DESTROYING LIMITATIONS - ONE STRIDE AT A TIME

When Justin Wann and John McNail rounded the last corner of the Roots ‘N Blues BBQ half-marathon pushing their friend Tucker in a wheelchair, there was only one thing on their minds – getting 18-year-old Tucker on his feet and crossing the finish line together.

Confused, the crowd fell silent as Justin and John stopped the wheelchair and lifted Tucker from his seat and onto his wobbly feet. But when the trio locked arms and walked ahead, the onlookers roared, recognizing a moment of triumph. As they slowly crossed the finish line of the 13.1-mile race, Tucker looked from his feet into the smiling faces of Justin and John.

“You did it, man!” Justin said. “Do you hear all of these people? They are all cheering for you.”

Tucker was among six people with developmental disabilities who were inspired by John and Justin to participate in the 10k and half-marathon races, which took place September 10 in Columbia.

As Supported Living Assistants at Boone County Family Resources, John and Justin had been working for months with adults with developmental disabilities, helping them with on-the-job training among other things. The friends had already started training for the half-marathon when they hatched an idea to run for a cause.

“We started talking about how cool it would be if we ran for ‘disability awareness,’” Justin said. Before long, they had recruited more than 25 staff, clients and friends to join them. They even designed and sold white and blue t-shirts that read “Destroying limitations one stride at a time.”

Most of the participants with developmental disabilities had never trained for a long-distance race, including Ricky, 47, and Shaina, 25, who both ran the 10K. When Ricky crossed the finish line, he smiled widely, dropped to his knees and kissed the ground. The crowd cheered.

“I wasn’t sure I could do it,” said Ricky, who lost 11 pounds and started to eat

Concluded on page 11
Share critical information before an emergency so 9-1-1 telecommunicators have it during an emergency

The Columbia/Boone County Public Safety Joint Communications Center and Rave Mobile Safety, a leading national provider of software safety solutions, recently launched new software called Smart911 in the Columbia area. Smart911 improves the flow of information about you and members of your family — including children, elders and pets — to emergency responders when you need it the most!

Smart911 allows you to store critical care and emergency rescue information with Smart911 in advance of any emergency. The software allows you to enter information that you want to make available to 9-1-1 telecommunicators through a secure web site at www.Smart911.com.

Information you enter might include: children’s photos, medical conditions, home addresses of mobile phone callers, disabilities or other rescue-related information. Smart911 delivers this information automatically with any 9-1-1 call placed within Columbia and Boone County to the telecommunicator’s work station at the City/County Emergency Communications Center.

In an Emergency
If you make a 9-1-1 call from a Smart911 registered phone, the technology automatically makes your information available to the 9-1-1 telecommunicator. Until that time, the information entered is kept completely private and secure. It is only viewable by emergency personnel when the registered user calls 9-1-1, and then only for the amount of time necessary to address the emergency. In other words, Smart911 holds the registered user’s profile in escrow until an emergency call is made from his/her phone.

Sharing Information
You have the option to choose the information you want to share: personal information, household details, medical information, special needs and much more. To review a complete list of options, visit http://info.smart911.com/citizen/sharing-data.

Frequently Asked Questions
We want to make sure all of your questions are answered about the Smart911 service. The Smart911 website has a comprehensive list of frequently asked questions at http://info.smart911.com/citizen/faq.

Registration
The registration process is quick and easy... just four simple steps! After completing the steps, you will have a chance to add optional information or edit the information you have provided. You must complete every step or the service will not work until you have added and confirmed a phone number.
https://www.smart911.com/smart911/registration/registrationLanding.action
On September 8, for the 14th year, the Elks Lodge #594 sponsored a picnic for the people served by Boone County Family Resources, their families and friends, and the staff and Board.

Ray Boothe, the Elks’ committee chairman, spearheaded the cooking and serving operations. Russ Williams served as the liaison between the two organizations. “The Elks adopted BCFR as our local charity,” Russ said. “We see it as a deserving entity, and through events like this, we feel we can help make a difference.”

This year, over 350 people came to the picnic, including people of all ages served by the agency, their many associates, several BCFR board members and County Commissioner Karen Miller.

The informal occasion is an opportunity for people served, family members and professionals to mingle socially, to share a meal and entertainment. Jeff Mueller and local band Rutherford, as well as accordion player Scott Denson, provided music.
Growing up with a brother or sister with a disability is tough.

Many parents have to spend a great deal of their time attending to a child with special needs. Even when parents try to be fair with their time, they are sometimes consumed with the demands of raising a child with a disability and forced to put off the needs of their other children.

Siblings often have to wait their turn. As a result, siblings might:

- Feel alone, neglected or jealous about the extra attention given to a child with special needs
- Wish that they too had problems to get more attention
- Worry that the disability is contagious and that they might catch it
- Become overly helpful or noncompliant in an effort to gain approval
- Try to ease their parents' burden by not making demands or feeling guilty
- Feel guilty about their own good health
- Feel embarrassed or resent having to involve their sibling with neighborhood friends
- Be afraid to express negative feelings to avoid adding stress to the family
- Worry about the care and future of their sibling

But brothers and sisters are too important to ignore, if for only these reasons:

- Siblings will be in the lives of family members with special needs longer than anyone, including parents and special educators. If siblings are provided with support and information, they can help their sibs live dignified lives from childhood to their senior years.
- Siblings share many of the concerns their parents experience, such as isolation, a need for information, guilt, concerns about the future, and caregiving demands. They also face issues that are uniquely theirs including resentment, peer issues, embarrassment, and pressure to achieve.

Where do Parents begin?

First, experts recommend parents demystify the disability and explain it to children in appropriate language. Do it early and do it often because as children grow up, their understanding and reactions change. The Sibs need to know about the disability, what to expect, and the weaknesses as well as the strengths of their sibling.

There is a silver lining!

In general, brothers and sisters of children with disabilities face more situations while growing up that demand flexibility and problem-solving. Consequently, they often experience more lessons in life that instill sensitivity, insight, cooperation, tolerance, compassion and patience, characteristics that will serve them well the rest of their lives.

Tips for Parents:

- Give each child a regularly scheduled time alone with each parent
- Not everything has to be done with the whole family. When an activity is too taxing for a child with disabilities, make arrangements for her/his care while the family is out
- Encourage each child to pursue own his/her own interests and give each one a special space for personal things
- Recognize each child's unique strengths and accomplishments and make sure they develop friendships outside the family
- Help the child with a disability be as independent as possible and assign them household chores; this way everyone has some responsibility
- Apply the same rules whenever possible to the child with special needs and impose appropriate consequences
- Compliment each child for being helpful and for being a team player
- Enlist the help of relatives when feasible
- Initiate periodic family discussions at a quiet time with no distractions. A designated time would allow everyone to air feelings, positive and negative, and to talk about stresses such as peers, reactions of public and extra responsibilities
- Encourage children to ask questions and try to maintain calm, modeling an attitude of coping, communicating and actively seeking ways to solve problems.

Resources:


NYU Child Study Center: http://www.aboutourkids.org/articles/siblings_children_special_needs


University of Michigan Health System: http://www.med.umich.edu/yourchild/topics/specneed.htm#sib

The Support Group listing in this newsletter on page 9
SEEKING NOMINATIONS FOR 2011 MARIE KOVAR “ONE WHO MADE A DIFFERENCE” AWARD

The 2011 “One Who Made A Difference” award will be presented by the Board of Directors of BCFR at the Annual Holiday party on Thursday, December 8.

This award is presented annually to recognize one or more persons who have made outstanding contributions to bettering the lives of persons with developmental disabilities.

The award was established in memory of Marie Kovar, a staunch advocate for people with developmental disabilities in Boone County.

Nominations for the award should include a description of the nominee’s activities and accomplishments on behalf of people with disabilities in Boone County.

The deadline for receiving nominations is October 31. Please submit them to the attention of Bob Bailey, Board Chair, at Boone County Family Resources, 1209 E. Walnut, Columbia, 65201 or by e-mail to his attention at agency@bcfr.org.

SEEKING NOMINATIONS FOR 2011 SUPER SIB AWARD

The “Super Sib” awards will be presented by the Friends of Boone County Family Resources at the 2011 Annual Holiday party in December.

The award, presented annually, will recognize the siblings of individuals with special needs for the supportive, and often times challenging, role they play as a contributing member of their family.

Nominations for the award should include a description of the nominee’s activities and accomplishments.

Nominations for the Super Sib Award should be submitted by November 1 to the attention of President Kay Conklin at Friends of Boone County Family Resources, 1209 E. Walnut, Columbia, 65201 or to her attention by e-mail at agency@bcfr.org.

THE FRIENDS OF BOONE COUNTY FAMILY RESOURCES

INVITE YOU TO THE 2011 HOLIDAY PARTY & DANCE

Thursday, December 8, 2011
5:30-8:00 p.m.
At the Cosmopolitan Community Center

Save the date and watch for more information!
Norma’s Story  By Sara Agnew

Every Monday through Friday, Norma Anderson oversees the “cat room” at the Central Missouri Humane Society. Sometimes she cleans cages. Other times she refills food bowls and makes sure the felines have plenty of water, especially on hot summer days. But best of all, Norma cuddles kittens; every now and then a curious cat springs to her shoulder and rubs across her neck, making her laugh.

Norma will be the first to tell you she has the job of her dreams.

“I love it, I love it!” she said, giggling with excitement. “I get to work with animals, and the people there know my diagnosis.”

Norma, 21, has Asperger’s Syndrome, a form of autism that can make ordinary social interactions a struggle, among other things. Until recently, Norma’s developmental disability might have prevented her from joining the workforce and made her more dependent on her grandmother, a scenario Fern Anderson feared disastrous for her granddaughter.

“My goal in life has always been to get Norma to live independently,” said Fern, who has raised Nora since she was 4.

“If something happens to me, what will happen to Norma? She needs to know how to live independently. Up to now, I’ve done everything.”

Thanks to the Partnership for Hope, Fern is confident her granddaughter will be ready for the future. Last fall, Norma received a variety of services through Boone County Family Resources, including job training and a chance to participate in a socialization class called Circles. She also received Community Specialist Services to develop practical living skills such as budgeting and cooking.

The instruction not only helped Norma land a job, but has better prepared her for an independent life.

“She has developed social skills and learned how to take on responsibilities,” Fern said. “She’s also learned how to clean, which is important if you’re going to live on your own.”

In the past, Norma would have had to have been in crisis — lost her grandmother or become homeless, for example — to receive these services. That changed late last year when Gov. Jay Nixon lent his support to a partnership among the state of Missouri, 37 county developmental disability boards and the federal Centers for Medicare and Medicaid Services. The new program provides services to people with disabilities and their families far sooner, helping recipients avoid crisis and delay or avoid the move to a residential home or institution.

Norma was among the first people in the state to sign up for the program. Today, more than 1,300 persons in 83 counties and the city of St. Louis have received services.

After Norma graduated from high school in 2009, she enrolled in community college. But keeping up with her peers proved too much for Norma, who also has a learning disability. She applied for jobs, but had few skills to offer. Fern worried her granddaughter would be stuck at home and lose the social skills she acquired in school. Partnership for Hope was an answer to her prayers.

“The services she receives through the Partnership of Hope have made all this possible,” Fern said.

Now that she’s employed, Norma has opened a bank account, pays for her cellphone and helps cover household expenses. She’s even planning a trip, one that might not have been possible without her newfound independence.

“I’m saving up for a plane ticket to visit my mom in Cheyenne, Wyo.,” she said.
PEOPLE FIRST
SELF-ADVOCACY RETREAT 2011

People First of Boone County is a self-advocacy group run by, and existing for, people with developmental disabilities. On a rainy September weekend, group members joined other local chapters affiliated with People First of Missouri in a retreat at Wonderland Camp. The rain didn’t dampen enthusiasm, and campers enjoyed a weekend that combined learning with fun and communion with nature.

Two seasoned Boone County chapter members – Greg Griffin and Jason Mize – conducted training on self-advocacy at the retreat. “This is what it’s about,” says Greg. “It’s about knowing what your rights are, it’s about standing up for your rights, it’s about speaking up for yourself.”

About 100 self-advocates attended this year’s retreat.

People First of Boone County meets on the second Thursday of each month, 5:30 p.m., at 1209 E. Walnut (the BCFR main office). Anyone interested in attending may simply show up. For more information about the group and its advocacy efforts locally and statewide, contact Mark Satterwhite at 573-874-1995 ext. 154.

Campfire songs and s’mores are an annual highlight at the retreat, which has become a cherished tradition.

Boone County chapter members are about to take a pontoon boat tour of a lake surrounded by lush, forested hills.

Cindy’s Book Release Party

On Thursday, May 26, Cindy Conboy and several of her friends and family members gathered at Village Books in Columbia to celebrate the publication of Cindy’s first book of poetry: Progress, The Trees and the Stars.

Cindy has been writing poetry for years and completed the book last fall. During the special event, Cindy read selected poems from her book. Cindy’s book is available for order at Village Books and on Amazon. KOMU news was on hand to cover the event; the news clip is available at www.komu.com.

New Digs for Diego

On June 29, nine adults supported by BCFR moved to their new home in south Columbia. Occupants and staff had eagerly awaited the big day as the eight-plex apartment building underwent extensive renovations.

They worked hard packing and preparing for the move. When the project was done, they discovered a new home that is both functional and attractive.
PEDAL POWER

James and Maureen Coyne had little hope that volunteers with Lose The Training Wheels could teach their son how to ride a two-wheel bike this summer. They’re thrilled to admit they were wrong.

In less than a week, 12-year-old James and other young people with developmental disabilities were pedaling across the parking lot, mastering a skill that five days earlier seemed impossible. At Lose The Training Wheels, kids with disabilities learn to balance, pedal, steer and take off on their own, many in five days or less - an accomplishment that participating parents say is incredible.

“It’s a very well thought-out program,” Maureen Coyne said. “They take one task at a time and build on it.”

This was the second year for the camp in Columbia at Christian Fellowship Church, where the riders practice in the gym and outside on the parking lot. Assistant Director of the Columbia PedNet Coalition, Michelle Windmoeller oversees the camp, which more than doubled its participants this summer from 13 to 27.

Each participant, who must be at least 8 and have a disability, is assigned a 75-minute riding lesson with “spotters” for up to five days. They ride specially equipped bikes that help them gain balance, gradually moving toward conventional bicycles and independent riding.

The mission of the program is to teach individuals with developmental disabilities how to ride a conventional bicycle and become lifelong independent riders. The achievements, in turn, help participants gain confidence and self-reliance in other aspects of their lives.

Official enrollment for 2012 begins in January. To put your child on a waiting list for camp next summer, e-mail Ms. Windmoeller at michelle@PedNet.org.

BOONE COUNTY SWIMMER IS A CHAMPION

Leanna Krogmann competed in the Special Olympics World Summer Games in Greece, winning a gold medal in the 200-meter freestyle relay, bronze medals in the 100 backstroke and 200 breaststroke and a sixth-place ribbon in the 100 freestyle.

THE ARC OF BOONE COUNTY

The Arc of Boone County chapter formed earlier this year and is affiliated with the national organization, The Arc, formed for people with intellectual and developmental disabilities.

The mission of the Arc of Boone County is to promote community inclusion for Boone County individuals with intellectual and developmental disabilities and their families through advocacy, support and education. It is one of the few disability advocacy organizations in the community that is parent-driven. “We came together because we did not feel this need was being met by any of the other agencies in Boone County,” said Becky Llorens, President. “We also wanted to partner with a very strong national organization.”

Arc of Boone County is on Facebook. Look for a posting in the near future about two programs planned for the fall. Meetings are the third Tuesday of every month.

Find us on Facebook

http://www.facebook.com/pages/Boone-County-Family-Resources/28581369428
Support Groups

**BRAIN INJURY SUPPORT GROUP** meets the 2nd Thursday of the month at Rusk Rehab Center in the dining room from 7 p.m. to 8 p.m. For more information, call Dr. Eric Hart at 573-882-8876.

**HIGHSCHOOL AND COLLEGE YOUTH NETWORKS (SERVICES FOR INDEPENDENT LIVING)** meets monthly. For more information contact Mark at 874-1646 (Ext.216).

**DOWN SYNDROME PARENT SUPPORT GROUP** meets at Boone Electric Cooperative from 5-6:30 p.m. Meetings for 2011 are Friday May 20th, Friday July 15th, Friday Sept. 16th and Friday Nov. 18th. For more information contact Jennifer Highbarger 573-268-3953.

**FIBROMYALGIA/CHRONIC FATIGUE SYNDROME SUPPORT GROUP** meets on the 2nd Wednesday of each month at SILL from 2:00 to 4:00 p.m. and 4th Thursday of each month from 6:30 to 8:30 pm at Columbia Public Library. For more information call Barbara Hartwig at 449-4842.

**FOSTER/ADOPTIVE PARENTS OF MID-MISSOURI (DFS)** meets the second Tuesday of the month from 6:30 to 8:00 p.m. at Blue Ridge Christian Church. Call Karin Stuart at 882-9180 for information.

**GRANDPARENTS RAISING GRANDCHILDREN GROUP** meets the third Thursday from 5:30 p.m. to 7:30 p.m. at ParentLink 4800 Santana Circle in Columbia. For more information, contact Meg Roodhouse, M.Ed. at (573-884-4382) roodhousem@missouri.edu or visit http://www.outreach.missouri.edu/

**MEET AND GREET GROUP (SERVICES FOR INDEPENDENT LIVING)** meets 2nd & 4th Friday. Time and location varies, for more information, call Bryon at 874-1646 (ext. 223).

**MOMS OF CHILDREN WITH AUTISM** meets monthly to share information and resources. For more information, contact Lora Hinkel at lorahinkel@hotmail.com

**MISSOURI APRAXIA SUPPORT GROUP** meets to share information and resources. For meeting times/locations, contact Barbara Varner at 573-687-3526 or varnerb@missouri.edu

**MULTIPLE SCLEROSIS SUPPORT GROUP** meets the 3rd Sunday of every month from 1:00 to 3:00 p.m., September through May, in the Quarter Deck Building. For more information call Deanna Harper at 882-6767.

**PARENT NETWORK (SERVICES FOR INDEPENDENT LIVING)** meets monthly. For more information contact Mark at 874-1646 (Ext.216).

**PARKINSON'S SUPPORT GROUP** meets on the first Thursday of each month at the Senior Center, 1121 Business Loop 70 East, from 4:00 to 5:00 p.m. For more information call Gerri Neely at 573-815-3554.

**PAVE (PEOPLE ADVOCATING FOR THE VOICE OF EQUITY)** meets regularly. For more information contact Jill at 874-1646 (Ext.238).

**SERVICES FOR INDEPENDENT LIVING'S BRAIN INJURY SUPPORT GROUP** meets the 2nd and 4th Wednesday of the month from 1:00 to 2:00 p.m. at Services for Independent Living. For more information, contact Jill at 874-1646 (ext. 222).

**WOMEN'S SUPPORT GROUP (SERVICES FOR INDEPENDENT LIVING)** meets every Tuesday from 2:00 to 3:30 p.m. at SIL. For more information call Jill at 874-1646 (ext. 238).
Upcoming Conferences


October 20-22  Brain Injury Association of Missouri 7th Annual Statewide Conference, St. Charles Convention Center. More information: www.biamo.org

October 20-21  Autism/Asperger’s Super-Conference in Kansas City, Mo. Speakers include Dr. Temple Grandin, Dr. Tony Attwood, and Dr. Jed Baker. For more information please go to http://www.fhautism.com/


October 26  Piece By Piece: Building Our Understanding of Autism in Columbia, Mo. For more information please go to http://www.touchpointautism.org


November 11-19  Alliance for Full Participation in Washington, D.C. Plan, organize and share best practices to lead to an increase in the number of people with developmental disabilities in integrated employment. More information: http://www.allianceforfullparticipation.org/summit-2011-b


Boone County Family Resources appreciates our patrons and their continued support

United Access is proud to support BCFR!

Kilgore's Medical Pharmacy

700 N. Providence Rd  1608 Chapel Hill Rd
442-0194  447-4444
Destroying Limitations  Continued from page 1

healthier after he began training for the race. “I ran every day for a month and a half.”

Shaina, who also lost weight and sprinted to the finish line, inspired several BCFR staff to join her at the race. “This was all her idea,” said Maggie Ivich, a Support Living Assistant at BCFR. “Shaina was our motivation.”

John believes runners like Ricky and Shaina experienced “a better sense of being” because of their training.

“Running isn’t just a physical exercise, but also a mental exercise. It soothes the soul, and I think our clients have experienced this,” he said.

For Justin, witnessing the perseverance of runners like Ricky and Shaina was an unforgettable experience. “They are showing the world that they belong in the community and can compete at the same level,” he said. “My hat goes off to them and everything they are standing for.”

Congratulations to Roots & Blues Team BCFR

Pictured left to right: Matt, Kim, Natasha, Jason, Maggie, Michael, Emily, Rebekah, Shaina, Patti, Lindsey, Barb, Ricky, Cherith, and Kim.

Runners not pictured were Jake, Martha, Tucker, John, and Justin.
Join a team who believes in creating better life opportunities for people with developmental disabilities. We want someone who can reach out, help build confidence, and enable people to become more independent, successful members of our community.

That someone could be you!

Visit our web site at www.bcfro.org for a listing of current position openings

Outstanding benefits package!

To apply send resume, cover letter, & 3 work references to:
Human Resources Dept.
BCFR
1209 E. Walnut
Columbia, MO 65201
or email jobs@bcfr.org

EOE/Drug-free Workplace

Boone County Family Resources needs the power of YOU!

Do You Know Someone We Can Help?

A Developmental Disability is a mental or physical impairment that occurs before the person is 22 years old, is likely to continue, requires individually planned, coordinated services and limits the person in two or more areas (self-care, communicating, learning, walking, judgment and living or working independently).

Persons with a developmental disability and their families are eligible for services from Boone County Family Resources. The Family Support Program is a collaborative effort of the Boone County Family Resources Board and the Department of Mental Health through the Central Missouri Regional Center. To apply for services contact BCFR.