

# CELEBRATIONS

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## Contributing Writers

- Megan Sutton (Editor)
- Jim Johnson
- Veronica Edwards
- Betty Szafranski

## WINTER BITS AND PIECES

It may be cold outside, but that doesn't slow the residents of CDD down!

The holiday season left its mark on the Grandview residents. The Lafayette Manor men visited the model train display at Union Station. There they saw trains, trains, and more trains. They enjoyed the display and spent a lot of time talking about where they would go on the trains if they could. It was great fun. Then they had to stop by the Rocky Mountain Chocolate Factory to be sure the chocolate was up to par for the day. After that, they headed to the Extreme Screen to watch "Ernest Saves Christmas." They laughed and laughed into the early evening. To top off their night they had dinner at Applebee's. A great time was had by all and a lot of pictures will let the memories live on for a very long time.



Resident, Bobby, with staff member Sheila Cross at Union Station



At Southern Road one of the residents hosted a Super Bowl Party. He invited his friends from Lafayette Manor and Kinbrook. There was pizza, chips, popcorn, cheese & crackers, drinks and plenty of rivalry as they all rooted for their favorite teams. In the end it did not matter who won or who lost the Super Bowl. The Grandview men all went away happy because they shared good food and good friends. Everyone thanked their host for inviting them to enjoy such a fun day together.

Elms house residents hosted a Valentine's Day party. Residents from Cedars, Kinbrook, Birch, and Sycamore, as well as staff and their families all celebrated together. Elms house staff made lots of food for all to enjoy, and staff and residents made decorations and filled goody bags for all of their guests to take home. Residents enjoyed the dancing most of all, and boogied down to the pop and hip-hop songs played by the staff.



Bessie, Elms Resident, dancing at the Valentine's Day Party

As winter winds down, residents are beginning to look forward to spring and summer when they can get outside and enjoy the fresh air and mild weather. Watch for our spring newsletter for more updates on resident activities.



**WINTER EMPLOYEE ANNIVERSARIES**

**1 Year**

- Carietta Slatton
- Donald Stepeson
- Quincy Bradley
- Destiny Wilson
- Tom Rosenburger

**2-5 years**

- Sheena Alexander (2)
- Tiffany Lane (2)
- Solomon Onyemenam (2)
- Rupert Perkins (2)
- Pam Roland (2)
- Yonda Sanders (2)
- Anastasia Davis (3)
- Omar Hameed (3)
- Bertha Brown (4)
- Michema Laurent (5)
- Betty Szafranski (5)

**6-9 Years**

- Arsie Rowe (6)
- Brenda Davis (8)
- Sheila Carson (9)

**10+ Years**

- Brenda Williams (12)
- Veronica Edwards (14)

In December, CDD resident Christia was featured in the AAIDD Gerontology Newsletter. This is an industry newsletter that is distributed nationwide. Christia was featured because of her success in maintaining an active lifestyle and remaining a proactive advocate for other adults with developmental disabilities. Contact Betty Szafranski at the Administrative Office if you would like to read a copy of the article.

**CDD EMPLOYEES GOING ABOVE AND BEYOND**

**DECEMBER STAFF APPRECIATION**

Traditionally, CDD employees nominate one of their peers to receive recognition each month, as part of our "Employee of the Month" program. In December, though, we decided to recognize all of our employees' hard work and dedication. Each Manager was given a small amount of money to use at their discretion to show their staff that they are appreciated. At Birch house, Manager EJ Navarrete held a pot luck Christmas Dinner. He provided BBQ and each staff brought a side dish. They also participated in a secret santa gift exchange. Elms house Manager Veronica Edwards also held a Christmas dinner that included a gift exchange and lots of dancing. Melva Kerns, Lafayette Manor group home Manager, spent her money by buying each staff member a small gift to show her appreciation. These acts not only showed the staff that they are appreciated, but they also fostered a sense of belonging and companionship.

**RESIDENT SPOTLIGHT**

**BIRCH RESIDENTS FOCUS ON HEALTH**

This month we are featuring an entire house instead of a single resident. Birch house residents have started a new exercise program to kick off the new year, and it has really taken off! Lead Programmer, Tyla Smith, initiated the program as a way to maintain the residents' weight and overall health. Staff have tried to incorporate exercise sessions before, but without much success. Not all of the residents wanted to participate, and it wasn't done regularly. This time, ALL of the residents take part with enthusiasm and the sessions take place three times a week. Residents walk on the treadmill and ride the exercise bike, as well as workout along to aerobics and walk-off-weight DVDs. So far, many of the residents have lost 2-3 pounds, and they've just gotten started! Staff are optimistic that as the residents keep at it, they will continue to lose weight and maintain good health.



**Birch House resident, Marvin, walking on the treadmill**



## FROM THE EXECUTIVE DIRECTOR Jim Johnson

### **CDD BOARD OF DIRECTORS**

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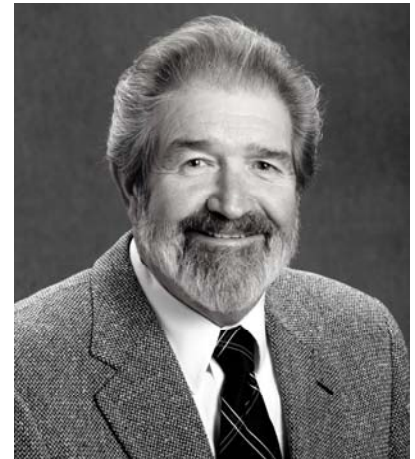
*Steve Troester*

*Betty Krah*

*Mark Arnesman*

Welcome to the first edition of CELERATIONS in 2009. Looking back, 2008 was a much more promising year than looking ahead. As the year drew to a close I was reluctant to see it go. Last year was a productive time for CDD. We did extensive renovations on our retirement home in Grandview and saw 90% completion of our new semi-independent living apartments. This new year greets us with some promising opportunities, but also with much uncertainty. Like all of us in the USA, our agency staff and Board are watching expenses and maximizing our efficient use of public resources.

well, but they will hear from many of us. Fortunately, our elected officials work for us, and I rarely meet a Missouri legislator who does not fundamentally understand that. This service industry is well represented in Jefferson City thanks to parents, grassroots advocates from all walks of life, providers who are willing to put in the time to inform legislators and state agency staff, and many of you who are associated with this agency or our service industry. Thank you for your support and please stay informed about the work of the Missouri General Assembly.



tions in the area that have been successful for over two decades, we expect our new semi-independent living program to be a significant new asset to the community and a positive upward extension to our residential services. If you want a tour, give us a call. As soon as we have opened the Summit Apartments with its first few residents, we will have an open house for the public. We expect to have our city occupancy permit in early March and to close the Section 811 development with HUD in March as well. Our CELERATION readers living in the Kansas City area will be notified of the open house. Stay tuned and plan to pay us a visit.

The 95th General Assembly opened its first session on January 7th and five days later Missouri inaugurated a new Governor. Any of us following the work of the legislature, either on the state or federal level, understands the huge challenges ahead in 2009, and what is at stake for all of us. I wish them

As mentioned in the last CELERATIONS, CDD will be using this newsletter to put out the word that we have brand new apartments nearly ready for occupancy. Our funders and referral sources are very well aware of the new Summit Apartments at 9th and Brooklyn. Like our group home opera-



Above: Partial view of bathroom in a consumer apartment



Left: The back side of Summit Apartments complex



Right: Kitchen and bathroom areas of a consumer apartment

**CENTER FOR  
DEVELOPMENTALLY  
DISABLED**

**1010 W 39th Street  
Kansas City, Missouri  
64111**

**Phone: 816-531-0045  
Fax: 816-756-5612  
E-mail: [cdd@kcnet.com](mailto:cdd@kcnet.com)**

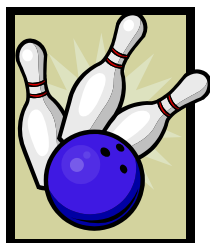
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Developmental Disability Services of Jackson County



## **CDD RESIDENTS TAKE STATE BOWLING TITLE**



When five residents from CDD descended

upon the community of Joplin, Missouri, in November 2008 to compete in the Special Olympics Bowling Tournament, they knew that the competition would be fierce. They also knew that they could be victorious. The CDD team consisted of two fellows from Birch House and three ladies from Elms House. Two staff ac-

companied them on their journey to greatness.

The residents practiced for the tournament for months with their Special Olympics Coach, Ongie Douglas. All their hard work really paid off when team members won a bevy of medals during the two day competition. All together the CDD team won a total of five medals. While they are all looking forward to working towards the state tournament again next year, they are now preparing for the Special Olympics state basketball games.

CDD has two resident openings in our homes. We are also now taking applications for our new complex, Summit Apartments, which is expected to open spring 2009. If you or someone you know is interested in becoming a resident with our agency, please contact us.

We also have employment opportunities available. If you are a caring, responsible individual who is interested in becoming a part of CDD, please contact us.

CDD is a private, not-for-profit organization. We are designated as tax exempt by the Internal Revenue Service under section 501(c)(3).

All donations to CDD are tax-deductible. We have a restricted account for donors to assist the residents with financial needs. If you wish to contribute, please send your check or money order to:

**CDD Donor Account  
1010 W 39th Street  
Kansas City, MO, 64111**

**Additional information about the agency will be made available upon request.**