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Vol. 1 Issue 1

OUR JOURNEY

Branson Adventures

Trip of a lifetime for Kinbrook and ISL Individuals

During the month of May, five staff and nine people living at Kinbrook embarked on a trip to Branson. For many, it was a much-needed get away. The nine people informed staff what they wanted to do while in the entertainment city. This included riding rides at Silver Dollar City and seeing a show, among many other hopes and dreams. This was the first time in a long time for many to go on a “family” vacation.

As the crew piled into the vans, the drive to Silver Dollar City filled everyone with joy and excitement. The weather cooperated through the weekend. The group took full advantage of the rides and all of the extras that Silver Dollar City offered. With the hustle and bustle of the park activities, staff ensured that everyone was able to see the sites and take part in everything they wanted to do.

Nicole Martin said she enjoyed Silver Dollar City and can't wait until the next adventure.

“I had a blast riding the rides and buying souvenirs for me and my boyfriend,” she said. “I had a fabulous time and can't wait until the next trip.”

Aside from all the rides and souvenir buying, the group participated in a Motown show. This included dancing and singing to the songs of the '60s. Everyone reminisced about songs from the psychedelic era... and the few who had not been born yet still joined in with singing and dancing as if they were true hippies. At the end of the day, everyone was ready for a nice relaxing dinner and spent the evening enjoying each other's stories of the day.

James Trott wished he could have stayed longer to enjoy the Motown show.

“I had fun and really enjoyed the Motown show,” he said. “I would have liked to listen to the bluegrass music for longer.”

On the last day, there were smiles on everyone's faces. As the group headed back home, everyone talked about the trip and were planning their next vacation before they hit the city limits of Branson.

Staff member, Derrick reflected on the first-time “family” trip.

“For most of the people, it was the first time in a long time they felt like they were part of a family trip,” he said. “To see the smiles... It felt like a real family to them. I could not ask for more.”



Kenny and Derrick wait for the Motown show to begin. This was the first trip for many of the individuals in a long time.



Tony goofs around with Nicole as she talks on the phone during a break in activity. A total of nine individuals and five staff took the trip to Silver Dollar City.

Through My Eyes

Hello my name is “Danielle,” (real name not used) I am writing to tell you my story and how I came to CDD and to tell you how much CDD means to me.

Well, to start off, before I came to CDD I lived in a couple of group homes in Missouri, one in Martin City and the other in Sedalia. I was in those homes for a total of three years. I learned about CDD through Monica Pfannes, my Service Coordinator at Eitas.

One of the things that made me move to CDD was being more independent and I loved the idea of being my own and doing my own things.

When I came to CDD in 2012, I lived at

Kinbrook Apartments in Grandview. I was still in high school when I was living at Kinbrook. Then I graduated from high school in 2013. After I finished high school, I wanted to go to college at Penn Valley Community College so I moved to the Villas Apartments in Kansas City. This got me closer to Penn Valley so I could easily get to my classes.

Right after I moved to the Villas, I wanted to get a job and CDD offered to have me work in the main office. I was excited about having my first job ever, so I took the offer. I have been working with CDD for nearly eight months. At my job, I answer the phones, file papers and do lots of copying and many more things anyone asks of me.

I love working for CDD because every time I walk into the door there is somebody to always put a smile on my face even when I’m mad or upset. My co-workers make my day every time I come to work. We have fun with each other and make each other laugh. They will try their best to keep me busy if I don’t have much to do. My co-workers are very thoughtful and that’s what I like most about them.

Other things I like about CDD are they are there for me when I need them most and they are helpful and caring. CDD is the best place to be right now because they give me all the help I need without any problems.

CDD is the best place I ever been. I love living with CDD because they have my front, back and side if anything would happen to me they are there and that’s what I like. I want to say thanks for all the things CDD does for me. You all are the best, thank you all again.

Eitas Awards Dinner One Individual Receives Honorable Mention Award

In April, Developmental Disability Services of Jackson County—eitas held their annual awards dinner. Every year there is a different guest speaker and nonprofit organizations are given the opportunity to submit nominations in various categories. The guest speaker this year was former Kansas City Mayor and current Missouri Congressman of the 5th Congressional District, Emmanuel Cleaver II.

Congressman Cleaver’s speech focused on Missouri Medicaid Expansion and what effect it will have on people with disabilities and low-income families in the state of Missouri. He said expanding Missouri’s Medicaid would close the coverage gap, and would result in almost 300,000 low-income adults throughout the state getting access to health care. And most people who fall into

the coverage gap are working families who make too much to qualify for Medicaid under the current law, but not enough to get subsidies for other health care coverage.

Along with Congressman Cleaver speaking, awards were handed out at the event. This year, CDD announced that one of the people nominated for the Personal Success of the Year was Jeanette Curtis, of Kinbrook Apts. She was given an Honorable Mention in this category.

Jeanette lives in her own apartment and has embraced her individuality and independence at Kinbrook. She is learning cooking skills and being active in her community. Jeanette literally glows with happiness when you meet her. Since moving to Kinbrook, Jeanette has been dating her boyfriend and overall has worked

hard to improve her personal relationships and overall quality of life.

Jeanette said she was excited about the event and the award.

“I felt important to be nominated for the award,” she said. “I was glad my mom and boyfriend could come and celebrate with me.”



Jeanette Curtis holds up her Honorable Mention Award. She received the award for improving her personal relationships and every day life.

ISL WISH LIST

Are you looking for a good excuse to redecorate your house or buy some new kitchen ware? Let us help you with your excuses! We support many people who live in their own apartments in the community. Their apartments could use some redecorating, so slightly used, but still in good shape furnishings can find a good home with us!

Please think about donating any nice pictures, decorations, furniture, TVs, kitchen supplies, etc. that you no longer need. Most of the people we support have a limited budget and often don't have money enough to replace their old, worn-out furnishings.

To make it easier on you, give us a call at (816) 531-0045, and we can discuss how to pick up any large items you may have. The people we support would also appreciate donations of Walmart gift cards or donations made to our Donor Account. We are able to access our Donor Account to help people purchase needed items.

If you don't see items below that you have to donate, no worries, the list will likely change for the next edition. Keep an eye on the list for items you have to donate.

Here are the items we currently need:

- Small deep freezer
- Vacuum
- Dresser
- Couch
- Dishes
- New towels
- Gift cards to Walmart
- TV stand

Check out our new
Website!!!
www.cddkc.org



CDD frequently has openings in our apartments, group homes and individualized homes in various areas of the community. If you or someone you know is interested in being supported by 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 people we support 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
1010 W 39th St.
Kansas City, MO 64111

Phone: 816-531-0045

Fax: 816-756-5612

Website: www.cddkc.org

E-mail: info@cddkc.org

Caregiver's Corner

Tips and recipes for the caregiver to promote a healthy lifestyle.

My name is Nicke Briscoe and I am the DDP for Elms House and Summit Apts. I have three years of experience working in this field and I also have a 17-year-old daughter with autism. My background is actually in the prenatal field. For the past 16 years, I have been teaching childbirth classes and working as a doula.

People often ask me if it was difficult to change fields...going from pregnant women and babies to adults with developmental disabilities. To me, it's not a broad jump. I consider my job to be "caring for the caregiver." Just as I supported new mothers so that they could better care for their babies, I now support direct care staff so they can better care for the individuals we support. Many of

us have found ourselves in the caregiver role-- caring for children, aging parents, sick or recovering loved ones.

When I teach Abuse and Neglect classes to our new employees, it takes me back to my prenatal days. One of my passions is encouraging new mothers to care for themselves during the exhausting postpartum/newborn period. As caregivers, we are constantly giving and giving. Because of this, we have a responsibility to make sure that we are taking time for ourselves as well: getting enough sleep, plenty of healthy food and time with loved ones. If we do not take the time to re-fill our own "well," what will we have to draw from to care for the ones we support? Think of the instructions given

on an airplane when traveling with a young child in the event of an emergency: Put the oxygen mask on YOURSELF first so that you will have enough oxygen to be coherent enough to take care of the child. Another way I remember this is to reflect on the saying, "You cannot give away what you do not possess."

During the next week, I encourage you to take some time to consider what you enjoy doing for YOURSELF. I enjoy sleeping in, taking long hot baths (preferably with bubbles or some essential oils), listening to music, reading and cooking. When my budget allows, I also enjoy a manicure or pedicure at the salon. What are some things you do to pamper yourself and re-fill your well? Take some time to identify what you like or need to care for yourself and do it! You are worth it!

Stay tuned to this corner for more caregiver tips in the future. We will be sharing ways to support you as you support our individuals.