

DISABLED CITIZENS ALLIANCE FOR INDEPENDENCE

FALL / WINTER NEWSLETTER 2019/ 2020

Serving Crawford, Dent, Iron, Reynolds and Washington Counties



KNOWING NO LIMITATIONS

I am hoping this article finds you healthy and enjoying the fall season. Fall is one of my favorite seasons along with spring. I love the cooler mornings and the warm sunshine in the afternoons. I have learned to find happiness and joy in all seasons. It is important to think of the term seasons as meaning the seasons of your life as well as the time of year.

It has been an exciting time for me this last couple of months. I've had six calves born and all are healthy and doing well. This last Friday, I had our 12th calf born this year. I have had 26 calves born in the last 3 years with another one due between now and the end of November. It always seems that one comes late no matter how much you plan. I have included a picture of the first black white face calf. He is really cute.

In August, I purchased 83.2 additional acres to be able to expand my farm. The land is just a ½ mile from my home. This will give me approximately 96 acres. The land is grown up in woods so we are in the process of having the land cleared. It has been a busy time harvesting the trees for lumber, arranging fence to be built, and fertilizing/seeding any cleared land. We have 27 acres cleared now with 56 to go. The goal is to have at least 80 acres of pasture by the beginning of next summer.

Many of you that have been following my articles for six years or more will remember the story about Jack McCormick. Jack contacted me by email six years ago when he was a senior in high school. Jack lives in Ontario, Canada and had lost his vision due to an eye disease. He was seeking advice about going into public speaking and trying to decide his next steps. I encouraged him to continue his education. He attended Wilfrid Laurier University in Waterloo, Ontario. Jack asked me to come and speak during his second year at his University in September 2015. My mother, Board President and Foundation Director accompanied me on this trip.



In April 2016, Jack and Dana came to visit us here in Viburnum. We had a great time having them here. They spoke to our high school, DCAI employees, individuals at Missouri Vocational Rehabilitation, and some Missouri Senators and Representatives at the Capitol in Jefferson City. It was a huge change for them to visit a city of 700 people located in the eastern part of the Ozarks.

Jack graduated last year from Wilfrid Laurier University and is now working in the Human Resource Department for a large hospital in Toronto. Earlier this year, Jack asked if I would come to Toronto to speak to a Leadership Conference hosted by Fighting Blindness Canada. The conference was for vision impaired individuals between 17 and 30 years of age. They were going to have speakers and presentations to help these young adults with employment opportunities and developing their leadership skills. I told him that I would be honored to speak and would love to see him again.

I shared the request with my Board of Directors and gained their approval to make this trip. Neil Mandel agreed to go with me. Neil is the President of DCAI Foundation's Board of Directors and I worked with him at American Family Insurance for 23 years before coming to work for Disabled Citizens Alliance for Independence. I knew that Neil would love getting to know Jack and meeting the talented group of young leaders.

Neil and I left for Toronto last Friday, October 4 and were anxious to see Jack and attend the conference. Jack, Neil, and I met Saturday morning for breakfast. After breakfast, Jack took us on a tour to see part of Toronto where we were staying. Jack shared that Toronto is the third largest city in North America. We walked to the harbor at Lake Ontario. I have included a picture of Jack and I at the harbor. Neil was

amazed at how beautiful Toronto was and told Jack that he would like to bring his wife and come back.

The Leadership Conference started at 3 PM on Saturday. Neil and I asked if we could attend the conference the entire time that day. We wanted to spend as much time as possible with Jack and the attendees. Our flight home was on Sunday which would not allow us to attend the last day of the Conference.

It was a great conference. We got to meet and visit with the 40 young leaders and the staff of Fighting Blindness Canada. They made us feel right at home. We were amazed at the talents and skill level of the young Canadian leaders. Each person shared about



their hopes and dreams they wanted to experience in their lives. I was so excited to hear how these individuals had overcome their loss of vision. I came to Toronto to inspire and encourage them to never limit their potential and opportunities. I hope that I was able to accomplish this. I know that visiting with them sure inspired me to never give up. They are so much farther ahead than I was at that age. I would have loved to bring them all home with me and put them to work at DCAI.

In my presentation, I shared about my life, career, running, faith, and the joy of owning a farm. I discussed the importance of making your dreams come true and never limiting your potential. I shared the importance of facing life's challenges head on and finding happiness and joy. Finding joy meant that they needed to put their heartache and fears on a shelf and go make their dreams come true.

Many of you have heard or read my philosophy on never giving up or limiting your opportunities. I have heard so many times from individuals that they are too old, are disabled, don't have the money, or the time to pursue their dreams. My answer to these is that you are the only one that limits yourself. Life is about a series of decisions. I am hopeful that everyone decides to never give up the things that will bring you happiness and joy.

On our trip home, Neil and I discussed how great it was to see Jack, meet the vision impaired young leaders, and to hear how so many of them had not let their physical limitation keep them from focusing on having an amazing career. After my presentation, they had several excellent questions. This group was engaged in hearing what I had to say and learning ways to accomplish their goals. This gave me great joy for them to show such interest in hearing about the life and experiences of a 64 year old man.

I am hopeful that everyone would adopt the philosophy of knowing no limitations. We must realize that no matter our age, disability, income, or where we live should never limit our dreams, happiness, or joy. I know that I have a lot more to do with my life. I hope you feel this way as well!

It has given me amazing joy to get to know Jack McCormick. He has become an excellent speaker, graduated from his university, launched his working career, and learned the importance and joy of helping others. It has given me great joy to have played a role in his life. I can't wait to learn about his accomplishments in the years ahead.

I encourage each of you to adopt my philosophy of knowing no limitations in finding a way to live your dreams. I definitely have realized my dreams the last few years. It is never too late to find ways to enrich our lives. Living an enriched life allows us to find happiness and joy. Please join me in saying,

I will never put limitations on living my dreams!

Dr. Dennis W. Atkins

October 2019

GOAL ACHIEVED



Donald at work and is grateful to have accomplished his goal.

Donald Campbell Sr. is a 55 year old man who lives in Lesterville, Mo. He is employed at Valley Springs Youth Ranch in Black, Mo. In order to be in compliance with his employment policies, Donald needed to achieve his High School Diploma. He contacted DCAI for assistance with help and study materials to prepare him to meet this goal. Donald worked with his Education Specialist, Dave Gillam, who provided assistance and support. Donald was very receptive to the instructions provided to him and even completed extra work between sessions. Donald was able to earn his diploma and now his job is secure. He said achieving this goal makes him very proud of himself and he stated he was very grateful for the help he received. He said he would like to thank all of the staff at DCAI for the assistance and encouragement they provided to him. We at DCAI are very proud of Mr. Donald Campbell Sr. for reaching his goal and wish him the best of luck in all of his future endeavors. Congratulations, Donald!

DIAL 211

Operators are there to help you!

- ◆ CURRENT EMERGENCIES & DISASTERS
- ◆ HOUSING & UTILITIES
- ◆ CRISIS
- ◆ HUMAN TRAFFICKING
- ◆ FOOD
- ◆ JOBS & EMPLOYMENT
- ◆ HEALTH
- ◆ REENTRY
- ◆ VETERANS

Attention Home & Community-Based Service Recipients

The 21st Century Cures Act requires Missouri to implement Electronic Visit Verification (EVV) by January 1, 2020 for all Medicaid-funded personal care services, both agency and self-directed, provided through the Department of Social Services, Department of Mental Health, and/or Department of Health and Senior Services.

What is Electronic Visit Verification (EVV)?

EVV automatically captures information about the services you receive in your home, including:

- Your name
- Your caregiver's name
- Type of service received and any tasks or progress notes related to that service
- Date of service
- Time the service begins and ends
- Location where service delivery begins and ends

What are the benefits of EVV?

EVV is available at no cost to you and offers several benefits:

- No paper time sheets
- Your provider agency will know if your caregiver does not show up as scheduled
- Your provider agency can be sure you're receiving the services you need
- Less time spent on paperwork for both you and your provider

Is EVV required?

Yes, it is required by federal law. If you refuse to let your provider agency use EVV, you will risk losing your personal care services.

How do I make sure I'm using EVV?

If you don't know if you are using EVV, contact your personal care services provider. They can tell you if you are already using EVV and can talk about options with you.

There are many EVV systems. Some have the option to use your landline phone, a cell phone, or a device (like a tablet). Even if you live in an area with poor phone or internet service, there's an EVV system that will work for you!

Questions?

- Contact your In-Home Services or Consumer Directed Service provider
- Visit dss.mo.gov/mhd/providers/electronic-visit-verification.htm
- Email Ask.ev@ds.mo.gov



Missouri Department of
MENTAL HEALTH



Missouri Department of
SOCIAL SERVICES

EVV is mandated by January 1, 2020.

A WONDERFUL SCHOOL FAIR

What a great time of the year! On August 2nd, we hosted our Annual Back to School Fair with the help of many local businesses and sponsors.

This year we had approximately 100 students sign up for our back to school fair. The students were able to receive backpacks, school supplies, haircuts, face paintings and were excited to see Air Evac's awesome helicopter!

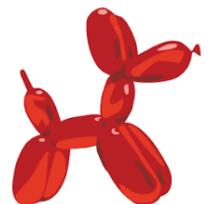
Something new to the fair this year was the game and snack section, the students received free popcorn and snow cones! They enjoyed being able to play and interact with some of the volunteers.

The school fair would not have been complete without the 20+ vendors, multiple donations and volunteers helping to make this community event possible. Seeing the smiles and excitement on the students' faces is what makes the fair great!



"Children are likely to live up to what you believe of them."

....Lady Bird Johnson



**LISTED BELOW ARE SOME OF THE PARTICIPANTS AND SPONSORS
WHO HELPED MAKE OUR FAIR A SUCCESS!
WE ARE PROUD OF ALL YOU GAVE - A BIG THANK YOU!**

- Air Evac**
- Doe Run (SEMO)**
- Doe Run Recycling**
- First Baptist Church**
- DCAI**
- Iron Co. C-4 School**
- Purcell Tire**
- Easter Seals**
- Mine Supply**
- Missouri Highlands**
- Stone Crest Healthcare**
- Viburnum Police Department**
- Southwest Baptist College**
- Mineral Area College**
- G&W Foods**
- Steelville Telephone**
- Ozark Dental Center**
- Viburnum Drug**
- SOCMO Clowns**
- Missouri Dept. of Conservation**
- Wal-Mart**
- Casey's General Store**



Annapolis Peer Support Group

Where: Annapolis Community Center

When: Fourth Tuesday of each month

Time: 12:00pm—2:00pm

Hosted by: Disabled Citizens Alliance for Independence (DCAI)

Everyone is welcome

WE ENVISION AN INCLUSIVE ENVIRONMENT THAT VALUES INDEPENDENCE AND SELF-DETERMINATION FOR PERSONS OF ALL ABILITIES.

Come join us and make friendships and bonds that will last a lifetime. Annapolis Peer Support Group offers encouragement to see us through some of the most difficult times in our lives. Come be a friend and make a friend. We share our thoughts, feelings, challenges, and successes with one another to build and uplift as a network of friends. Our group is safe and confidential to share your thoughts and feelings.

Refreshments will be provided.

For more information please contact Debbie Pryor at the number provided below.

Phone: 573-244-5407
Fax: 573-244-3002
E-mail: dcaisupport@misn.com

DCAI
8 Missouri Ave
Viburnum, MO 65566

**“There is no greater disability in society than the inability to see a person as more.”
...Robert M. Hensel**

**CONTACT US:
WE HAVE MONTHLY
SUPPORT GROUPS IN
OTHER
LOCATIONS POSSIBLY
NEAR YOU!**

**VIBURNUM
POTOSI
SALEM
STEELVILLE
and now
ANNAPOLIS**

**Please call and
speak to
Debbie Pryor
1-888-450-5288
or 573-244-3455
Ext. 118**

Our Peer Support Group Meetings are held at :

DCAI in Viburnum

The Potosi Library

The Salem Senior Center

Steelville Telephone Company meeting room

**Contact us for dates, times and further
information.**

Meetings last no longer than 2 hours.

2020 Medicare Open Enrollment



Open Enrollment period is October 15 - December 7, 2019

The upcoming Medicare Annual Enrollment Period for coverage in 2020 runs from Oct. 15 to Dec. 7, 2019. All Medicare beneficiaries should review their health care needs for the upcoming year to see if changes to their current coverage are necessary.

Plan costs and coverage change each year, so beneficiaries are advised to make sure their plan still meets their health needs and budget. By shopping available plans and comparing costs, beneficiaries may be able to find a Medicare health or drug plan with better coverage or a lower premium in 2020.

Disabled Citizens Alliance (DCAI) has certified CLAIM counselors available to assist beneficiaries in checking their coverage or enrolling in new plans. For more information or to make an appointment call toll free

1-866-797-6080.



Hearing Aid Distribution Program (HADP)

Missouri Commission for the Deaf & Hard of Hearing

The Hearing Aid Distribution Program (HADP) provides assistance to those whose household income is at or below the federal poverty guidelines. This program was created as a result of Senate Bill 101 (2019) and is administered by MCDHH with funding made available subject to appropriations and grant availability. Items such as (cochlear implants, services or equipment used in therapy, and medical supplies) are not available through the HADP program. Persons may check on whether an item is eligible for consideration before completing an application. Funding is not available for any portion that is the responsibility of another agency (i.e. private insurance, Medicaid, etc.). Awards are limited to \$3,900 for a pair and \$1,950 for one hearing aid. Because of the expected number of requests for hearing aids and limited funds available, applications will be prioritized based on demonstrated need and other resources that have been exhausted. If cost exceeds our award amount, any contributing funding that has been committed must be documented and included with the application. Please let us know about significant recent out-of-pocket medical expenses you have had in your household. Consideration will be given to applicants living at or near the federal poverty guidelines and who have incurred additional expenses during 2019 in their household including: medical, financial/job loss that can be documented.



Applications will need to be sent to the following address:

**HADP Program Manager MCDHH
3216 Emerald Lane, Suite B
Jefferson City, MO 65109**

Applications will only be accepted by US Mail.

No applications will be accepted electronically or by email.

You will be notified as to whether funding is available for your request once applications have been prioritized and reviewed by the HADP committee. If you have any questions or need more information, feel free to contact Kristin Funk, Hearing Healthcare Program Manager, at:

(573) 751-3006 or Toll Free (855) 783-3177 or online @ www.mcdhh.mo.gov

Call (888) 450-5288 and ask your Independent Living Specialist at DCAI for an application.

The following page will advise you of documentation to attach to your application.

Listed is what you would need to have attached to your application. Knowing before hand may aide you in acquiring the documents listed below:



1. From Hearing Aid Vendor - A written quote that includes (the entire cost of the hearing aid(s), any future follow up visits, how items that wear out will be covered [labor & parts], minimum one-year warranty and 30-day trial period) must be completed by the licensed vendor in Missouri and included with your application. (A Purchase Agreement between the vendor and the HADP client should be included with the Invoice to MCDHH that outlines each of these items as well as the make/model and serial numbers. Please include how the hearing aid(s) can be stored and maintained appropriately.)
2. Written verification of your audiogram by a licensed audiologist or licensed hearing instrument specialist. Review the attached HADP Overview to be sure you are eligible.
3. Income documentation that verifies your total annual income. This could be last year's tax return, one month of pay check stubs, evidence of job loss, or a benefit letter (if these are not available, contact our office). If you are unsure of what to include, call our office and ask for Kristin Funk, Hearing Healthcare Program Manager at (573) 526-5205.

Your Application must be **COMPLETE** before your application is considered.

NO-CALL Register for the No-Call List



There are currently **over 4.3 million** Missouri phone lines registered on the No-Call list.

The No-Call law allows Missourians to reduce unwanted telemarketing calls made to their homes or cell phones; by signing up for the No-Call list, which is managed by the Attorney General's Office. There is no cost to get on the list.

by Phone - **866-289-9633**

Questions: If you have a question that is unanswered Call:

866-buzzoff (866-289-9633).

All above can be done on the web: <https://ago.mo.gov/civil-division/consumer/no-call>

DCAI's 4th Year Pre-Employment Transition Camp a Success!

The youth transition camp for this year was another great success!

DCAI Education Department hosted a total of four Pre-Employment Transition Service (Pre-ETS) weeks for youth with different abilities. During the three weeks we had nine students between the ages of 13-21 attending from different surrounding school districts.



What is Pre-ETS???

Pre-Employment Pre-ETS is designed to prepare youth for the future; by using skills such as Career Exploration, Cooking, Job Shadowing, Self-Advocacy, Work Place Readiness and Time Management.

Vocational Rehabilitation (VR) in collaboration with local education agencies arrange for the provision of Pre-ETS for

students with disabilities. During these three weeks the students had multiple opportunities to experience things such as; shopping for interview attire, experience job shadowing around Viburnum, budgeting and shopping to create a meal, voluntary clean up and restoration of Dillard Mill, and preparing for their futures.

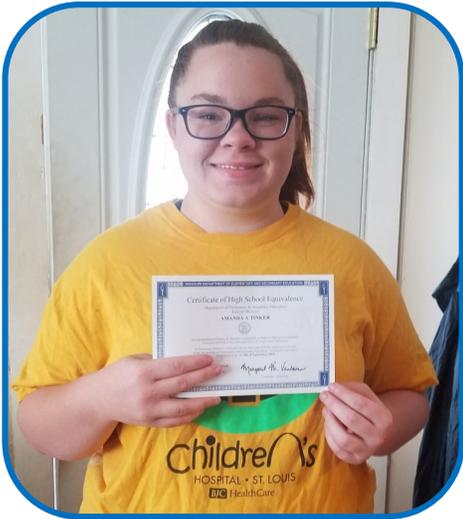
The students were also able to help give back to the community by volunteering their time during the school fair. This particular activity gave the students the ability to see the smiles on the faces of the students, who were able to collect their

school supplies for the upcoming school year. These three weeks sure were busy, but at DCAI we wouldn't have it any other way. We are excited to see what next year brings!



If you have a student that will be 16 by June 15, 2020 and you would like to know more about DCAI Pre-Employment Transition Services, please contact Ashley Hampton for more information at 573-244-3038 Ext 244

DETERMINATION



Amanda Tinker holding her HISET Diploma

Amanda Tinker is a 17 year old young lady with a lot of determination. She came to the Education Department as a young expectant mother. Having complications with her pregnancy Amanda was no longer able to attend high school. Amanda remained strong and determined to accomplish her goal of obtaining her HISET, (High School Equivalency Test). She studied and came to DCAI to get homework and learn with her DCAI Education Specialist, Joyce McGuire who kept steering her in the right direction and backed her with the confidence to finish. In the middle of studying for her HISET she delivered her now 7 month old child, who has special needs, but she did not let this slow her down! Amanda, determined to finish worked even harder and attained her HISET. To become a nurse is her future goal and she has the determination to do so! She is already applying at different colleges to reach her nursing degree. Good luck with future endeavors of becoming a nurse. Congratulations Amanda!

Missouri Kidney Program

For Missouri Residents with kidney failure on dialysis, or recipients of a kidney transplant and with proven financial need, there may be help available!

Financial Assistance for:

- ♦ Medications
- ♦ Transportation
- ♦ Private insurance premiums for transplant recipients and donors

Education to help people with kidney diseases & their families and caregivers.

**For more Information Contact:
mokp.missouri.edu
800-733-7345 or 573-882-2506
Fax: 573-882-0167**

Viburnum Community Beautification Project

On October 1, 2019 DCAI had the opportunity to be a part of the Iron County C-4 School Community Beautification Outreach in preparation for the annual fall festivities in Viburnum.



DCAI employees Beth Gilliam, Jenny Weems, Amanda Botkin and Joyce McGuire, pictured above, volunteered for the Project. Beth and Joyce manned the table and handed out water and snacks for the volunteering students and staff working to prepare our community for the Annual Old Miner's Days Celebration.



Pictured above: Amanda, DCAI Care Plan Specialist and her Son picking up trash.



Junior High students and several staff members worked together to pick up trash, pull weeds and replace mulch across the school campuses.

The High School students and staff members walked throughout the community of Viburnum picking up trash and weeding flower beds.



Pictured above: DCAI Education Specialist, Joyce helping weed flower beds.

DCAI employees worked side by side with students and staff on what turned out to be a hotter than normal fall day.

DCAI would like to thank the Iron County C-4 School District for allowing our staff to take part in this community outreach project. DCAI is very proud to support the Iron County C-4 School District and the Viburnum community. Special thanks to all of the students, school staff and DCAI employees who participated in this community service project.



Pictured left: Jenny, DCAI Payroll Specialist and her daughter take part in the Community Beautification project.

Our Community is Better
Together



DCAI Foundation ***Individualized Support*** ***Services***

**P.O. Box 706; 8 Missouri Avenue
Viburnum, Mo 65566**

Phone: (573) 244-5510 Fax: (573)244-5512

******* NOW HIRING *******

**We are currently seeking applicants for Part Time Aides in Iron, Dent, Crawford, Washington, Reynolds and St. Francois Counties!
\$10.50 per hour Monday-Friday \$11.50 per hour on Weekends
& Company Observed Holidays!**

Qualifications:

- * Must be at least 18 years of age;
- * Must have a High School Diploma or Equivalent;
- * Must have driver's license, vehicle and auto insurance;

Applicants may call or complete an application at the office; visit our website at www.dcai.us./DCAIFoundation/Employment or visit us on Facebook and apply!

DCAI Foundation staff assist persons with developmental disabilities in efforts to ensure individuals have the choice to safely maintain independence in their home and in their communities. Individualized Support Services will strive to encourage/support Individual's with meaningful choices pertaining to all aspects of daily living, promote socialization and interpersonal relationships, educate and promote health/safety, assist with maintaining healthy relationships with family and encourage community integration/involvement.



***NOW
HIRING***

In-Home Services

P.O. Box 706; 8 Missouri Avenue; Viburnum, Mo 65566

Phone: 573-244-5510, Fax: 573-244-5512

Toll Free: 1-855-391-4488

We are currently seeking applicants in Iron, Dent, Crawford, Washington, Reynolds and St. Francois Counties!

**\$10.50 per hour Monday-Friday \$11.50 per hour on Weekends
& Company Observed Holidays!**

Qualifications:

- ◆ Must be at least 18 years of age
- ◆ Must have driver's license, vehicle and auto insurance;
- ◆ Must be able to read, write and follow directions; AND
- ◆ Have at least six (6) months paid experience as an agency home-maker OR at least one year paid or un-paid experience caring for children or for sick or aged individuals

Applicants may call or complete an application at the office; visit our website at www.dcai.us/DCAIFoundation/Employment, or visit us on Facebook and apply!

DCAI Foundation staff assists persons with disabilities in efforts to ensure individuals have the choice to safely maintain independence in their home and in their communities.