



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!

The Adair County SB40 Community Learning Center (CLC) is a great place to meet new people, learn new skills and 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. We would love to have you join us!

The Center is open Tuesday - Friday from 8AM-5PM for you to take part in the many scheduled activities and classes that we have available or to use the Sensory Room. **You can also make an appointment to visit on a Monday by contacting Melissa at the CLC by calling 660-665-9400.**

In September, the Center is bringing back two popular classes. Students with Truman State University's Health and Exercise Department will be back to offer Exercise Your Mind. This class provides the opportunity to participate in fun, engaging, and interesting theme based activities to keep your mind sharp! We will also begin offering Circles Relationships and Intimacy class. This several week class will focus on learning appropriate social and relationship boundaries, interpersonal skills, and relationship-specific social skills for the many people you encounter in your life. Registration for this class is required and should be submitted by Friday, September 15th.

Don't forget that you are welcome to stop in anytime between the hours of 8a-5p Tuesday - Friday, even if there are no scheduled activities at that time. We'll be happy to assist you to find an activity to enjoy.

SB40 Community Learning Center Activities for September
Check out the Activity Calendar for more information and times

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| Tuesdays - | Coffee & Cards Dance Aerobics Nature Time Exercise Your Mind Sensory Time SB40 Board Meeting (September 12th) People First Meeting (September 26th) |
| Wednesdays - | Crafts Get Fit Game Time Movie Time (September 13th) *Circles - Registration Required |
| Thursdays - | Science Time *Parent-to-Parent Group (September 21st) |
| Fridays - | BINGO |

Please call or email the Community Learning Center to register for the Parent-to-Parent Group by Tuesday, September 19th.
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>

September 2023

Direct Support Professional Recognition Week

The third week of each September we celebrate Direct Support Professional Recognition Week in honor of all of the amazing, hard working Direct Support Professionals (DSP) in our area. This year DSP Recognition Week is September 10th - 16th.

Many community members are not aware of what a DSP is or what they do. According to the National Alliance of Direct Support Professionals (NADSP), "Direct Support Professionals (DSPs) assist people with intellectual and/or developmental disabilities in realizing their full potential and becoming valued and participating members of their communities. Their work is complex and goes well beyond caregiving, requiring skills including independent problem solving, decision making, behavioral assessment and prevention, medication administration, health and allied health treatment, teaching new skills, crisis prevention and intervention and more. This job duties of a DSP may resemble those of teachers, nurses, social workers, counselors, physical or occupational therapists, dieticians, chauffeurs, personal trainers, and others. Their work requires strong communication skills and the ability to build relationships with the people they support and their families. DSPs may work in family or individual homes, intermediate care facilities, residential group homes, community job sites, vocational and day programs, and other locations. Their work is determined by the unique needs and preferences of the individuals they support and they are held to high ethical and professional standards."

A few of the many tasks performed by DSPs on a daily basis include:

- ◆ Creating and implementing person centered plans of support, documenting services, and completing other required paperwork.
- ◆ Supporting people to obtain work and providing job coaching and support in their jobs.
- ◆ Assisting with scheduling and obtaining appropriate medical, dental, and mental health care, and ensuring or coordinating insurances for coverage.
- ◆ Helping plan and prepare meals and providing instruction for cooking, healthy nutrition, and following recommended dietary needs.
- ◆ Administering medications and treatments and documenting according to nursing standards.
- ◆ Providing transportation to work, appointments, and activities, as well as assisting and teaching people to utilize public transportation resources.
- ◆ Providing personal care assistance for bathing, dressing, and other personal care.
- ◆ Assisting with transferring into and out of personal wheelchairs, etc.
- ◆ Supporting people to complete at home physical, occupational, and speech therapies as needed.
- ◆ Assisting with banking and budgeting management
- ◆ Ensuring that people have the resources they need to live healthy and productive lives
- ◆ Responding to mental health emergencies and providing behavioral supports as needed.
- ◆ Helping people to connect with friends, family, and natural supports in the community.

On Friday, September 15th, Adair County SB40 Developmental Disability Board, with the support of many area businesses and organizations, is hosting a DSP Appreciation Day! The event will be held at Detwiler Park on East McPherson Street from 3:00PM - 7:00PM. You can help us show appreciation to our local DSPs by joining us for a fun community event with an SB40 DDRC Open House, sponsor tables, treats, games, and the chance to win prizes. All DSPs and their families are welcome along with the people they support. Bring your own chair and come ready to have fun!



August's Spotlight Award Winner

Hannah Montgomery, 13-year-old daughter of Chris and Paula Montgomery in Memphis, Missouri has been selected as the Adair County SB40 August 2023 Spotlight Award recipient for Kids Inclusion.

Hannah was nominated for this award by her Adair County SB40 Service Coordinator, Amber O'Dell. Amber said "Hannah is a very active person in her community... She did an amazing job by not only showing her pigs, but showed great advocacy and inclusion skills. Hannah uses a wheelchair while she has shown her community that she can participate just as well as others."

August comes with Fair Season and Hannah participated with her 4-H group to show her work at the NEMO Fair held in Kirksville this summer. Hannah proudly showed her pigs along with other area 4-H youth. Hannah was even featured in a local KTVO News story about her involvement with the fair and 4-H for the past several years. Crystal Aminirad, Adair SB40 Executive Director, said "Hannah is sharing an important example with all of her peers. She is bringing the message of inclusion and perseverance to everyone she meets."



Photo Credit to KTVO Television, Kirksville, MO

O'Dell says that Hannah is also a strong self-advocate and has demonstrated those critical self-advocacy skills to her peers. Self-Advocacy is an important skill because people who are able to understand and communicate their own needs are more likely to thrive in school, work and life. Demonstrating good self-advocacy skills helps kids and adults to learn and think differently, recognizing what kind of supports might help, which leads to greater independence. O'Dell added "Hannah is not afraid to voice her opinions and is an overall great person. I'm excited to see what Hannah does in the future!"

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 2024, 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

Direct Support Professionals Recognition Week is September 11th-16th!

We hope that you will join Kirksville community groups and organizations in celebrating the DSPs on **Friday, September 15th, 3p-7p at Detweiler Park in Kirksville** (East McPherson Street across from Adair SB40 offices).

At Adair County SB40, we are very excited to have this opportunity to recognize the outstanding Direct Support Professionals ('DSPs') working with the many service providers in our area. There are so many deserving DSPs who have demonstrated their commitment to excellence. We know how valuable each one of them are, how important their work is and we hope that they all know just how much their community appreciates them!

Across our nation there are millions of people with disabilities who rely on DSPs to support their ability to live and work in their own communities. We believe the best of those DSPs are right here in the Northeast Missouri area. These services are a critical factor to supporting people to achieve their goals. In Northeast Missouri, we are fortunate to have hundreds of professionals who set high standards and inspire everyone around them to overcome challenges in life like those that we all face. Direct Support Professionals endeavor to leave the world a better place; to quote American Poet Edgar Guest in his poem "Compensation" -

*I'd like to think when life is done
That I had filled a needed post.
That here and there I'd paid my fare
With more than idle talk and boast;
That I had taken gifts divine.
The breath of life and manhood fine,
And tried to use them now and then
In service for my fellow men.*

Also on Friday, September 15th **Tidal Wave Auto Spa** is dedicating their annual Charity Day to fundraising for 1st Grade Readers about Disability Inclusion to be distributed by Adair County SB40 during March 2024, Disability Awareness Month. Please be sure to stop by the Tidal Wave car wash at 2501 N. Baltimore St. anytime throughout the day and get your car washed. Tidal Wave will donate 50% of all car wash proceeds and 100% of cash dropped in our collection buckets throughout the day. Please plan to join us! Be sure to clean out your cushions and bring your loose change for our buckets. Help Adair County SB40, the Community Learning Center People First organization and Tidal Wave Auto Spa bring the message of inclusion to our children.

September is National Service Dog Awareness Month! Just a reminder that companion animals are not specially trained to support just one person and are not qualified as Service Dogs. Service Dogs are legally protected under Americans With Disabilities Act (ADA); they can go into public locations, live with their disabled owners (even in 'No Pets' places), access public transportation (including airplanes), etc. Service Dogs are very expensive and are trained to tolerate a wide variety of experiences as well as support specific disabilities. Companion dogs and other animals may be great emotional support through the companionship that they offer their owners, but they are not protected by law. When you encounter a Service Dog, remember that it is working. Proper etiquette is to not touch, feed or distract the dog that would take their attention away from the work that they are needed to do. They are not a pet. They are medically needed and need to remain focused on their handler.

FRIDAY SEPT. 15

100% OF PROCEEDS
BENEFIT CHARITIES

TIDAL WAVE AUTO SPA
2510 N. BALTIMORE ST
KIRKSVILLE, MO

On September 15th, 10AM-7PM, Adair County SB40 will partner with Tidal Wave Car Wash for their annual Tidal Wave Charity Day. **50% of all proceeds and all donations will go towards the purchase of books for area First Graders in March 2024 in celebration of Developmental Disability Awareness Month.** The other 50% will support Tidal Wave's corporate sponsor, Annadale Village.



The members of the Transition Coalition will be hosting the Annual Resources & Transition Fair on Wednesday, October 25th, 4PM-7PM at Kirksville R-III William Matthew Middle School. The fair will offer information about transitioning to adulthood, community resources, employment, secondary education opportunities, and more for middle and high school students who are receiving special education services, their families, and teachers and professionals.

RESOURCE & TRANSITION FAIR

FREE EVENT FOR
Northeast Missouri Middle & High School Students Receiving Special Education & Section 504 Accommodations
Parents & Guardians
Teachers & Professionals

Brought to you by Adair County SB40 Transition Coalition

October 25, 2023
4 PM - 7 PM

William Matthew Middle School
Commons Area
1515 S. Cottage Grove Ave.
Kirksville, MO 63501

Community Resources | Secondary Education Resources | Employment Resources