



THE CONNECTION

September 2009

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

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Ahh! What a Summer!

By Jim Casey

We began Summer 2009 with an Open House for our new Respite facility (former Hospice House). It was an overwhelming success. We also showcased our new Sensory Room given to us through the generous donations of money and labor from several Jefferson City Rotary Clubs. We opened the respite facility July 1 and moved people who were living in a rental home on Ellis to the former respite space at Tanner Bridge.

In mid-July, we were the recipients of more than 250 donated labor hours from teens and adults with CHRISTpower, a Jefferson City Catholic Diocesan retreat. During this weeklong retreat, teens and adults come together for service, prayer, spirituality, friendship building and community building. We have been one of the sites for the youths for three years now and each year these people put in many hours to help us with particular projects. Their efforts for us were concentrated at the High Street facility. They were painting sections of the old house we use for meeting room space; organizing a large area where we will have our next garage sale – you will hear more of that in the near future; and, removing old carpet from the second floor of the house. This volunteer labor helped us get caught up with our many maintenance needs and we look forward to continuing our relationship with CHRISTpower.



CHRISTpower Group

While the CHRISTpower teens were here, we also had our regular biannual visit from the Department of Mental Health Certification Team. This is a mechanism the state uses to assist us to maintain quality in our services and to evaluate ways we might improve. The four member team visited all our facilities and talked with several staff and clients over the three days they were here. At the end of their visit they hold an “exit interview” at which time they relay to us their findings (preliminary, until the official report from the Department). Their comment to us was “This is ‘As Good As It Gets’” using the title of an Oscar winning movie. What they found were administrative personnel records complete and very organized; clients happy with their supports; staff happy with their jobs and interacting positively with clients; client medical and safety needs being met; varied and popular recreation opportunities; Case Management records complete and well written; Case Management staff active and effective in people’s supports; and, staff well trained in all required areas. They literally had no suggestions for improvement and stated they would be taking what they saw at CCRSI to other agencies to let them know how to improve their organizations.



Ron Thoma and Lisa Johnson

In all humility, we recognize there are always ways to improve and we must be forever vigilant in meeting our Mission. But this Certification survey was particularly gratifying because it was a recognition of total team commitment from the clients and families to the Support Staff to the Board of Directors to the administrative staff to the QDDP’s, Managers and supervisory staff to Case management to recreation staff—total team effort and commitment to supporting people in the choices they make to live a richer life.

To say the Board of Directors is proud is an understatement! We are all proud and promise to continue to make every effort to keep our Mission foremost in our services.



SPOTLIGHT ON BOARD MEMBER COREY BACKUES



Corey Backues

Corey Backues was appointed by the Cole County Commissioners to the Cole County Special Services (CCSS) Board on April 7, 2009. He is currently serving on the Board's Property Committee. Corey also serves on the Cole County Residential Services, Inc. (CCRSI) and the Alpha Homes, Inc. Boards.

Corey was born and raised in Jefferson City and graduated from Jefferson City Public Schools. He attended the University of Central Missouri State and received a Business Administration degree in Marketing. Corey went on to receive his MBA from William Woods University.

Corey married his wife, Paula, in 1997, and they have two wonderful children. Their son Evan is now 6, and attends St. Peter Interparish School. Their daughter, Sophia, who was born with Down Syndrome, is 3 and attends The Special Learning Center.

Corey received his first job out of college working for Modern Business Systems here in Jefferson City. He has spent his 17 year career in the digital imaging industry, moving from Sales to Director level positions with Fortune 500 companies. Corey was living in Kansas City when he received an offer from GFI Digital to come back home to Jefferson City. Corey and his wife were excited to take advantage of this opportunity to return and get some extra support for their daughter from family and friends.

Corey is currently the Branch Sales Manager for GFI Digital in Mid Missouri covering 27 counties with offices in Jefferson City and Columbia. He oversees a large team that sells and services digital imaging office equipment for all types of businesses from large multi national companies to the two person office.

Corey is an active member of St. Peter Catholic Church and a member of the Knights of Columbus. He serves on the United Way Board of Governors where

he participates on review panels. Corey is involved with the Jefferson City Chamber of Commerce and on several committees. He states he does whatever is needed at The Special Learning Center and helps the Foundation. Corey is a member of the Rotary Club West, Board member of Cosmopolitan Club, Active with First Downs for Down Syndrome, DADS—Dads Appreciating Down Syndrome, River City Parent Support Group, and the Down Syndrome Guild of Kansas City.

When Corey was asked how he spends his spare time, he stated he enjoys spending time with his family and the outdoors. He likes to hunt, fish, and golf plus snow ski when he can. Corey and his wife are very involved with several community organizations and spend a good deal of time volunteering.

When asked why he volunteered to be on the CCSS Board, Corey stated he wanted to help make a difference; and felt with his professional and personal background, he would be an asset. He stated he understands what the families need as well as from a business prospective how to maximize the funds available to provide services for individuals and families in Cole County. Corey wants to do all he can to make Cole County an even better place for all individuals with special needs so they are able to achieve their full potential.

After Corey was asked what he feels are the greatest needs facing the Board in the upcoming years, Corey said, "The Board needs to not only maintain the current level of services but constantly adapt to providing the right services. CCRSI is a

premier agency that is facing a tough task which is to improve upon greatness and take the lead in setting the bar high for service providers. One challenge I see is for the board to look more into providing early intervention services. There is a definite need for additional OT, PT, and Speech therapies above and beyond what is typically provided through an IEP. Many families are also in need of therapeutic devices (swings, weighted vests, etc.) and have no funding available. There are many families with young children that have special needs, and respite care for children under age 6 is also an issue. The new facility on High Street is a step in the right direction, but providing care in the home is sometimes needed. If we can assist in providing more services early on in life, it will help eliminate some of the needs later in life for individuals with special needs, thus reducing long term costs."

Corey states he has only been with the board a few months, and he is very impressed at the level of involvement of the members. Everyone gives it their all and strives to make CCRSI the best in the State; and after seeing the results of the State Certification visit, have actually done so. Corey stated, "I can say I would be very comfortable with my daughter living in one of the facilities, if necessary. The staff are extremely dedicated and caring and seems to exceed service expectations. The staff and facilities are truly great and even better than I could have imagined." Corey said that he is thrilled to be a part of this agency and looks forward to assisting the board with planning and decisions in order to assist individuals and their families in Cole County.

Thanks, Corey, for agreeing to serve on the Board.

OPEN HOUSE CELEBRATES A NEW RESPITE BEGINNING

A formal open house for the CCSS Respite Center was held on June 18, 2009. The new facility is located at 601 East High, Jefferson City, Missouri. Over 150 visitors, including parents, County Commissioners, friends, staff, and other supporters toured the facility. The Jefferson City Chamber of Commerce provided the ribbon-cutting ceremonies.

Ceremonies such as this can overshadow the good work everyone has done with the Respite program, which has been in operation for many years; but having a new location and an increase from three bedrooms to six private bedrooms with adjoining facilities, along with fully accessible showers, makes the new start an exciting one. The average census over the last year was about three clients per day, so we are hoping that the increased space will provide greater utilization by citizens of Cole County.

The Respite program receives most of its funding from Cole County Special Services. Respite staff work with individuals and families in scheduling services as needed and provides the welcome relief necessary for all the things that happen in busy lives.

We are thankful to many people who helped with the new Respite facility. The Jefferson City Rotary Club's donation provided funding for special equipment in the sensory room. Individually donated electronic equipment will provide entertainment opportunities for Respite guests. We are especially thankful to CCRSI staff who helped make this facility possible and whose tireless hours of work brought the facility to a reality. Cole County Respite will, no doubt, change in appearance as it is personalized to meet the needs and interests of those visiting the facility. We are also grateful for the many hours of dedicated attention the Master Gardeners have given to the facility grounds. Most plantings are labeled and have multiple seasonal offerings for viewing pleasure. One visitor noted that the window boxes, blooming in all their glory, provided a pleasant natural painting for each bedroom window, from the inside looking out. Jim Casey, Executive Director, stated, "We tried to be good stewards of County funds in bringing the building into compliance with fire and safety rules as well as providing an environmentally and esthetically pleasing appearance, without extensive changes."



Jim Casey, Ex. Dir. (L), accepts a \$3,000 check from Warren Propst, JC Rotary West, Nancy Gratz, JC Breakfast Rotary, County Commissioners Marc Ellinger and Chris Wrigley, and Dr. Mike Wilson. Board members are in the background.

The drop-off area for Cole County Respite is at the accessible back entrance off Marshall Street. Parking for staff and agency vehicles is located on the side parking lot with entrance from the alley, and guests may use street parking.

If you have not had an opportunity to use the new Respite Center, give them a call at 573-636-2375. You may recognize the same staff, plus a few new faces. We will soon have our website updated to include new information about the Respite Center at www.ccrsi.org; but in the meantime, call 573-634-4555 if you need additional information.

By Jim Lowery, HR Director



Chamber of Commerce Ribbon Cutting ceremonies for the new Cole County Respite facility. Cutting the ribbon are Diana Wriedt (L) and Christina Goedde. Jim Casey, Ex. Dir., and Alan Mudd, Board Chair, assist and Chamber members hold the ribbon.



The donated Hospice House now provides a home for our Respite program..

CCSS Opens New Sensory Room

Thanks to members of Rotary International we now have a Sensory Room located at our new facility at 601 E. High Street. This room is designed to provide a form of therapy named Snoezelen (pronounced SNOOZE-len) that offers sensory stimulation and relaxation to people who may get little of either, from developmentally disabled children to adults and even to elderly dementia patients. We built this room to assist and help calm clients with sensory issues related to Autism, Asperger's, PDD and ADHD.

The CCSS Sensory Room is painted white and equipped with fiber optic lights; a bean bag chair that vibrates to the sounds of a stereo system, a mirror, a mirror ball, a projector with slides, black lights and a weighted vest and other items used for sensory stimulation. We will be adding a hammock swing which was donated by one of our families.

All clients using the new Sensory Room will have supervision at all times.

Please contact your case manager with any questions pertaining to the sensory room.

Background Information:

Sensory processing (sometimes called "sensory integration" or SI) is a term that refers to the way the nervous system receives messages from the senses and turns them into appropriate motor and behavioral responses. Every day activity requires processing sensation or "sensory integration."

Sensory Processing Disorder (SPD, formerly known as "sensory integration dysfunction") is a condition that exists when sensory signals *don't* get organized into appropriate responses. A person with SPD finds it difficult to process and act upon information received through the senses, which creates challenges in performing countless everyday tasks. Motor clumsiness, behavioral problems, anxiety, depression, school failure, and other impacts may result if the disorder is not treated effectively.

What SPD looks like

SPD can affect people in only one sense—for example, *just* touch, *just* sight or *just* movement—or in multiple senses. One person with SPD may over-respond to sensation and find clothing, physical contact, light, sound, food, or other sensory input

to be unbearable. Another might under-respond and show little or no reaction to stimulation, even pain or extreme hot and cold. In children whose sensory processing of messages from the muscles and joints is impaired, posture and motor skills can be affected. Still other children exhibit an appetite for sensation that is in perpetual overdrive. These kids often are misdiagnosed - and inappropriately medicated - for ADHD.



The
New CCSS Sensory Room

The Sensory Room has been dedicated to the following Rotary Clubs for their generous contributions and for their labor in getting it built.

Jefferson City Rotary West
Jefferson City Breakfast Rotary
Rotaract Club of Jefferson City
Tom Quinn, Rotary Assistant
District Governor

Q & A 2009 H1N1 (SWINE FLU) INFLUENZA VACCINE

What is novel H1N1 flu?

Novel H1N1 flu is a new and very different influenza virus that is spreading worldwide among people. This new virus was called "swine flu" at first because it has pieces of flu viruses found in pigs in the past. However, novel H1N1 virus has not been detected in U.S. pigs. Influenza is unpredictable, but scientists believe that the new H1N1 virus will cause illness, hospital stays, and deaths in the United States over the coming months. This flu season, the new virus may cause a lot more people to get sick than during a regular flu season. It also may cause more hospital stays and deaths than seasonal flu.

What are the symptoms of the flu?

Symptoms include: fever, lethargy, lack of appetite, coughing, headache, muscle aches, runny nose, sore throat, and in some cases – nausea, vomiting, diarrhea (may have one, several, or all symptoms).

When is it expected that the 2009 H1N1 vaccine will be available?

The 2009 H1N1 vaccine is expected to be available in the fall. More specific dates cannot be provided at this time as vaccine availability depends on several factors including manufacturing time and time needed to conduct clinical trials.

Will the seasonal flu vaccine also protect against the 2009 H1N1 flu?

The seasonal flu vaccine is not expected to protect against the 2009 H1N1 flu.

Can the seasonal vaccine and the 2009 H1N1 vaccine be given at the same time?

It is anticipated that seasonal flu and 2009 H1N1 vaccines may be administered on the same day. However, we expect the seasonal
(Continued on Page 6)

CASE MANAGEMENT CELEBRATES SIX YEARS OF SERVICE

*By Tracy Hoover
Director of Client Services*

The Cole County Special Services (CCSS) Case Management program was established on August 4, 2003. The program has grown in 6 years from a Director of Case Management and 1 case manager to a Director and 9 case managers. Each case manager works with approximately 35 to 40 clients. CCSS currently serves over 300 clients in residential placement, ISL's, and natural home settings.

Case managers meet with individuals on a regular basis to assist with the goals outlined in the individual's Person Centered Plan. Case Man-

agement is a long-term program provided to eligible individuals ages birth to adult. Upon eligibility and assignment of a case manager, the client or the client's guardian will be contacted as soon as possible to begin services and to identify and plan for the client's needs. Planning, advocacy, linking, and referring to resources are provided to each program participant to help keep them as independent as possible with supports. Case management makes these referrals to connect and link the client to various community resources including accessing food pantries, hous-

ing assistance, social activities, transportation, employment, placement, and other related resources.

Citizens of Cole County needing case management services should contact the Central Missouri Regional Office (CMRO) at 1-888-671-1041. CMRO will determine eligibility, and once CCSS receives notification, a case manager will be assigned. For any additional information, please contact Tracy Hoover, Director of Client Services at (573) 634-4555.

FROM THE TECHNOLOGY CORNER...

It's been over a year now since CCRSI started the process of applying for grants through the National Cristina Foundation for used computer equipment that could be donated to our clients and/or used for training purposes. Some time went by after the initial application and acceptance process which made us wonder if it was worth the time. We now know that it WAS worth the time and effort!

CCRSI is now a NCF recipient – twice – and hopes to receive more equipment in the future for the benefit of our clients. Many thanks to the NCF and their generous donors!

The first donation we received was a complete computer system that we were able to re-donate to one of Amy Currence's case management clients. Our donation made it possible for the client to have a computer

system to use for communication and educational purposes, replacing one that had been out of operation for some time. While I doubt that an



Dan Miller enjoying his donated PC

actual explosion occurred, the loss of the PC and the activities and assistance it provided was missed, so the donation through NCF made this client smile! See for yourself in the photo.

The second donation we received is a Windows XP computer system with a flat screen monitor which has been designated for client training use. I've hooked up and checked out the system, which works well. We plan to develop a basic training curriculum for our clients who can benefit from being offered this type of hands-on training.

As we had hoped, the application for technology donations from the National Cristina Foundation has had a positive impact at CCRSI. Visit www.cristina.org if you're interested in learning more about the foundation and its story. Through this "partnership" with the NCF, we hope to receive future donations that will allow us to continue to provide an "extra" service to our clients.

*Janet Woemmel
Technical Support Specialist*

2009 SUMMER RECREATION HIGHLIGHTS

The weather this summer has been great for our Recreation Program. We enjoyed some Cardinals and Royals baseball games. Some games were won and some were lost, but it was fun being a part of the excitement. We enjoyed our shopping trips to the Columbia Mall and to the Lake Ozark Outlet Mall. We were fortunate enough to go to the National Tiger Sanctuary in Broomdsale, MO where we saw seven tigers and a mountain lion. We took the Amtrak train from Jefferson City to Kirkwood, and continued our trip to the St. Louis Zoo.

We offered clients a summer water walking class through the Firley YMCA Site for July and August. This class is offered year round by YMCA. We are finishing our second year of a three year commitment to Jefferson City Parks and Recreation with the Adopt a Park program. We have 5 to 10 people donating one Saturday every month, April through September,



Glenn Strickland (L.), Doug Fortson and Mark Lancaster in the upper right corner.

with picking up trash and debris at the Washington Park from Ohio Street to Kansas Street. We want to thank Bruce Murray and J. J. Gates

for providing us with the gloves, bags and the trash pincher sticks. We appreciate the opportunity to serve our community.

This summer we started our CCRSI Walking Club. We met every other Friday at the Cole County Park beside the Jaycees Ball Park. We had a great turnout with 24 to 61 people participating. We wore our CCRSI Walking Club shirts made by Tammy Love. Pedometers were donated by CCRSI's Board of Directors. We started on June 12th and the last night was August 21st. I would like to thank everyone for their support by coming out to walk with us. We celebrated our last night with cookies, ice cream, water and soda. We had a great time meeting and reacquainting ourselves with old and new friends. This activity is planned again for next summer, so hang on to your shirts and pedometers.

Bill McKinley from Win Nelson Company made a donation through the Jaycees of 180 feet of pipe and parts for a portable Bocce Ball Court. This will enable us to take our portable court to neighboring counties for games. This will also be more user-friendly for our friends in wheelchairs to access the court.

CCRSI bowling just started on Monday, August 24 at Westgate Bowling. During this session Special Olympics teams will be forming with those interested in participating in the upcoming tournaments bowling every Monday. We start at 4 pm and end by 5:30 pm. The cost to bowl is \$5.25 for two games and bowling shoes. Refreshments are available for purchase.

The Friday Night Recreation (FNR) program which we co-sponsor with Jefferson City Parks and Recreation will be most Fridays starting September 11, 2009. The first FNR activity will be an End of Summer BBQ. Contact Mike Bollinger at Jefferson City Parks and Recreation if you have not received information on the FNR activities.

I'm looking forward to this fall and the upcoming activities, so be watching for the flyers and sign-up sheets in the mail. I'd love for you to join us! Thank you for your support and participation with Travel Opportunities, swimming classes, and the Walking Club that we offered this summer.



Members of the Walking Club, Staci Short and Danny Kormeyer

It has been a very successful summer and I will continue to do the best I can to meet your needs and wants! See you soon!

*Sandy Donelin,
Recreation Coordinator*

(Q&A 2009 H1N1 INFLUENZA VACCINE, continued)

vaccine to be available earlier than the H1N1 vaccine. The usual seasonal influenza viruses are still expected to cause illness this fall and winter. Individuals are encouraged to get their seasonal flu vaccine as soon as it is available.

How long can a sick person spread the flu to others?

People infected with seasonal and novel H1N1 flu virus may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with novel H1N1 flu.

What about the use of antivirals to treat 2009 H1N1 infection?

Antiviral drugs are prescription medicines that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. This fall, antivirals may be prioritized for persons with severe illness or those at higher risk for flu complications.

Contact the Cole County Health Department 573-636-2181 for additional information.

EMPLOYEES 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.

*** MARCH 2009 ***

Lisa Sanchez



Lisa is pictured with Kathy Bremmerkamp.



*** APRIL 2009 ***

Casey Alley



Casey is pictured with Raymond Suerig.

*** MAY 2009 ***

Sherri Humphery



Sherri is pictured with Keith Pritts.

*** JUNE 2009 ***

Clara Wibberg



Clara is pictured with John Kaufmann.



*** JULY 2009 ***

Sandy Crawford



Sandy is pictured with Billie Jean Brown.



2009 CLIENT SURVEY AND PUBLIC MEETING

The Directors of Cole County Special Services are conducting the 2009 Needs Assessment Survey. We need your opinions about the programs in which you or your family member(s) participate or have participated in, within the last two years.

We also need to hear what services or supports you need or would like to see over the next five years. We are developing our 5 Year Plan and your input is extremely important to help us address those needs.

You can now complete the survey on line by going to our home page located at www.ccrsi.org and click the button in the lower left hand side of the screen. If you need assistance with the online survey or would like one mailed to you, please contact the Administrative Office at 573-634-4555.

Please be assured that your survey will only be shared as a part of the total compilation. You are *not* required to sign this survey. Please return this survey by Friday, September 18, 2009.

The Preliminary Results of this survey will be presented at a Public Meeting at 7:00 PM, Tuesday, September 22, 2009, to be held at 1908 Boggs Creek Road, Jefferson City, Missouri.

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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 *****

Friday Night Recreation

- Sept. 18, 7:00-9:00 P.M., B.J. Davis Performance, McClung Pavilion
Sept. 25, 6:30-8:30 P.M., Movie Night, McClung Pavilion
Oct. 2, 7:00-9:00 P.M., Sponsorship Fundraiser & Dance, McClung Pavilion
Oct. 9, 6:00-8:00 P.M., Hayride, Binder Park
Oct. 16, 7:00-9:00 P.M., Bingo, McClung Pavilion
Oct. 23, 6:30-9:00 P.M., Jays Football Game, Atkins Stadium
Oct. 30, 7:00-9:00 P.M., Halloween Dance, McClung Pavilion
Nov. 6, 6:30-8:30 P.M., Karaoke Night, McClung Pavilion
Nov. 13, 7:00-9:00 P.M., Turkey Trot Dance, McClung Pavilion
Dec. 4, 6:00-9:00 P.M., Christmas Dinner & Dance, McClung Pavilion
Dec. 11, 7:00-8:30 P.M., Christmas Lights Tour in Jeff City, McClung Pavilion



Autism Support Group Meeting*

September 24, 6:00 PM, CCRSI
October 29, 6:00 P.M., CCRSI

*The Autism Support Group Meetings are held at 1908 Boggs Creek Road, and are tentatively scheduled for the last Thursday of the month.

**2009 Missouri Association of
County Developmental
Disabilities Services Annual
Conference**

October 15 & 16, Lodge of Four Seasons, Lake Ozark, MO

Board Meeting Dates

September 22, 2009*
October 27, 2009
November 24, 2009

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 start at 6:30 P.M. with a Public Meeting beginning at 7:00 P.M.

For additional information, please call 573-634-4555.