

Winter 2010

CELEBRATIONS

WINTER BITS AND PIECES

Who has the most fun?

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It would be a bit of a stretch to say that Bingo, the staple of nursing home social calendars, post-retirement cruises and charity fundraisers, *is hip*. But what is occurring inside the walls of Kinbrook these days is nothing short of a bingo revolution. The Gaming Queen, Debbie Kline, has discovered many ways to play bingo. She is on a mission to be the first to play bingo for an entire year. She began in December 2009 with Christmas bingo and then in January 2010 with Martin Luther King Jr. Bingo, which not only provided entertainment for her peers and friends at Kinbrook, but also for her family members and friends from Lafayette Manor. The evening included learning about Martin Luther King Jr., who he was and what his contributions were to our country. QDDP, Betty Szafranski said, everyone enjoyed yelling out the answers to questions that corresponded with quotes from Martin Luther King Jr. Betty said Debbie, her family, friends, peers and staff enjoyed an evening of fun and learning together. If you were lucky you may have gotten an invitation to her Valentine's or I Love America Bingo parties in February.



Judy, Suzie, Christia, and Lafayette Live-in, Solomon Onyemenam pose for a picture at Bass Pro Shop. Residents from Lafayette Manor and Kinbrook Apartments spent a day looking at wild-life.



Richard M. walks around at Bass Pro Shop. He was among the Lafayette residents who visited the outdoors shop.

Don't think that the other houses in Grandview are not having their share of fun. Lafayette Manor residents have not let the inclement weather slow them down. Besides enjoying bingo games at Kinbrook, they have also participated in an evening of Bingo and food at Bass Pro Shop, compliments of the Company of Champions. Betty said, they not only loved the food and bingo, seeing other friends and making new ones, but they enjoyed seeing all of the "wild-life" at the Bass Pro Shop.

Another outing took them to Crown Center, some via the city bus and others via the Lafayette fun-mobile, to enjoy a lunch to honor a peer's birthday at Fritz's Restaurant. Betty said residents and staff enjoyed the conductor hats each person received. Having a small train deliver food to them at their tables was a surprise for everyone, she said. Shopping afterwards topped off the day.

Somewhere in the midst of the other activities Jane hosted her birthday party for about 35 family and friends. The house and Jane were bursting at the seams with happiness. It was a fun-filled evening enjoyed by everyone, especially the birthday girl.

As Debbie is gearing up for more bingo games, the residents at Lafayette Manor are preparing to host their "Family and Friends" event in February. So stay tuned for more updates on "Days of Their Lives".



Judy and Christia sit at Fritz's Restaurant in Crown Center waiting for their food to come on a delivery train that circles the restaurant.



WINTER EMPLOYEE ANNIVERSARIES

1 Year

- Tamika Adams
- Tursha Hill
- Mary Mitchell
- Marcella Shelton
- Michelle Trezvant

2-5 years

- Tom Rosenberger (2)
- Carietta Slatton (2)
- Donald Stepeson (2)
- Sharon Roland (2)
- Tiffany Lane (3)
- Rupert Perkins (3)
- Solomon Onyemenam (3)

- Anastasia Davis (4)
- Omar Hameed (4)
- Bertha Brown (5)

6-9 Years

- Betty Szafranski (6)
- Arsie Rowe (7)
- Brenda Davis (9)

10+ Years

- Brenda Williams (14)
- Veronica Edwards (15)

RESIDENT ACTIVITIES

Harvesters Teaches Healthy Eating Habits

In December 2009 and January 2010 several residents from the Villas and Summit Apartments participated in a community outreach program provided by Harvesters called Project STRENGTH.

Every Monday evening the residents met and discussed healthy eating using the USDA "My Pyramid" as a guideline to make dishes that were healthy and inexpensive. They were provided with a recipe each week that had items from each food group in the "My Pyramid" which included dairy, fruits, vegetables, grains and protein.

At the end of each session everyone participated in cooking and tasting what they were learning. The residents were then given a bag of food to take home and cook in their own apartments. By the end



of the class, each resident had a completed cookbook and was given a certificate that indicated they had participated in the class.

Many of the residents told their EITAS and KCRO case workers that they wanted cooking plans focusing on the Project Strength class to be in their personal plans so that they could work with staff at CDD after the class was over. In addition, staff will be attending monthly meetings at Harvesters for training on how to help residents shop and cook with foods that are inexpensive and easy to make.

Villas Apartment Manager, Jody Michael, said residents found the Project STRENGTH class to be useful and fun. Staff found the class resourceful with many new ideas. It was an exciting program and one CDD is proud to be partnering with Harvesters.

CULTURAL DIVERSITY

Thailand comes to Kinbrook

In January, Kinbrook Apartments' main kitchen was filled with the aroma of curry. Staff and residents came together to share and learn about the culture of Thailand. Two traditional Thai recipes, one a stir fry, the other a yellow curry dish, were chosen by the residents so they could practice their cooking skills.

One staff member, QDDP, Helen Faubion, who spent two years in Thailand and Southeast Asia, assisted the residents in determining what ingredients were needed, this included mostly fresh vegetables and spices. The residents were sent out a few days ahead of time to get all of the necessary items and ingredients. Helen, who had spent time taking cooking classes, provided some of the specific spices needed that are difficult to find and expensive to purchase.

On the day of the event, four of the residents, David, Chris, Nick and Kenny, were very in-

involved in the preparations. David, Chris and Nick assumed the role as main cooks taking on the curry dish and the stir fry. Kenny took on cooking the rice, a staple in Thai culture. Helen said he enjoyed learning how to use a rice cooker; also a staple in many Thai kitchens, producing perfectly cooked rice every time. Anticipation increased as the aromas of curry and rice filled the air. Chopsticks were provided for all who could master them, and those who could not were given a fork after giving it their best shot.



Chris and David help make Thai dishes at Kinbrook. A staff member showed Thai culture at Kinbrook with food and artifacts.

After the meal, a slide show was presented to show a typical life in Thailand. Helen said it was fun for residents to see her on a motorcycle on the crowded streets of Thailand.

Food and transportation were not all that was discussed; traditional dress, cultural norms and religion were also on the agenda. A few artifacts were brought in from Thailand to share with the residents and staff. The residents had fun holding up the silk skirts to themselves and trying to play the bamboo flute. Helen said in the end everyone had a wonderful meal and learned a lot about Thai culture.



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FROM THE EXECUTIVE DIRECTOR

Jim Johnson

Greetings from our winter edition of CELERATIONS. Some of the happiest people I have talked to in 2010 are those who love winter. I like to think of myself as "a man for all seasons," but the past two months of snow shoveling, scraping my car, constantly bundling myself up for the cold and expensive snow removal at CDD have all tested my resolve. No doubt, most of our staff will agree with me. Winter can be character building I'm told, so I accept it as an opportunity. As you can see from the content of this newsletter, many of our residents have sought indoor opportunities, e.g. Bingo night, Valentine parties and a trip to the Bass Pro Shop. All of us have experienced a little "cabin fever" in recent weeks. But looking ahead to spring, the agency has already purchased our tickets for the annual outing at Worlds of Fun.

The agency's fiscal year is now winding down with March being our last month. We are busy budgeting for the coming year and that is where the character building from this cold winter could enhance our courage to face some tough decisions. As I mentioned in the fall edition of CELERATIONS, this agency, as well as many agencies contracting with state government, is having to operate as wisely and frugally as possible. When these times of austerity pass, CDD may be a different agency as we are considering other opportunities for our facility-based services and how to promote our mission on fewer dollars. However, we will always support Missourians with disabilities in achieving their fullest potential.

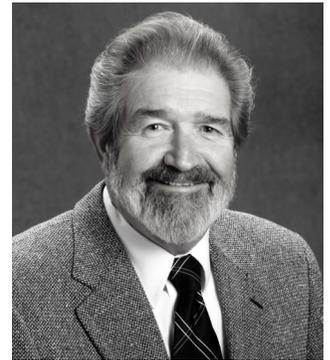
This agency is always taking advantage of opportunities that come our way, as well as dealing with obligations staring us in the face. In 1999

we purchased Lafayette Manor in Grandview to be our home for persons retiring. We now have persons aging rapidly all over the agency. We are very involved and committed to serving persons through the very end of life, and we are doing quite well with these services. In addition, I have been personally surprised and pleased in the past couple of years with how well we can support persons with serious orthopedic limitations and persons who are medically fragile. We will continue to expand with these very involved services.

The agency has cautiously expanded service locations and capacity since 1983 from 35 residents to the current capacity of 104. We are proud of our subsidized supportive housing opportunities in both group homes and apartments. Currently, we have a variety of comfortable openings.

Finally, with the support of our CELERATIONS readers, most of our residents will have subsidies to attend camps this summer and to take advantage of other recreational opportunities. Thanks so much to our donors. In these economically challenging times, we were surprised by your generosity prior to the close of 2009.

Even if we scale back some in the next couple of years to shift directions in services, we remain very much in the residential services business and seizing opportunities.



A KC fireman visits David G. He became an honorary fireman.



Debbie, Nicole, David, programmer Bertha Brown and Liz gather for David's birthday. David turned 51.



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

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Developmental Disability Services of Jackson County



Valentine's Party Dance-off

A Valentine's Day celebration brought family and friends together at Lafayette Manor. The day began with a brunch served by the residents and staff. There was an atmosphere of sharing and caring as the day wore on. Everyone was content with being at the house and enjoying one another's company.

Just as people were beginning to feel full and settled in, Reggie, one of the residents, announced that he would dance and sing for everyone. As he entertained the group, other residents decided Reggie would not be the only one to dance and entertain. So, little-by-little the other performers of Lafayette Manor, Bill, Christia and Conard, were up on their feet challenging one another to a "dance-off."

It is hard to say who enjoyed themselves most, the entertainers or the entertained. But, Betty said a wonderful time was had by all and we thank the residents and staff at Lafayette for such an outstanding day.



Bill and Christia dance battle at Lafayette Manor's Valentine's Day party. Many residents danced at the party.

CDD has fifteen resident openings in our homes. We are also seeking referrals for our new complex, Summit Apartments, which opened August 1, 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:

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