



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 kick off the new year by visiting them at the Community Learning Center (CLC)! The Center 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 January 2025**

Check out the Activity Calendar for more information and times

Tuesdays -	Coffee & Cards Dance Aerobics Fun with Music Nature Time Indoor Games Minute to Win It! Afternoon BINGO Exercise Your Mind
Wednesdays -	Crafts Storytime Get Fit Movie Party CLC Scavenger Hunt Circles Level 1 *Registration Required
Thursday -	Science Fun Get Fit
Fridays -	BINGO

For questions or more information: 660-665-9400x4 or [clc@sb40life.org](mailto:clc@sb40life.org)

January 2025 is the beginning of a new year and a busy month with at the Community Learning Center! In January, there are several new and fun activities on the calendar including Indoor Games, Minute to Win It!, Afternoon BINGO, Movie Party, and a CLC Indoor Scavenger Hunt. On Tuesday, January 28th, the Health and Exercise Students from TSU will be back for Exercise Your Mind! This is a great activity to keep your mind healthy and working its best through fun, themed activities. Circles Relationships and Intimacy Level 1 is also back in January. This class is the first in a series of classes that teaches you how to practice safe touch, talk, and trust with the different people in your everyday life. Registration is required for this class by Friday, January 17th. Please contact Angela or Melissa for a registration form.

*If you would prefer to receive this mailing as an email, please contact Melissa ([clc@sb40life.org](mailto: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](mailto:sb40@sb40life.org)

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

Website: <https://sb40life.org>

## January 2025

### Recognizing and Supporting Invisible Disabilities

An invisible disability is a condition that affects a person's body or mind but isn't easy to see. It means other people might not know that someone has the disability just by looking at them. For example, someone with a learning disability, anxiety, or chronic pain might not show any signs on the outside, but they still face challenges. Even though you can't see the disability, it can still make everyday things harder for that person.

Supporting a person with an invisible disability means being kind, understanding, and patient. There are several ways you can assist them. Some of these include the following. Be understanding. Sometimes people with invisible disabilities might need extra help or time to do things. It's important to be patient and not judge them for what they can or can't do. Actively listen to the person. If they tell you they're struggling or need help, listen carefully. It's important to respect their feelings and not make fun of them. Offer them help and respect their choice if they say no. If they need assistance with something, like carrying a heavy bookbag or understanding a lesson, offer your help without making them feel uncomfortable. Try to be flexible. Sometimes they might need more time to finish tasks or take breaks. Try to be understanding and let them do what they need to feel better. This can include things like moving to a quiet calm place, using sensory items or stimming to self-regulate. Also, respecting their privacy is important. If they don't want to talk about their disability, that's okay. Don't ask too many questions unless they want to share.

A few invisible disabilities include diagnosis such as ADHD, Autism, Aphasia, Dyslexia, Epilepsy, and Multiple Sclerosis (MS). Some chronic illnesses and conditions that are also considered invisible include Asthma, Chronic Obstructive Pulmonary Disease (COPD), Celiac Disease, Crohn's Disease, Dementia, Diabetes Types 1 and 2, Dysautonomia, Ehlers-Danlos Syndrome (EDS), Fibromyalgia Syndrome, Hemophilia, Lupus, PoTS, Tourette Syndrome, and Ulcerative Colitis. These conditions and chronic illnesses share many of the same challenges as invisible disabilities.

For some people, it can be hard to understand and believe that a person, with a "non-visible" disability or condition truly needs support. Many people question whether they have a disability because they don't look 'like you have a disability'. This makes it important to understand and acknowledge that someone may need extra help, understanding, or just more time.

In 2016, the Hidden Disabilities Sunflower project was launched to help bring awareness to and encourage inclusivity, acceptance, and understanding. According to the Hidden Disabilities website, "We searched for a discreet sign that is clearly visible from a distance as well as being distinctive, joyful, and dynamic. We chose a sunflower as it suggests happiness, positivity, strength as well as growth and confidence and is universally known."

For more information about the Sunflower Project that has spread across the globe, visit <https://hdsunflower.com>.







## December's Spotlight Award Winner Employee Spotlight

Mike Renshaw of Kirksville has been selected as the December Outstanding Employee Spotlight Award Recipient by Adair County SB40 following his nomination by Sean Jacob, Executive Director. Jacob stated "Mike has worked at Home Depot for ten years now and has won multiple corporate "Homer" awards from his employer. He's very proud of his work at Home Depot and always proud of the recognition that he receives for

his hard work. His work ethic shows that employers can be confident in hiring more people with developmental disabilities."

Kirksville Home Depot ASDS, Nathan Bennett, said "Mike has been a great employee for us the entire time he has worked here, he is either making sure we have the best-looking plants in town, or the cleanest parking lot. The attribute of Mike that outshines them all though is his commitment to our customers and our store. Mike is always to work on time, even if that means walking through the rain or snow, he will be here. He is always willing to complete his job no matter the weather, or difficulty. He knows that those jobs have an impact on the customers' experience, and the store operations as a whole. So, he gets them done every time. All I have to say is Thank you Mike!" Mike's immediate Supervisor, Cindy McNay, also added "Mike makes every attempt to be as friendly and helpful to every customer who enters in the store. He finds what they need or goes to someone who can help. He knows the store and our products and works towards getting things done right."

Outgoing Executive Director of Adair County SB40, Crystal Aminirad, commented "I am so excited that Adair SB40 plans to continue Spotlight Awards even after I retire. These awards are a wonderful way to recognize people with developmental disabilities in our community who have risen above many challenges to make our community a better place for everyone who calls this home. Mike is a perfect example of all that can be achieved in a community that supports authentic inclusion. He has become fully independent in his community. A producer. A taxpayer. A consumer. Everything that any good citizen of a community should be. Mike is an example to employers that when you hire a person with developmental disabilities you will get a hard-working, reliable and dedicated employee. Congratulations to Mike! We are so very proud of him."

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>.



Mike Renshaw and Sean Jacob

## Sean's Scoop

### A New Year and a New Leader

Hello! My name is Sean Jacob, and I feel very honored and privileged as I step into my role as the new Executive Director of Adair County SB40, and I wanted to tell you all a little about myself. I am a Christian and member of Grace Community Bible Church, and I am a husband and father of 6 amazing kiddos. My wife and I have a son with autism, and we are currently receiving some wonderful resources and therapies in our community as we learn how to best support him. We are also pretty involved with Kirksville Taekwon-Do as well as the ATA taekwondo at the YMCA.

For many years I have had a passion for helping others, especially those with developmental disabilities. After graduating from college, I started working with a Day Habilitation program with Southern Tier Independence Center in Binghamton, New York, and really fell in love with the field of disabilities. My family and I moved to Kirksville, Missouri in the fall of 2011. Before coming to Adair SB40 as a Service Coordinator in January 2016, I worked for Chariton Valley Association, as well as Preferred Family Healthcare, where I learned more about mental health. I have had some great experiences and met some amazing people over the years, and most especially since joining Adair SB40, where I was told by my then supervisor, Tonya Bailey, that I had "found my niche."

It has been a truly amazing and rewarding experience getting to know the people with developmental disabilities in our community, and I love running into them when out and about. I've also grown in my knowledge of the friendly and collaborative efforts between the various agencies as we all strive to make our community and the world around us a better place. As I begin this new role as the Executive Director, my goal is to continue Adair SB40's mission to work towards greater advocacy, inclusion, and access to resources for people with developmental disabilities and their families. I believe that everyone, no matter their ability, deserves to be included in their communities and have opportunities to thrive. I believe that authentic inclusivity and a true sense of belonging for people with disabilities means that there is a gap left behind when they are not present, as every one of us wants to feel that we are important enough to those around us to be missed when we are not around. That is what we are striving for, all of our people here at Adair SB40, and I am honored by the privilege it is to serve.