



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.

SB40 Community Learning Center Activities for October

Check out the Activity Calendar for more information and times

Tuesdays -	Coffee & Cards Dance Aerobics Basic Life Skills Nature Time Exercise Your Mind
Wednesdays -	Crafts Open Hearts Storytime Get Fit Christmas Program Practice
Thursdays -	Science Fun Healthy & Relaxed
Fridays -	BINGO

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

October is going to be a full and busy month at the Community Learning Center! We are excited to announce that we will begin working on our annual Christmas Program on Wednesday afternoons from 3:30 p.m. - 4:30 p.m. We invite you, your family, and friends to be a part of this year's program. We will be choosing the type of program on October 2nd. On Tuesdays, we have a new class, Basic Life Skills. Angela will be working with participants on skills they need to be independent in their daily lives. 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. Also, in October, our friend, Holly, from the Department of Conservation will be back for Nature Time!

If you would prefer to receive this mailing as an email, please contact Melissa (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>

October 2024

Missouri Developmental Disabilities Council 2025 Partners in Policymaking

If you are a parent of a child with an intellectual or developmental disability (I/DD) or a person with an IDD and would like to see a barrier-free society where everyone is a valued member of their community, as well as, helping to promote change within your community and state, Partners in Policymaking is a wonderful opportunity to learn how.

Partners in Policymaking is a leadership training program for adults with disabilities and parents of children with developmental disabilities. The program teaches leadership skills and techniques to develop positive partnerships with elected officials, school personnel and other individuals who make policy decisions about services that you and/or your family use.

In monthly sessions, you will have the opportunity to practice new skills in a comfortable and safe environment, build a network of people from diverse cultural backgrounds and life experiences, and then learn from national experts. Partners is about systems change – creating, working toward and achieving a vision of shared values about people with disabilities. This program is based on the belief that the most effective and enduring public policy decisions are made by the people who need and use services in partnerships with policymakers. It's about becoming confident in yourself, competent in the knowledge and information you'll receive, and comfortable in sharing the life experiences and expertise you bring to the program.

The Missouri Developmental Disabilities Council accepts applications during the fall of each year, with the new session beginning each February for the annual Partners in Policymaking classes.

This leadership training program is designed for advocates and parents of young children with developmental disabilities. The program is based on a national model which began in Minnesota over 25 years ago. The goal of Partners is to develop productive partnerships between people who need and use services and those who are in a position to make policies and laws.

Partners in Policymaking graduates are in more of a position to help change these policies and laws through the knowledge they gain through participation in the program. They will have opportunities to meet and talk with national leaders in the developmental disabilities field, and become acquainted with and connected to organizations, opportunities, and endless possibilities.

The program provides information and the development of skills around current issues, state-of-the-art approaches and best practices, and policymaking and legislative processes at local, state and national levels.

Accepted applicants make a commitment to attend all sessions (dates are posted with the application) and complete all homework assignments, to include one major project designed to meet competencies. This level of commitment is necessary to benefit fully from the training. Partners in Policymaking graduates agree that the commitment is well worth the life changes that result from the training program.

If you are interested in applying for this amazing opportunity, visit <https://moddcouncil.org/partners-in-policymaking/application/> to complete the online application. If you are unable to access the website, please call Stacy Morse, Program Coordinator at 573-522-3613. She can mail you a form to fill out or help you to fill it out verbally over the phone. **The deadline to register for 2025 Partners In Policymaking Class is Friday, November 1, 2024.** This information is from the Missouri Developmental Disabilities Council website.



Empowering Lives, One Hello at a Time



Ready to Get Started? Join Us at the Community Learning Center!

To sign up for in-person sessions or learn more about Hello, It's Me® at the Adair County SB40 Developmental Disability Board, email us at clc@sb40life.org or call us at 660-665-9400 ext.4.



October 17th 4 PM EST



Location:
Adair County SB40 Developmental Disability Board
1107 Country Club Drive, Kirksville, MO

Why Choose "Hello, It's Me®"?

- **Tailored Support:** One-on-one coaching for personalized growth.
- **Safe Social Platform:** Meet new friends in a safe, welcoming environment.
- **Skill Development:** Fun, interactive lessons for real-life success.

Don't Miss Out—Join Us Today!

Let's grow together, one friendship at a time.

Visit <https://hello-itsme.com> to learn more



Crystal's Corner

October is Disability Employment Awareness Month! This month is all about celebrating the hard work and talents of people with disabilities in the workplace. If you are thinking about getting a job or are already working, there are many great reasons to have a job. Working can help you grow, learn new things, and feel good about yourself. Let's talk about some of the benefits of having a job!

1. Learning New Skills

When you have a job, you can learn new things every day. These skills can help you in the future, both in your job and in life. For example, you might learn how to work with others, solve problems, or use new tools. Learning new skills can make you feel proud and help you become more confident.

2. Meeting New People

Working gives you the chance to meet lots of new people. You will get to know your coworkers, and they can become your friends. You will also meet customers and other people at work. Having a job is a great way to make connections and build friendships.

3. Earning Your Own Money

One of the best things about having a job is that you get paid! Earning your own money means you can buy things you need or save for something special. It feels good to be able to make your own money and take care of yourself. You can also learn how to manage your money and spend it wisely.

4. Feeling Independent

When you have a job, you can feel more independent. You are in control of your work and your paycheck. This gives you the chance to make decisions for yourself and show others that you are responsible. Being independent is important because it helps you feel confident and in charge of your life.

5. Building Confidence

Working can help you believe in yourself. Every time you complete a task or learn something new, you will feel proud of what you've done. The more you work, the more confident you will become. This confidence can help you not just at work, but in everything you do.

6. Being Part of a Team

When you have a job, you are part of a team. You and your coworkers will work together to get things done. Being part of a team teaches you how to help others and ask for help when you need it. Working with others can be fun and rewarding because you all work toward a common goal.

7. Making a Difference

Your job is important, and the work you do matters. Whether you are helping customers, making something, or working behind the scenes, you are making a difference. Your work helps the company succeed, and that can make you feel good about what you do.

8. Setting and Reaching Goals

Having a job helps you set goals for yourself. You can work hard to get better at your job or even earn a promotion. Reaching your goals can make you feel accomplished and proud of what you've done. It's exciting to see how much you can achieve when you put in the effort.

Conclusion

There are many great reasons to have a job! It helps you learn new skills, meet people, earn money, and feel more independent. Working also helps you build confidence, be part of a team, and make a difference. During Disability Employment Awareness Month, we celebrate the talents of people with disabilities in the workplace. If you have a job or are thinking about getting one, remember that you have so much to offer and can-do amazing things.

Christmas Program Practice

Wednesdays 3:30 p.m. - 4:30 p.m.

Community Learning Center
1107 Country Club Drive
Kirksville, MO 63501