



THE CONNECTION

August 2007

Volume 2, Issue 2

CCRSI respects individual choice by providing quality services and supports to people who have developmental disabilities.

Board Officers

- Alan Mudd
Chair
- Michael J. Rehagen
Vice-Chair
- Steve Veile
Treasurer
- Neva Thurston
Secretary

Board Members

- Marcrissie Henley
- Betty Stokes
- Linda Morris
- Dr. Michael Wilson
- Gavin Allan

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MAKE YOUR VOICE KNOWN

I have written several times in the past encouraging you to “make your voice known” in political matters and issues. Many of you have done just that with great success. The Missouri legislature passed several important pieces of legislation this year after your “grass roots” advocacy educated them to the needs of the people.

In the budget bill for the Department of Mental Health, the legislature included millions of dollars to support people currently on the waiting list; increased funds specifically to help people with Autism; gave a 2% increase to provider agencies; increased the state’s ability to reduce Case Management caseloads; and several other positive improvements.

After a long and arduous struggle, we have a new Medicaid Program which will bring about many improvements for people using Medicaid. Included in this bill was a provision removing any consideration of sheltered workshop earnings when determining individual spend down. This will have a direct impact on many of you and it is effective September 1, 2007. These things would not have happened if the people did not get out and educate legislators. Congratulations on a job well done!

Now, we need you to continue that activism and come to a public meeting at our Administrative Office on Tuesday, September 25, 2007, at 6:30 PM.

We are asking for your input on how Cole County Special Services should use the county tax money in both the “here and now” and in relation to a long range plan. In early October, the Planning Committee will start meeting to update the agency’s Five Year Plan. Your suggestions and opinions are what the Board members need and want to develop the best plan possible. Please plan to come and give us your opinions.

SPOTLIGHT ON BOARD MEMBER, MRS. BETTY STOKES

Betty Stokes was appointed by the Cole County Commissioners to the Cole County Special Services (CCSS) Board on November 20, 1986. She served as Vice Chair from December 1989 – March 1992, and she served as Chair of CCSS Board from March 1992 – November 2000. She has served as Secretary (11/97 – 7/03), Vice President (3/02 – 7/03) and President (7/03 – 7/04) of Alpha Homes, Inc. Betty served on the Personnel Committee of Cole County Residential Services, Inc. from 1995 – 2006. She is now serving on the Property Committee. Before Betty married, she was a bookkeeper at Stokes Electric and married the boss’ son, Richard, in 1950. He died in 1983. After he died, the Nuns of St. Joseph’s Home hired Betty as a bookkeeper. She retired from there in May of 2004. Since retiring, Betty has taught Tole Painting at the Painters Emporium. She retired when they closed.



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With her big family, she is kept busy. Eight of her nine children (one is deceased) live in Jefferson City, so they all gather at her home for holidays and family get-togethers.

Betty joined the Board because she has two boys who were in Special Education classes, and she thought she could help the people who have developmental disabilities by being on the Board. She believes the Board has done a good job.

When Betty was asked what she considers the most important lesson she's learned by serving on the board, Betty answered, "I think we

accomplished so much for the community. We have built great homes and made so many people happy with our services. All employees, old and new, have given their energy to make our homes a success. I'm glad that I could be a part of this venture."

Betty says she believes keeping good management is the greatest need facing the Board in the future. Betty states, "We have great homes in good locations. I feel we have had the best employees, and Jim Casey has been a great leader."

Betty stated, "It has been an

honor for me to be a member of this board. We have helped many families with loved who are developmentally disabled, including mine."

Since Betty has served on the Board, our agency has grown from about 21 employees to about 90 employees, and from one facility to six facilities.

We thank you, Betty, for your years of service as one of the Board of Directors of CCSS, CCRSI and Alpha Homes, Inc.

*Selena Fuller
Senior Office Assistant*

WELCOME TWO NEW BOARD MEMBERS



Dr. Michael Wilson

Dr. Michael Wilson was appointed by the Cole County Commissioners to the Board on May 17, 2007. He was born, raised, and educated in Kirksville, Missouri. He came to Jefferson City in 1972, and has been here ever since. Dr. Wilson worked as an emergency physician at Capital Region Hospital for nearly 20 years, then another 5 years in clinic practice. Now he works as a medical consultant for the Missouri Medicaid program. Dr. Wilson enjoys working in his yard at home. Dr. Wilson is serving on the Property Committee of the Board.

When asked "Why did you volunteer to be a board member?" Dr. Wilson states, "Two other board members approached me about joining the board, and jointly we felt that perhaps my background and experience could lend some assistance and expertise to the organization. So I decided to 'throw my hat in the ring,' and was appointed by the

County Commission." Dr. Wilson wants the readers of our newsletter to know that he is "looking forward to this experience with great anticipation. So far my interaction with the rest of the board, and the staff as well, has been very enjoyable and rewarding."



Mr. Gavin Allan

Mr. Gavin Allan was appointed to the Board by the Commissioners retroactive to May 1, 2007. Mr. Allan also grew up in Jefferson City and went to Jefferson City High School. He earned his Bachelors Degree in Industrial Technology from SMSU (now MSU) in Springfield. He earned two Masters Degrees: Management from Webster University in St. Louis and Public Affairs from University of Missouri-Columbia. He worked 13 years in manufacturing engineering helping to start up five new manufacturing plants. Currently, Mr. Allan is in his eleventh year working in career (vocational) education for the State of Missouri. He will

serve on the Personnel Committee of the Board. His hobbies include flower gardening, home improvement projects, automotive repair, watching movies, reading, and traveling for business and pleasure.

Mr. Allan states he volunteered to be a Board member because he would like to serve the community, CCRSI clients, staff and administration. "Although my experience in public affairs and state government should be helpful in this capacity, I also hope to learn more about the organization and the challenges the agency faces, as well as the support systems in place for clients. Also I hope I can at least contribute something to carry on the family tradition--Calvin Kaufmann was my Mom's uncle, and I really respected him and his work."

Mr. Allan would like to share with the readers of our newsletter that he "thinks it is very important for all stakeholders to strive to listen to each other and gain a good understanding, and it is important for all stakeholders to have an opportunity to have their points of view expressed and heard. Open, honest communications are critical for organizations to be successful and function as a winning team."

*Selena Fuller
Senior Office Assistant*

STAFF DECISION-MAKING MODEL

(Published in "Ancor Links" in May 2006)

Two years ago, as the new Program Services Director for a small agency (80 employees) that provides residential services to people with developmental disabilities, I began searching for a simple way to guide staff decision-making that would empower staff to show initiative and encourage good decision-making skills. My position's responsibilities also included supporting staff in achieving client personal outcomes and in positioning the agency in the community. This article illustrates the decision-making model (Figure 1) we developed and its application to achieving personal outcomes and enhancing supervision.

To begin, we needed to define success for the persons served. A definition of success included the ability of the people we serve to participate in meaningful and enjoyable activities and have control over their environment. They should be encouraged to seek out opportunities where they can not only do more for themselves, but also help others.

Staff success is integral to success for the people we serve. Additionally, staff must be able to participate in this and support personal outcomes. In this way, staff has buy-in to the mission of the agency, and are more likely to view their role within the context of our mission.

The agency's positioning in the community affects a variety of areas, so it's important to actively cultivate agency ambassadors from staff, family members and those served. A CCRSI board member, Alan Mudd, suggested that our agency initiate a reading program to enhance the reading skills of persons served. We contacted Able Learning Center, which provided training to our staff to certify them as reading instructors. We now have several clients enrolled in the reading program where staff serve as instructors. As part of this process, we contacted Scholastics, Inc., in Jefferson City, to provide us assistance. We filed a grant applica-

tion and were provided with over 200 books for our agency. This is an activity that has led to client success as the clients are offered an opportunity to improve their reading skills.

We have also focused on training management staff. Jim Lowery, human resource supervisor, and I contacted a local community college about offering a staff training class. Training includes such topics as public speaking, *Seven Habits for Highly Effective People*, *Who Moved My Cheese*, *The Peon Book*, *The One-Minute Manager*, *Assertive Communication Skills* and other projects and guest speakers. The class has focused mainly on staff with management responsibilities but has also been offered to staff identified as emerging leaders and managers.

Recently one of the people we serve asked to become part of the staff. This sparked the idea of an "Event Crew" where staff and people served put on training for other staff and people served and also assist with other agency events. The training covers CPR, First Aid, the purpose of medications, teamwork, and public speaking skills. Events range from a barbeque, to decorating for an agency dance to various fundraisers for our client emergency fund. One of the best examples of the decision-making model at work was when one of our night shift staff, Deborah Hahn, took action to raise money for Hurricane

Katrina evacuees by organizing a bake sale and raising over \$300. Our staff, persons served and the agency were viewed as positive role models in the community.

Another decision driven by this model was to shift the responsibility for determining content and scheduling training directly to staff, led by QMRP Dennis Peake. As a result, training offered in 2006 was augmented over what had been previously offered to include an introduction to disabilities, documentation basics, tours of all our facilities, an overview of the agency, additional sensitivity training and cultural diversity. By empowering the staff, the output was better and the perceived value-added greatly enhanced.

These are just a few examples of what we've been able to accomplish through the culture shift created by the implementation of the decision-making model.

Kyle Ament holds a Masters in Public Administration from the University of Missouri and is Program Services Director for CCRSI. He can be contacted at (573)634-4555; e-mail: kyleament@ccrsi.org.

Kyle Ament

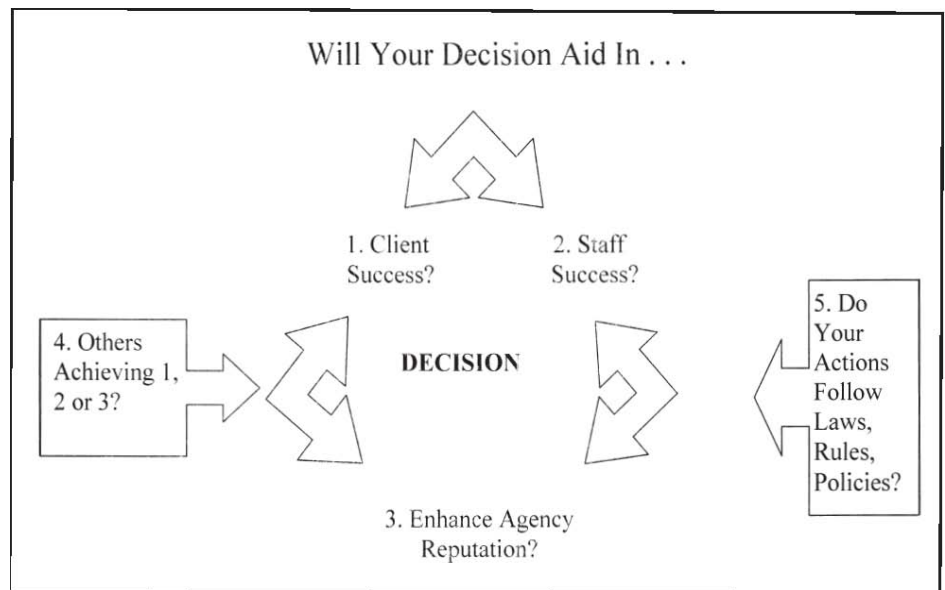


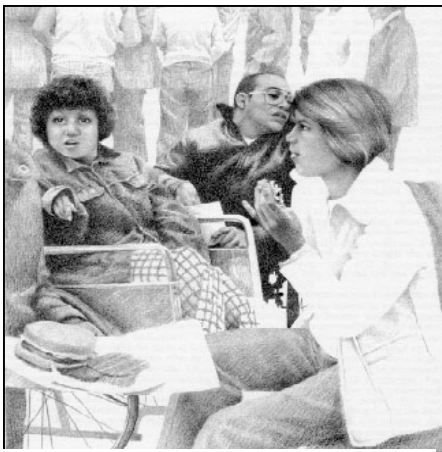
Figure 1. A Decision-Making Model for Staff Working with Individuals diagnosed with developmental disabilities

HEALTHY MEAL PLANNING

Fall is in the air. It is a great time to renew ourselves after a long summer. Making some healthier food choices may be one way to feel better and enjoy the season. Meal planning is an important responsibility we have to ourselves, our families, and our clients. Eating more of the 'good' foods and less of the 'not so good' contributes to our overall health. Making good food choices may help reduce our risk of certain illnesses and chronic diseases like diabetes and heart disease.

Many of us struggle on a daily basis with the question "what to fix for dinner?" There seems to be little time given to such an important question. This article intends to help you answer this question with a little forethought. With just a little planning you can eat healthier, save time, and save money, too. Start by making a simple plan of dinner meal ideas for the week and shop off this plan. Variety is key in planning meals to meet our nutrient needs. The following are a few steps to follow as you are making your plan to get this healthy variety in your meals:

1. Choose a good protein source. We need protein everyday. Protein sources are meats (beef, pork, chicken,



Artwork reprinted by permission of Martha Perske from PERSKE: PENCIL PORTRAITS 1971-1990 (Nashville: Abingdon Press, 1998).

fish) and non-meat goods like eggs, cheese, dried beans, nuts and peanut butter. It is good to get a little protein at each meal, spaced throughout the day, to help you feel better and keep you from getting too hungry – especially if your meals are 5-6 hours apart. Keep the portion at a meal to about 3-4 oz. (deck of cards size). Think of your plate as a nine inch circle – no larger – and the protein covering no more than one fourth of that circle!!

Tips for variety in your protein:

- Plan for fish at least twice in the week. This helps get those omega 3 fatty acids for heart health. Individually frozen fillets such as salmon and tilapia are convenient choices. Canned tuna and salmon are also good.
- Try to have at least one meatless meal per week. For example, dried beans in a soup (that you have been cooking in a crock pot during the day) or a veggie pizza make good choices.
- Substitute lean ground turkey for ground beef.
- Use egg substitute in place of whole eggs for an omelet. You'll get all of the protein with none of the cholesterol and fat.
- Use simple preparation methods – bake, broil, or grill. Our protein can really add on the calories and fat if we are not careful how we prepare it! Use less processed meats, too. It is just as easy to bake a fresh or frozen fish fillet as it is fish sticks or patties. You will get a better protein source with less fat, calories and sodium, too!

2. Add **vegetables** to your meals!

Aim for only one 'starchy' vegetable at a meal (corn, peas, potatoes) and try not to have a starchy vegetable at all if the protein comes with starch (like casserole, spaghetti). This is especially true for people with diabetes. Add a variety of colors. The more colorful, the better. Look your week of meals

over and make sure that dark green/leafy appear at least twice and yellow/orange appear at least twice, too. Vegetable juice makes a convenient substitute for a vegetable. Keep frozen bags of vegetables and prepared salad mixes on hand to make this as quick and easy as possible! Remember that nine inch plate – it should be covered one-half with vegetables! The remaining fourth is for the starchy vegetable, bread or pasta. Make the grain foods whole wheat if possible.

3. Desserts – If something sweet to end the meal is preferred, try fruit. It helps us get to the goal of 5 servings fruits and vegetables daily. Fresh fruit or canned without added sugar is great. Frozen fruit like berries are convenient too, and add more of that wonderful color. Sugar free gelatins, puddings, ice cream novelties can be dessert treats, too, that add little calories.

4. Beverages – With so many of us and our clients concerned with weight, try to keep these to non-caloric types except for skim or 1% milk. Keep the portion of milk to 8 oz. at a time. (Check your glass size!) It is so easy for the calories in beverages to add up very quickly. Limit juice to a minimum, if at all, unless it is vegetable juice. There are a lot of great low calorie-calorie free options for drinks such as Crystal Light, tea, diet soda, and of course, **water!**

Again, a plan will help you be better prepared to make healthier eating a reality. Change your focus from meal to meal to looking at the entire day and week. There are no foods that are completely off limits – but check how much and how often they appear in your week. Putting more emphasis on whole, fresh foods and less on the convenience, processed, and fast food will put you and your clients on a healthier path. You need not be a gourmet cook to make this happen. Generally, the less complicated the preparation methods, the more healthy the food!

*Emily Aughtman, RD
Dietitian*

PARKWAY'S GONE FISHING Incorporating FISH into the Workplace

It all started with CCRSI's first Management and Supervision Class taught by Kyle Ament and Jim Lowery. In addition to several other books on how to supervise people and motivate a team, we read Lundin, Paul, & Christensen's book FISH in the Workplace. Out of all the materials we poured over in our class, I found this story to be most inspiring. It is based on the true story of a crew of fish mongers at Pike Place Fish Market on the West Coast and how they became "world famous" by truly enjoying their work, having passion for what they do, and showing the rest of the working world that it's OK to have fun. Upon completion of this book, I was struck with an idea: How could I bring this energy, enthusiasm, and passion for one's work to Parkway staff?

In late October, all Parkway staff were given an assignment. Staff were divided up into four groups, one group for each principle of the FISH philosophy (*Play*, *Make Their Day*, *Be There*, and *Choose Your Attitude*). The groups were given six weeks to come up with ideas on how to incorporate each principle of FISH into our workplace at Parkway. Leaders who were assigned for each group led their own groups through these six weeks, and were also responsible for ensuring that the ideas were followed through at Parkway after our meeting. At the end of six weeks, staff presented their ideas at our all-day Team Building Meeting on December 12th. Here is what they came up with:

Play: "The supreme accomplishment is to blur the line between work and play"---Arnold Toynbee. This group came up with different ways to make work more

enjoyable since having fun equals energy, creativity, and a desire to come back to work. At the meeting on December 12th, the *Play* group did an exercise to give each staff a silly name based on a code with each letter of the alphabet (e.g., "Dorfus Chuckle Tush" or "Snickle Chicken Fanny"). They also got a poster to hang up at Parkway with suggestions of fun things to do. Each day, the leader of the *Play* group picks out a number on the poster for the staff to follow for the day while they're at work (for example "Sing out loud" or "Shake things up—Do the Hokey Pokey Dance"). The clients always get a laugh out of these as well as the staff! Another thing the *Play* group does is make cutout stars to give to staff for recognition of a job well done, or a thank-you for going the extra mile.

Make Their Day: This group focused on who our consumers are in our jobs. Who are we trying to serve, and how could we improve *their* experience? This group brainstormed ideas on how to make the clients feel special. Two ideas were born out of this: making each client's birthday special and giving the clients one day out of the year to take an excursion anywhere in Missouri, choosing the activity of their choice, staff of their choice to take them, and time of year they wanted to go. For client birthdays, one staff at Parkway was assigned to each client to help them plan what they wanted to do for their birthday. Already, some clients have chosen to have birthday parties outside of home, inviting friends and family as well as housemates. Other clients just wanted a smaller get-together within their home, which consisted of cake, ice cream, and song. Some ideas clients came up with for their day trip are going to Six Flags, sightseeing in Kansas City, and seeing a show in Branson.

Be There: Henry David Thoreau

once said "Don't waste the years struggling for things that are unimportant. Don't destroy your peace of mind by looking back, worrying about the past. Live in the present, enjoy the present." This principle is about truly being present at work; not bringing stress and worries from home that take away from your work. They thought of ways to ensure that they are truly *there* at work and are focused on the clients. Some suggestions they had for staff to clear their minds of troubles before work are: writing your thoughts in a journal, doing yoga, practicing breathing exercises (which was demonstrated during their presentation), and taking a short break at work when feeling overwhelmed and coming back with a clear head. This group has a brief "*Be There*" meeting every day when their shift starts to communicate to their coworkers. At this meeting, staff discuss what will happen on their shift (coordinating times if necessary), and also discuss any issues needing to be addressed from the day before. Staff are also able to share anything personally that is bothering them. This way their coworkers are aware that they are dealing with a problem in their own lives, and won't take it personally if that staff is less happy or engaged than usual.

Choose Your Attitude: This is the most fundamental principle of FISH. One must choose their attitude before coming to work so that the rest of the principles can apply. It's about deciding whether to have a good day or a bad day for yourself (and consequently, for others) when you come to work. The choice is up to you. "Two men look out through the same bars; one sees the mud and one the stars."---Frederick Langbride. This group discussed how important it is to choose your attitude each day, because your actions stem from your thoughts and can ultimately determine your success or failure. The *Choose Your Attitude* group

made and framed an inspirational reminder entitled "Our Workplace," which contains all four principles of FISH. They also purchased and placed other inspirational posters at Parkway, and hung a sign on Parkway's front door with one smiley face and one frown face which stated "The choice is yours." These things serve as daily reminders about staff's own personal responsibility for their success and enjoyment at work. This group also comes up with inspirational quotes each week, which are cut, matted, and hung on each apartment's

refrigerator to inspire staff while they are working. Since having incorporated *FISH* at Parkway, I have both seen and felt a positive change. I want to compliment Parkway staff on a job well done, and say "thanks" for all the hard work that was put into the brainstorming of ideas, presentations, and finally implementing and continuing the principles at Parkway. It is because of FISH and staff's desire to make their own workplace better that our clients' quality of life has improved. I am always telling staff "when you

(staff) have a bad day, so do the clients." Being able to recognize that, and then working to correct it has reminded us of what our true purpose here is---and that is the clients. Ruth Smeltzer said it best when she said, "You have not lived a perfect day, even though you have earned your money, unless you have done something for someone who will never be able to repay you."

Corinn Puleo
QMRP, Parkway Group Home

EMPLOYEE OF THE MONTH

Congratulations to the staff members pictured below for being selected as Employees of the Month.
Our sincere thanks to each of them for their service and dedication to those we serve.



December 2006

Lora Eighmey (center), pictured with Carrie Rost and Tabitha Morris. Lora is the QMRP at 2015B East McCarty.



January 2007

Sandy Donelin (center), pictured with Staci Short and Rodney Stokes. Sandy works in the Administration Building.



February 2007

Carleen Dickneite (left), pictured with Julie Deles Dernier. Carleen works in the Administration Building.



March 2007

Fatima Madondo (left), pictured with Chad Ward. Fatima works at 2015B East McCarty.



April 2007

Paula Eddy pictured with Staci Short, Carrie Rost, and Tabitha Morris. Paula is the Manager at 2015B East McCarty.



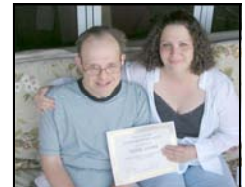
May 2007

Sandy Crawford (left), pictured with Bernard Lueckenotte. Sandy works in the Administration Building.



June 2007

Amy Currence (left), pictured with Danny Korsmeyer. Amy works in Case Management in the Administration Building.



July 2007

Diane Loepke (right), pictured with Jimmy Steinmetz. Diane works at 616 Delaware.

Things You Should Know . . .

Why can't you provide services if the disability has an adult onset?

Our Division has an eligibility rule by which all regional centers determine whether or not a person qualifies for services. One part of that rule states that the person's disability must have occurred prior to the age of 22. If either the physical or mental impairment or substantial functional limitations are not evident prior to the 22nd birthday, a person will not be considered for eligibility. Examples of non-eligible conditions might be a head injury and resultant physical and cognitive impairment which occur after a person is 22 years old. Another example of an impairment occurring after age 22 might be Parkinson's Disease in which the functional limitations are not evident until later in life.

Source: *The Missouri Department of Mental Health, Division of Mental Retardation and Developmental Disabilities,*
<http://www.dmh.missouri.gov/mrdd/help/faqs.htm#child>

CMRC TRANSFERS 80 CLIENTS TO CCSS CASE MANAGEMENT

The Department of Mental Health has transferred case management services to County Boards or other qualified groups. Central Missouri Regional Center (CMRC) has transferred case management services on their Cole County clients to the agency's Case Management Program increasing our client total by 80 individuals. Effective July 1, 2007, Cole County Special Services (CCSS) is now providing case management services for all residents of Cole County with development disabilities.

Tracy Hoover, Case Management Supervisor, developed our case man-

Over the past four years Tracy has increased the case management staff to seven full time case managers. Two of the seven case managers were hired in the last two months to cover the increase in numbers of clients we serve.

The case management team consists of Tim Scott, CM II, Charlotte Jones, CM II, Stacey Evers CM II, Lauri Hollis CM II, Amy Currence CM II, Casey Alley CM I/II and Gina Overmann CM I/II. We are currently serving approximately 275 clients of Cole County, ages 3 to adult, and we will continue to take referrals for new clients of Cole County.

Eligibility for services requires a person to have a disability

person attains the age of 22. Common diagnosis include: mental retardation, cerebral palsy, epilepsy, head injury, autism or a learning disability related to a brain dysfunction or any other mental or physical impairment or combination of the two. The disability is likely to continue indefinitely and the person should have substantial limitations in two or more of the following major life activities: self-care, receptive and expressive language development and use, learning, mobility, self-direction and capacity for independent living or economic self sufficiency.

If you know of anyone who would like to receive case management services and meets the guideline requirements, please call **634-4555** and ask for Tracy Hoover.

TOM SAWYER DAYS



June 9th was "Tom Sawyer Look-Alike Day" at East Mc Carty. The day of festivities was a joint adventure between Cole County Residential Services, Inc. and the Marion County Services for the Disabled, with the idea of providing a day of games and fun for the consumers, their families, staff, and case management. It was an opportunity for everyone to make new friends and to build on the relationships as team members.



People in red Event Crew shirts were everywhere - putting up tables and chairs for relaxation and for musical chairs. There were tents for First Aid and ice cream as well as balloons for decorations. Other activities were Pin the Tail on the Pig, a Pie-Throwing Contest, a Dunking Booth, a Fence Painting Contest, a Duck Pond, and Story Telling of Tom Sawyer by Steve Stacey.



The "Look Alike Tom Sawyer and Becky Thatcher contestants were great, displaying a lot of diversity. The judge had a hard time choosing the First Place Look Alikes. Winners each won a savings bond, donated by Exchange Bank.

Some of the most interesting, original, and unusual designs were beautifully painted on faces and arms of the attendees, staff, and other guests by our own artists: Corinn, Lora, and Diane. Great Job!!!



Thanks to everyone for providing this exciting day for all attendees, especially the clients! A special Thank You to Amy Currence and Clyde Korsmeyer, who spent the entire time helping, although neither of them are on the Event Crew.

*Sandy Donelin,
Recreation Coordinator*

Please let CCRSI know if you want to stop receiving this newsletter or if you would like to receive it electronically. You may call, fax, or e-mail us. Also, please let us know if your address has changed. Thanks!

Important Events

Board Meeting Dates*

September 25, 2007**
October 23, 2007
November 27, 2007
No meeting in December
January 22, 2008
February 26, 2008

*Board meetings are held at the Administrative Office located at 1908 Boggs Creek Road, and begin at 6:30 P.M.

September Board meeting will be from 5:30—6:30 P.M., followed by a **Public Meeting from 6:30—8:30 P.M.

Recreation

Travel Opportunities:

Sept 15 Explore Fulton & Lunch
Sept 17 CCRSI Bowling Starts Westgate Lanes
Sept 23 Grants Farm

Sept 24 Bowling Westgate Lanes
Sept 29 & 30 S.O. Bowling Tournament Fulton, MO.
Oct 1 CCRSI Bowling Westgate Lanes
Oct 4 Grants Farm
Oct 6 Grants Farm
Oct 13 Train to Union Station
Oct 15 CCRSI Bowling Westgate Lanes
Oct 20 Haunted House Adventure in Hannibal, MO
Oct 22 CCRSI Bowling Westgate Lane
Oct 27 Train to Union Station
Oct 29 CCRSI Bowling Westgate Lanes
Nov 3 Lunch & Movie
Nov 5 CCRSI Bowling Westgate Lanes
Nov 10&11 Special Olympics State Bowling Classics, Joplin, MO
Nov 17 Timber Falls Tan-Tar-A
Nov 18 Lunch & Movie
Nov 19 CCRSI Bowling Westgate Lanes
Nov 24 Main Street Music Hall

Nov 25 Lunch & Movie
Nov 26 CCRSI Free Bowling Westgate Lanes
Dec 2, Dec 8, Dec 21 Main Street Music Hall Lake of Ozarks
Dec 15 Dancers' Alley The Nutcracker

Other Activities (Dates to be Announced):

- Story Telling for Cole County Residents
- Art Classes for CCRSI Residents
- Music for CCRSI Residents will include Christmas Caroling

Training on Appropriate Social Boundaries

If interested in having a class, call Kathy Deeken