



Callaway Connections

FOSTERING COMMUNITY RELATIONSHIPS TO LAST A LIFETIME

A publication of Callaway County Special Services

Sharing Our Strengths Program

Sharing Our Strengths (SOS) is a FREE program that connects parents, families, or individuals with Intellectual or Developmental Disabilities (IDD) to similar people, who know what it's like to experience similar situations. They can help with things like handling your child's needs, navigating your own feelings, or finding resources. Being an individual with a disability or a family member can sometimes feel lonely and isolated. SOS Mentors (parents or individuals with IDD) have been there. They are volunteers who are available to talk with you, listen, and even celebrate victories. To learn more, go to <https://mofamilytofamily.org/missouri-leadership-network/> or contact their statewide office at 1-800-444-0821. If you are interested in being a mentor or going through their free mentor training, please go to the website or call the toll-free number above.



Information from this article was taken from Missouri Family to Family website.

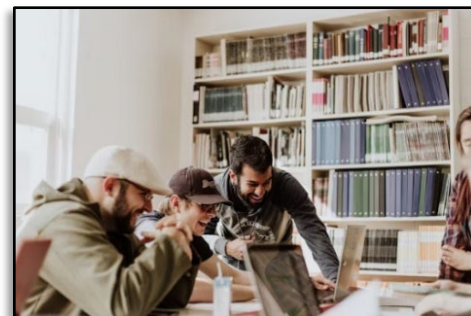
Transition Services: What Are They?

Transition Services help teens in Special Education prepare for life after high school. Transition Services should ideally start around age 16. They should be based on needs, strengths, likes, dislikes, and interests. Post-school life may include education, employment, living more independently, increased community participation, and continuing to work on developing life skills.

Transition services help students identify their goals and supports needed to lead the lives of their choosing. This is often a time when parents are encouraged to pursue guardianship, but there are several options to explore. If Supported Decision-Making skills are being taught, this allows students to start making decisions, which is age appropriate.

Transition services you may want to consider are asking for supported decision-making, having student-led Individual Education Plans (IEPs), creating IEP goals with "I" statements, requesting evaluations, and working with some outside agencies. Vocational Rehabilitation (VR) can provide some information about work and continuing education choices. They sometimes offer summer work programs. You can learn more about VR at: <https://dese.mo.gov/adult-learning-rehabilitation-services/vocationalrehabilitation>. Independent Living Centers may offer education, advocacy, training, counseling, and other services. Other agencies that may be of assistance are Missouri Developmental Disabilities Council (MODDC), Missouri Protection and Advocacy, UMKC Institute for Human Development, Missouri Department of Mental Health–Developmental Disabilities Division, your service coordinator, and your local county Senate Bill 40 agency (CCSS).

Information taken from "Planning for the Rest of their Lives: Supported Decision-Making in Special Education Transition Services" by MODDC.



A Note from Our Executive Director

Strengthening Our Community Through Partnerships

At Callaway County Special Services (CCSS), we believe that collaboration is the key to creating lasting opportunities for individuals with intellectual and developmental disabilities. Through strong partnerships, we can better serve our community, expand access to essential resources, and provide the support that individuals and families need to thrive.

This spring, we want to celebrate the incredible organizations that continue to work alongside us: Callaway County Extended Employment, ReMade for a Purpose, and Serve, Inc. Each of these partners plays a vital role in enhancing employment opportunities, community engagement, and inclusive services in Callaway County. Their commitment to empowering individuals aligns with our mission, and we are grateful for their ongoing contributions.

We are thrilled to announce our new partnership with the **Center for Human Services (CHS)**, a leader in **Service Coordination** since 1996. CHS provides one-on-one support to individuals of all ages, helping them navigate the complexities of available services with ease. As the demand for these services has grown, CHS now proudly supports more than 5,500 individuals and families across Missouri. Their dedicated Service Coordinators work closely with individuals to develop personalized plans and connect them with essential resources—all at no cost to those who qualify.

Through our new partnership, CCSS and CHS are bringing a Resource Specialist to Callaway County in 2025 to assist families who do not qualify for Medicaid. This specialist will work closely with families, schools, teachers, and other team members to identify and connect individuals with critical resources. By expanding our reach in this way, we hope to ensure that more families receive the support they need to navigate challenges and find meaningful solutions.

We are excited about the impact this partnership will have on our community. Thank you to all our partners—past, present, and future—for your dedication and commitment to empowering lives. Together, we are making a difference!

Warm regards,

Mike Lederle

Executive Director



Did You Know??? Rehabilitation Services for the Blind

Rehabilitation Services for the Blind (RSB) is available through Missouri Department of Social Services. RSB offers services to help blind or visually impaired people achieve success, personally or through employment. They believe “that with the right training and resources, each ...person will be able to achieve their goals.” They offer **support services** through their **Independent Living Rehabilitation Program**. These services may include personal/home management, communication, counseling and guidance, meal preparation, and independent travel. You may be eligible if you have visual impairment in both eyes or your visual impairment affects your daily activities or employment. Their email is <https://dss.mo.gov/fsd/rsb/living-independently.htm> and phone number is 1-800-592-6004.

For **children’s services**, they may provide parental education on blindness in children, advocacy services, attend IEP meetings upon request, provide referral and resource information, and provide services in the home.

For seniors, they have the **Older Blind Services Program**, to help seniors who have lost or are losing their sight. They may provide skill training for daily living, communication, counseling and guidance, and homemaking.

Awareness Days

- ❖ **World Autism Acceptance Week** – March 31 to April 6
- ❖ **World Autism Awareness Day** – April 2
- ❖ **Mental Health Awareness Week** – May 12
- ❖ **Volunteers’ Week** – June 2
- ❖ **Autistic Pride Day** – June 18



Spring Safety Tips

Test your home’s smoke and carbon monoxide alarms. Replace batteries if needed.
Clean debris from your clothes dryer lint trap and outside exhaust duct.

Weather Safety – Check the weather before leaving your house and dress accordingly.

Wear non-slip shoes when it’s raining and remember to use handrails on stairs.

Have a plan for severe weather, including where to shelter.

Sign up for Callaway County’s “Smart911” to receive text alerts and Emergency Alert Notifications from Callaway



Director’s Creativity Showcase – Art Contest (AUGUST)

The Director’s Creativity Showcase is an annual art contest for individuals receiving mental health services, including those with Intellectual and Developmental Disabilities to display their work, including drawings, paintings, crafts, and photography. This allows individuals to explore art as an outlet and therapy, and to express themselves in unique ways. The Missouri Mental Health Foundation and Department of Mental Health sponsor the contest. The artwork that is submitted is shown around the State and serves as an inspiration to all who participate and experience viewing the art. Monetary awards are given in each category. <https://www.missourimhf.org/directors-creativity-showcase/>



Financial Options - MO ABLE Program

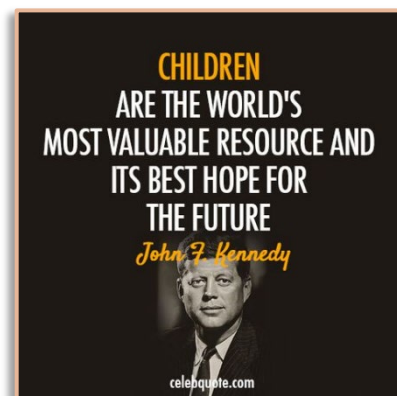
This program, administered by the Missouri State Treasurer’s Office, allows individuals with disabilities to save up to \$19,000 per year, tax-free, without losing federal benefits (Medicaid, Social Security). <https://moable.com/about-us>

RESOURCES FOR CHILDREN

- **Missouri Parents Act (MPACT)**- Missouri’s Parent Training and Information Center. Empower families with children with special education needs. <https://www.missouriparentsact.org/>
- **Child Care Aware of Missouri**- Provides a list of childcare providers, resources, training, and information. <https://mochildcareaware.org/>
- **Thompson Center for Autism and Neurodevelopmental Disorders** – serves individuals affected by autism and other neurodevelopmental disorders. <https://thompsoncenter.missouri.edu/>
- **Missouri First Steps**- Services for families with children, birth to three years of age, with disabilities or developmental delays. <https://www.mofirststeps.com/>
- **Easterseals Midwest**- Offer a variety of services for people with disabilities. Services include: ABA clinics, assessments, therapies, etc. <https://www.easterseals.com/midwest/>
- **Dream Factory of Central Missouri**- Helps fulfill the dreams of critically or chronically ill children aged 3-8 years old. <https://www.dreamfactoryinc.org/centralmissouri/>
- **Family Services Division**- Services include food stamps, childcare subsidy, Medicaid, Temporary Aid to Needy Families (TANF). <https://dss.mo.gov/>
- **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)**- Helps with food, nutrition education, breastfeeding support, and healthcare referrals to income-eligible women, infants, and children up to 5 years old. <https://health.mo.gov/living/families/wic/>
- **Temporary Assistance Program (TA)**- Provides cash benefits to low-income families for the household’s children such as clothing, utilities, and other needs. <https://mydss.mo.gov/temporary-assistance>
- **Child Care Subsidy Program**- Helps with the cost of childcare so parents can focus on work that can support their family’s needs. <https://dese.mo.gov/childhood/child-care-subsidy>
- **Find Child Care**- Missouri offers a one-stop website to help you find a childcare facility, learn about early education program, etc. <https://www.mo.gov/education/pre-k-and-child-care>
- **The ParentLink WarmLine**- Offers support, information, and resources, and online developmental screening tools at 800-552-8522 or <http://education.missouri.edu/parentlink>
- **Missouri Statewide Parent Involvement Network (MoSPIN)**-no-cost homebased program for families of children birth to 5 years, who are visually impaired 314-776-4320 <https://msb.dese.mo.gov/outreach-services/mospin.html>



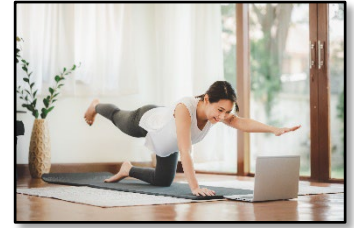
For **more resources**, go to **Missouri Resource Guide** at <https://dss.mo.gov/fsd/pdf/missouri-resource-guide-3steps.pdf>



Health Linkages Program

The Health Linkages Program is here to support adults with intellectual and developmental disabilities (IDD) in Missouri with the resources they need to achieve their health goals. And the best part? It's completely free!

Here's how the Health Linkages Program can help you reach your goals:



- **Set Your Health Goals** – Whether you want to improve your fitness, manage a condition, or adopt healthier habits. We'll help you create a personalized health plan tailored to your needs.
- **Get Expert Support** – Our team of professionals will provide practical advice and support to help you take actionable steps toward better health and well-being. You don't have to do it alone!
- **Access Vital Resources** – The Health Linkages Program connects you to essential resources, from health screenings to finding the right healthcare providers, ensuring you have the tools you need for success.
- **Stay on Track** – With continuous support throughout the year, we'll help you stay motivated and adjust as needed to ensure you stay on the path toward achieving your health goals.

To join, fill out the application form at https://umkcihd.tfaforms.net/f/CDC_Health_Linkage.

Information taken directly from "Good Life Gazette" from Missouri Family to Family.

Explore Local State Parks – Accessibility Information

- **Clark's Hill/Norton State Historic Site** (Osage Hickory Street, Jefferson City, MO in the State Capitol): Part of the Lewis and Clark Expedition in June 1804. A short trail takes visitors past 2 American Indian mounds to an overlook. Not an accessible park due to steep inclines.
- **Missouri State Museum & Jefferson Landing Historic Site** (201 W. Capitol Ave., Jefferson City, MO): exhibits of the State's natural and cultural history. Museum staff provide tours of the Capitol. Accessible parking is not available. Information on accessing and requesting accommodations at www.at.mo.gov/capitol-access-guide/. A social story is provided at <https://mostateparks.com/sites/mostateparks/file/SocialNarrative2.pdf>.
- **Graham Cave State Park** (217 Highway TT, Danville, MO): Visitor's center has an accessible restroom, information about the park, and artifacts from the cave. The Lower Picnic Area has an accessible picnic shelter, bathroom and sidewalk. An accessible Interpretive Shelter is on the other end of the parking lot. The trail to the cave is wood chips and has about an 8% grade.



Fun Spring Craft

Supplies:

Eggs, tissue paper (look for "bleeding tissue paper), cut empty toilet paper rolls into 2-inch rings to hold your eggs for drying

Directions:

- ✓ Hard boil eggs
- ✓ Dip pieces of tissue paper in water and cover the egg completely
- ✓ When completely dry, peel the tissue paper off



UPCOMING COMMUNITY EVENTS

- Apr 4, May 2, Jun 6, 5-9 pm **First Friday at The Woods** at William Woods monthly
- Every Thursday 6-9pm **Hambo Lathom (music/dance)** Callaway Senior Center
- 4/26, 4/27, 5/3, 5/4 **Central MO Renaissance Festival** \$15 -Kingdom City)
- 4/27 12-7pm **Columbia Area Earth Day Festival**
- 4/29 1-3p or 5:30-7:30pm **Paint Party** – MO River Regional Library (pre-registration required)
- 5/3 **Morels & Microbrews** -Fulton
- 5/4 1-4pm **PorchFest** -Jefferson City
- 5/30-6/1 **Anchor Festival** -Centralia
- 5/31 **573 Vintage Market** -Linn
- 6/7-6/8 **Art in the Park** -Columbia
- 6/11-6/14 **-Moberly Railroad Days**
- 6/14 **Columbia's Juneteenth Parade & Festival** (parade 9am)
- 6/20-6/21/25 **Fulton Street Fair**
- 6/28 **Holts Summit Fireworks Festival**

Spring Fling Dance
Disco Theme
 through Arts for All Abilities
4/11/25 4-5:30pm



Snacks & drinks available. Free and open to residents of Callaway County with IDD and their support person.
Arts For All Abilities at Presser Arts Center 900 S Jefferson St., Mexico

To sign up for our digital newsletter, go to <https://callawaycountyspecialservices.org/> and enter your email at the bottom of the page.

To submit an event, email info@callawaysb40.org

3 Ingredient Healthy Applesauce-Oatmeal Cookies

From www.kirbiecravings.com/healthy-applesauce-oatmeal-cookies/
 Prep time: 5 min. Cooking Time: 13 min. Makes: 9 cookies

INGREDIENTS:

- ½ cup applesauce (use unsweetened for lower sugar)
- 1 cup quick oats
- ½ cup mix-ins of your choice (raisins, chocolate chips, nuts, etc.)
- Note: the cookies aren't sweet, so the mix-ins will help with this.



INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. In a large bowl, add applesauce and oats. Mix with a spoon until evenly combined. Stir in mix-ins of your choice.
3. Make dough ball using about 1.5 tbsp cookie mix. Place them onto an oiled baking sheet, about 2 inches apart. Press the cookies to form thick round disks.
4. Bake cookies for about 13-15 minutes or until they are set. Let cookies cool before placing them in an airtight container at room temperature for 1-2 days or in the refrigerator or freezer for longer.

NUTRITION: Serving size-1 cookie, 38 calories, fat 1g, sodium 1 mg, total carbs 8 g, fiber 1g, protein 1g

Meet our DSPs - Patrice Lawson



Patrice, a valued member of our team, has been a Direct Support Professional at Life Enrichment Center for about 2 years. She is a graduate of Fulton High School. She previously worked as Center Sales Manager at Advance America and as House Manager at Vantage Supported Living. She has 3 children, Timauri (14), Jordan (8), and Jazmyn (6). Her children are the center of her world. When she's not at work, she can be found doing activities with them, like Sky Zone or being a basketball mom. Her oldest child is her inspiration for working in this field. Patrice says, "The care I give is what I want my son to receive." She describes LEC as "...the best and most fulfilling of places. It makes my heart happy." Her favorite part of her day at LEC is when she walks in each morning and is greeted with such enthusiasm by her friends there. Patrice dreams of someday opening a restaurant and focusing on employing those with intellectual and developmental disabilities, so she can help them fulfill their dreams.

The Case for Expanding Accessible Parking - Beyond ADA Requirements

As our society strives for greater inclusivity, it's crucial to address the accessibility needs of individuals with disabilities. While the Americans with Disabilities Act (ADA) sets minimum standards for accessible parking, there are compelling reasons for businesses to go beyond these requirements.



Growing Demand for Accessible Parking

The Centers for Disease Control and Prevention (CDC) reports that approximately 26% of adults in the United States live with some form of disability. The current number of accessible spaces falls short of the demand, leading to barriers for those with mobility challenges.

Benefits of Additional Accessible Parking

1. **Enhanced Accessibility:** More accessible parking spaces mean easier access to essential services, shops, and public areas. This promotes independence and encourages participation in community activities.
2. **Reduced Stress and Anxiety:** Knowing that ample accessible parking is available can significantly reduce the stress and anxiety associated with finding a suitable parking space.
3. **Promoting Inclusivity:** Expanding accessible parking demonstrates a commitment to inclusivity and equality. It sends a powerful message that businesses value all customers and are willing to make accommodation to meet their needs.

Practical Steps for Businesses

- **Assess Current Parking Facilities:** Evaluate the current number of accessible parking spaces and their usage. Identify areas where additional spaces could be beneficial.
- **Engage with the Community:** Seek feedback from customers with disabilities to understand their specific needs and challenges. This can provide valuable insights into how to improve accessibility.
- **Implement Changes Gradually:** Start by adding a few extra accessible spaces and monitor their usage. Adjust as needed based on demand and feedback.

By taking these steps, businesses can create a more welcoming environment for all customers, fostering a sense of community and support. Let's work together to make our community more accessible and inclusive for everyone!

Information taken from [Accessible Parking Spaces | ADA.gov](https://www.ada.gov/accessible-parking-spaces/) and <https://www.handicappedparking.com/should-we-expand-accessible-parking-for-people-with-disabilities/>



- ❖ What happens when you tell an egg a joke? *It cracks up!!!*
- ❖ Why was the strawberry upset? *He was in a jam!!!*
- ❖ Why are frogs so happy all the time? *They eat whatever bugs them!*



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