



Callaway Connections

FOSTERING COMMUNITY RELATIONSHIPS TO LAST A LIFETIME

A publication of Callaway County Special Services

CCSS Announces Assistant Director of Day Services



We are pleased to announce Lisa Attruia joined our Team in April. She is originally from California but has been in Missouri since 2002. She recently married and loves spending time with her family, including two children, a grandbaby, and three spoiled pups.

Lisa brings a strong background in leadership, program development, team management, and quality support services for individuals with intellectual and developmental disabilities. She has a bachelor's degree with minors in psychology and Spanish. She is passionate about creating positive systems, empowering staff, and ensuring excellent care for those we serve. Lisa shared, "I'm honored to be part of the CCSS team and excited for all we'll accomplish together."

Inclusive Playground in Callaway County

Have you visited the **NEW inclusive playground** in Holts Summit, partially funded by CCSS?

Types of Adapted Playgrounds

- Accessible playgrounds are those who have gone above and beyond ADA to ensure those using wheelchairs can use the playground.
- Universal design playgrounds refer to a broad-spectrum solution that creates an environment that everyone can use.
- ADA Compliant playgrounds meet all ADA regulations for playgrounds. This means that the playgrounds just meet the requirements, nothing more.
- Inclusive playgrounds are specifically designed to ensure that children of ALL abilities can play together; they are welcoming to all! It goes beyond wheelchair access or just meeting the standard to be ADA compliant. Inclusion ensures that people feel like they belong, can engage and connect with others and their environment. They are intended to break down barriers so children of all abilities can play together. They help children develop physically, cognitively, socially, and emotionally.



CCSS encourages you to visit the first inclusive playground in Callaway County, at Hibernia Station Park at 279 S Summit Dr, Holts Summit! <https://holtssummit.gov/parks>

Information from <https://www.accessibleplayground.net/> <https://inclusiverec.org/inclusive-playgrounds>

Compassion Fatigue

Compassion fatigue is a significant challenge for those who work with or care for others. It refers to the emotional, physical, and spiritual exhaustion that can arise from the continuous act of caregiving. This phenomenon is particularly common among direct support professionals (DSPs), family members, and other caregivers who dedicate themselves to meeting the needs of individuals with IDD.

Understanding Compassion Fatigue- Compassion fatigue is not the same as burnout, though the two are often confused. While burnout stems from workplace stress and dissatisfaction, compassion fatigue is more specific to the emotional toll of caregiving. It can manifest as a decline in empathy, emotional withdrawal, and even physical symptoms like fatigue or illness.



Causes and Risk Factors- Caregivers of individuals with IDD often face unique challenges, such as:

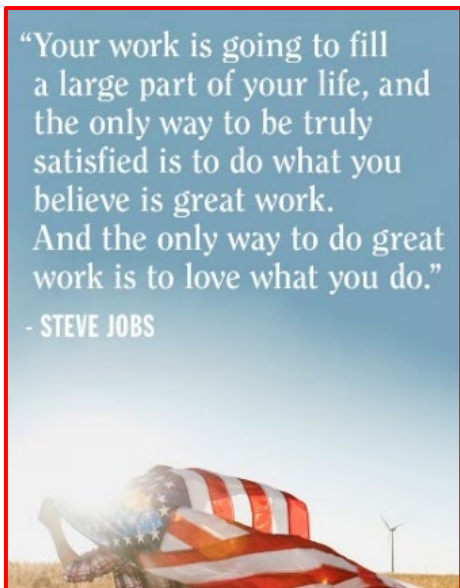
- **High emotional demands:** Supporting individuals with complex needs can be emotionally taxing.
- **Lack of boundaries:** Many caregivers struggle to separate their professional or caregiving roles from their personal lives.
- **Limited resources:** Insufficient support systems or training can exacerbate stress.

Impact on Caregivers and Individuals- Compassion fatigue can affect caregivers' ability to provide quality care, leading to:

- Reduced patience and empathy.
- Increased absenteeism and turnover in professional settings.
- Strained relationships with family and colleagues.

For individuals with IDD, this can result in inconsistent care and a diminished quality of life.

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do."
- STEVE JOBS



Strategies for Prevention and Management- Preventing and managing compassion fatigue requires a proactive approach:

1. **Self-care:** Caregivers should prioritize their own wellbeing through activities that bring joy and relaxation.
2. **Professional support:** Access to counseling or peer support groups can provide a safe space to share experiences and seek advice.
3. **Training and resources:** Organizations should offer training on recognizing and addressing compassion fatigue.
4. **Work-life balance:** Setting boundaries and taking regular breaks can help caregivers recharge.

Conclusion- Addressing compassion fatigue is essential for the well-being of both caregivers and individuals with IDD. By fostering a culture of support and self-care, we can ensure that caregivers remain resilient and compassionate in their vital roles.

Information taken from Compassion Fatigue Awareness Project and GoodTherapy.org.



Did You Know??? Missouri Assistive Technology

Missouri Assistive Technology (MoAT) is a federally funded program, whose mission is to increase access to and acquisition of technology.



Their services: **Device Loan**, **Device Demonstrations**, **Device Reutilization** (donated assistive technology is cleaned, refurbished, and offered to the community at little or no cost), **Show Me Loans** (low-interest loans for assistive technology, services, home adaptations, vehicle adaptations, communication devices, etc.), **Telecommunications Access Program** (provides equipment to qualifying individuals who have problems sending/receiving phone calls, texts or emails or using the internet due to a disability), and **ICanConnect** (program for individuals with combined hearing and vision loss, covering a variety of equipment based on communication needs).

To learn more about their services, go to <https://at.mo.gov/>, email info@mo-at.org, call 1-800-647-8557, or TTY 1-800-647-8558.



A Note from Our Executive Director

Why Inclusion Matters: CCSS Becomes an Autism Friendly Business

At Callaway County Special Services, inclusion is more than a goal, it's a responsibility. Since our beginnings, we've worked to ensure that individuals with developmental disabilities felt welcomed, respected, and supported in every interaction. Being autism-friendly isn't new for us; it's been part of our identity from day one.

What is new, however, is the formal recognition from the Thompson Center for Autism & Neurodevelopment, which has named CCSS an official Autism Friendly Business. This designation affirms and validates the intentional work we've done over the years to create safe, accessible spaces for individuals with autism and their families.

As part of the process, our staff participated in training focused on sensory awareness, inclusive customer service, and communication strategies, reinforcing practices that have long been central to how we serve. It also gave us the opportunity to reflect, refresh, and recommit to continuous improvement.

This wasn't about earning a certificate. For me and for all of us at CCSS it's deeply personal. I've dedicated my life to serving others, the mission of CCSS is an extension of that commitment. I believe with conviction that true inclusion is built on trust, dignity, and shared humanity. This designation is a meaningful reminder that every effort matters. Every small decision to create safety and belonging adds up to something bigger, something lasting.

Our Board Chair Kim Lorentz put it simply and powerfully:

"Inclusion doesn't happen by accident. This is one more step in showing our community that CCSS is committed to thoughtful, meaningful change, where people of all abilities feel like they belong."

The Autism Friendly Business designation is not the finish line, it's a milestone. It reflects our ongoing commitment to our mission: to Empower people and Enrich lives. It honors the people we have the privilege to serve by ensuring they are met with empathy, dignity, and belonging at every turn.

To learn more about the Autism Friendly Business initiative and view other participating organizations, visit thompsoncenter.missouri.edu/afb.

Warm regards,

Mike Lederle

Executive Director



RESOURCES FOR RECREATION

- **Access Pass** – A free (plus \$10 shipping/handling), lifetime pass, for those who have a permanent disability, without an age limit. It covers national parks and over 2,000 recreation sites.
<https://www.nps.gov/aboutus/accessibility.htm>
- **Camp Barnabas** – Summer camp <https://campbarnabas.org/>
- **Hibernia Station Park** – ADA accessible play area and inclusive park.
<https://holtssummit.gov/parks>
- **ICAN Shine (ICAN Bike Camp)** – recreational activities and learning
<https://icanshine.org/>
- **Legends REC-Plex** – City-owned fitness center
<https://fulton.recdesk.com/Community/Home>
- **Memorial Park** – provides sensory activities to aid in cognitive-social development.
<https://fulton.recdesk.com/Community/Facility/Detail?facilityId=80>
- **Missouri Department of Conservation** – Accessibility information.
<https://mdc.mo.gov/accessibility>
- **Missouri Disabled Sportsmen** – Provide mobility impaired, youth, and terminally ill youth outdoor enthusiasts with hunting, fishing, shooting sports, and outdoor educational opportunities in a safe, inclusive manner. 816-506-0728 <https://www.missouridisabledsportsmen.org/>
- **Missouri Special Olympics** – Year-round sports training <https://somo.org/>
- **MO State Parks Beach Chair Program** – Free use of a beach wheelchair (with reservation) that floats and helps park visitors with limited mobility access designated swim areas.
<https://mostateparks.com/page/105811/beach-chair-program>
- **MO State Parks Track Chair Program** – Free use of a track chair (with reservation). Track chairs are electronic off-road chairs to help visitors with limited mobility explore designated trails in select state parks and historic sites. They can be reserved 2 days in advance, free of charge.
<https://mostateparks.com/track-chair>
- **National Park Service** – discover accessible and inclusive features in parks across the United States. <https://www.nps.gov/subjects/accessibility/plan-your-visit.htm>
- **TrailLink by Rails-toTrails Conservancy**- helps you find accessible trails throughout the United States.
<https://www.traillink.com/activity/wheelchair-accessible-trails/>
- **Wonderland Camp** - camp <https://wonderlandcamp.org/>
- **YMCA of Callaway County** – inclusive environment committed to enriching the quality of family <https://www.ymcaofcallaway.org/>



**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

Have you signed up for **Smart911** alerts to your cellphones for Callaway County by going to www.callawaycounty.org/eoc911? It will provide texts or call alerts during emergencies, inclement weather, and service disruptions.



To submit an event email: info@callawaysb40.org

**UPCOMING
COMMUNITY EVENTS**

Jul 4, Aug 1, Sep 5, 5-9 pm **First Friday at The Woods** at William Woods

-7/4 11 am **Independence Day Parade** – Fulton

-7/4 5:30p-9/25p – **4th of July Fire in the Sky**-Jeff City

-7/18-7/19 **Callaway Fair Grounds Rodeo** (\$15)

-8/1 7pm **Auxvasse Rodeo**

-8/30/25 **Mokane World's Fair, Parade & Concert**

-8/1, 8/18 8:45p **Stars Under the Stars Movies**-South Capital Lawn (free)

-7/19, 8/16 7-8p **Backyard Concert Series** at Jefferson Landing (free)

-9/13-14 **Show Me State Air Show** \$10-Jefferson City

-8/7-8/17 **MO State Fair** - Sedalia

-Tuesdays 6-9p **Music by Hambo Latham** at **Callaway Senior Center**

-Saturdays 8am **Fulton Farmers Market**

-9/13 **Falliday**-Brick District

Bocce BALL!



3 Ingredient Healthy Banana Pancakes



From www.cleaneatingwithkids.com/three-ingredient-clean-eating-banana-pancakes/

Prep time: 5 min. Cooking Time: 13 min.

INGREDIENTS:

- 2 Medium Ripe Bananas – mash with fork.
- 2 Eggs
- ¾ Cup Flour

INSTRUCTIONS:

1. Preheat pan on stove. Add a little butter to avoid sticking.
2. Whisk all ingredients together in a medium bowl.
3. Spoon about 2 Tablespoons per pancake into hot pan.
4. Cook on each side, flipping half-way, until golden.
5. Serve with maple syrup or extra fruit and Greek yogurt.

Note: Gluten-Free option – use organic, gluten-free flour **NUTRITION:** Servings 2, 337 kcal



Special Olympics

Bocce: Starts **Thursday 7/17/2025 at 6pm** at **Morgan Soccer Complex**, and weekly thereafter. Sign up at the first practice-and learn to play a new game!

Bowling: Sign-up **Saturday 9/13/2025 at noon** at **Callaway County Extended Employment (CCEE)** – along with a **Celebration of Life for Debbie Luckinbill**. Come enjoy food and good company as we honor Debbie and kick off our bowling season! If unable to make it this day, contact Sara on or before this day to sign up. **Practices at Fulton Bowling Center on Saturdays at noon starting 9/20/2025.** Must be signed up to participate.

For further information: email Sara LeBel at sara.lebel4@gmail.com

Callaway County Extended Employment – Making A Difference!



History and Information:

Callaway County Special Services (CCSS) is honored to support Callaway County Extended Employment (CCEE), an extended employment, non-profit sheltered workshop, serving our area since 1976. They started out as Kingdom Projects Incorporated (KPI). Marla Moore, the General Manager, draws some of her passion for this field from having an adult nephew with Down Syndrome. She says, "He has taught me a lot that I have been able to use as a springboard to facilitate my understanding...of the people I serve here."

Marla explains, "Every day, sheltered workshops help thousands of adults across Missouri experience the pride of success, the dignity of being valued and the fulfillment of accomplishment. For these people, a

workshop provides more than just a job; it provides a social network of peers in which to grow and live life. Sheltered workshops across the state of Missouri provide much needed jobs and that safe place to over 5000 Missourians with disabilities. I love that Missouri supports sheltered employment...I love the work we do and the people we get the honor to support, encourage and serve."

Who CCEE Serves:

CCEE serves adults 18+ who have a disability, are interested in employment, and have been assessed by Missouri Vocational Rehabilitation as eligible for extended employment. They employ around 20 adults with disabilities, which provides the dignity of having a job for these individuals and supports our local economy.

Current Services:

Marla reports, "CCEE provides meaningful, dignified work for our employees. We are no longer a recycling center. Instead, we have partnerships with many local businesses, doing a variety of jobs. We handle packaging and assembly jobs to free up time and staff for several of our partners. We have a commercial lawn mowing crew, and a commercial cleaning crew. We are now an event venue, where people can rent our property for events and fundraisers. We have a state-of-the-art commercial laundry facility, helping business owners by picking up soiled laundry and delivering clean, fresh items for use. My staff is top-notch and give their best every day!"

If you are interested in employment at CCEE, contracting with them for your business needs, or using their event space, Marla can be reached at 573-642-7333 or

manager@callawaycountyextendedemployment.com.



Summer Safety Tips

- ◆ Drink plenty of water.
- ◆ Stay inside in the cool when it gets too hot outside. Resources for free fans: Serve, Inc., United Way
- ◆ Check your local weather to get updates on heat advisories.
- ◆ When outside, schedule breaks in cool places.
- ◆ Wear thin, loose, light-colored clothing to protect yourself from sun.
- ◆ Apply sunscreen often.
- ◆ Contact Central MO Community Action for help with home weatherization assistance.





- ❖ What did the pig say on a hot day? *I'm bacon!!!*
- ❖ What do you call a dog that's outside on a summer day? *A hot dog!!!*
- ❖ Why did the cantaloupe jump into the pool? *It wanted to become watermelon!*



SUMMER WORDSEARCH



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

WORD LIST

BARBECUE	HEATWAVE	LEMONADE	SAND
BASEBALL	HIKING	OCEAN	SUMMER
BEACH	HOT	PICNIC	TENNIS
CAMP	HUMID	POOL	TRAVEL
COOKOUT	KITE	SAILING	WARM

Homemade
GIFTS MADE EASY