



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

Postage
Information

X

Come Join Us!

The Adair County SB40 Community Learning Center (CLC) is the place to be! If you are looking for ways to meet new people, grow your social circle of friends, learn and grow new skills, learn how to be your own best advocate, have fun, or meet your sensory needs then come see us.

Join us at the Center each Tuesday, Wednesday, and Friday from 8AM-5PM to take part in the many scheduled activities and classes that we have available or use the new sensory room. **You can also make an appointment to visit on a Monday or Thursday.**

In May, the Community Learning Center will offer some new classes on Tuesdays as we say good-bye to the amazing Truman State University students who have volunteered to teach Exercise Your Mind, Healthy Habits, and Get Fit this Spring. This month we will begin a new class, Nature Time, on Tuesdays at 2pm to help you learn about and explore the many outdoor nature activities available in our community. There is also a new class on Tuesdays at 3:30pm, Severe Weather Safety, which will teach you ways to be prepared for severe weather conditions such as storms, tornadoes, and more. The CLC will continue to offer all of our popular classes including Coffee and Cards, Dance Aerobics, Crafts, Get Fit and BINGO! There is always something to do at the Center and friends to have fun with.

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. We'll be happy to assist you to find an activity to enjoy.

SB40 Community Learning Center Activities for May

Check out the Activity Calendar for more information and times

Tuesdays -	Coffee & Cards Dance Aerobics Nature Time Music Moves (May 2nd & 16th) Severe Weather Safety (May 9th, 23rd, & 30th)
Wednesdays -	Crafts Get Fit *Project STIR - Registration Required People First Meeting (May 31st)
Thursdays -	*Parent-to-Parent Group (May 18th)
Fridays -	BINGO
Saturdays -	*Young Adult's 20's/30's Neuro-Diverse Social Group (May 13th)

Please call or email the Community Learning Center to register for the Parent-to-Parent Group and Young Adult's Group
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

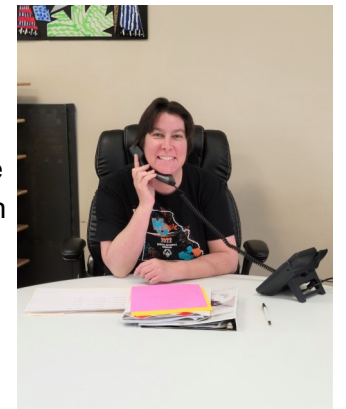
Community Learning Center
1107 Country Club Drive
Kirksville, MO 63501
(660) 660-9400
clc@sb40life.org

Website: <https://sb40life.org>

May 2023

Adair County SB40 Announces April's Spotlight Award Winner

Congratulations to Heather Lammers, Adair County SB40's Spotlight Award winner for the month of April! Heather was nominated by Melissa Cline for her work volunteering as an SB40 AmbassaDDAIR. Heather took on the Operation Life Check program. She volunteers to call individuals living on their own to check in on them. Heather assures that the people are doing well, checks to see if they need anything or if SB40 AmbassaDDAIRs can assist them in any way. In addition to Operation Life Check, Heather has formed many strong relationships in her community and checks in with them on a regular basis. She often helps them if they need something such as picking up their mail, taking out trash, or shopping for groceries. Melissa says, "Without her contact, many of her neighbors would not have contact with anyone outside of paid staff that may come to see them." Heather also helps with any need that the Community Learning Center may have, such as preparing the monthly newsletter for mailing. Heather is also very active in many sports with Special Olympics and was a team player on the Women's Basketball team that competed in Orlando, Florida during the 2022 Summer Olympic Games. Her team brought home a bronze medal from this national competition! Heather is currently participating in the Athletes Leadership Program and Global Messenger One with Special Olympics. She also is an employee of Hy-Vee in Kirksville.



Beginning in April of 2023, Adair County SB40 Developmental Disability Board will choose a monthly winner for a Spotlight Award. Remember that anyone can make a nomination, however, each nominator may only make one nomination per award. Nominations can be made in the four following categories: Kids Inclusion Spotlight Award (children in Kindergarten - 8th grade), Youth Leadership Spotlight Award (youth in grades 9-12), Community Volunteer Spotlight Award (any age) and Entrepreneur or Employee of the Year Award (any age). In March 2024, an overall winner will be selected from the monthly winners. All nominees must live and/or work in Adair, Putnam, Schuyler, Scotland or Sullivan County. Nominations can be made throughout the year by visiting sb40life.org or by contacting a SB40 staff



member to assist you. You can also find more information about the four nomination categories by visiting Adair County SB40's website.

If you are interested in volunteering with SB40 AmbassaDDAIRs or Operation Life Check please contact Melissa at the Community Learning Center, 660-665-9400 or email clc@sb40life.org. Anyone can register to receive calls from Life Check volunteers. To enroll, please contact Melissa or Angela at the CLC or your Service Coordinator.

People First of Northeast Missouri Callout Meeting

You asked for it! If you attended the Community Engagement Conference, you filled out a survey that included a question asking about your interest in beginning a Chapter of People First in Northeast Missouri. The results showed that a large number of people are interested in bringing this active advocacy group back to our area. An initial interest meeting was held on Wednesday, April 26th at the SB40 Community Learning Center.

The next step in the process is to hold a "Callout Meeting". During this meeting the group will write their mission statement, choose their priorities, write group goals and begin to identify community partners. If you would like to have a say in what the new People First of Northeast Missouri Chapter will look like, this is your chance! The group will use some of the Charting the LifeCourse Tools to accomplish these tasks, ensuring the focus of the new chapter is based on what is most important to self-advocates living in Northeast Missouri.

Anyone living in Northeast Missouri is invited to participate. If you consider Northeast Missouri your home, this means you! You do not need to live in Adair County or one of the five counties supported by Adair County SB40 Developmental Disability Board to participate. If you aren't able to be here in person due to illness, distance, lack of transportation or other reasons we have you covered. A Zoom link will be available for you to participate from home.

- ◆ **Meeting date: Wednesday, May 31st**
- ◆ **Meeting time: 5:00-6:30PM**
- ◆ **Meeting location: SB40 Community Learning Center (1107 Country Club Drive, Kirksville, MO)**
- ◆ **Zoom Link: Call or email Melissa Cline at the Community Learning Center to receive a link clc@sb40life.org or 660-665-9400**



Summer Youth Employment Camp

May 26th will be the final day to apply for the 2023 Summer Youth Employment Camp for students between the ages of 13 - 15!

This year's two week camp will be held from July 17th - 28th, Monday through Friday, from 8:30am - 3:30pm. The camp will offer participants the opportunity to explore and grow the skills they need for future employment and to begin the transition process from school to work or a secondary school experience.

If your youth would like to apply for this year's Summer Youth Employment Camp, please contact Melissa Cline at the Community Learning Center (660-665-9400 or melissacline@sb40life.org) for more information and an application. More information and applications can be found by visiting <https://sb40life.org>.



Crystal's Corner

Congratulations to Heather Lammers for being selected as April's SB40 Spotlight Award winner. Heather's volunteer work with Operation Life Check is so important to us. If you would like to receive 'checkup' calls from someone with Operation Life Check, just call Melissa Cline at 660-665-9400, or email us at clc@sb40life.org.

Operation Life Check is an SB40 program where a volunteer reaches out to people living in our community who benefit from having someone check in with them about once a week to once a month. Our goal is to support those individuals who have too few personal contacts and would benefit from someone who knows a little about them and can connect on routine basis to make sure that they are doing okay. **Anyone is eligible to be a part of Operation Life Check.** This volunteer program is supported by Adair SB40's **AmbassaDDAIR** program. Are you interested in being an Adair SB40 **AmbassaDDAIR**? You can also get more information about that by contacting Melissa at the CLC!

Adair County SB40 is accepting nominations for potential recipients of a Monthly Spotlight Award. Annual Spotlight of the Year Award winners will be selected from the monthly recipients. Anyone can nominate, just go to our website, <https://www.sb40life.org/>.

May is a very important time of year at Adair County SB40. This is when we are updating our Strategic Plan for the coming fiscal year and preparing for budgeting for Adair County SB40 programs and services. All of these survey tools are important because **we need YOUR input to be sure that our efforts match individual and community needs.** *Have you filled out an Adair County SB40 survey recently?* We are currently conducting our annual COMMUNITY NEEDS ASSESSMENT and ongoing satisfaction surveys regarding SB40 Service Coordination services and the Community Learning Center programs. We are also working cooperatively with Truman State University to conduct a professional survey. If you need assistance to complete any of these surveys, please contact Tiffany or Crystal at 660-665-9400.

Finally, it's important to remember that May 11-17, 2023 is Brain Injury Awareness Week in the United States. If a person acquires a traumatic brain injury before the age of 21 and manifests developmental problems, that individual is considered to be developmentally disabled. **Did you know that people with intellectual / developmental disabilities are almost twice as likely to sustain a traumatic brain injury?** *About half of those injuries are due to falls!* Take precaution **now** to check your home, school, work and community environments for risks associated with falls. If you would like assistance with this, just give your Service Coordinator a call. They will help you evaluate your living environment and plan to prevent falls!

According to the Brain Injury Association of America (BIAA), there are four different kinds of injuries that can occur from falls. These include:

- **Mild traumatic brain injury (mTBI)**, also known as a concussion – A concussion is caused when the brain receives trauma from an impact or a sudden momentum or movement change. Concussions can cause the person to have dizziness, headaches, blurred vision, and nausea, among other [symptoms](#).
- **Contusion** – A contusion is a bruise on the brain caused by something striking the head, which can cause bleeding and swelling in the brain.
- **Penetrating** injury, also known as an open head injury – A penetrating injury occurs from the impact of a sharp object that forces hair, skin, bone, and fragments from the object into the brain.
- **Closed head injury** – A closed head injury occurs when an outside force hits the head without any penetration of the skull. The force of the injury often causes the brain to swell. Since the brain has nowhere to expand, it can lead to increased pressure within the skull. As the brain swells, it may

For more information on how to help prevent falls and keep yourself, someone you care for, or a loved one safe visit BIAA's website, <https://www.biausa.org/public-affairs/media/prevent-falls>.