Hunters’ Adventures  
Teams competed in an agency-wide scavenger hunt  

By: The Wizard

Hello friends and family of CDD. Allow me to introduce myself, I am The Wizard, The Wizard from CDD’s Spring Fever Scavenger Hunt. Scavenger Hunt, you ask? Many of you may have noticed me recently working feverishly to post the antics on CDD’s Facebook page of the teams who participated in the hunt.

The teams, which included The Fierce Dominators, The Warriors, The ISL Trashing, LaVillas Killas and The Guardians, celebrated Christmas in April, asked people to wear superhero capes or perhaps you may have been invited to join a team by eating a snack with a one-pronged fork or you saw us around town in places and doing things we never imagined we would do.

Allow me to elaborate; the notion came to me to task the people at CDD to participate in a scavenger hunt like no other they had ever seen. The rules were simple; to complete as many of the 62 tasks at hand and follow the instructions given to the teams. All the teams were given the same rules and had two weeks to complete the items. Not all items had to be completed, but for those that were done, points were awarded, some even included bonus points for doing extra tasks. The catch was that I didn’t give out the list until the moment the hunt began and strategies had to be made on the fly.

Many of the items on the list required creativity, some were weird, others were challenging and all were about kindness and teamwork. But the ultimate goal was to have fun. Teams built fairy gardens in their yards, got into the tornado simulator at Union Station, found works of art at Nelson Art Museum, invited friends and family over to celebrate Christmas in April, went trick-or-treating, enjoyed a Royals game, met some undercover superheroes, visited with some people living in local nursing homes, mailed some packages to soldiers overseas and had the opportunity to meet some local police and fire men and women to thank them for their service.

Hunters made magical connections not only with one another, but with people in their community they had never met. The amount of people willing to be in photos with you, pose in silly outfits doing silly things, to offer a kind word, or not to laugh at you when you were doing something utterly ridiculous was absolutely amazing!

New friends were made; hilarious, life-changing, intense, and special moments were shared that will last a lifetime! The lucky winners for this year’s hunt were LaVillas Killas! Congratulations to them!

As the Wizard, I encourage everyone to rest up for the scavenger hunt next year! The list of adventures will be just as intense!
Bill at Lafayette holds up the fish he caught during the scavenger hunt. The item was to go fishing and if a fish was caught, bonus points were awarded.

Erika, staff at Kinbrook ISLs, helps Casey as he exercises for his team, the Warriors. Item number 38 required a team member to exercise.

The Golden Girls marked off item number five for the ISL Trashers by standing in front of a Kansas City landmark.

The Warriors team hold up a sign to thank the emergency personnel in their community for all they do. This was for item number 17.

Marvin hangs with Oscar as he gets a pedicure for the scavenger hunt. Teams received bonus points if a male team member got the pedicure and wore a funny hat.

Liz and Margie marked off item number one by advocating for themselves. They presented at the People First Conference at the Lake of the Ozarks.
For the last five months my daughter, Katie, has been in London studying. I flew to London to spend her last remaining week there. I went there to learn about the history and culture of a country older than America and to spend a little quality time with Katie before she headed back to college in Chicago. What I did not expect was to be taught something, that will last me a lifetime, by a man who was homeless.

If you have ever been to a city like New York, London or even here in Kansas City, you have seen people who are homeless, who you assume have lived on the streets for many years. They have a backpack with a bedroll attached, their clothes are dirty and tattered, and they look like their last shower was months ago. Such a man approached me while I was sitting alone on a six-foot long concrete wall reading a book and watching the traffic go by outside of my hotel. The man said, “May I wash my upper half?” I was like, in my head, this is your home, I am just a visitor so I said, “Sure, go ahead.” He dropped his gear and left to retrieve a bucket full of water. He came back and sat down his bucket and pulled things out of his backpack to get ready for his bath. One item he pulled out was a yellow rubber duck that he put in his “tub.” I looked down at the yellow duck, looked up at him as he was giving me a near toothless grin, and then we both burst out laughing.

As he took his bath, I asked him things about himself, was he from London? No, he was from Ireland from a little town I had never heard of. He told me about his native country and its culture. I asked him about his family and where his favorite place was in London and other things people might ask each other in social situations. He asked about me and where was Missouri. He never heard of it, but he of course knew of America. I bypassed the obvious questions, like how long had he lived on the street, where did he sleep, was it hard to find something to eat. He didn’t need me to remind him that we were different, that we lived different lives. I needed to remind him of how we were the same. He just wanted to be a “normal” person and talk about things people talk about when they meet. After 15 minutes or so, the man redressed in different clothes, picked up his valuable possessions, bowed to me and said, “Thank you My Lady, it was nice to meet you and I will learn about Missouri.” I promised to learn about Ireland and to go there someday. Then he left.

As I have told this story, some people have said that it was kind of me not to leave, not many people would have stayed. As I look back on this chance meeting, and I only realized this later, is the homeless man did not have the yellow duck for himself, but for me and others so we would not run from him. It was to make us feel comfortable about him having to bathe outside and maybe, just maybe to get us to connect with him in a way that made him feel like a human, to be viewed as a person and not someone who is less than.

The lesson I learned, from this trip overseas, is that if you miss a moment to be kind to another person, no matter their situation in life, you miss a moment you will never get back. You can miss a laugh that can bring you a smile for the rest of your life. Each event we have has a ripple effect. Every time I see a yellow rubber duck, I will smile; think about the man from Ireland, about my time in London and about my daughter and how much I love her.

The stereotypical homeless person, who many may have turned from, touched me in a way that I will remember forever. I hope my moment with him touched him the same way.

“May your right hand always be stretched out in friendship, never in want.”

Old Irish quote
We would like to take a minute to recognize all of the hard work that House Manager Wendy Tyson puts into CDD and Summit Apartments everyday. She has been with CDD for more than six years and has served as both a Lead Direct Support Staff and as a House Manager. Wendy is well known for her positive, and at times bubbly, personality. She always has a smile on her face, and goes above and beyond to try and make sure that everyone she comes into contact with has a reason to smile as well. Wendy often has that extra bit of energy to put into ensuring that her staff members are well-trained and equipped to serve our individuals to the best of our ability.

Other supervisors have noted that Wendy is always on top of things. When asking a question or following up on an issue, Wendy is rarely taken by surprise. Wendy is usually aware of the situation, and is already working toward a solution. She is able to juggle the administrative and personnel sides seamlessly while dealing with some of CDD’s higher needs people.

Nicke Brisoce, DDP at Summit, noted how much Wendy cares for the individuals she supports.

“Wendy has a way of speaking to people that is very frank, but gentle at the same time,” she said.

Wendy is always willing to lend a helping hand, and usually offers to help before being asked. The individuals at Summit all feel comfortable going to Wendy with any problems or concerns, which speaks very highly of her rapport here. Recently, Wendy received a phone call long after she was to be in bed from an individual in the hospital who was confused and upset. Wendy took the time to listen and put the individual at ease.

Wendy’s attitude, attention to her job, and caring heart make her a shining star at CDD. We appreciate all that she does and look forward to seeing her continue to grow and prosper with the agency.

CDD Spring Adventures

George, David G, Bradley, Donald and David W. pose with a Chiefs staff person at the Kansas City Chiefs Ability Day. They spent an afternoon doing activities with the Chiefs players.

Sarah stops by to see Marvin, staff at Birch who received honorable mention for Direct Support Staff of the Year at the Eitas awards dinner. Steven decided to do a photobomb.

(Left) Brewster poses with Elliot after he received his honorable mention award for the John McGee Spirit of Gentleness Award.
We want to thank you all for your recent donations. We stocked the apartments of the people who needed it. We are always looking to have items for the people we bring to CDD, so any items you are looking to give away or get rid of, please consider donating to CDD for people in need.

We ask a lot from our staff, and they always rise to the occasion. Sometimes though, we all need a little help. We would like to ask our newsletter readers to consider helping with donations for our ISL program.

Please consider donating either through our Web site at www.cddkc.org, sending a check with the envelope in this newsletter, or just calling the office at (816) 531-0045. Your donations can help make an apartment into a home.

We are also looking for some of the following items:

- **Dishes**
- **Cookware**
- **Silverware**
- **Decorations**
- **Pots and Pans**
- **Gift cards**

Please give us a call at (816) 531-0045 if you have questions. Thanks again for all the past support!

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

Check us out on our Web site at www.cddkc.org

Additional information about the agency will be made available upon request.
Summer and sunshine are finally here! Sunshine provides Vitamin D, which helps improve your mood. Everyone could benefit from sunshine even if it is just sitting outside for 20 minutes a day. However, sunshine can also have negative effects: harmful UVA/UVB rays, sunburn and possibly skin cancer. It’s important to use sunscreen daily. Especially for the individuals we support because a lot of the medications they take can make their skin sensitive and more susceptible to getting a sunburn.

Pay attention the SPF (Sun Protection Factor) that measures the sunscreen’s ability to prevent UVB rays from damaging the skin. If it takes 10 minutes for your unprotected skin to start turning red, using an SPF 15 sunscreen theoretically prevents reddening 15 times longer—about two and a half hours. Most sunscreens with an SPF of 15 or higher do an excellent job of protecting against UVB rays. Use a higher SPF for individuals with very fair skin for outings that are longer or during peak times of sunshine (10 a.m. to 4 p.m.). Sunscreen should be applied generously and often—every two hours is the recommended window between applications. Apply sunscreen more frequently when swimming or sweating.

Utilize the shade often during outings. A good rule of thumb is to try and sit in the shade once an hour or move to the shade to re-apply sunscreen. Other recommendations to avoid overexposure to the sun are to cover up with loose fitting clothing and to wear a broad brimmed hat. Clothing made of natural fibers like cotton or linen breathe better than synthetic fibers like polyester or rayon. Visors or baseball caps do not provide as much protection as a hat with a broad brim, like a beach hat, panama style hat or fishing hat.

Don’t let your fear of the sun prevent you from enjoying the sunshine and taking in some Vitamin D. Remember the precautions listed here and get out and enjoy yourself!