

CEADD Celebrates 20th Year of Success

**By Betsy Keleher
Coordinator, College
Experience for Adults
with Developmental
Disabilities**

(One of the most unusual and exciting programs for Northland residents with developmental disabilities is CEADD, which in 2010 is celebrating its 20th anniversary.)

I would like you all to meet the people responsible for this program. Among the most important are Jan Grimes, who has been a key foundation for CEADD, with the support of her husband, Jim.



Jan and Jim Grimes are key volunteers in the 20-year history of success by the College Experience for Adults with Development Disabilities.

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In fact, the program started with a phone call from Platte County Board of Services Executive Director Janice Tilman. She asked Jan about ideas for Platte County's recreation program. Since Jan and Jim's daughter, Penny, had attended a similar program in Johnson County (CLEAR), the seed was planted for a similar program in the Northland.

Both Park University (then Park College) and Metropolitan Community Colleges-Maple Woods (then Maple Woods College) were considered as possible locations. Maple Woods was selected because of its more central location for Northland students. Meetings were held over the following six months, inquiries were sent out to assess interest, and funding was

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secured. CEADD—a College Experience for Adults with Developmental Disabilities—started to grow in 1990.

After the program completed one semester, it was decided that new leadership was needed. I was hired in March and asked to organize classes to be ready for the spring semester. This was not an easy task for someone with an education background, but with no experience in developmental disabilities. Through careful tutelage, it all came together and CEADD has endured. Jan and Jim have been constant supporters throughout the community and in the classroom. They have been involved in decisions, taught classes when

needed, and are influential in the direction CEADD has taken. The Grimes family has been a guiding presence each and every semester.

CEADD has grown to be a popular educational program for both Clay and Platte County residents. From a few classes for a few weeks, we now have 18 Saturday classes! These reflect student interest in the fall and spring semesters as well as a summer program of Wednesday evenings in June sponsored by the Arc of Clay and Platte Counties.

This past fall, we honored Jan and Jim who were also celebrating their 50th wedding anniversary.

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.

State Programs Face More Cuts In Budget Squeeze

State Releases January 2010 General Revenue Report Announcement of Additional Expenditure Restrictions

State Budget Director Linda Luebbering announced today that 2010 fiscal year-to-date net general revenue collections declined 12.5 percent compared to fiscal year 2009, from \$4.44 billion last year to \$3.88 billion this year.

Net general revenue collections for January 2010 decreased by 22.4 percent compared to those for January 2009, from \$722.8 million to \$561.2 million.

Because of the revenue situation, additional expenditure restrictions of \$73.8 million are being made to ensure the budget stays balanced for the remainder of the fiscal year.

Here is a brief rundown of gross fund
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Volunteers Make Huge Contribution

The Arc of Clay and Platte Counties is an organization of about 75 volunteers.

These dedicated area residents work together to financially support programs, agencies and public schools in Clay and Platte Counties for activities and special projects that benefit individuals who are mentally challenged and have related developmental disabilities, their families and the professionals who work with them. By selling clothing, appliances, electronics, furniture, and other items through three thrift stores, these volunteers have enabled the Arc to contribute more than \$1.3 million to agencies and programs in Clay and Platte counties during the past ten years. They are pleased that they will once again budget to provide the following funds for 2010:

Residential, \$56,000
Workshops, \$20,000
Daycare, \$22,000
Recreation, \$17,500
Education, \$21,500
Respite, \$ 8,800
Total: \$146,000

These funds are all obtained from the sales of quality goods donated by the public to the Arc thrift stores. Without your help by donating surplus clothing, appliances, electronics, furniture, books and toys, the thrift stores in Liberty, Smithville



and Gladstone would not be able to meet its goal of contributing to programs and services for the handicapped. There is a constant need for these contributions and we remind everyone that the Arc has no paid staff or uses the money it raises for any purpose other than aiding the handicapped in our two Counties.

When your contributions are received at any one of the three stores, they are thoroughly examined by one of the volunteers make sure they are good clean clothes or operative toys, appliances and electronics before putting them on display for resale. The appliances and electronics are guaranteed by the Arc to be operable as intended.

Store hours are 10:00 am to 4:00 pm every day except Sunday and holidays. Donations are accepted weekdays up to 3:00 pm. If transportation of appliances and furniture is a problem, arrangements can be made to have them picked up by phoning (816) 436-3009 during store hours.

The Arc is a charitable organization and all contributions are tax deductible.



Volunteers at Arc thriftstores included Trish Adams, Frances Cluckey, Barbette Hatcher, Cathy Cluckey.

Events Fill Concerned Care Calendar

Wine, Food Tasting Set April 18

The fifth annual "In the Shade of the Vine" is scheduled for Sunday, April 18 in The Grove at Zona Rosa.

The event features wines from over a dozen Missouri vineyards and food from local restaurants. Invitations will mail in March. Cost is \$50 a person and all proceeds benefit Concerned Care. For more information contact Carolyn Henry at 816.474.3026.

Celebrating Community...Creating Possibilities

Inclusion is about all of us. March is National Intellectual and Developmental Disabilities Awareness Month. The observance reminds us to recognize people with disabilities as valuable, contributing members of the community.

Partnership

Concerned Care will be celebrating Developmental Disabilities Awareness the first week in March with the partnership of North Kansas City restaurants. A kick off event will take place on Monday morning, March 1st at Chappell's Restaurant. North Kansas City Mayor Bill Biggerstaff will issue a proclamation declaring the observance.

Participating restaurants include Chappell's, Paul & Jack's, Jersey Boyz, NKC Café, the American Inn Kelso's, Snokin'-Guns, Delisi's Italian Restaurant and LeMonde Bakery.

Turtle Race!

On Saturday, March 6, the Concerned Care Recreation Department will hold a registration event from 10:00 a.m. to noon (at Concerned Care) for the first annual Turtle Race.

Consumers and their families and CCI staff are encouraged to participate in this 26.2 mile marathon walking/running/chairing at their own pace over an 11 week period. The final event will be held at Macken Park in North



Kansas City on Saturday, May 22. Each person will receive a pedometer and record book at registration and a special tee shirt at the closing event. Cost is \$10 per person. Contact the Recreation Department, 816.474.3026 for further information.

State Budget Issues Impact Area Services

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collections by tax type, and their recent status:

Individual income tax collections

- Decreased 11.2 percent for the year, from \$3.23 billion last year to \$2.88 billion this year.
- Decreased 14.5 percent for the month.

Sales and use tax collections

- Decreased 7.5 percent for the year from \$1.12 billion last year to \$1.04 billion this year.
- Decreased 11.4 percent for the month.

Corporate income and corporate franchise tax collections

- Decreased 13.4 percent for the year, from \$283.1 million last year to \$245.3 million this year.
- Decreased 15.5 percent for the month.

All other collections

- Decreased 4.2 percent for the year, from \$245.8 million last year to \$235.4 million this year.
- Increased 8.8 percent for the month.

Refunds

- Increased 14.1 percent for the year, from \$445.9 million last year to \$508.7 million this year.
- Increased 60.2 percent for the month.

Manor Residents Give Back to the Community

Residents of Immacolata Manor and participants of My Day are doing their part to give back to their community through volunteer services, speaking engagements, and recycling.

An excellent example is Sandra, who has always wanted to work with little children. Staff at the Manor helped her secure a volunteer position one day a week at Koala-T Care Learning Center, a local early childhood care facility.

"I go to work at 11:00 am and get off at 3:00 pm," Sandra says. "I have Wednesday off from my other job (Liberty Price Chopper)."

Koala-T Care Director Darla Clubine says Sandra is great with the children. In the one-year-old room she rubs backs as children lay down for naps and helps wash dishes after lunch. Her favorite room, however, is the baby room where Sandra



Sandra's enjoyment from working with children is one example of the volunteer activities through Immacolata Manor

sits on the floor and plays with them, allowing them to crawl all over her. "It is good to have something to do on my day off. I help two other ladies at the day care. I like it," Sandra said.

Immacolata

Through the Manor's My Day program, participants regularly take part in various volunteer activities such as delivering Meals on Wheels, stuffing bulletins for St. James, labeling the Pathways newsletter, filling bird feeders at Martha Lafite Thompson Nature Sanctuary, cleaning the nursery at Shoal Creek Community Church, assisting with the Liberty Community Christmas Tree, sorting food for Harvesters and helping at the Manor Thrift Shop by relieving the volunteers for lunch and pricing clothes. Often these ladies are recognized at dinners and award ceremonies for their efforts and dedication.

IM residents, Maureen and Pat, both volunteer at the Manor Thrift Shop. Maureen works weekdays, five hours a day, four days a week; while Pat gives her Saturday's after working all week at VSI.

Nathan, one of IM's newest residents, spends his volunteer time as a guest speaker at civic organizations and youth groups, sharing his story about living life with a spinal cord injury; inspiring others with his ability to overcome life challenges and his bright, and often humorous, outlook on life.

On the Manor campus, everyone helps with a newly developed paper recycling program, collecting newspapers, magazines, catalogs, junk mail and office paper for recycling; committed to reducing our organization's carbon footprint and making a positive impact on the environment.

Volunteers Brave Winter To Raise Funds

On Nov. 29, members of the Metropolitan Council on Developmental Disabilities braved the chilly night to volunteer at Longview's "Christmas in the Park". As one of the not-for-profits working this season, they raised \$1,000 which will help support the Audrey Newkirk Scholarship Fund.

MCDD has been awarded two grants through EITAS. The "Let's be Healthy" program is contracted for the fourth year, serving consumers in Jackson County. The second grant supports teaching consumers affiliated with People First of Kansas City to better advocate for themselves.

Plans are underway for MCDD to participate in the annual Legislative Advocacy Day in Jefferson City on March 23, 2010. If you are interested in joining them for this important and inspiring event, please contact Nadine Gordon at 816-889-3422 for more information.

Dental scholarships are still available through the grant from the Soroptimist International of Greater Kansas City. Eligible persons can receive up to \$200 for one-time dental services.

MCDD will review all requests submitted through the case-management system, and if approved, the check for services will be dispensed upon a billing request from the dentist.

Contact Nadine Gordon for more information at: 816-889-3422. At this printing several individuals have already accessed this service, and that opportunity still exists. MCDD hopes to provide this important health benefit to many other consumers.

If you would like to attend a MCDD meeting, are interested in networking through MCDD or are interested in becoming a member of the Metropolitan Council on Developmental Disabilities, contact Nadine Gordon, 816-889-3422. Your input is important as they plan for

MCDD

discussions with area legislators this summer and make contacts with agencies to better connect individuals with disabilities to available services.

Fight Winter Blahs!

Call it the "winter blues," seasonal affective disorder or just holiday stress, but cold-weather and holiday-related depression are prevalent—and rarely more widespread than among older adults.

"This can be a very hard time for older adults," says Sally King, Older Adult Care coordinator for Tri-County Mental Health Services. "It's a difficult time of year, but the holidays amplify any feelings of grief or loss that often stay dormant during most of the year."

Everything from dark winter days to financial issues affect older adults along with everyone else. Seniors often face additional issues of grief and loss, health questions and other challenges. Many have never been comfortable addressing mental health issues.

"There is often more of a stigma with older people to acknowledge depression or other mental health questions," King said. "They're more apt to say it's just something they need to 'get over.' But we know that people often don't just 'get over' clinical depression. We also know there are a lot of things, often easy things that we can use to combat it."

Many of the ideas that King shares with professional caregivers, groups and organizations like churches tell the story. "There

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Tri-County

Scholarship Provides Opportunities

Northland Early Education Center (NEEC) strives to ensure all children in the Northland regardless of their developmental level or socioeconomic status have the same opportunities to receive nationally accredited early education and/or therapy services.

In order to meet this need, NEEC formed a scholarship fund in 2006 for children with special needs whose families were in need of financial assistance. The scholarship fund provides tuition subsidy for children with special needs whose families do not qualify for government assistance yet still cannot financially afford the critical early education and therapeutic intervention services their child requires in order to reach their full potential and mainstream into a typical kindergarten classroom.

By providing this scholarship opportunity, NEEC reaches those families in the Northland who fall into the gap, making just above the level at which their child would otherwise receive government assistance and provides them with high quality early education and/or therapy services, creating a foundation for future learning success.

It is Northland Early Education Center's mission to shape the future of children through quality early education and therapeutic intervention while teaching compassion for diversity. NEEC reaches its mission by providing these services for children with special needs and children who are typically developing, ages birth to five, in a fully inclusive environment.

NEEC has created this fully inclusive environment knowing it is the best learning environment for all children regardless of their developmental level. Children

NEEC

who are typically developing benefit from fully-inclusive early education by learning



the important life lessons of compassion, diversity and acceptance, while children with special needs develop alongside peer models from which they can imitate and learn, often attaining developmental milestones ahead of schedule.

Children with special needs who have benefited from NEEC services and fully-inclusive environment, often need less special education services during their time in the school district, perform better academically in school and often require less social services when they become adults.

It would be our pleasure to give you a tour of our special school, to see first hand, children of all developmental levels playing together and encouraging each other to learn. For more information regarding our unique programs and services or information on how to apply for NEEC's Scholarship, please contact Brea Connert at 816-420-9005 or via email at brea@nec.us.

Respite Program Earns Raves In Platte County

Thanks to a nonprofit organization affiliated with Platte County Board of Services, in-home respite services are more accessible than ever.

In 2008, Platte County Connections began offering in home respite services for county residents who have a developmental disability. The program has been funded by the Arc of Clay and Platte Counties and the Department of Mental Health using a contract with PCBS.

In-home respite allows families that have a member with a developmental disability to hire a respite worker to provide care then receive reimbursement from Connections. Families are allowed up to \$500 per year—a big help for those who often find it very difficult to get even a short break from their caregiver responsibilities. A recent satisfaction survey tells much of the story.

"Thanks so much for all the time you have put into this!" one participant said. "It has been great for our family! It gives us a break without having to feel guilty."

In the 18 months since its inception, 30 persons have enrolled in the program. All 16 who responded to the survey were satisfied and emphasized the ability to pay for care when they need to leave a son or daughter without imposing on a friend or relative.

Most of those involved participate in other PCBS programs, and suggested other services that could be useful might include transportation to activities.

Staff Honored

PCBS staff members who were employed five or more years in 2009. Receiving a five-year award was Diane Bickham, Residential Coordinator. Ten-year pins were awarded to Tammy Tomrell, Driver, LaShann Warfield, Group Home Manager, Dale Eggerstedt, Driver, and Laurie LaTessa, Overnight Staff. Fifteen-year pins went to Carol Rigdon, Sup-

PCBS

ported Living Counselor, Danelle Seaton, Support Services Coordinator, and Ken Willeke, Finance Director and a twenty-year to Jennifer Potts, Group Living Counselor.

Fight Winter Blahs

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are a lot of strategies that individuals and groups can use," she noted. "Even simple things like diet can make a difference."

Older adults who have lost family or friends—sometimes a frequent occurrence for the elderly—need extra help from family and friends. Although loss is never joyful, keeping it from becoming chronic depression is serious but achievable.

"It might just be a matter of being a good listener and just acknowledging the grief and loss," King noted. "Or it could mean a family member needs to look beyond a public mask to see that he or she might need a little help – in-home therapy, or maybe medication."

Founder of the Aging and Mental Health Coalition of Kansas City North, King works to increase awareness of older-adult depression, trains volunteers and professionals and addresses treatment issues, including with the state of Missouri. In addition to working directly with older adults, she also provides free information and is available for talks and presentation.

"Depression is never a normal part of aging" King notes. "For many, we just need to cope through this time of year – and that's okay."

For more information on Tri-County's Older Adult programs, contact Sally King at (816) 877-0453 or email sallyk@tricitymhs.org.

Area Guests Share Their Talents

Over the last few months, Triality has had the honor of many guests from the community sharing their talents with us. Having people share their talents offers everyone at Triality the opportunity to learn something new and to educate the community about individuals with intellectual disabilities.

Thanks to Panera Bread, Triality participants learned how to make cinnamon bagel bites. They rolled the dough, cut the dough sprinkled them with cinnamon and then had to wait for them to bake. The wait was worth it: they were delicious.

Triality now has a dog named Tucker that visits once a month through the Pet's for Life program. This has been a great experience for everyone. Tucker catches treats, chases balls and best of all loves to be petted.

The Lakeside Nature Center presented a program on the skulls and furs of local animals. It was a very interesting program that allowed everyone to learn about different animals and to feel their furs.

A partnership with Rockhurst University's Speech Pathology Department brought Speech Pathology students to Triality to interact and observe the program. This was an opportunity to make new friends and educate others.

Thanks to a grant, the Liberty Branch of the Mid-Continent Library is now coming to Triality twice a month. The program is called "Library Live" and it brings stories to life by having everyone play instruments and sing along with the stories. Library Live is a huge hit and is always well attended.

Music is very popular at Triality and we have had some great musicians visit. The violinist, Carl Cook; The Sweet Adeline's and then Jerome who sang beautiful Christmas music were very entertaining and enjoyed by everyone.

Triality is always looking for new and

Triality

interesting activities and entertainers. If you have a talent that you would like to share with everyone at Triality, please call Katie Baker at 816-781-1888.

Contacting Organizations

Reaching Pathways and affiliate organizations is easy. Here are your contacts:

- The Arc of Clay and Platte Counties: (816) 741-7144.
- College Experience for Adults with Developmental Disabilities (CEADD): (816) 604-3043.
- Concerned Care, Inc.: (816) 474-3026.
- Triality: (816) 781-0177.
- Immacolata Manor: (816) 781-4332.
- Northland Early Education Center (NEEC) 816-420-9005
- Platte County Board of Services (PCBS) (816) 891-0990.
- People First (local contact): (816) 474-3026.
- Vocational Services, Inc.: (816) 781-6292.
- Tri-County Mental Health Services: (816) 468-7088.
- Maple Valley State School: (816) 436-7747.
- Metropolitan Council on Developmental Disabilities (MCDD) (816) 889-3422.

Printing Services Adds Employment Opportunities

VSI

Vocational Services, Inc., based in Liberty and North Kansas City, has entered a significant new industry to expand its employment opportunities and support existing ones.

Like many workshops, VSI is engaged in numerous contracts for packing, assembly and other business support services. Many of these include labeling and other print-related services, which VSI has historically received from its contracts or provided through third-party printers. VSI's Show-Me Animal Products, which sells first aid and other products for pets and horses worldwide, also makes extensive use of print services. Printing is a major cost in both of these business operations, as well as a frequent schedule and operational issue.

For these and other reasons, VSI this fall launched VSI Print Shop. Utilizing an advanced digital printing operation which includes bindery and related capabilities, Print Shop allows VSI not only to print black and white or full-color labels for itself and customers, but economically print relatively small quantities which are a major challenge when outsourcing printing services.

Casey Peterson, VSI's new Print Shop Manager, said his background in graphics, including experience as an instructor for Adobe software, will also allow in-house design work, which is often difficult for clients to access.

"It's a very good match with our packaging and other services," Peterson said. "It will really translate well with our business services. We will also be able to offer a lot of consumers jobs. It's really a win-win."

The effort has also been a win for the Missouri Association of Sheltered Workshop Managers. This, first-ever all-color MASWM newsletter was printed by VSI Print Shop.

The effort is not the first job-creation success for VSI. The most visible is a 17-year program manufacturing first aid kits for pets and horses. Operating as Show-Me Animal Products, the effort has grown to include more than a dozen kits, including a new line of "natural" products that were unveiled in Europe during 2009.

Well-Pet, a natural and organic antibacterial resin that enhances healing, is now part of selected Show-Me first aid kits as well as available separately. Well-Pet's blend of resins has been used for more than 600 years by the people of the Amazon Rain Forest because of its amazing healing properties. Well-Pet does not burn injured tissue. It regenerates damaged tissue while killing bacteria and even fungi on contact.

Show-Me Animal Products has added Well-Pet Natural and Organic resin to seven of its popular first aid kits for pets, including both the hard shell and travel bag versions of the Active Dog and My Best Friend Kits, as well as the Pet, Feline and Bird Kits. Last fall, four natural kits were unveiled for horses, including a natural version of the original Vet Kit.

Pathways on the Internet

Remember, you can download a free copy of *Pathways* online and sign up to have a copy e-mailed to you directly!

We urge all readers of *Pathways* to use these digital deliveries in order to help us save postage and other resources. To sign up or download, go to www.dginform.com/Pathways. The PDF requires a copy of the free Adobe Acrobat Reader. Instructions for obtaining the reader are also on this page.

Local, Regional Events Offered

Events and Dates of Note

March is National Intellectual and Developmental Disabilities Awareness Month

March 1-6 is Concerned Care week in North Kansas City!

March 6: Registration for Concerned Care's Turtle Race (see related article).

Third Wednesday of each month - Concerned Care Board - 7:30 p.m.

Regional Events

April 18th "In the Shade of the Vine" Zona Rosa - 6:30. Concerned Care fund raising event with food and wine tasting.

NEEC's 8th Annual Walk in the Park Saturday, May 1, 2010 at English Landing Park, Parkville, MO

Registration Begins at 8:30am

Walk Begins at 9:00am

Breakfast- immediately following the walk

Contact: www.nееckids.org

Statewide and other Events

The Ring of Safety: Teaching People with Disabilities the Skills to Prevent Abuse AAIDD-Missouri Chapter

March 9, 2010

Columbia, MO

Contact: www.moaaidd.org

If You Do that One More Time: Behavioral Approaches to People with Disabilities

AAIDD-Missouri Chapter

March 10, 2010

St. Louis, MO

Contact: www.moaaidd.org

2010 Professional Development Day "Customized Employment"

APSE-MO

March 10, 2010

Governor's Office Building

Jefferson City, MO

Contact: www.apsemo.org

Power Up 2010 Conference and Expo

Missouri Assistive Technology

April 26 & 27, 2010

Holiday Inn Select

Columbia, MO

Contact: MoAT1501@att.net or 816-655-6700 (voice) or 816-655-6711 (TTY)

APSE-MO Summit

August 11-13, 2010

Details To Be Announced

Real Voices-Real Choices: Speaking for Ourselves

Missouri Consumer, Family, & Youth Conference

August 22-24, 2010

Tan-Tar-A

Lake Ozark

Contact: To Be Announced

Self Advocates Becoming Empowered (SABE) Jazz It Up Conference

September 16-19, 2010

Details To Be Announced

Pathways

Northland Services For People with Developmental Disabilities

**2601 NE Barry Road
Kansas City, MO 64156**

This is our 15th Year!

Calendar