



Callaway Connections

FOSTERING COMMUNITY RELATIONSHIPS TO LAST A LIFETIME

A publication of Callaway County Special Services

Second Annual Flapjacks with First Responders



The Life Enrichment Center held our **Second Annual Flapjacks with First Responders** on October 28th. Included in the event were the Fulton Police Department, Fulton Fire Department and Callaway County EMS. We are so thankful for all the great men and women in our community who have chosen to protect and serve our community!

Apply for Camp!!!

Summer Camp Scholarships!

CCSS is accepting applications for scholarships for Wonderland Camp (www.wonderlandcamp.org) and Camp Barnabas (www.campbarnabas.org). Camps fill up quickly! If you want to attend camp and need a scholarship, please contact your Service Coordinator through Center for Human Services or Janelle Wilson at CCSS.



Happy New Year!!!



January 20th

Happy
Martin Luther
King Day!

Thank You

To all who participated in our
Community Needs
Assessment Survey!

Did You Know???



Services for Independent Living (SIL) is a non-profit **Center for Independent Living** that promotes independence for people with disabilities, seniors, and veterans. Along with other counties, they also serve North Callaway County.

SIL is consumer-controlled, with at least 51% of the staff and board being individuals with disabilities. Their mission is to “empower people with disabilities, seniors, and veterans to maximize their independence in the community.”

SIL has a **Durable Medical Equipment (DME) Recycling Program**. They accept gently used, clean, and functional medical equipment (wheelchairs, walkers, shower chairs, etc.). They redistribute to others with unmet needs.

SIL provides information, demonstrations, and presentations on assistive devices and technology. They have limited resources through their **Home Modification Program**. They also offer craft classes and other fun activities. Please check them out at <https://silcolumbia.org/>.



Independent Living Resource Center, Inc. (ILRC), also a Center for Independent Living, in Jefferson City serves Southern Callaway County. They provide advocacy, peer support, independent living skills training, information, and referrals. <https://www.ilrcjcmo.org/>

Volunteer Superstars

“Volunteers do not necessarily have the time; they just have the heart.” Elizabeth Andrew, American author

CCSS celebrates those who choose to volunteer with us. There are many who give back by helping at Life Enrichment Center (LEC). Our friends at LEC and our CCSS administration and staff cannot say thank you enough for your kindness. Some of our volunteers: Fulton High School students who do fun activities with us, and family members and friends who teach us sign language, crafts, and crocheting.

Thank you, Volunteers! You warm our hearts!

YOU ARE INVITED TO A
Spring Fling Dance

DJ JAY FROM COLOSSAL SOUNDS WILL BE PROVIDING MUSIC
FINGER FOODS AND REFRESHMENTS WILL BE SERVED

5:30 PM - 7:30 PM
MARCH 7, 2025
LEGENDS REC-PLEX
808 STATE STREET
FULTON, MO 65251

FULTON Parks & Recreation
"teaching more than just the game!"

CCSS
Callaway County Special Services
Empowering People. Enriching Lives.

CENTER FOR HUMAN SERVICES
Life Beyond Limitations

A Note from Our Executive Director

As we reflect on the last quarter of 2024 and look ahead to 2025, we celebrate the spirit of service and community that defines Callaway County Special Services (CCSS). Our achievements are a testament to the dedication of our team, strong partnerships, and unwavering community support.

This past fall, the Life Enrichment Center (LEC) held its Second Annual Flapjacks with First Responders on October 28th, bringing together the Fulton Police Department, Fulton Fire Department, and Callaway County EMS for a morning of connection and gratitude. We are thankful for the men and women who serve and protect our community daily, exemplifying the values of unity and care.

LEC's impact extends through volunteerism with organizations like Meals on Wheels, Saint Peter's School, Salvation Army, and Buddy Packs, building inclusive and supportive networks.

We also thank everyone who participated in our Community Needs Assessment. Your input will help us shape the future of our services, and we look forward to sharing the findings in early 2025.

At the heart of CCSS are our Direct Support Professionals (DSPs), who are ambassadors of our mission. Through compassionate care and community engagement, DSPs enrich lives, foster inclusion, and champion awareness. Their dedication ensures that CCSS's mission resonates beyond our organization, positively impacting lives in lasting ways.

As we move into 2025, we remain committed to empowering individuals with intellectual and developmental disabilities, enriching lives, and fostering an inclusive community.

Thank you for your continued support.

Mike Lederle

Executive Director



Classes through Missouri Extension:

Tai Chi for Arthritis and Fall Prevention (Free) Register at <https://extension.missouri.edu/events/tai-chi-for-arthritis-and-fall-prevention-0>. Feb 4-Mar 27, 9-10am every Tuesday and Thursday at MU Extension, Cole County Office (2436 Tanner Bridge Rd., Jefferson City) Call Kathy Deeken 573-634-2824 with questions.

A Matter of Balance (Free)- Adults 60+ help with balance. Register at <https://extension.missouri.edu/events/a-matter-of-balance-5>. Feb 19-Apr 9, 9-11am (every Wed) at First United Methodist Church (201 Monroe St., Jefferson City).

Stay Strong, Stay Healthy (\$50)- virtual health class. Class is twice a week for 8 weeks. 1/23-3/17/2025 11am-12pm. Contact Kelsey Weitzel at 573-882-2799 or weitzelkj@missouri.edu.

How many Snowmen can you find in our newsletter??? _____



For events at **Missouri River Regional Library**, go to [https://www.mrrl.org/events/upcoming?start=2025-01-](https://www.mrrl.org/events/upcoming?start=2025-01-01%2008%3A00%3A00%20America/Chicago&branches%5B79%5D=79)

[01%2008%3A00%3A00%20America/Chicago&branches%5B79%5D=79](https://www.mrrl.org/events/upcoming?start=2025-01-01%2008%3A00%3A00%20America/Chicago&branches%5B79%5D=79) Here are just a few:

- First Friday** (each month) Films 7-9pm
- 1/4 **Amazing Puzzle Race** 9:30-11:30am
- 1/7, 2/4, 3/4 **Knitting & Crocheting** 6-7:45pm
- 2/20 **Polymer Clay Jewelry** 6:30-7:30pm



UPCOMING COMMUNITY EVENTS

-1/1 – **Festival of Lights Veterans Park** – last night!

-1/3, 2/7, 3/7, 5-9 pm **First Friday at The Woods** at William Woods monthly

-Saturdays 10am Free **Community Yoga Classes** at Sangha Yoga Club (donation asked)-515 Nichols St., Fulton

-2/27 or 2/28 7pm **“Tell Our Story: A Black History Month Concert”** at Douglas High School (Columbia) Cost \$10-25 tickets

-3/29 Opening of **“The ART of Conservation”** at SHSMO Art Gallery in the Center for MO Studies (605 Elm St., Columbia). Open Tue-Fri 10am-4:30pm, Sat 10am-2pm. www.SHSMO.org

-1/28 6:30-9pm **Girls Night Out at Sky Zone** in Columbia, MO. Tickets online \$15 (speaker, jump pass, socks, treats)

<https://comotickets.com/events/january-girls-night-out-sky-zone-1-28-2025/tickets>

-3/7-3/8 Free Women’s Event (Columbia Mall)

Women’s Show 2025-inspiring speakers, demonstrations, vendors...

<https://andrealynerevents.com/heart-of-missouri-womens-show/>

-3/22 **4th Annual Spring Fever Car & Vendor Show**

Free (927 4th St., Jefferson City) 10am-3pm

-3/15 **Annual Train Show** (1201 Pacquin St., Columbia) Free 10am-2pm

To submit an event email bnichols@callawaysb40.org



Let’s Go!!!

Free Indoor Activities

- Museum of MO Military History (Jefferson City)
- MO State Museum (Jefferson City)
- Runge Nature Center (Jefferson City)
- Colonel AR Lubker Memorial (Jefferson City)
- Museum of Anthropology (Columbia)

- Mildred Cox Gallery (Fulton)
- Kingdom of Callaway Historical Society (Fulton)
- Burney Fishback Museum (Fulton MO School for the Deaf)
- Crane’s Museum (Williamsburg)
- Museum of Art and Archaeology (Columbia)

RESOURCES FOR ADVOCACY

- **Americans with Disabilities Act (ADA)**- Federal legislation protecting the rights of people with disabilities. 800-514-0301; TTY 1-833-610-1264; www.ada.gov/



- **The Missouri Developmental Disabilities Council**- Work to ensure that individuals with developmental disabilities and their families participate in the design of/have access to needed community services, individualized support, and assistance to promote self-determination, independence, productivity, and integration in community life. 800-500-7878 <https://moddcouncil.org>



- **Missouri Protection and Advocacy**- Protects the rights of people with disabilities by providing advocacy and legal services. 800-392-8667 TDD 1-800-735-2966 <https://www.moadvocacy.org/disability-rights>



- **Missouri Parents Act**- Statewide advocacy, information, and resource organization serving children with disabilities, their families, and consumers. 800-743-7634 <https://www.missouriparentsact.org/>



- **People First of Missouri**- Self-advocacy organization formed, run, and exists for people with developmental disabilities in Missouri. <https://www.missouripeoplefirst.org/>



- **American Association of People with Disabilities**- National cross-disability rights organization, champions disability rights, with a focus on identity, community integration, healthcare, employment, and political participation. 202-521-4316 or 1-800-840-8844 <https://www.aapd.com/movement/>



- **Governor's Council on Disability (GCD)**- Promotes participation and inclusion of Missourians with disabilities in community life through education of rights/responsibilities under the ADA. 1-800-877-8249 (v/tty) 573-751-2600 (v/tty) <https://disability.mo.gov/gcd/>



- **Missouri Family to Family**- Provides free, individualized, and family-centered support for individuals with disabilities and/or special health care needs, their families and support professionals. 1-800-444-0821 <https://mofamilytofamily.org/>



- **Missouri Lay Educational Advocacy Program**- Part of Missouri Family to Family, training for families, self-advocates, and stakeholders on Special Education law, student/parent rights.



"I'm convinced of this: Good done anywhere is good done everywhere. For a change, start by speaking to people rather than walking by them like they're stones that don't matter. As long as you're breathing, it's never too late to do some good."

Maya Angelou

4 Ingredient Mini Pizza Recipe



Prep time: 5 min. Cook Time: 15 min. 8 servings.

INGREDIENTS:

- 16 oz. can Refrigerated Biscuits
- 1 C. Pizza Sauce
- 8 oz. Shredded Mozzarella
- ½ C. Mini Pepperonis
- Cornmeal or Flour for dusting pan

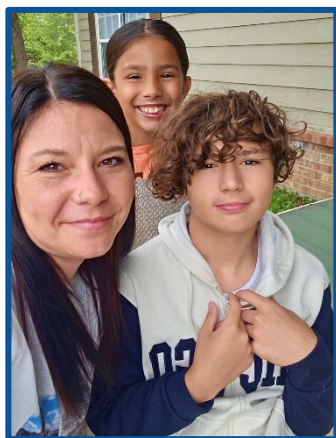


INSTRUCTIONS:

1. Preheat oven to 400 °.
2. Roll or press biscuits into flat rounds on a floured surface.
3. Dust 2 baking sheets with cornmeal or flour. Place biscuits onto them about 1 inch apart.
4. Add 1-2 Tbsp of sauce to each biscuit.
5. Divide cheese evenly between biscuit crusts.
6. Add pepperoni or other desired toppings.
7. Bake for 15-18 minutes or until the crust is cooked through and golden brown on the edges.

NUTRITION: Serving size-1 mini pizza, 174 calories, fat 6g, sodium 738 mg, total carbs 18 g, fiber 1.7g, protein 12.4g

Meet Our DSP's – Maria Olivarez



Maria Olivarez joined the CCSS team at our Life Enrichment Center (LEC) June 2023. She graduated from Fulton High School and earned a Certified Nursing Assistant certificate from Missouri Nursing Home Administration in 2012. She previously worked at Presbyterian Manor and Fulton State Hospital.

Maria has two sisters and one brother, twelve nieces and nephews, and son and daughter. Her favorite thing to do is spend time with her children, family, and friends. She loves going to Chicago when she has time.

Maria loves “making a difference in people's lives, building relationships, and gaining valuable experiences. I love watching people overcome obstacles and helping them.” Maria says she loves going out into our community with the people we serve. Her favorite activity at work is supporting our friends as they volunteer, especially Meals on Wheels. Maria loves coming to LEC and seeing the smiles on everyone's faces each morning as they greet her. She hopes to continue serving individuals with intellectual and developmental disabilities for a long, long time. She wants to continue to gain knowledge and grow. Maria is a great asset to our LEC team!

Volunteering in Our Community



Our friends at Life Enrichment Center (LEC) love to volunteer in our community. Some places they choose to help are Meals on Wheels, Saint Peter's School, Salvation Army, and Buddy Packs. Our friend shown here is always ready to go volunteer and our staff love supporting this endeavor. Our friends at LEC volunteered over **900 hours in 2024!** Way to give back to our community!!!

“No one is more cherished in this world than someone who lightens the burden of another. Thank you.”
Joseph Addison, English writer, and poet

Supported Decision-Making: Why and What is it?

As Americans, our right to make choices is fundamental to who we are (“Life, Liberty and the Pursuit of Happiness”). Many people with Intellectual and Developmental Disabilities (IDD) in Missouri are under guardianship. This means the Court has made the decision that they cannot manage their life. The guardian has the authority to make decisions for them. But there are other choices to explore, which are less extreme than Full Guardianship. Please understand that Full Guardianship is a need for some, but our hope with this article is to give information about other viable options.

When looking at options, it is a very individualized and personal choice of what works best for all involved. So, what are the options? A few legal options are Full Guardianship, Partial Guardianship, Durable Power of Attorney, and Conservatorship. With guardianship, the person loses the right to vote, but there is an option for them to maintain this right, which can be part of the guardianship order upon request during the court process.

It is wise to look at viable options for a person to retain as many of their rights as safely possible. It can be very frustrating to lose your rights. This must be even more so, if rights are removed which a person is safely capable of making. Another idea is to take time to collaborate with the person, when possible, to help them understand the reason to limit rights, and when possible, to look at the removal of rights as temporary. Can skills be taught, or other safeguards put into place to help protect them? What are the specific skills needed and what is the plan for developing these skills? Can assistive technology help?

Self-Determination means being in control of your life and yourself. Studies have consistently shown that people who have self-determination are more likely to live independently, be employed, be a part of their community, and be safer. Studies also show that people who lose self-determination may feel hopeless and helpless, have less ability to function, are less healthy, and have shorter lifespans.

Supported Decision-Making (SDM) is “a way for people with disabilities to get the help they need to be self-determined and manage their own lives.” This can be done with the person through working with trusted family, friends, or professionals to help them understand situations, choices, and consequences, which allows them to make informed decisions. A suitable time to consider SDM is during high school because upcoming graduation can be a challenging time of having to make many life decisions. At its core, SDM is something we ALL do. When it is time to make a big decision, don’t we all talk to our friends, family and mentors and talk it through?

Consider working with your teens to make a Supported Decision-Making Agreement, which allows them, once they are 18 years old, to choose who they want on their Individual Education Plan Team, who can see their records and help them make their goals. An example of a form: <http://supporteddecisionmaking.org/node/362>.

If you are interested in checking into SDM, please reach out to Missouri Developmental Disabilities Council (MODDC) at 573-751-8611 or 800-500-7878. More information on SDM is at <https://moddcouncil.org/>.

Information from “Introduction to Supported Decision-Making” by MODDC



Winter Safety Tips

- ❖ **Dress for the weather. Layer up, use gloves, cover your head, wear a scarf, slip-proof shoes, heavy socks.**
- ❖ **Warm up if you get too cold. Go inside, move around, drink a warm drink, cover up under a blanket.**
- ❖ **Be ready for winter storms. Have food pantry stocked, extra medications, clear sidewalks of ice and snow, and have emergency supplies (flashlight, batteries, first aid kit, extra blankets).**
- ❖ **Have a communication plan. Plan to check on family and friends during severe weather.**
- ❖ **Plan – Watch the forecast. Stay in during extreme weather.**





- ❖ What did one snowman say to another snowman? *Do you smell carrots???*
- ❖ What did one cat say to another on Valentine's Day? *You're PURRR-fect for me!!!*
- ❖ Why do leprechauns hate running? *They'd rather jig than jog!!!*

WINTER WORD SEARCH



| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | E | A | T | H | E | R | W | G | S | F | P | S | F | M |
| O | H | J | V | O | L | J | O | N | J | V | H | N | J | J |
| K | F | R | A | C | S | M | E | O | K | O | L | O | M | G |
| D | R | H | B | P | T | T | D | P | V | B | P | W | W | N |
| I | E | L | J | Q | T | O | I | E | L | J | Q | F | O | I |
| W | E | P | N | I | W | K | L | I | P | N | S | L | K | T |
| S | Z | Q | M | W | Q | D | S | D | Q | M | F | A | D | A |
| N | I | A | K | S | B | I | U | W | A | K | F | K | I | K |
| A | N | S | L | I | D | E | I | S | S | L | U | E | W | S |
| M | G | W | J | C | D | L | L | A | W | J | M | D | S | W |
| W | W | X | I | D | S | N | O | W | X | I | R | B | U | X |
| O | C | C | U | F | D | D | P | C | C | U | A | D | D | C |
| N | V | D | O | M | G | G | N | I | D | D | E | L | S | D |
| S | B | E | P | I | C | C | R | E | T | N | I | W | C | E |
| F | S | L | I | P | P | E | R | Y | R | T | A | H | H | R |

- See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.
- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |