

AUTISM – From Awareness to Acceptance

The Autism Society, founded in 1965, sponsored the first awareness event for Autism in 1972, called National Autistic Children’s Week. In April 2021 the first Autism Awareness Month was celebrated, which has evolved into Autism Acceptance Month this year. They provide resources “to spread awareness, promote inclusion, and practice acceptance”. For resources, go to autismsociety.org.

Autism is now recognized as a “spectrum” disorder that is unique to each person affected. Autism Spectrum Disorder (ASD) can affect communication, social skills, relationships, and self-regulation. This year, Awareness Month is all about connections and #CelebrateDifferences. To take part, help educate, share resources, advocate, and connect by using #CelebrateDifferences.



LifeVac – For Choking Emergencies



LifeVac (lifevac.net) is a potential option to add to your first aid emergency supplies. The National Safety Council reports that choking is one of the leading causes of accidental death. Individuals with disabilities are at a higher risk for choking. Most of us in the field of Intellectual and Developmental Disabilities (I/DD) are trained in first aid/CPR. If you have worked in this field for very long, there is a good chance that you have experienced someone choking or starting to choke. Luckily, most of the time, the choking event can be dealt with through encouraging the person to cough. Unfortunately, sometimes these events are full choking (little to no air moving past the throat). When this happens, the person will typically be conscious and will have their hands to their throat – a universal sign of choking. This is the time to call 9-1-1! Then we step in and start performing first aid by giving back blows and abdominal thrusts (Heimlich). If this doesn’t work, the person will eventually pass out due to lack of oxygen. This is when we are taught to go into CPR. The difficulty at this point is that the person’s airway is blocked, so giving breaths may not be possible. This is where LifeVac may help. It is portable, non-invasive, and simple to use. It consists of a facemask that fits over the mouth and nose that is attached to a plunger with a one-way valve. When you push the plunger in the air goes out the sides, not into the person. When you pull the plunger back the negative pressure acts as suction to help remove the obstruction from their airway. These devices are on the costly side at this point but are worth looking at if you have someone in your life who has a history or is at higher risk for choking.

Also, please remember that prevention is key with choking! Cut up foods, encourage small bites and slow down, sit up at a table and provide supervision when the person is eating, and avoid eating in vehicles (where it might be more difficult to supervise or respond quickly to the choking person). If someone fully chokes and first aid is provided, please have them checked out medically to ensure they are not injured from the choking event or first aid. If choking is becoming an issue, it is encouraged to see their medical provider and possibly have a swallow study.

For more information on LifeVac, go to www.lifevac.net or call 1-877-LIFEVAC.

A Note from Our Executive Director

In March 1989, we embarked on a journey to serve the Intellectual and Developmental Disabilities (IDD) community. Now, in our 35th year, we're excited to unveil our new logo—a testament to our enduring commitment to respect, dignity, and care for all individuals.

Since our inception, we have been driven by the mission to empower, support, and advocate for individuals with IDD, fostering inclusivity and dignity every step of the way. Our core values serve as the guiding principles that underpin our mission and vision. We believe all people have the right to be treated with respect, dignity, and care. Through our offerings of services and funding, Callaway County Special Services (CCSS) strengthens its commitment to the citizens of Callaway County, demonstrating that through words and actions, compassion, and patience, people can enjoy a better quality of life.

The launch of our new logo represents not only a visual reimagining but also a reaffirmation of our core values and vision for the future. It encapsulates our growth, adaptability, and continued dedication to enhancing the lives of individuals with IDD and their families.

As we reflect on the past 35 years, we are grateful for the support of our community, partners, dedicated staff, and esteemed Board of Directors. Together, we have made strides in advancing awareness, access to resources, and opportunities for individuals with IDD to thrive and contribute meaningfully to society.

Our staff, with their unwavering dedication and compassion, have been the driving force behind our success. Their tireless efforts, creativity, and commitment to our mission inspire us daily. We extend our heartfelt appreciation to each member of our team for their invaluable contributions and steadfast commitment to serving our community.

To our esteemed Board of Directors, we express our deepest gratitude for their visionary leadership, guidance, and unwavering commitment to our mission. Their expertise, dedication, and advocacy have been instrumental in steering our organization towards greater heights of impact and service.

Looking ahead, our commitment remains steadfast as we strive to innovate, collaborate, and advocate for a more inclusive and equitable world. With our new logo as a beacon of hope and progress, we are excited to embark on the next chapter of our journey, guided by our shared values and the transformative potential of collective action.

Thank you for your unwavering support as we celebrate 35 years of service and look forward to a future filled with promise and possibility.

Warm regards,

Mike Lederle

Executive Director



Meet Our Nurse

Brittany Bastian joined the LEC Team in October. She is a great asset to our Team. She graduated Nursing School from Lincoln University in 2015 and worked at SSM Health Audrain Hospital until she became a stay-at-home mom. She has been married to her husband Jesse for 8 years. They have a working farm, raising cattle. They have 3 children: an almost 8-year-old daughter, a 6-year-old son, and an almost 3-year-old daughter. The kids love showing their bottle calves every year. Brittany enjoys watching sports, spending free time crocheting, playing with her children, and watching the kids show their calves during the summer. Brittany says, “I have always had a love and passion for all people and helping them reach their full potential. I love all the clients’ different personalities. The staff are excellent to work with and we all work together like a family to make sure everyone achieves their goals. CCSS feels like a warm, welcoming family.”



Awarded Lifetime Member of MACDDS



From the “2023 Annual Report” of Missouri Association of County Developmental Disabilities Services (MACDDS): Julia Kaufmann served as the Executive Director of Callaway County Special Services from April 2010 to June 2023. Her leadership, expertise, and collaborative spirit have positively impacted countless lives, and her contributions embody the essence of the MACDDS mission and values. Her unwavering commitment to enhancing the lives of individuals with intellectual and developmental disabilities has been exemplified through her extensive involvement in various impactful initiatives. Her unwavering commitment to improving systems, fostering collaboration, and empowering individuals has left an indelible mark on the field of intellectual and developmental disabilities.

CCSS – A Member of 4 Professional Organizations

Starling

Starling (starlingmissouri.org) is a provider network of over 100 local organizations who work together to ensure that Missourians with intellectual and developmental disabilities (IDD) have access to the supports they need to live their best life. Starling works to advocate for “a strong system of supports and services” for those with I/DD. They offer collaboration, education, and advocacy. CCSS benefits through collaboration with other providers throughout the State, education, and legislative information.



Missouri Association of County Developmental Disability Services (MACDDS)

The Missouri Association of County Developmental Disability Services (macdds.org) supports local communities to support those with intellectual and developmental disabilities. They advocate for inclusivity through “leadership, collaboration and education”. Their vision is that “all people lead full, meaningful lives as valued members of their communities”. They were organized in 1979 to support local Senate Bill 40 Boards (SB40). They have an annual Fall conference that seeks to educate, give technical assistance, offer collaboration, and create innovative solutions to

best serve Missourians with IDD. CCSS benefits from their training, collaboration with other SB40 agencies, along with many other benefits.

American Association on Intellectual and Developmental Disabilities (AAIDD)

AAIDD (aaid.org) promotes progressive policies, research, best practices, and rights for people with IDD. Their goals are to enhance the capacity of professionals who work with individuals, promote the development of a society that is inclusive, and sustain effective responsive, well-managed organization. CCSS benefits from the information they provide and training, along with other benefits.

ANCOR

ANCOR (ancor.org) works to shape policy at the federal level and share solutions to strengthen the ability of providers who support those with IDD. They work to ensure the IDD population has full citizenship and community participation. CCSS benefits from our ANCOR membership through information, training, resources, and advocacy services at the national level.

Center for Disease Control – New COVID Guidelines



The Centers for Disease Control and Prevention (CDC) has scaled back guidelines for those who test positive to COVID-19. They are doing away with the 5-day isolation guideline and moving to guidelines that are more in line with other respiratory illnesses. They are urging those who test positive to stay home and away from others but say they can now return to normal activities once they are fever-free, and their symptoms are improving for at least 24 hours without fever-reducing medication.

Mexican Taco Meatloaf

Prep Time: 15 mins **Cook Time:** 45 mins **Total Time:** 1 hr **From:** AllRecipes



Ingredients

1 ½ pounds lean ground beef	1 (1 ounce) packet taco seasoning mix
1 small onion, chopped	2 large eggs, beaten
1 cup crushed tortilla chips	½ cup milk
¾ cup shredded pepper Jack cheese	¼ cup mild red taco sauce, or more to taste

Directions

Preheat the oven to 350 degrees F.

Mix together: beef, onion, tortilla chips, pepper Jack cheese, and taco seasoning in a large bowl until combined. Whisk together eggs, milk, and taco sauce in a medium bowl. Add to beef mixture and stir until well combined.

Press mixture into a 9x5x3-inch loaf pan. Pour a strip of taco sauce down the center of loaf.

Bake in the preheated oven until cooked through and browned on top, 45 to 60 minutes. An instant-read thermometer inserted into the center of loaf should read at least 160 degrees F.

Nutrition Facts: Calories 272, Total Fat 17g, Saturated Fat 7g, Cholesterol 120mg, Sodium 468mg, Total carbs 7g, Total sugars 2g, Protein 22g



WE WELCOME THE COMMUNITY TO THE WOODS!
LIVE MUSIC, FOOD TRUCKS, DRINKS, VENDORS, YARD
GAMES, AND FAMILY FUN.
BRING A CHAIR OR A BLANKET!

FIRST FRIDAY
of
EVERY MONTH
FREE ADMISSION

5:00 - 9:00 P.M.


 William Woods University
 Sam Cook Amphitheater

To submit an event email bnichols@callawaysb40.org.

Upcoming COMMUNITY EVENTS

First Friday at The Woods at William Woods monthly January 5th, February 2nd, March 1st 5-9 pm (movies, vendors, live music, games, etc.) (held inside during cold weather & at the Sam Cook Amphitheater during warm weather)

Knitting & Crocheting @ the Library (MO River Regional)-just bring your own needle/hook & they provide yarn/teaching. 5/7/24 & 6/4/24, 6-7:45pm

Adult Craft/Hobby -bring your own craft or do color pages provided by library.
 Callaway Library 4/10/24 2-3pm
 Holts Summit Library-4/11/24 4-5pm

Central MO Renaissance Festival \$15 Kingdom City 4/27-8, 5/4-5 10a-6p

PorchFest-5/5/24 1-4pm Fairmount Blvd, Jeff City – music, art, food

Anchor Festival – 5/30-6/1 Centralia –food, free music, parade, vendors

Columbia's Juneteenth Parade & Festival 6/15/24

Fulton Street Fair 6/21-22 fultonstreetfair.com

Holts Summit Fireworks Festival 6/28

FIND FREE FOOD DISTRIBUTIONS NEAR YOU

Serve, Inc. in Fulton – Monday, Wednesday, and Friday 9:00-12:00 PM

Shiloh UMC in Holt Summit - 2nd Thursday of the month from 1:00-3:00 PM

AmVets in Mokane - 2nd Thursday of the month from 12:00-1:30 PM

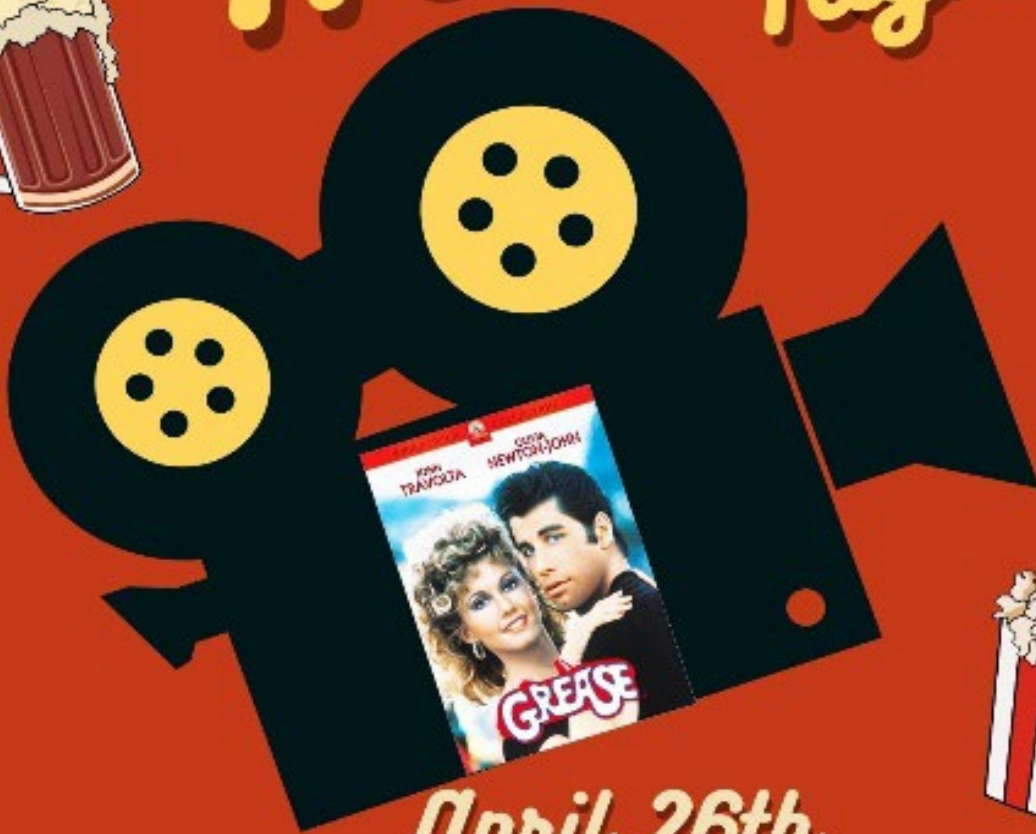
Pleasant Grove UMC in Hatton - 3rd Thursday of the month from 1:00-2:30 PM

New Testament Church in Auxvasse - 3rd Thursday of the month (need to call to get on a list, most of these get delivered to seniors, but could also be picked up

Open Table - Monday-Thursday 5-6pm – free meals offered twice weekly at the Community Center

You are invited to a

Movie Night



*April 26th
5:30-7:30 PM*

**Callaway County Special Services
is hosting a "drive in" movie at CCEE, located at
2611 North Bluff St
Fulton, MO**

**Popcorn and root beer floats will be provided.
Staff or guardians are required to be in attendance**

SPECIAL OLYMPICS FULTON BOCCE BALL



2024 SEASON



PRACTICES
TUESDAY 6:30 PM
JUNE 18TH

Sign-up in June!

COACH SARA LEBEL
SARA.LEBEL4@GMAIL.COM
573-289-0644

Made With
Flyerwiz.app

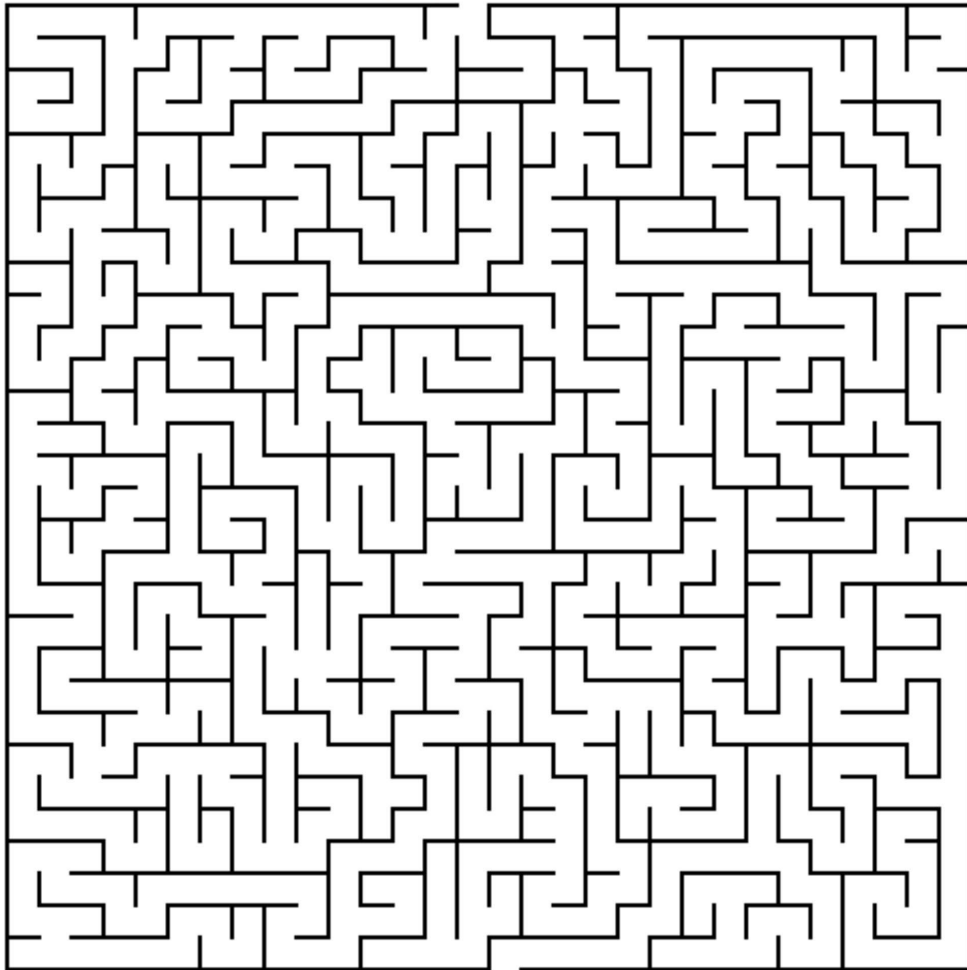
Just for Grins



- How can you tell when April is happy? *It has a spring in its step.*
- How do you know a rabbit is in a good mood? *He's hoppy.*
- Why did the strawberry break up with the blueberry? *Because it was in a jam!*

Easter Egg Maze

Help the chick get through the maze and find the Easter eggs.



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