and friends. He is especially proud of his five nephews and most recently, a new baby girl cousin. Adair County SB40 Executive Director, Crystal Aminirad, stated "Andrew is a well-deserving recipient of the recognition from this Spotlight Award for all that he has and is achieving within our community. He is a great role model for everyone, inspiring us all to give our most to fully living and enjoying this welcoming community that we share."



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 winners will be selected from all of the monthly winners. Nominations can be made throughout the year by visiting the Adair County SB40 website or by contacting a 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>.

Crystal's Corner

May is Mental Health Awareness Month, which means it's a very important time to think, learn, and speak up about mental health. The Adair County SB40 Developmental Disability Board wants to talk about how mental health and developmental disabilities are connected, especially when someone has what's called a "dual diagnosis."

Understanding Dual Diagnosis:

Dual diagnosis is when someone has both a developmental or intellectual disability and a mental health problem. This can make things more complicated for them, especially when it comes to getting help. Sometimes, people with developmental disabilities might have mental health issues, but it's hard to notice or get help because of things like not being able to communicate well, people not understanding, or not having the right help available.

Impact on Services:

When someone has a dual diagnosis, they need different kinds of help to support them. Here are some ways they can get help:

- **Integrated Care Coordination:** This means different people who help with developmental disabilities and mental health work together to make a plan that fits the person's needs.
- **Behavioral Supports:** Special ways to help someone with behaviors that are hard to manage or help them deal with their feelings better.
- **Psychiatric Services:** This includes seeing a doctor who can help with mental health problems and finding the right medicine or therapy.
- **Community-Based Support Services:** Programs in the community that help people with dual diagnoses be a part of things and learn new skills.

Associated Risks:

Having a dual diagnosis can come with some risks:

- **Misdiagnosis or Underdiagnosis:** Sometimes, it's hard to tell if someone has a mental health problem because it looks like part of their developmental disability. This can mean they don't get the right help.
- **Polypharmacy:** This is when someone takes a lot of different medicines at the same time. It can happen if they're trying to treat both their developmental disability and their mental health, which can be risky.

Vulnerability to Exploitation: People with dual diagnoses might be more likely to be taken advantage of or hurt, so it's important to make sure they're safe and protected.

In conclusion, it's really important to understand how mental health and developmental disabilities are connected, especially for people with dual diagnoses. By making sure they get the right help and support, we can help them live happy and meaningful lives. Get with your SB40 Service Coordinator or call us at 660-665-9400. Let's all work together to make sure everyone in our community gets the help they need, no matter what challenges they face.

#breakthestigma

Come listen to stories and do a craft with Miss Bre from Adair County Public Library on



Nature Time

Join Holly on May 28th at 2:00pm for a fun nature activity!

Adair County SB40 Community Learning Center (1107 Country Club Dr.)



COFFEE & CARDS

JOIN US FOR COFFEE AND CARDS AT THE COMMUNITY LEARNING CENTER TUESDAYS AT 10AM

*We have Coffee, Tea & Hot Chocolate
Feel free to bring your own drink*

