

## The Challenge of Health Care Being Met

At Immacolata Manor, where they serve adults with intellectual/developmental disabilities (I/DD), they have the daily responsibility of caring for the health and well-being of 31 residents and 21-day habilitation participants. There are many joys and challenges that come with this care. State directives ensure that individual rights are upheld, medical professionals prescribe specific health regimens, guardians maintain specific recommendations for care as does administration. All of this is for the sake of, and best interest of, the individual being served. However, this leaves direct care staff in a precarious balancing act to implement these sometimes contradictory initiatives.

For Manor residents, health issues are compounded by their developmental disability(s) which makes them five times more susceptible to additional health complications (and more at risk of dying early). Because of this, the Health Team at the Manor has had to take a more proactive approach to health care. Rather than waiting for a situation to escalate to the point that a resident must be taken to the emergency room, Immacolata has implemented preventative measures such as daily exercise, a nutritious and heart healthy diet (that also tastes good), and routine check-ups performed by Staff Nurse Susan Stolwyk. The goal as staff at the Manor is to make sure they are doing everything they can to improve the health of residents.

One example of this is the improvement of overall bone health at the Manor. Because women with I/DD suffer disproportionately

from osteoporosis, the Manor's habilitative team has worked *(please continue on page 2)*



*Health care is serious business at Immacolata Manor where several programs and the entire staff are active.*

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## Health Program Provides Info for Women at Immacolata

(continued from Page 1) from different angles to address the issue. Staff ensured that residents had a diet with adequate calcium and vitamin D, doctors prescribe bone-building medications, and of critical importance, there are a lot more opportunities for exercise.

Stolwyk shares, "Direct care staff are the most important team members for ensuring the health of our residents. They work with the residents day after day and are familiar with their typical behaviors and communication patterns. More than likely, direct care staff will be the first to detect early signs of illness and will see how they respond to new medications and treatments."



Stolwyk presents Let's Be Healthy at Immacolata Manor.

This has been the case at the Manor as direct care staff have been instrumental in detecting such things as colon polyps, colon cancer, side effects caused by unnecessary medications, misdiagnosed skin rash, and more.

But this certainly wasn't enough, so in the fall of 2009 a nationally known program entitled Women Be Healthy was initiated at Ashland House, one of eight residences managed by Immacolata Manor. The program provides women with developmental disabilities the opportunity to learn more about their own bodies and gives them tools to become more involved in their own health care. The program would be an excellent support of the Manor's strategic goal to provide quality health care for residents while including elements of self-care and preventative care. Consultant Amanda George, who has conducted this program at multiple sites in the Kansas City area, came to the Manor in October 2009 and trained three employees on implementation of this specialized curriculum.

Six classes, each lasting 75 minutes, were presented to the four residents of Ashland House starting in November.

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## Pathways

Pathways is published quarterly for Clay and Platte County residents with developmental disabilities, their families and other interested persons. Funding is provided by participating agencies which include the Arc of Clay and Platte counties, CEADD, Concerned Care, Inc., Immacolata Manor, Northland Early Childhood Education Center, Platte County Board of Services, People First, Triality and Vocational Services, Inc. Contributing occasional articles will be Down Syndrome Guild, EFECT, Tri-County Mental Health Services, the Maple Valley State School and MCDD.

**Editorial contributions are welcome. Content is intended to be positive and informational. Material may be edited and will be printed as space allows.**

**If you wish to receive Pathways and do not, contact Betsy Keleher at 604-3043. We also appreciate help eliminating duplicate issues at a single address or unwanted issues.**

## Fight Against Waiting Lists Continues

The Arc of Clay and Platte Counties is an active member of the Missouri State Arc and is proud to participate in the current program to make Missourians aware of the problem of getting essential services for the neurologically impaired.

The number keeps growing. Of course, one person with developmental disabilities who has to wait for essential services is too many, but when the number of people on Missouri's waiting list hit 5,000, those at the Arc of Missouri and their partners at the Missouri Planning Council for Developmental Disabilities agreed that the waiting list must not get any bigger. In fact, Arc advocates believe that it has to end.

As a result, they launched Missouri Can't Wait to help their children, sisters and cousins and neighbors. It is reprehensible to find Missourians going without vital supports like personal assistance, specialized medical equipment, supported

## Summer Classes Bring Out Fun, Learning

College Experience for Adults with Developmental Disabilities has had a great summer of activities!

They had the best weather for fishing at Immacolata Manor, and everyone had a good time catching many fish. Unfortunately for the fire truck and mounted police, there was a severe thunderstorm so the firemen and police came into the Maple Woods Student Center for a conversation about their duties and public safety. Several students tried on the safety gear, we listened to safety stories and we posed for a group picture.

Later, Dennis Porter was a fantastic



employment, crisis intervention and more. It can be different. People with developmental disabilities can thrive, grow up with their brothers and sisters, graduate from high school to a fulfilling life, find a rewarding job and live in the community.

But most are languishing and many are in crisis. Arc believes that, together, everyone can change that picture. They hope to help lead the way not only in supporting our loved ones, but in empowering them.

Please help the Arc achieve the goals of the Missouri Can't Wait initiative. Visit <http://arcsmo.com/> and sign the Open Waiting List Appeal Letter to Governor Jay Nixon, and members of the Missouri General Assembly. If you have not already done so, join the local Arc of Clay and Platte Counties, (816) 436-3009.



entertainer with his magic and audience participation. The Crown Center Coterie theatre acted and sang "The Lucky Duck" to an entranced group.

See related photos on Pages 3 and 4. For the fall semester, registrations will be mailed the last week of August and are due back Sept. 17. CEADD will start Oct. 2 and end Nov. 6. CEADD will have a guest storyteller and wonderful classes created, including some old favorites and interesting new ones. Do not delay sending your choices in so you won't be disappointed. For further information, call (816) 604-3043.

## First "Turtle Marathon" A Big Success As Unique Fund Raising Event Brings Interest and Contributions

Concerned Care's Recreation Department sponsored a successful event open to all consumers, their families and staff. Participants had eight weeks to walk, run or "wheel," the first 25 miles at their own pace. Everyone received a pedometer, instructions and record book at sign up.

Approximately 50 people showed up at Macken Park on May 22 to walk, run or "wheel" the final 1.2 miles, completing the 26.5 marathon as a group. Everyone received a cool custom designed Turtle Race tee-shirt. A lot of cold water and energy bars were passed out at the finish line!

### "Chip in for Charity" to Benefit CCI

North Kansas City Hospital has selected Concerned Care as one of three recipients of their annual golf tournament, "Chip in for Charity." The tournament will take place on September 18th at Paradise Point. Interested golfers can contact the hospital for more information.

### Annual Auction Planned

Concerned Care's annual auction/dinner is planned for Friday, October first at the Embassy Suites, KCI. The event will feature a dinner, live and silent auction, entertainment and announcement of the Karl Morris Legacy Award (honoring a member of the community for his or her support and/or advocacy) and the second annual "Star Award." The Star Award is presented to a consumer for outstanding achievement.

Cost is \$50 per person and reservations

are required. For additional information contact Carolyn Henry, Director of Development, (816) 474-3026.



McKennon and his parents after the event. Both mother and son completed the race.



Laura and Randy before the race. Randy came in first place.

### CEADD Scenes 2010

(related article on page 3)



## Janey's Ride A Success In 2010!

Janey's Ride, "the best motorcycle ride in the Northland," is the Manor's primary fundraising event. Held the last Sunday each June, the 2010 13th annual benefit event was a huge success.

This group ride through the rolling hills of the Kansas City Northland had a different feel this year, due to pending construction at the downtown airport, the start of Janey's Ride was moved to the campus of Immacolata Manor. A new route was planned by Victoria Dunfee and Duncan Barnett taking riders on a 70-mile ride.

Two hundred and 28 bikes and 321 riders traveled through the Northland countryside. All registered riders enjoyed a dice roll, two silent auctions, 50/50 raffle, packets filled with valuable coupons and offers from ride sponsors, and meeting some of the residents of Immacolata Manor. A breakfast was prepared and served by the Gladstone International Order of Odd Fellows (IOOF). A complimentary lunch was served in Plattsburg, hosted by the American Legion Post 97, Stables Grill and Farmland Foods.

Janey's Ride also offered the opportunity for riders to enter a free bike show, hosted by the Gladstone IOOF. All Bike Show winners were announced and trophies distributed at the ride's finish. These trophies, custom made from pistons, are a one of a kind treasure.

Pledges received the morning of the ride included: \$495 from Webb, Dunfee, and Doss who solicited friends and businesses, \$800'ish from Jeff Heishman utilizing his own web page at [firstgiving.com](http://firstgiving.com), and \$8,000 from Ed's Posse via boot blocks and a radio interview with Johnny Dare the week of the ride.

At the ride's finish, riders enjoyed a "biker night" environment at Stables Grill as the silent auctions concluded and prizes were awarded. Dave Holland was the winner of the 2009 Schwinn Sport 50

## Immacolata

Scooter Raffle donated by Liberty Cycle Center, for which 1,879 tickets were sold; and Doug Lawrence won the 50/50 raffle. All-in-all resulting in a net total of \$30,053.

Efforts from generous community partners truly made a difference toward ensuring the success of this event, as did help from community volunteers. Images from the ride can be viewed at <http://SnapTheMoment.com>.

## NEEC

### Diamond K Party Set

The Northland Early Education Center will host the Ninth Annual Diamond K Ranch Party and Auction in Kearney from 6:00 – 9:00 p.m. on Saturday, Sept. 11.

Everyone is invited to grab his or her cowboy hat and join NEEC for an evening of family fun, with something for everyone.

This event will include a silent and live auction with fabulous lots to bid on, as well as a moonwalk, hayrides and balloon artist for the kids. This is an excellent way to support NEEC by enjoying a delicious dinner generously provided by Outback Steakhouse on Barry Road and a refreshing beverage in a causal outdoor atmosphere.

The Diamond K Ranch is located at 22605 Northeast 148th Street in Kearney. For information on attending, becoming a sponsor or donating auction item(s) please contact Sally Kellam at (816) 420-9005 or via e-mail at [sally@neec.us](mailto:sally@neec.us). You can also register to attend online at [www.neeckids.org](http://www.neeckids.org).

## Pets for Life Makes Big Impact On Lives

## Triality

### Christmas Adopt A Family Program for Home Visitation

Christmas is a time for celebrating and being with family but for many it can be a time of need. Triality Tots offers a Home Visitation program for families with children ages birth—three years who have special needs or at risk for developmental delay who are living at or below the 185 percent poverty line. The Home Visitation Program provides parent education, play groups, and networking opportunities to help support parents to work with their children to prepare for preschool and beyond. Each year, Triality strives to have every family "adopted" to help provide gifts for the children and basic household and clothing needs for the family. For many of the families they serve, these are the greatest gifts of all and often the only gifts.

If you are interested in adopting a family, please contact Amy Gorton, Program Coordinator at 816-476-4011 for more information.



*The summer CEADD fishing program never fails to bring a smile. (related article on page 3)*

"Volunteers plant the seeds of kindness" was this year's theme for volunteer appreciation month at Triality.

Throughout the year, Triality has been fortunate to have several dedicated volunteers who through their kindness have made a difference in the lives of the people they serve.

Triality has two regular Pets for Live pet therapy teams: Mylinda and her fun-loving Black Lab, Tucker and Kathryn and her sweet and patient Golden Lab, Emmaline.

Mylinda and Tucker have been visiting Triality since October of 2009, and Kathryn and Emma have been visiting since January of 2010. They each visit twice a month for about an hour interacting with an average of 35-40 persons. The experience and benefits are unique to each individual they encounter. The following list provides examples of how the Pets for Life program benefits participants:

- Increased engagement in social activities
- Increased verbalization
- Sensory stimulation
- Experience unconditional affection
- Enhanced mood
- Increased ability to follow directions
- Increased comfort level with animals

This lists just a few examples of how the Pets for Life program has impacted the lives our clients. When asked, "How does seeing Tucker and Emma make you feel?" some responses were: "I like to pet them, it makes me happy." "It makes me feel wonderful!"

Another client said she likes seeing the therapy dogs because "It's something to look forward to, having the animal love you." It is clear that Mylinda and Tucker and Kathryn and Emma hold a special place in the hearts of the adults served at Triality, and are greatly appreciated for the volunteer work they do!

# Platte County Athletes Earn Olympic Medals

On July 17, nine athletes from Platte County went with Team Missouri to Lincoln, Nebraska to compete in the Special Olympics National Games. They competed in such events as tennis, golf, bocce, track and field, and softball and came away with five gold medals, eight silver, four bronze, three fourth place finishes, and one fifth place.

Nearly 3,000 athletes competed in 13 Olympic-style sports, with the support of 1,000 coaches, 8,000 volunteers and an estimated 15,000 family and friends!



*Alisha Schmidt: Silver in bocce doubles and team*



*Carolyn Strode: Silver Medal in golf individual skills.*



*Mike and Andy Martinez: Silver medal in alternate shot team golf.*



*John Hughes: Gold medal in bocce doubles; Silver medal in team bocce.*



*Chris Mueller: Gold in unified doubles tennis; Silver in singles tennis.*



*Dakota Chettle: Gold medal in bocce unified doubles; Silver medal in bocce team.*



*Carissa Myers: Bronze Medals in 100 and 200 m run fourth in long jump.*



*Colin Garrison with mom Karen and dad Mike: Bronze medal in 800 m run, fourth place in 400 gram mini javelin and 1500 m run and 5th place in 400 m run.*



*Faraidoon Amighi: Gold-50 m run, standing long jump; Silver-100 m walk; and Bronze-softball throw*

## Honors Recognize Residents, Those Who Help

The 10th annual Vocational Services, Inc., Community Awards Night May 27 saw honors awarded to Northlanders who have made dramatic contributions to improve conditions for those with developmental disabilities, including a man who has overcome his own challenges to become one of the most widely recognized ambassadors for his cause in Missouri.

Jack Smith of Liberty was named VSI Consumer of the Year in recognition of his efforts extending nearly three decades. Most widely known for his work with high school football teams, he has also gone before the Missouri legislature, local classrooms and other groups where his explanation of living with a disability has broken countless barriers. He was also presented the first annual Working for the Public Good Community Award.

Other honorees included First Bank of Missouri as Vendor of the Year; Data Source, Inc. as Customer of the Year; and Missouri Representative Ryan Silvey as Legislator of the Year. The Robert F. and Clair Sevier Parent/Guardian of the Year honor went to Daisy Tweeddale. Parent of a VSI consumer, Tweeddale has volunteered countless hours to drive a van for special events and other activities.

The law firm of Kuhlman, Reddoch and Sullivan was recognized with the VSI Director's Award for their assistance in a successful clarification of funding authority for VSI and workshops across the state.

Fins and Foliage of Gladstone owner Kaye Caylor was honored as Employer of the Year for her work providing a supported employment job to a VSI consumer. The Platte County Employer of the Year honor was presented to Shane Deas, manager of Hy-Vee.

VSI staff member Jerry Crabtree earned the Volunteer of the Year Award for his many hours of unpaid time working with



consumers. Crabtree was also recognized as Employee of the Year and received the Margaret Hylton Award. Board member Andrea Bolstad, a Liberty attorney, was recognized as Board Member of the Year.

Also recognized upon their retirement were Mike Justus and Frank Locasio.

Held at Finnegan's Banquet Hall, the event drew nearly 300 people and included a silent auction. Executive Director Randy Hylton noted the organization has grown in numbers of people served and in terms of the range of programs since it was founded in 1966.

"We have employed literally thousands of individuals in our sheltered workshops and have found hundreds of jobs through our Supported Employment Program," Hyton said. "But none of this would have been accomplished were it not for the outstanding community that we have here in the Northland."



*Jack Smith turned to the audience with surprise and pride when he was honored with both the Community and Consumer of the Year award. Behind him, Jeff Billings, Billings Construction, has volunteered to support Smith's "ambassador" efforts to high schools in Missouri.*

## Local artist's work chosen for display

"Armored Horse" by Smithville resident Jessica Duskin has been chosen to be on



*Jessica Duskin recently earned \$100 from CARF for her art "Armored Horse" following selection from among 1,000.*

display at the CARF (Commission on Accreditation of Rehabilitation Facilities) International headquarters in Tucson, Arizona.

Duskin's submission was one of 1,000 received for consideration. In addition to the honor of having her artwork displayed, Duskin will receive a check for \$100 from CARF. Duskin created the drawing using magic marker, gel pens and pencil on drawing paper. She describes the drawing as "Giving you a mystical view of classic times when great horses fought under their masters in the battle of the middle ages. I draw a lot of inspiration from this time."

When she is not creating her next work of art, Duskin is employed at one of the sheltered workshops operated by Vocational Services, Inc. (VSI) in Liberty.

## Immacolata Health Program Helps Clients

(continued from Page 2)

Crucial support from guardians was enlisted before the classes started by giving them information about the program. At each class, the residents were faithfully joined by their lead staff and program manager affording them the ability to reinforce with residents the health principles of prevention, self-advocacy and continuing education.

The following benefits were recognized from offering the Women Be Healthy series: residents participated well in the class, showing immense personal growth, using correct body terminology as-well-as sharing opinions and knowledge.

Many residents showed particular enjoyment in doing role-playing, especially of authority figures like staff and doctors, and liked pretending to be self-advocates for imaginary health issues. Learning various approaches to enhance relaxation was another feature of the pro-

gram that was found to be valuable, as these techniques were put to immediate use during stressful times associated with the holidays.

Through the evaluation of the first Women Be Healthy series, the Manor's Administrative Team opened a series of health-focused classes for the entire staff. In February, Let's Be Healthy classes were held as an employee wellness benefit. Themes taught included prevention, early detection, healthy choices, knowing your numbers, physician relationships and encouraging staff to ask questions and be engaged in their own health programs.

A favorite tip from the class was learning everyone should eat at least one ounce of dark chocolate daily. Both Stolwyk and George were pleased with the results. Stolwyk shared, "Staff had more questions. They were really concerned for not only their family health but also for the

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# Calendar

**Sept. 7**—The annual Arc All Agency Picnic will once again be held at Macken Park in North Kansas City on Tuesday Sept. 7, for the intellectually and developmentally disabled in Clay and Platte counties, and as a “thank you” to the staffs and volunteers of the agencies who serve them. There will be good picnic food, dancing and prizes.

**Sept. 11, 6pm-9pm**—Northland Early Education Center's Diamond K Ranch. Party & Auction. Diamond K Ranch, 22605 NE 148th Street, Kearney. Register online at [www.nneckids.org](http://www.nneckids.org)

**Sept. 17**—Registration for the College Experience for Adults with Developmental Disabilities fall semester will close Sept. 17. Classes begin Oct. 2 and end Nov. 6.

**Sept. 24-26**—Triality Art & Treat Booth at the Liberty Fall Festival. For additional Triality events, visit [www.trialityinc.org](http://www.trialityinc.org) or call 816-781-0177 ext. 220.

**Oct. 24**—Sixth Annual Triality Trick or Trot 5K Walk/Run

## Immacolata Health

(continued from Page 10)

individuals we serve with I/DD. With organizational wellness and health, we're all doing it together, consciously addressing all levels to make the greatest impact.”

Due to the success of the Women Be Healthy series at Ashland and staff knowledge from the Let's Be Healthy classes, continuation of this program for all female residents at the Manor is planned for September 2010 and will include participation by lead Staff and program managers.

“Thanks to all, staff and guardians, who seek to provide more healthy opportunities for our residents,” Stolwyk concludes. “It is paying off with better health.”

**Oct. 1**—“Building Better Healthcare for Individuals with Intellectual and Developmental Disabilities” will be held at the Country Club Plaza Marriott, Kansas City. A continental breakfast and lunch will be provided. Early registration by Aug. 31 is \$99 and thereafter is \$135. Targeting nurses, community nurses, program managers, health and service coordinators, the event will feature keynote speaker Kathy Brown, president of the Developmental Disabilities Nurses Association. For more information, visit [www.buildingbetterhealthcare.com](http://www.buildingbetterhealthcare.com) on the Internet or send an e-mail [admin@buildingbetterhealthcare.com](mailto:admin@buildingbetterhealthcare.com).

## Regional Conferences

Self Advocates Becoming Empowered (SABE) Jazz It Up Conference  
September 23-26, 2010  
Westin Crown Center  
Kansas City, MO  
Contact: [www.sabekc2010.org](http://www.sabekc2010.org)

MACDDS Conference  
October 14-15, 2010  
Lodge of the Four Seasons  
Lake Ozark, MO  
Contact: [www.macdds.org](http://www.macdds.org)



*Hundreds of motorcyclists turned out for Janie's Ride. For the complete story, see Page 5.*