



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 Cooking Demonstration



Mike of Kinbrook sits and reads the paper as he waits for dinner from the staff cooking. Kinbrook Apartments held a cooking demonstration in January for its residents.



Bertha Brown, Kinbrook Apartments staff, shows off her cooking skills. Residents reaped the benefits of the demonstration.



Casey of Kinbrook smiles as he waits for dinner. He watches as Kinbrook staff put on a cooking demonstration.

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.

Center for Developmentally Disabled



Winter 2011

CELEBRATIONS

WINTER BITS AND PIECES

Public Administrator's Office comes to visit

The Jackson County PA's office speaks to CDD about guardianship and providing support to clients

CDD provided services to 100 men and women in Jackson County, MO in 2010. Of those, 22 receive guardianship support from Rebecca Lake Wood, Jackson County Public Administrator. Ms. Lake Wood has a team of Case Managers who are assigned to some of the individuals CDD supports for services that include advocating for the needs of the person and making decisions that best support the person in all areas of life.

The Case Managers are the liaisons between Ms. Lake Wood and the person being served. She allows some individuals, who are able to make decisions, make choices about certain aspects of his/her life, as long as those decisions do not pose a health, safety or financial risk.

Providing supports to individuals so they receive the best medical care possible is something that CDD staff takes seriously. The agency knows that Ms. Lake Wood and her staff take medical care as equally as serious. To improve our efforts to streamline medical support, we invited Ms. Lake Wood and her staff of Case Managers Steve Nicolas, Kellie Phelps and Kerry Balthrop to the January Manager's meeting. At this meeting, Ms. Lake Wood and the Case Managers were able to put a face to the staff whom they may hear about in conversation, or talk to on the telephone. Ms. Lake Wood and her staff reviewed with the Managers how best to obtain medical consent for non-routine procedures, how to contact someone from their office for emergencies and she gave an overview of a guardian's role.

Thanks to Ms. Lake Wood and her staff for their commitment in helping us ensure that each individual is able to live a healthy, full and happy life.



Sarah Mudd, Rebecca Lake Wood and Carmen Jordan attend the January Manager's Meeting. Lake Wood and her Case Managers came to the meeting and spoke about guardianship and how to improve communication between CDD and the PA's office.

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Contributing Writers

- Kelsey Brazelton (Editor)
- Jim Johnson
- Jody Michael
- Sarah Mudd



RESIDENT ACTIVITIES

WINTER EMPLOYEE ANNIVERSARIES

1 Year

- Tremell Anderson
- Sherry Hudson
- Johnny Thompson
- Kendrick Anderson
- Bobby Peabody
- Julia Jones
- RoDesha Blackman
- Cecile Simmons
- Terri Slaton
- Bellzora Bradford
- Tesla Palton

2-5 years

- Marcella Shelton (2)
- Mary Mitchell (2)
- Sharon Roland (3)
- Donald Stepeson (3)
- Carietta Slaton (3)
- Tom Rosenberger (3)
- Solomon Onyemenam (4)
- Omar Hameed (5)

6-9 Years

- Bertha Brown (7)
- Arsie Rowe (8)

10+ Years

- Brenda Davis (10)
- Brenda Williams (13)

Getting Healthy

Residents make use of "Play Fair" program

Many people beginning the New Year with resolutions to start losing weight. Well, CDD residents have beat most of America to the punch. In 2010, residents were given the opportunity to join the "Play Fair" program through Kansas City Parks and Recreation, which is funded through The Developmental Services of Jackson County--EITAS. Many residents received an individual "Play Fair" pass which enables them to go to any Jackson County parks and recreation facility and use it for exercise.

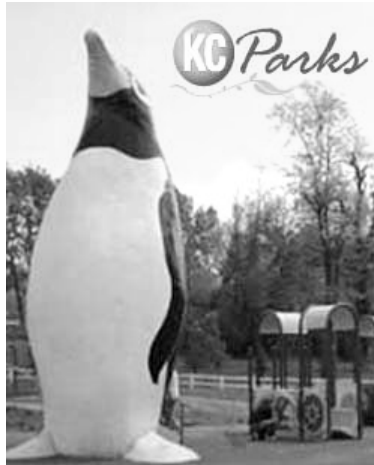
The residents are learning that through exercise and diet they can lower their blood pressure and their risk for Diabetes. Several joined a swimming exercise class and have the opportunity to swim twice a week with an instructor at one of the facilities.

Villas' Manager, Jody Michael, said the residents are benefitting from the program and are walking examples of the results.

The nine residents at the Villas Apartments, who are participating in the "Play Fair" Program, have

lost a total of 32 pounds. There are also three residents who have Type II Diabetes and their blood sugar levels have improved since starting the program.

This is a program that we greatly appreciate and we thank EITAS for providing this opportunity.



Residents participate in the "Play Fair" program each week. Some of the residents have improved their health as a result.

AGENCY EVENTS

CDD Preps and plays Staff and residents make the most of the 2011 blizzard

The blizzard of February 1, 2011 made CDD realize how fast a routine day can turn into a day in which even the smallest of emergencies can have life-threatening or disastrous consequences.

For any time a disaster may come their way, CDD prepares for what Mother Nature throws at them. The management team watches the weather and asks staff to prepare to spend the night at the homes well before inclement weather arrives. They check medications and ensure that the homes have all that they need before the roads get too bad. The maintenance staff delivers snowmelt to all the homes to ensure they have enough to adequately treat the sidewalks and driveways to prevent falls. The houses are stocked with enough food to get through several days. CDD tries to think of everything residents will need before the foreseen disaster arrives in the area.

But what about the unforeseen emergencies, the one that sneaks up and gets you when you aren't looking? How does CDD prepare for those emergencies?

Every home has an Emergency Preparedness box, also known as the "Grab and Go Box." Not only is it stocked with water, flashlight, batteries, can opener, extra van keys, blankets, first aid supplies and kit, but it also has a list of all emergency shelters in the area. There is an also up-to-date list of the residents' medications and diagnosis located in the box. In the event that staff and residents must leave their homes, without time to gather medication and sup-

plies, they take the "Grab and Go Box" and get to safety. With the "Grab and Go Box," staff have a way to take care of the residents' needs after they reach a safe place outside of the home. This box and its contents are checked every 30 days by the management team. If any item is missing or needs updated, it is done immediately.

Now you may be asking yourself what do the residents do to occupy their time when disasters strike?

Well, many of the CDD homes and apartments had residents gather together and play games and watch movies with one another in order to pass the time. During the blizzard of 2011, residents at Kinbrook Apartments gathered together to play Texas Bingo. Manager Connie Johnson said several women residents got in small groups and played X-Box video games as well. The residents at Cedars group home did arts and crafts, watched movies, and did puzzles on their time off from work.

CDD makes sure it's prepared for the storms or disasters and residents gather around to entertain themselves while they are away from family and work for several days.

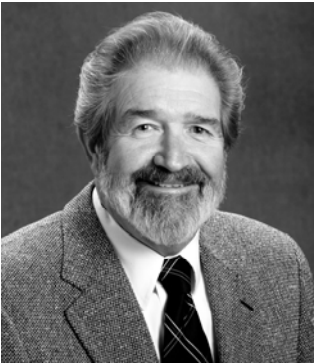


Justin, of the Villas Apartments, stands on the snow he helped shovel. Staff and residents worked together to clear the parking lot at the Villas.



FROM THE EXECUTIVE DIRECTOR

Jim Johnson



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Greetings. The Winter edition of CELEBRATIONS is certainly deserving of that title. Here in late February we are really looking forward to the Spring season. Our residents are used to being very active in the community and like me, they have suffered "cabin fever" this Winter more than most.

As our readers realize from many editions of this publication, we serve people under contract with the Missouri Department of Mental Health. Yes, 98% of the individuals we serve are supported by the generosity of Missouri tax payers. Further, as you are all aware, we are facing more of an on-going challenge in 2011 than the severe Winter weather. Missouri, along with 45 other states, is facing a serious deficit in the state budget. Even our sacred entitlements are under threat during this weak economy. CDD has been "tightening its belt" since 2009. The on-going recession in Missouri is starting to seem like the norm. Our staff will receive no raises for the second year in a row, and we will continue to cut functions and activities that are discretionary. So far, the individuals we serve see no recession affecting their lives. We are thrilled to be able to say that. In 2010, all community providers in Missouri absorbed a 2% cut in core service rates, but none of us trimmed any of our essential services to the persons we serve. Thanks to many of our readers, discretionary supportive services were not trimmed back either. Recreation, vacations and travel opportunities were not cut. Thank you all for your contributions to our Donor Account.

Extra funding for services is scarce these days. At least once every week I get reminded of the more than

5,000 individuals who remain on the state's waiting list for services. Many of those individuals are seeking some type of residential services. Again, CDD can be of some help. In total, we have seven openings in our group homes and single apartment programs. I learned in 2010 that our rates are the lowest DMH contract rates in the state of Missouri. Actually, I was quite surprised to learn that fact, but certainly take some personal pride in being able to provide safe, comfortable and affordable housing to adults with disabilities at such a reasonable cost. We are able to achieve this distinguished honor because we have most of our capital investments, and the on-going costs of housing operations, covered by the U.S. Department of Housing and Urban Development (HUD). We will be glad to share our rates with anyone, and we appeal to individuals, parents, guardians and Service Coordinators to ask for our rates and tour these residential opportunities. We will be pleased to share them.

Unfortunately, I will close this letter on a sad note. One of our seven openings developed in February with the death of Ali Strickland, a resident of our Kinbrook Apartments in Grandview. Ali was one of the most free-spirited people I've ever known. Everyone at CDD will agree with me. She lived semi-independently in spite of battling terminal cancer for the 2 & 1/2 years we knew her. Ali moved to the next emanation on February 18, 2011. She was 23.



Ali, of Kinbrook Apartments, smiles at her home. She passed away on February 18.