

Spring 2011

CELEBRATIONS

SPRING BITS AND PIECES

STEP BY STEP

After more than two years, a Lafayette Manor resident makes strides in regaining the ability to walk

Robert "Bob" Butler has been in a wheelchair for more than two years. A few months ago, Bob made several comments about wanting to walk again, but one major hurdle was standing in his way—a hernia. A couple of months went by and staff at Lafayette Manor, along with his sister Gail, were able to get Bob an appointment with a doctor regarding the hernia in his stomach. It was then decided that they would do the surgery to remove as much of the hernia as possible.

Two months after Bob healed from surgery, with the help of a physical therapist, he slowly started to walk again. He began with about two to three steps and soon was up to five to 10 steps. In the middle of April, Bob went to see the knee doctor regarding his arthritis and the doctor recommended he get shots in his knees to help relieve the pain. By the end of April, Bob took anywhere from 15 to 35 steps with a walker and two people assisting him.

Recently, Bob went to the pool at Southeast Community Center with staff and a physical therapist. After he overcame his fear of falling into the water, Bob transferred out of his wheelchair with a two-person assist and gait belt and managed to walk down three steps into the therapy pool. Once in the pool, Bob walked with one hand holding the grab bars that were placed all the way around the pool. Bob was then assisted by the physical therapist to walk without the grab bars. He was able to take about 65 to 75 steps, along with being able to transfer back up the three steps holding the grab bar and a two-person assist, to successfully transfer back into his wheelchair. Staff and his therapist, along with Bob, are so proud of the accomplishments he has made.

After returning home to Lafayette Manor, staff contacted his sister Gail who praised him and shared some joyful tears and thanks to all the Lafayette staff for helping her brother start walking again. With the encouragement of all the staff and his therapist, Bob is beginning to reach his goal of walking again.

Now Bob is excited to go back to the pool and keep working on standing up straighter and stretching out his legs. This is a huge accomplishment for Lafayette Manor, but more so for the amazing efforts and motivation of our resident Bob Butler. We are so proud!



Bob of Lafayette takes a few steps as he regains his strength to walk again. A physical therapist and staff at Lafayette helped with the process.

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SPRING EMPLOYEE ANNIVERSARIES

1 Year

Brian Rhodes
Zoritha McNeal
Tashai Davis
Rhonda Jameson
Kiara Martin
LaTonya Turner
Ashanti Nelson

2-5 years

Rebecca Watson (2)
Neeta Rajkanan (3)
Erin Kleyh (3)
Janice Weldon (3)
Arthur Mourning (5)
Angela Carey (5)

6-9 Years

Patrick Ukecha (7)
Regina Mann (9)
Jody Michael (9)

10+ Years

Sarah Mudd (15)
Jenny Kemp (21)

CDD EVENTS

EITAS Board Dinner David Jones receives award for Life Goal Achievement

Jackson County Board of Services—EITAS hosted an annual board dinner on April 26, 2011. Attendees included area providers, persons served and their family members.

David Jones, of the Villas was honored with the Life Goal Achievement award. Here is how he fits the bill.

I have known David eleven years. During these years, David has grown a lot and it shows in his actions. It began when he continually asked if he was sick and thought he needed to go to the hospital. At one point, he obtained a job at McDonald's, but didn't have the confidence to keep the job and returned to a workshop. Today, David is not recognizable as that insecure person--uncertain of his place in society.

David's work habits improved to the extent he got a job working at a competitive wage at Harvesters. When that job ended, he had developed such a good reputation that he was offered a job at a Goodwill Store. There came a time when a friend's position at a store was eliminated and David offered to switch jobs so his friend could continue employment. David took a more challenging job he had previously declined due to the physical difficulty.

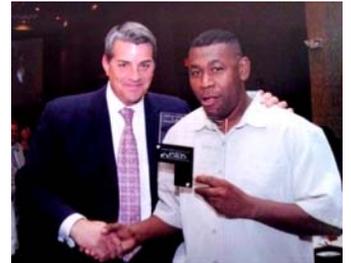
Along with his job, David takes on additional responsibilities of handling his money. He cashes his own pay checks, has his own bank accounts and pays his portion of his rent without needing reminders.

Having a home rather than just a box to live in is important to him. David plans to enhance his living area so it is "his home." He purchased curtains, a TV, a sofa and chest of drawers. If there are maintenance issues in his apartment, David doesn't need to be told twice, he will let someone know to fix it.

Another way David has become more mature is in his relationship with his girlfriend, Linda. He developed a relationship with her at another agency and was instrumental in her moving to CDD. In fact, David's primary goal in 2011 is to have a commitment ceremony where he and Linda exchange vows and rings. This was not always the case. David's mother initially wanted nothing to do with Linda, but David facilitated communications with his mother and his girlfriend and the three of them now have a mutually supportive relationship. David and Linda manage conflicts in a mature and responsible manner.

Last, but not least, David's personality resonates more than any person I have ever worked with. I value David as a friend.

By: Frank Bowerman,
EITAS



David Jones receives his Life Goal Achievement award from EITAS board member, John Humphrey.

RESIDENT ACTIVITIES

HARVESTERS COMES TO KINBROOK Kinbrook residents learned healthy eating habits

Kinbrook is participating with Harvesters in their Project STRENGTH program. Harvesters will come out once a week for six weeks with the sessions lasting for 2 to 2 1/2 hours. During the first hour, Harvesters' staff pass out information to CDD staff and residents on topics that include tips for a safe kitchen.

They learn a few easy guidelines to make sure the food, kitchen and most importantly, the people stay safe.

They educate everyone on food-borne illness: what it is, who is at risk and ways to prevent it. Harvesters also touches on the importance of washing hands often, keeping surfaces and utensils clean, preventing cross contamination, refrigerating food and

thawing food safely. The nutrition experts also discuss the food pyramid and what portion size looks like according to each food group.

A Harvesters person goes over the importance of exercise and demonstrates a few each session, called "The strengthen and stretch session." All the residents participate according to their ability.

Harvesters' staff then demonstrates to the residents by cooking a heart-healthy nutritious meal that all the residents partake in.

After the session ends each resident is given a bag of groceries to take to their apartments. They each receive cereal, canned goods, pasta and fresh vegetables along with recipes to try out for themselves.



Project **STRENGTH**



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FROM THE EXECUTIVE DIRECTOR Jim Johnson

Greetings. In this Spring edition of CELERATIONS, I can report that in the month of April we finally achieved full occupancy at our newly developed Summit Apartments. In the past, all newly developed homes and apartments have reached full occupancy in less than six months. Summit Apartments struggled with various marketing strategies for one year and eight months. Of course this is truly the "sign of the times." Until recently, the agency just has not received referrals for individuals who could function independently enough to live in their own apartment. Things would have been much different had we opened just a year earlier. All is well now. Summit Apartments are the happy homes of 14 individual tenants.

Spring 2011 has been welcomed in several ways. Of course, putting the winter behind us is the most obvious reason. We are now approving funding for upcoming summer camps and out of town trips. Resident vacations require planning far in advance.

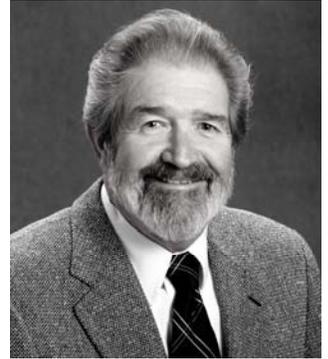
This edition of our newsletter celebrates a resident regaining his ability to walk again. This individual is now retired, but has lived at CDD most of his adult life. He has struggled with a couple of serious health problems, and is on his way to recovery. Another resident received a Life Goal Achievement Award from EITAS. It celebrates his achievements with work, home, and personal relationships. We are pleased to share both of these successes.

In the winter months, CDD was persistent with marketing to persons on the state's waiting list for services. As spring arrived we have been able to provide some individuals seeking services the opportunity to choose one of our eight residential locations to live. We are pleased to report that we have

considerably fewer vacancies since the last edition of CELERATIONS. The agency still has a couple of publicly subsidized apartments for rent if any of our readers know someone who might want to consider this agency for services. Call anytime and we'll show you what's available.

The cold winter days in Jefferson City were a time of great concern and anticipation as the first session of the 96th Missouri General Assembly considered new laws and appropriations. By the last day of winter, state revenue projections looked much brighter than they did in early January when the session opened. We are so pleased to report that when the General Assembly adjourned on May 13th, they had passed appropriations for Caseload Growth to fund services for 1,300 people on the Division of Developmental Disabilities wait list. Community providers may also get funds restored that were withheld last year due to insufficient revenue. We now await the Governor's signature on HB10 to assure the funding. I am optimistic.

Most CELERATIONS readers will receive our Annual Report in June 2011 and you can read further on why I am feeling optimistic.



Bob of Lafayette Manor uses an exercise machine to help improve his mobility. He recently began to regain his strength to walk.



Summit Apartments

August 1, 2009



Our Mission: To Support Persons with Disabilities in Achieving their Fullest Potential

**CENTER FOR
DEVELOPMENTALLY
DISABLED**

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Developmental Disability Services of Jackson County



Empowering individuals through advocacy and support

Kinbrook Parties

Kenny celebrates his 54th birthday



Kenny of Kinbrook shows his cake as he celebrates his birthday. He turned 54.



Michael laughs as Connie gets silly at the birthday party. All attendees enjoyed the festivities.



Nicole, James, Garrett and Kenny of Kinbrook feast on hot dogs, hamburgers, beans, salad, cake and ice cream. Kenny invited many people to his party.



Julie, David, Michael, Casey, Paul and Garrett wait for the next festivities for Kenny's birthday. Several homes helped celebrate his 54th birthday.

CDD has resident openings in our apartments and group homes. If you or someone you know is interested in becoming a resident with our agency, 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, travel and recreation. If you wish to contribute, please send your check or money order to:

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

Log on to our Web site at www.cddkc.org to check us out.

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