

## July is Disability Pride Month

The first Disability Pride Parade was in Boston, the same year the landmark Americans with Disabilities Act (ADA) passed, 1990. This celebration is slowly gaining steam around the country. Today, cities across our county have marches, pageants, and parades. In 2019 Ann Magill created the Disability Pride flag. The zigzags represent how disabled people creatively move around barriers. The different colors represent different

disabilities: Mental illness, neurodiversity, invisible and undiagnosed disabilities, physical disability, and sensory disabilities. The stripes are parallel to represent solidarity within the disability community. The black background represents suffering, rebellion, and protest. "Disability pride is both about embracing your disabled identity and or taking pride in living in a society built on ableism." Whitney Lee Geertsen (person with a disability; taken from her letter to the editor in The Salt Lake Tribune 7/29/2021)



## International Self-Care Day



July 24th is International Self-Care Day, with the purpose of raising awareness of the importance of self-care. This day was chosen as a reminder that self-care should be practiced 7/24, seven days a week, 24-hours a day. We are encouraged to purposefully prioritize our minds, bodies, and spirits to keep ourselves healthy. The National Institute of Mental Health defines self-care as "taking the time to do things that help you live well and improve both your physical and mental health."

If you want to increase your proactive self-care, look at building habits, start small and build from there. It can be as simple as spending 2 minutes a day to reflect and name things you are grateful for from that day or taking a 5-minute walk outside. And, of course, there are apps to help you. Here are some free apps: Whole: Self-Care Habit Builder, Virtual Hope Box, Aloe Bud, Calm, Gratitude Journal Affirmation, and Health, along with tons of other apps. Another idea is to build a self-care kit. For example, put together a kit for anxiety or stressful times: relaxation tools, your favorite candle, a nice herbal tea with a favorite mug, coloring book, stress ball, fidget toys, hygiene items, essential oils, tissues, cozy socks, music, journal, a list of activities you can do that help you relax, etc. We at CCSS hope all our staff and friends take time for self-care - because you matter!!!

## Free Online First Responder Disability Awareness Training

Missouri Emergency Medical Services (EMS) personnel are encouraged to take this free self-paced training. It will teach or refresh training on how to respond appropriately to situations involving individuals with intellectual and developmental disabilities, challenges and how to overcome them, the Americans with Disabilities Act (ADA), working with providers and the latest initiatives and information.



Those interested in taking the training, please request a free training code by emailing [carynewman@niagara.edu](mailto:carynewman@niagara.edu).

## A Note from Our Executive Director

Hello!

I am delighted to share some exciting developments regarding our commitment to inclusiveness and community partnership. Recently, I had the pleasure of meeting with the Board of Aldermen for the City of Holts Summit to propose a new partnership aimed at creating an inclusive park within the city limits. This initiative is a significant part of Callaway County Special Services' (CCSS) mission to embrace inclusiveness for all individuals, whether they have an intellectual or developmental disability or not.

The Inclusive Parks Initiative is a top priority for CCSS, reflecting our dedication to fostering environments where everyone can feel welcome and engaged. In line with this goal, we are also proud to highlight our collaboration with Leadership Callaway to develop a sensory park in Fulton. These sensory parks are designed to incorporate various sensory elements, providing unique and enriching experiences for all visitors.

The future sensory park might feature textured panels that can be touched and felt, or visual panels that create delightful light effects, making the light dance and flicker. Such sensory playgrounds offer a distinctive way for individuals to explore and engage their senses, making them valuable additions to our community.

We are excited about the possibilities these initiatives bring and look forward to working closely with the City of Holts Summit and other partners to bring these inclusive and sensory-rich environments to life. Together, we can create spaces that truly embody our commitment to empowering people and enriching lives.

Warm regards,

*Mike Lederle*

Executive Director



## CCSS – New Logo, New Look

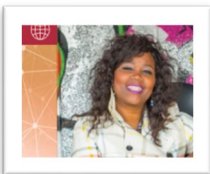


In April, we proudly added our new logo to the front of our administrative building after unveiling it in our 35th Anniversary Celebration. In creating the new logo, we took time and gathered input from many people, including the people we serve, stakeholders, and our staff. We feel it represents who we are and what we strive to do every day.

Our parking lot was resurfaced. Two additional accessible slots were added, for a total of 3 accessible slots for the building. A new, accessible sidewalk was added from the road to the sidewalk and then our parking lot. From that sidewalk to our building, blue hash marks were added to provide safe access across our parking lot. The sidewalk section directly in front of the building's main entrance was replaced with a zero-degree entry ramp.

The inside of our building has been recently painted with the same color theme as our Life Enrichment Center. Along the way, we have been reorganizing our offices, furniture layout, and storage to be more user-friendly to us and visitors. We are excited about our enhanced accessibility and “facelift”, and look forward to others seeing it, too.

## Quotes Worth Quoting



“It’s important to understand that **disability is a natural part of the human experience** and that people with disabilities deserve equal rights, opportunities, and respect. I wish people outside the disability community understood the significance of inclusive practices and the value of diverse perspectives in all aspects of life.” —*Dr. Yvette Pegues, Ed.D., 45, has a traumatic brain injury and spinal cord injuries. She is [D&I Executive & Chief Diversity Officer at Your Invisible Disability Group](#).*

### 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

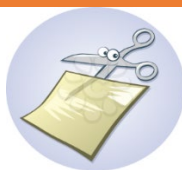


## Bocce Ball Reminder...

Sign-up for Bocce Ball is here and first practice - June 18<sup>th</sup>. Coach Sarah LaBel  
[Sarah.Label4@gmail.com](mailto:Sarah.Label4@gmail.com)

## Ambrosia Fruit Salad

**Prep Time:** 10 mins **From:** Taste of Home



### Ingredients

- 1 can (15 oz.) mandarin oranges, drained
- 1 can (8 oz.) diced pineapple, drained
- 1 cup miniature marshmallows
- 1 cup sweetened shredded coconut
- 1 cup sour cream or Greek yogurt

### Directions

1. Combine oranges, pineapple, marshmallows, and coconut.
2. Add sour cream and toss to mix.
3. Cover and refrigerate for 2 hours and serve.
4. Top with nuts as desired.

### Serve

Serve after chilling – no longer than 1 day.

### Variations

Switch out any fruit to one of your favorites or add cherries or nuts.



**Nutrition Facts:** 4 servings of 1 cup each, Calories 370, Carbs 48g, Sugar 43g, Protein 4g, Sodium 101mg, Fiber 2g

**WILLIAM WOODS  
UNIVERSITY**





**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](mailto:bnichols@callawaysb40.org)

## UPCOMING COMMUNITY EVENTS

**First Friday at The Woods** at William Woods monthly July 5, August 2, September 6, 5-9 pm (movies, vendors, live music, games, etc.) (held at the Sam Cook Amphitheater during warm weather)

**Holts Summit Fireworks Festival** – June 28<sup>th</sup>, 5pm

July 20-2024 **Boone County Demolition Derby** at 6p at Boone County Fair Grounds, Columbia, MO

**Fulton Farmer's Market** – Saturdays in the Brick District 8am-12noon

**Holts Summit Farmer's Market**- Sundays 2-5pm

July 4<sup>th</sup> 2-10pm -**Salute to America-Jefferson City** (car show 3-6pm, parade 4pm, 9:45pm Fireworks)

July 4-**Independence Day Parade** – Fulton

Aug 2: **Stars Under the Stars Movie** (Jumanji 1995) on the south lawn of the Capitol - free

Sep 21-22 **Heritage & Craft Festival** at Nifong Park, Columbia

9/28 **Oktoberfest** in Jefferson City (Old Munichburg)



## The Legacy of the Disability Rights

The movement for equality and inclusion has been and continues to be a long uphill battle. This movement has fought for the rights and dignities of people with disabilities, transforming society's views and driving legislation. Disability rights have been fought for through activism, just like other civil rights. The 1990 Americans with Disabilities Act (ADA) and the ADA Amendments Act of 2008 are landmark achievements for disability rights in America. The ADA is a major civil rights law that prohibits discrimination against people with disabilities.

The ADA has been instrumental in changing the landscape for people with disabilities. This wide-ranging civil rights law prohibits discrimination based on disability in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the public.

While the disability rights movement has achieved considerable victories, the work is far from over. Leaders of the disability rights movement continue to advocate for more inclusive policies and practices. They strive to tackle issues such as economic inequality, healthcare access, and the persistent stigmatization of disabilities in media and popular culture.

To learn more about the history of Disability Rights, you are encouraged to watch "Lives Worth Living", a documentary about disability rights. The film is an oral history, told by some of the movement's heroes and illustrated through archival footage.

To become more involved with the disability movement through legislation, you are encouraged to stay up to date with what is going on, both in Jefferson City and on Capitol Hill. Reach out to your legislators through emails, letters, or calls to let them know the importance and impact legislation can make. Tell them your story!

Here are a few resources to help you stay informed. "Impact" magazine is a free magazine from Institute on Community Integration from the University of Minnesota ([icipub@umn.edu](mailto:icipub@umn.edu)). Other free resources are: Missouri Open Door emails and free trainings (contact [angelinaalpert@umkc.edu](mailto:angelinaalpert@umkc.edu) to be added), Missouri Department of Mental Health – Division of Developmental Disabilities for emails/trainings (<https://dmh.mo.gov/dev-disabilities/connect>), and The Arc of the United States ([thearc.org](http://thearc.org)) sends out good information on current legislative issues. "Disability Scoop" website/online newsletter is a good source of information on developmental disability news that allows viewers to see 2 free articles monthly or pay for unlimited articles.

The legacy of the disability rights movement is a reminder of the power of advocacy and the importance of ensuring that all members of society can lead full, independent lives. As technology advances and society's attitudes evolve, the movement adapts, always with the goal of furthering the rights and inclusion of individuals with disabilities.

- Information taken from Impact Magazine and [ada.gov](http://ada.gov).



## Meet Our DSP's

### Melanie Stotler

I worked for Central Missouri Community Actions (CMCA) for 9 years, advocating for children and their families, providing education, resources, community collaborations and outreach, and gave regional training in family wellness effective communication. I worked for the Central Ozark Private Industry Council. I assisted adults and youth with and without disabilities, with needs assessments, job readiness skills, job placement, educational programs, on the job training, and the Skill Up program. I collaborated with community partners in administrating the National Career Readiness Testing. This was done in local schools for students who wanted to join the workforce right after high school.

My husband and I have 9 children and 2 amazing grandbabies who have Mimi wrapped around their little fingers. We have 5 high school graduates, 2 juniors, and 2 seniors. We have 2 dogs and 2 cats. I love being a momma and a Mimi!

I enjoy everything outdoors: camping, fishing, swimming, planting flowers and plants, festivals, spontaneous road trips, traveling, crafting, painting, volunteering, and relaxing at the beach is by far my favorite.

I love, love, love working at the Life Enrichment Center. I love the friends I get to see every day. I enjoy teaching life skills and education, cooking together, and being able to go with them into the community and have meaningful and fun interactions with the people around us. The people we serve are all very dear to my heart and we smile and laugh all day, and not only do I get to fill their cup, but they also overflow mine! In addition, I love the staff I work with. We have an amazing team! John F. Kennedy, Jr. said it best, "Quality is defined at the point of interaction between the staff member and the individual with a disability."

My hopes for the future are seeing all my children graduate high school, be successful in life and in their career, and to be upstanding adults who possess integrity and empathy for others. I also look forward to what the future holds for my career with CCSS and hope to see us continue to grow as an agency, and of course, a long beach vacation!



*Not All Family Members Present*

"Quality is defined at the point of interaction between the staff member and the individual with a disability." - John F. Kennedy Jr.

## Disability Employment Awareness Month Poster Contest

National Disability Employment Awareness Month (NDEAM) is observed in October to celebrate workers with disabilities and educate about the value of an inclusive workforce. The contest is open to all Missouri residents and is related to employment inclusion for people with disabilities.

The GDC will select the winning artwork from all entries. Artwork is due by September 15, 2024. Please go to <https://disability.mo.gov/gcd/PosterContest/> for the rules and guidelines. The winning artwork, along with information about the artist, will be featured on a poster that will be promoted statewide during the month of October. The Governor's Council on Disability's 2024 National Disability Employment Awareness Month (NDEAM) Poster Themes for your artwork should be: INCLUSION - EMPLOYMENT – COMMUNITY.

# KEEPING IT COOL DURING SUMMER HEAT



FOLLOW THESE TIPS TO  
ENSURE A SAFE & FUN  
SUMMER!

## DRINK LOTS OF WATER

Stay away from caffeinated beverages.



Check on friends and  
neighbors to make  
sure they are in a  
safe, cool place. Go to  
a cooling shelter if  
needed.



## STAY IN AN AREA WITH A/C



## LISTEN FOR UPDATES

on local  
weather stations.



## WHEN OUTSIDE

keep track of time spent in the  
sun and make sure to schedule  
breaks in cool places.



## WEAR THIN

loose, light-colored  
clothing to protect your  
body from sun and  
mosquitoes.

## APPLY

sunscreen often. Use  
accessories to protect your  
eyes, head, face and neck.



## Resources

Find early childhood resources, family support groups, and other community programs on Missouri Family Resources. You can search by zip code, keyword, or category. Easily share your results with friends and families by email, text, or on social media. Learn more at: [familyresources.mo.gov](https://familyresources.mo.gov)

## SABE USA

Self-Advocates Becoming Empowered (SABE) is a national self-advocacy organization made of regional representatives and members from every state in the United States. The organization believes that people with disabilities should be treated as equals and given the same decisions, choices, rights, responsibilities, and chances to speak up and empower themselves. For more information visit the SABE website at <https://www.sabeusa.org/meet-sabe/>.



People First of Missouri is a statewide organization that promotes equality for people with disabilities so they can live the life they choose in the community.

For more information visit their website at

<https://www.missouripeoplefirst.org/>



Self-Advocacy Resource and Technical Assistance Center (SARTAC) works to strengthen the self-advocacy movement by supporting self-advocacy organizations to grow in diversity and leadership.

<https://selfadvocacyinfo.org/>

## Just for Grins



- What did the pig say on a hot summer day? *I'm bacon!*
- How can you tell the ocean is friendly? *It waves!*
- Why do fish swim in salt water? *Because pepper water would make them sneeze!*

