HELPING TO MEET THE CHALLENGES OF DEVELOPMENTAL DISABILITIES

Our Mission is to effectively and efficiently use agency and other available resources to enable Boone County residents with developmental disabilities to progress toward normal living and to develop, as far as possible, their capacity, performance, and relationship with other persons.

TWESTIVAL 2011 RAISES $3,000 FOR FRIENDS OF BOONE COUNTY FAMILY RESOURCES

Jen Reeves, a member of the Social Media Club of Mid-Mo board of directors and the tweept who brought Twestival to Columbia in 2009, recognizes BCFR’s positive affect on many local families, including her own. So, when the board of Social Media Club of Mid-Mo began planning for the 2011 CoMo Twestival, she spoke up and the Friends of Boone County Family Resources was selected as the local beneficiary. The first two years, Twestival raised money for international charities, but this year they expected the local focus would attract more sponsors, donors and excitement, and set a fundraising goal of $2,000; their hopes were exceeded.

The March 24th event was held at Orr Street Studios and included food, beverages, raffle, silent auction and “schmoozing” while having fun. The phenomenal event engaged many people who sponsored, volunteered, tweeted, and Facebooked, to cheer on the cause. Our sincere appreciation to the following sponsors: True Media, Shakespeare’s Pizza, Les Bourgeois Vineyards, Missouri Wines, Golden Barrel, Schlafly Beer, Orr Street Studios, Kaldi’s Coffee, Redlight Photobooth, Isle of Capri Boonville, Columbia Daily Tribune, 102.3 BXR Radio, The Rocket Group, Bangkok Gardens, Main Squeeze, Kampa Sushi, Massage Envy, The League of Innovators, Lizzi & Rocco’s Natural Pet Market, Mo.com, C. Jane Create, Lollipop Photography, and former Mizzou football stars, Chase Daniel, Martin Rucker, Kevin Rutland and Sean Weatherspoon, who helped raise money by auctioning off “retweets”.

The Friends’ resources are used to support families with unique challenges and individual needs for which other suitable funding is not readily available. In addition, they support the Assistive Technology Exchange Program, Sib Shops for siblings of children with special needs, People First which promotes self-advocacy by individuals with disabilities, and the Speaker Series workshops for families. Join The Friends of Boone County Family Resources by calling 874-1995 for information about our next meeting or visit www.bcfr.org.

www.facebook.com/pages/Boone-County-Family-Resources/28581369428

Twestival® (or Twitter Festival) uses social media for social good to highlight a great cause and have a fun event. Twestival is the largest global grassroots social media fundraising initiative to date. Since 2009, volunteers in more than 150 cities around the world have raised close to $1.2 million for 137 nonprofits.

The Columbia Twestival website is: http://columbia.twestival.com/
MISSOURI CAN’T WAIT
Shoes crowd the Capitol… symbolizing Missouri’s most vulnerable citizens
By Mark Satterwhite

5,000 shoes representing 5,000 people with developmental disabilities on the state’s waiting list for services gave legislators a concrete look at how their constituents are faring on January 12-13. Piles of shoes in the State Capitol rotunda would have been dramatic enough, but the shoes were arranged in piles according to the number of people waiting by district.

The event, part of an awareness campaign sponsored by the Arc of Missouri and funded by the Missouri Planning Council for Developmental Disabilities, is dubbed “Missouri Can’t Wait”. Concerned about the thousands of people on the waiting list, the Arc of Missouri organized the unique display during this legislative session and developed a website to emphasize the wait list.

The shoe display itself was not all that raised awareness. Families like Jenny Wade, pictured with her son and daughter, seized the opportunity to share their stories and put real faces on the plight of waiting for state-funded services.

Jenny visited her legislators’ offices on that day and talked about her son’s extensive, expensive needs for services potentially available through the Lopez Waiver, a resource for which they had been waiting for several years. Her advocacy helped get her son the services he needs.

Through face-to-face meetings with legislators, families are in the best position to educate lawmakers about the challenges of disabilities. Personal stories engender support among legislators for initiatives such as the Partnership for Hope Waiver – a new county/state collaboration that aims to help families before they are in crisis. Only through direct exposure to real families can legislators truly appreciate the ramifications of their decision-making.

For information about joining the recently formed Arc of Boone County, contact Jenny Wade, 573-446-9786, arcofboonecounty@gmail.com. The chapter meetings are open to all interested and will next meet on May 31 at 6:30 p.m. at Boone County Family Resources, 1209 E. Walnut.

The Arc promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes. Arc is the largest national community-based organization advocating for and serving people with intellectual and developmental disabilities and their families, there are more than 140,000 members and more than 700 state and local chapters nationwide.

PEOPLE FIRST OF BOONE COUNTY: REACHING OUT TO MID-MO
By Jeff Johnson, People First of Boone County Vice President

On April 25, Barb Griffin and I traveled to Mexico, Missouri and met with a group who is interested in starting a People First chapter there.

We showed a PowerPoint presentation about the self-advocacy movement and about People First of Missouri, as well as People First of Boone County (PFBC). We told them all about how we got started, some of the things we’ve done in our community. We explained the reason we started our chapter: was so people with developmental disabilities can learn to speak up for themselves instead of someone speaking for them.

Barb explained it’s not just about meetings. She said it’s about getting out into the community and showing the community that we are people with the same rights as everyone else. It’s about educating our friends and neighbors. We’re people first! It’s about making friends.

It’s also about changing things that make life hard for people with disabilities. I explained that we plan to get to know our legislators better. I also recommended that we get to know our legislators when they’re out of session; that way, they already know who we are when we go down to advocate in Jeff City.

We talked to the Mexico group about our bylaws. We explained the roles of the officers: President, Vice-President, Secretary, Sergeant-at-Arms, and Treasurer. I told them I was there because the PFBC President couldn’t be there. That’s part of my role. We explained the roles of advisors. It’s important for chapters to know this belongs to them; they run the meetings. The advisors are there to help, not to run the meetings and make the decisions.

END THE R-WORD – THE CAMPAIGN CONTINUES

“Spread the Word to End the Word” is an on-going effort to raise the consciousness of society about the dehumanizing and hurtful effects of the word ‘retard(ed)’ and encourage people to pledge to stop using the R-word. The campaign is intended to get schools, communities and organizations to rally and pledge their support. For more information about the campaign, visit their website at www.r-word.org.

The website offers individuals the opportunity to sign a pledge not to use the R-word. It also provides information on everything for local campaign activities on how to address others who use the R-word, including your own family and friends.

You may find inspirational short videos on YouTube regarding the end of the R-word with celebrities like Johnny Knoxville who starred in the movie “The Ringer,” John C. McGinley from the television show “Scrubs” and Joe Jonas of Jonas Brothers fame. In addition, the campaign is on Facebook and Twitter.

You don’t need access to the Internet to help end the R-word; the r-word.org website suggests first, lead by your own example. Next, when you hear someone use the R-word and feel it is safe to do so, try letting the person know that the word is hurtful and why.

Here are some tips from the website to get a conversation started:
- Stay calm and collected; it will not help the other person see your point if you are angry and emotional.
- Try to understand the reason he/she disagrees with you. Listen, be respectful and then provide a counterargument that highlights the harmful and hurtful effects of using the R-word.
- Share a personal story about why the R-word is hurtful to you. Personal stories will help people more easily relate to what you are saying because it illustrates your personal commitment to the campaign.
- If you encounter a question you are unable to answer, direct the individual to the Spread the Word to End the Word website (www.r-word.org) to learn more about the campaign, Special Olympics and Best Buddies.
April is National Child Abuse Prevention Month, but the efforts to protect children and go on throughout the year. In 2009, about 3.3 million reports were made to child protective services. As a result of these reports, an estimated 702,000 children were found to be victims of child abuse or neglect. The prevention efforts often focus on recognizing and building on existing strengths within communities and families.

RESOURCES:

Strengthening Families and Communities: 2011 Resource Guide developed by a consortium including the U.S. Department of Health and Human Services Children’s Bureau. Resources include Tip Sheets for parents and caregivers on topics such as “Connecting with your Teen”, “Ten Ways to be a Better Dad,” “Teen Parents, You’re Not Alone”, “Temper Tantrums”, “Bonding with your Baby” and more. Available in English and Spanish. http://www.childwelfare.gov/preventing/preventionmonth/

Talking Child Abuse and Neglect Prevention provides a toolkit compendium on research relating to how to increase public support for policies that support prevention and intervention policies that reduce child abuse and neglect. Resources include key elements for communications that promote child abuse and neglect prevention policies. http://www.preventchildabuse.org/camp/index.html

Stop Bullying provides information from various government agencies, including the Department of Health & Human Services, on how kids, teens, young adults, parents, educators and others in the community can prevent or stop bullying. http://www.stopbullying.gov/


American Psychological Association has produced simple, accessible, user-friendly messages and materials meant to educate communities and adults to create safe, healthy environments that protect children and youth from violence. http://actagainstviolence.apa.org/

Caring for Every Child’s Mental Health is a national observance and media event May 3, sponsored by the Substance Abuse and Mental Health Services Administration, which supports a comprehensive system of care approach to children’s mental health services. http://www.samhsa.gov/children/earlychildhood-trauma-resources.asp

TIPS:

SUPPORT & PRACTICE GOOD PARENTING

Being a good parent is not easy for anyone; sometimes we know very little about what to expect from our children. Here are some beginning ideas, see pages 8, 9, and 10 of this newsletter for more support resources:

- If you know a parent under stress, offer him/her a break; stay with the children for awhile
- If you need help to cope with your family relationships, learn more at a parenting class
- If you are using alcohol or drugs, seek help from a substance abuse treatment center
- Start or join a group of parents who support each other in your neighborhood/area that has a regular time to talk about and find solutions to parenting challenges
- Look for social activities for families that allow for time for bonding and building trust.

WHAT TO DO IF YOU SEE CHILD ABUSE IN A PUBLIC PLACE

- Strike up a conversation with the adult to direct attention away from the child. Say something like “My child has gotten upset like that, too” or “Children can be trying, is there anything I can do to help?”
- Divert the child’s attention (if misbehaving) by talking to the child
- Avoid negative remarks or looks. These reactions are likely to increase the parent’s anger and could make matters worse now or later.
- Offer assistance if the child is in danger. For example, if the child is left unattended in a shopping cart, stand by until the parent returns.
- Be calm!
FANTASTIC ANTONE SUCCEEDS: A Book Review
By Kathy Harvey

When I first learned my now 10 year old adopted son was alcohol affected, I thought, “yes, we'll get to it and turn this thing around.” It never occurred to me that there would be no real intervention research, no real best practices out there.

Like other children with neurobiological differences many things were the same, for example, parental consistency and routines for the child. I was told to parent him as if he were autistic and to a great degree that worked, but I needed some positive outcomes stories to give me hope. I found Fantastic Antone Succeeds after grueling months of research to find something, anything to give me hope.

FASD, or any sort of intellectual/behavior dysfunction in your child, can make you crazy trying to figure out “Am I doing enough? Is this even what I should be doing?” The book really cemented in my mind “Yes, this is the path, yes this is his best hope” and “Yes, you are a flawed human being; doing your best will not guarantee the child's outcome, but it will be your best and that is good enough.” I needed that when I finally found this book, Fantastic Antone Succeeds: Experiences in Educating Children With Fetal Alcohol Syndrome by Judith Kleinfeld. It provided that hope, that help and that model of intervention needed. It is a compilation of many life stories of parents and children, what worked, what didn't and how to accept what is. It is a primer for parents and teachers of children with developmental delays and behavioral issues. This book helped me to be more aggressive in requesting help from the school, to be more confident that my firm parenting style was best for him, to get beyond the horror stories that float about the FASD community and to have real hope for his future.

The book, geared mostly toward caregivers of pre-teen or early teen children, is an easy, fast, hope-filled and fascinating read for any parent or teacher of a child with any sort of intellectual disability or behavioral challenges.

Note: The Fantastic Antone books are available at the Columbia Public Library or bookstore.


Fantastic Antone Grows Up: Adolescents and Adults with Fetal Alcohol Syndrome; Judith Kleinfeld, 2000, University of Alaska Press.

LOSE THE TRAINING WHEELS… AND SEE WHERE THEY GO!

Lose The Training Wheels™ is more than just a bike-riding program. For many children with disabilities, it’s a seemingly impossible task they can typically master in less than a week’s time.

Within days of learning to ride, many children exhibit independent behaviors for the first time ever. This achievement, in turn, creates a gateway of opportunity, helping them gain assurance and self-reliance in many other aspects of their lives.

Learning to ride a two wheel bicycle has many benefits, some obvious and some not so obvious including:

- Increase in self esteem & self confidence
- Inclusion
- Positive change in family dynamics
- Improved quality of life through recreation
- Independent transportation

The mission of Lose The Training Wheels™ is to teach individuals with disabilities to ride a conventional two wheel bicycle and become lifelong independent riders.

Website:  http://www.losethetrainingwheels.org/
SUCCESS SPOTLIGHT

LOCAL MU FAN AWARDED SPECIAL OLYMPIAN OF THE YEAR

Beth Brokamp is an annual competitor in Special Olympics of Missouri and an avid MU football and basketball fan. For over 24 years she has participated in track & field, softball, basketball, bowling and golf, all while cheering on the Missouri Tigers at their home games. Throughout her participation in Special Olympics, Beth has proven herself to be a great competitor. She acquired bronze and gold medals in the 1999 World Games and continued her streak in 2006 as she earned a gold medal in the National Games.

Along with her participation in an array of sports, Beth also serves as a Special Olympics Global Messenger, speaking with Senators and Representatives in Washington, D.C. on behalf of the organization. She continues to provide encouragement to her fellow athletes and has become a glowing asset to her local Special Olympics Missouri chapter.

In order to recognize all she does for the organization, Beth was named the Big 12 Conference 2010-2011 Special Olympian of the Year, an award given annually to only two athletes in the seven states of the Big 12 Conference. It recognizes outstanding participation in and advocacy for the Special Olympics. Beth and the other selected athlete traveled to Arlington, Texas for the 2010 Dr. Pepper Big 12 Championship at Cowboy Stadium, where they received their award along with a commemorative ring during an on-field presentation. Beth is very proud of this award, especially as she connects her accomplishments with the success of the Missouri Tigers as Big 12 Conference participants. She continues to express her ongoing excitement to her family and friends.

GREETINGS FROM THE ROBERTS FAMILY

The highlight of 2010 for us was a trip to Atlantis in the Bahamas. In July, Trevor was granted a dream from the Central Missouri Dream Factory. We were so excited we could hardly speak and of course, Mom cried.

We were unsure of just where to go for our Dream Factory trip, but definitely certain a vacation it would be, so at a suggestion by two members of the Dream Factory, we Googled Atlantis and the rest was history. We got to go in November and decided if there was ever a place where heaven was on the earth, it had to be here. We were pampered by the resort staff and were so grateful just to experience life outside the small town of Centralia.

We also had the opportunity to have a dolphin encounter while at Atlantis. Needless to say we were in awe and Trevor was loving every minute of it. They were so gentle and knew right away of Trevor’s special needs. He and Tyler got to touch the dolphins, feed them a fish and finally give them a kiss. This was definitely an experience we will never forget! We finished up our 6 day trip by digging our toes in the sand and riding the waves.

LAURIE’S BOWLING TOURNAMENT REPORT

There was a Special Olympics bowling tournament in Fulton, MO on September 25, 2010 and four women from Supported Living received medals at this event.

Laurie Ritter (left) came in first place with scores of 69 and 53. She was especially excited because her dad was able to attend. Denise Dothage (right) got second place. Alethea Malone and Frances Harris also attended and received medals for their performances.
CINDY CONBOY PUBLISHES BOOK OF POETRY

Cindy Conboy met one of her best friends over five years ago. Cindy was working in the food court, bussing tables at the Columbia Mall. She spotted a kind-looking gentleman named Frank Miranti and the two started talking. Somehow Cindy had a rose that day and she gave it to Frank “for good luck.” That first conversation led to a close friendship that spanned several years and Cindy said Frank was “just a nice person, a very good person.” Through their conversations Cindy revealed she was a poet so one day Frank brought Cindy a pink notebook in which to keep her poems. When he died late last year, Cindy dedicated her first published poetry book to her good friend Frank.

Progress, The Trees And The Stars is Cindy’s first published book of poetry. It was published by Burr Oak Publishing in 2010. Cindy said her poems are about her family, especially noting her nephew, her spiritual beliefs and many other topics. When asked how she felt about having a book published, Cindy said “I like it, that people might be interested in it.” Cindy was not sure how many years she has been writing poetry; she has enjoyed it and found it helpful for a long time.

Cindy’s good friend Toni helped her put the finishing touches on her book and also helped Cindy contact Burr Oak Publishing to get the book published. Cindy maintains a close relationship with Toni and may be asking her for publishing help again soon because Cindy is currently working on another book of poetry and said “I’m excited about it.” Cindy’s poetry for the second book focuses on dialysis, which Cindy receives 3½ hours per day, three days per week. Cindy is writing about the people she has met during her treatment and how her faith has helped her. She writes about how important kidneys are, how to deal with using needles to “wash blood” and how dialysis is similar on the inside to washing clothes worn on the outside. Cindy said she is about halfway done and plans to complete the book before the end of the year.

Cindy is having a release party and celebration of her first book on Thursday, May 26, 2011 from 6:00-8:00 p.m. at Village Books, 1808 Paris Road in Columbia. The book is also available for purchase at Amazon.com.

ONE WHO MADE A DIFFERENCE: PEGGY PAYNE

By Joan Watson

Remembering Peggy Payne is such a pleasure. She was a huge part of my life from the earliest days when I first became aware of support groups for parents of children who were challenged. She made me aware in 1972 of an ongoing organization called Association for Retarded Children which met once a month with parents; it did important things like following legislation, not only in Boone County, but throughout the State. I was confused (still am) by all the terms like DMH, MR-DD, IEP, etc. What I wanted to know was what was it going to be like, having a baby with Down Syndrome.

And that’s where Peggy came in. Her son, Robbie, was the light of her life, her first born and only child. She made it her life’s joy to not only care for Rob at home, to see that he had an education at the State School, but also to rally parents and politicians to improve services for children and adults with disabilities. She was active in the state, county and city, worked at the newly-organized Sheltered Workshop and volunteered at Boone County Group Homes. Later she was on board in getting housing for folks with physical handicaps. That was Peggy, to give support and knowledgeable service. She gave a critical eye to legislation, traveling throughout Region X, attending meetings. And she was patient in explaining it all in laymen’s terms to moms like me.

But at the core, Peggy’s wisdom, all the accumulated facts and figures which she held in that pretty head, was topped by her wit. Her sense of humor brightened the lives of those she touched. Never maudlin, she strengthened us when her dear Robbie died. When her own health was failing, it was not on her top ten list of things to talk about. She was always interested in her family and her large circle of friends, in politics, in books, in singing, in gardening, cooking and sharing!

Mrs. Payne, who passed away in January, 2011, was awarded the Marie Kovar “One Who Made A Difference” Award in 1992.

The Award is presented annually by the BCFR Board to recognize persons in the community who have made outstanding contributions to bettering the lives of persons with developmental disabilities and their families.
Free Resources

SafeLink Wireless Telephone Service (SafeLinkWireless.com) — You may qualify to receive a free SafeLink Wireless phone and choose from three service plans with free monthly minutes. Detailed information about qualification and application is available at www.safelinkwireless.com or by calling 1-800-Safelink.

Low Income Home Energy Assistance Program (LIHEAP) — The Energy Crisis Intervention Program has a winter and a summer season. Applicants must have a disconnection notice or be shut off before assistance is provided. Applicants can receive up to $800 in the winter and $300 during the summer season, provided there are funds available. More information is available at http://www.cmcasandbox.com/services/programs/energy-assistance or by calling CMCA (573) 443-8706.

Weatherization Assistance Program — Central Missouri Community Action’s Weatherization Assistance Program assists persons to conserve energy thereby reducing their utility bills. Persons who are elderly or live with handicapping conditions will likely qualify, however, all who meet income guidelines are eligible. Weatherization services are FREE OF CHARGE to clients who meet CMCA income guidelines. More information is available at http://www.cmcasandbox.com/services/programs/weatherization or by calling CMCA at (573) 443-8706.

Summer Fan Program — Voluntary Action Center collaborates with KOMU-TV Fan Club and Lowe’s to provide fans for low-income families during the summer months. Preference is given to families with small children, pregnant women, and homes with elderly or people with disabilities. Call VAC at 874-2273 after May 1.

Homes For Computers — Voluntary Action Center partners with the Downtown Optimist Club to distribute computers donated by the City of Columbia. Applications for the computers must be filled out at VAC during the enrollment period. Only current VAC clients with a child in the Columbia Public Schools are eligible for this drawing. Call VAC at 874-2273.

FreeCycle — Columbia Freecycle™ Network is open to all area residents who want to ‘recycle’ that special something rather than throw it away (furniture, books, clothing, etc). Want to get rid of an item — post as an OFFER. Looking for something — post as WANTED. http://groups.yahoo.com/group/FreecycleColumbiaMO/

Summer Camp/Activities Scholarships — Voluntary Action Center’s Youth Enrichment Fund may provide funds for children up to age 18 for summer programs; must meet eligibility and funds are dependent on availability. Call VAC at 874-2273.

Summer Lunch In The Park
Voluntary Action Center works with the Columbia/Boone County Health Department and Columbia Parks & Recreation to provide lunches to low-income children on weekdays at Douglass Park during the summer months. Children enjoy a healthy lunch and participate in programs provided by groups such as Girl Scouts, TRYPS, Central Missouri Humane Society and the Missouri Department of Conservation. Call VAC at 874-2273 after May 1.

Free Summertime Stuff To Do

Sunday Evening Concerts — on Sunday evenings in June and July at Shelter Gardens, 1817 West Broadway, 1-800-SHELTER. The park is open daily 8am-dusk.

Park Fun — Fortunately in Columbia there are parks too numerous to mention. Information at www.gocolumbiamo.com/ParksandRec or call Columbia Parks and Rec at 874-7460. Also check the websites for Missouri State Parks and Missouri Department of Conservation for parks throughout Boone County.

Documentary Film Series — Center Aisle Cinema is held monthly at the Columbia Public Library. More information and film list at http://films.dbrl.org/

Columbia Parks and Recreation’s 50 Plus Program — A wide variety of recreational opportunities for those 50 years and older, including fitness, crafts, ceramics, billiards, games and activities; many are free like dances, music, bingo. Information at www.gocolumbiamo.com/ParksandRec or call Columbia Parks and Rec at 874-7460.
Support Groups

**BRAIN INJURY SUPPORT GROUP** meets the 2nd Thursday of the month at Rusk Rehab Center in the dining room from 6:30-8:00 p.m. For more information, call Dr. Eric Hart at 573-882-8876.

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

**COLUMBIA DOWN SYNDROME SUPPORT GROUP** sponsors play dates and other events and offers online support to parents of children with Down Syndrome. For more information, visit [http://www.columbiadowns syndromesupport.com/](http://www.columbiadowns syndromesupport.com/).

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

**FIBROMYALGIA/CHRONIC FATIGUE SYNDROME SUPPORT GROUP** meets on the 2nd Wednesday of each month at Services for Independent Living from 2-4:00 p.m. and the 4th Thursday of each month from 6:30-8:30 p.m. 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 6:30-8:00 p.m. at Blue Ridge Christian Church. For more information call Karin Stuart at 882-9180.

**GRANDPARENTS RAISING GRANDCHILDREN GROUP** meets the fourth Thursday of the month from 11:45 a.m. to 1:15 p.m. at the Columbia Senior Center. For more information, call Art Schneider, University Extension, at (660-882-5661) or visit [http://www.outreach.missouri.edu/](http://www.outreach.missouri.edu/).

**HIGH SCHOOL YOUTH NETWORK (SERVICES FOR INDEPENDENT LIVING)** meets 2nd and 4th Saturdays of the month from 1-3:00 p.m. at SIL. For more information contact Mark at 874-1646 (Ext.216).

**MEET AND GREET GROUP (SERVICES FOR INDEPENDENT LIVING)** meets 2nd & 4th Fridays. 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 and locations, contact Barbara Varner at 573-687-3526 or varnerb@missouri.edu.

**MULTIPLE SCLEROSIS SUPPORT GROUP** meets the 3rd Sunday of every month from 1-3:00 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 the 2nd Thursday of the month from 7-9:00 p.m. at SIL. 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 E, from 4-5:00 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).

**BRAIN INJURY SUPPORT GROUP (SERVICES FOR INDEPENDENT LIVING)** meets the 2nd and 4th Wednesdays of the month from 1-2:00 p.m. at SIL. For more information, contact Jill at 874-1646 (ext. 222).

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**Missouri-Specific Resources for Autism**

The Thompson Center, Columbia, recently developed a “Free Materials” webpage that contains Missouri-specific resources for individuals with autism, family members, and service providers who work with young children and families affected by autism. Resources include: awareness materials about developmental milestones and red flags for autism, online training modules, state and regional resource guides, and financial resource guides. [http://thompsoncenter.missouri.edu/morr/free.php](http://thompsoncenter.missouri.edu/morr/free.php)
Upcoming Conferences

Webinar  Social Security Benefits – One session provides the foundation to understanding the benefit programs Social Security administers. A second offering focuses on transitioning from public education programs to adult services and employment. More information: http://www.benefits-training.com/webinars.asp


June 1  Role of Self-Assessment in Achieving Cultural and Linguistic Competence – Presentation prepares organizations to plan for and incorporate culturally and linguistically competent values, policies, structures, and practices in all aspects of their work etc. More information: http://www.thenadd.org/.


June 7-8  Motivational Interviewing: Overcoming Client Resistance to Change June 7 in Kansas City, MO and June 8 in St. Louis. This training will cover techniques and strategies to become a more effective agent for behavioral change. More information: www.CrossCountryEducation.com

June 14-18  Helping Your Child Learn to Talk: A Workshop for Parents of Children who are Deaf or Hard of Hearing – St. Louis. Sponsored by the Moog School for Deaf Education. Children, ages 2-5, and parents attend together and receive one-on-one instruction from Moog Center staff. The cost is $150 and includes lunch each day. More information: Betsy Moog Brooks at 314-692-7172 or bbrooks@moogcenter.org

June 27-29  2011 Transition Institute Sponsored by Missouri Department of Elementary and Secondary Education. This training will provide a variety of topics and information to those who work to provide post-secondary outcomes for students. More info: http://dese.mo.gov/se/documents/se-ep-transition-institute-agenda-june2011-04072011.pdf

July 9 & 10  Missouri Statewide Independent Living Council Annual Conference, “Roads to Independence” — Courtyard Marriott, Columbia. Sessions include workshop tracks for Independent Living Center staff and separately for Center Board Members and Directors. http://www.mosile.org/ilsummit.htm A pre-conference walk, run, roll trip from Jefferson City to Columbia begins on July 9. More information about the pre-conference event that is open to the public, is available from Pat at (573) 437-5100, ext. 105 or email at pchambers@heartlandilc.org


Nov 17-19  Alliance for Full Participation in Washington, D.C. Over 1500 attendees will work together to plan, organize and share best practices that will lead to a substantial increase in the number of people with developmental disabilities in integrated employment. More information: http://www.allianceforfullparticipation.org/summit-2011-b

REMINDER! Support Groups and Upcoming Conferences are updated regularly on our website at www.bcfrr.org.
2011 POLAR BEAR PLUNGE

Columbia’s 4th Annual Polar Bear Plunge was a splashing success, raising over $65,000. A record 402 brave men and women from around the area donned costumes to take a bone-chilling dip in Stephens Lake. Their “reason for freezin’”… the athletes of Special Olympics Missouri!

Special Olympics Missouri is a year-round program of sports training and athletic competition for children and adults with disabilities. More than 15,000 athletes participate in 19 Olympic-type sports throughout the state.

Boone County Family Resources’ team, BCFR Funny Farm, had 10 participating staff and raised over $2,500.

Special Olympics Missouri Central Area Office has a new address:
903 Old 63 North, Suite A
Columbia, MO 65201
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.bcfr.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

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.