

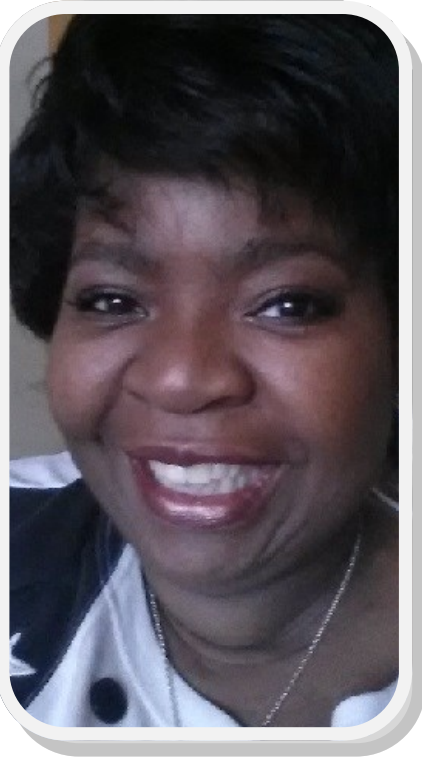
DISABLED CITIZENS ALLIANCE FOR INDEPENDENCE

SPRING / SUMMER NEWSLETTER 2018

Serving Crawford, Dent, Iron, Reynolds and Washington Counties



INDEPENDENCE



Independence is something we strive for from the moment of birth into adulthood. When our independence is somehow threatened, taken away, depending on someone outside ourselves, just the thought can be quite devastating. For many, shame, guilt, depression, frustration, hopelessness and helplessness are the emotions felt when dependency is the alternative lifestyle.

Before coming to live in Missouri, I was a single, full-time, working mother of 7 having 3 minors at home. I was very outgoing, energetic and volunteered much of my time in the community. Every morning before work, I had a set routine of working out at the gym and/or walking 2-5 miles, sending the children off to school and heading to work. I worked at a counseling agency, advocating for parents who had children that were mentally and behaviorally challenged. My advocacy to help them was in their communities, schools, hospitals, and the juvenile justice system. So, as you can see, I had my plate full and then some. My day did not end there, because I still had a family at home requiring a full-time mom. My plate may have been full with family and work, but I had no complaints; I enjoyed what I did and what I could accomplish for others.

After moving to Missouri, my hope was to continue with the same kind of lifestyle and commitment. Starting all over again and in a new place was no surprise to me. I was more than willing to get started and get settled in. My enthusiasm and eagerness wasn't going to be enough to accomplish my goal of having the lifestyle I had before. My mind was all too willing but my body was

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saying something totally different. It seemed like everything was taking a toll on me. My health began to decline slowly, but I continued to fight and still work. First, I began to have chronic back and feet pain. I went to the doctor to find out why I was having so much pain. He suggested and recommended to get a sit-down job, so I did. It was to no avail. Then, I had chest pain. Shortly thereafter I was diagnosed with Angina, Neuropathy, a spur in my spine and finally, Diabetes. Boy, I was not ready for this happening to me. On top of all of that, a tremendous amount of weight gain crept in and wasn't going anywhere but up! Slowly, but surely, I found myself being more unable to do things around the house. Also, I found myself being out of breath, whether I was active or not and worse when the weather would be hot or cold. Of course, I became frustrated and somewhat depressed. Relying on my children to do the chores and run errands trying to keep up with everything was nearly impossible. I hoped they wouldn't notice, but they had.

One day, I went to the Social Service office to discuss my health situation and the possible need for assistance. My caseworker counseled me about filing for disability and gave me resources for agencies that could assist me in my home. My pride and ego were crushed. She helped me face the fact that assistance is inevitable and what I needed financially and physically. She recommended I call Disabled Citizens Alliance for Independence, (DCAI). It took me awhile to make the call, but I made it. By this time, my children were in high school with many after school activities. I did not want to interfere with their lives. My children are so very important to me. I wanted to care for my children so they could have a normal adolescent childhood, not to have them have to care for me. keep up with everything was nearly impossible. I hoped they wouldn't notice, but they had.

After making the call, DCAI set up an appointment to come out and meet with me to see if I met the criteria for their services. The approval was made and I got a visit from DCAI to go over the services and my personal plan for my attendant. I learned the program was really consumer driven. I was able to choose whether I wanted a family member, friend or someone from DCAI's attendant list to work for me. I chose a friend. I was made to feel comfortable in my choice. My friend comes over every day to help me with the things I'm unable to do for myself. The best part is my friend or family member can be paid for their assistance, which is a token of appreciation for their time and help on my part. Every month I receive a phone call from my case manager, Patty Hedrick, to see how I'm coming along with the services provided and to make sure there isn't anything I need. She reminds me that the agency can assist with equipment, which I have been able to use and has helped me to be more independent.

DCAI has really come through with equipment to help my mobility and other needs. I really like this part of their service. One of the concerns DCAI has for all of their consumers is

World, I'm Here
By
Sheldra Thomas
TH

I was born under the cover of night
Which to me is out of sight!
Once when I broke free
I said,
"What must become of me?"
I knew, I knew!
I just be all I can be!
Success and failures will come,
But a failure I shall never become.
World, I'm here. Did you hear?
I'll say it once again,
World, I'm here!
Now lend me your eyes and ears
So I may be very clear,
I can only be a trail blazer
And a success
Because you've given me access
I'm no longer under the cover of night
But now in open broad daylight!
A hand has fashioned and
Shaped me
For all the world to see!
In such a special way
Which makes me unique
This Very Day
TH

the concern of us being abused, neglected, or exploited by an attendant or anyone, whether in the home or not. I love this. Another part of the care consumers receive is a visit from their case manager twice a year and an annual visit from a State worker overseeing the care from DCAI. Wow! Everyone involved wants to make sure your needs are met in every way and to ensure you have the best level of care.' I can honestly say, since being with DCAI for a few years, I am more independent on account of their services today. I have no complaints whatsoever. Whether I have important matters in need of attention or not so important matters, DCAI is there for me. When I have a notion to talk with my case manager, Patty, about occurrences in my life, I just pick up the phone and she's there to listen, this has been a big help to me.

I would like to encourage any and everyone who has any physical challenges in their life to consider calling DCAI for assistance to become more independent, or utilize their available services if already a consumer.

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Written by Sheldra Thomas

LEGISLATIVE UPDATE:

SB 969-Under current law, vendors of consumer directed services shall monitor the performance of the personal care assistance services. This act requires that such monitoring be unscheduled and occur in person at a time when the personal care attendant is scheduled to be at the consumer's home. The vendor shall document that the attendant was present and providing services as set forth in the plan of care. If the attendant is not present or providing services, the vendor shall notify the Department of Health and Senior Services and may suspend services to the consumer.

This act also requires vendors to notify consumers during orientation that falsification of personal care attendant timesheets shall be considered and reported to the department as fraud. Such orientation shall take place in the presence of the personal care attendant, to the fullest extent possible.

For additional information:

<http://www.senate.mo.gov/18info/pdf-bill/intro/SB969.pdf>

SB 567-This act modifies the Senior Citizens Tax Credit for claimants who are claiming the credit as a resident citizen of at least 65 years of age by reducing the maximum allowed credit from \$1,100 to \$750 for homeowners and from \$750 to \$450 for renters.

This act also reduces the maximum income threshold for claimants who are claiming the credit as a resident citizen of at least 65 years of age to 100% of federal poverty level, and reduces the minimum base for such applicants from \$14,300 to \$5,000.

The definition of "claimant" is also modified to exclude from eligibility a taxpayer who is receiving federal or state housing assistance and a taxpayer who lives in a skilled nursing facility.

The definition of "rent constituting property taxes accrued" is modified for claimants who are claiming the credit as a resident citizen of at least 65 years of age by reducing the amount from 20% of gross rent paid to 8% of gross rent paid.

The modifications to the maximum credit amount, the definition of "rent constituting property taxes accrued", the maximum upper limit, and the minimum base shall not apply to claimants who are applying as 100% disabled veterans, as disabled, or as having reached the age of 60 and are receiving surviving spouse Social Security benefits.

For additional information:

http://www.senate.mo.gov/18info/BTS_Web/BillText.aspx?SessionType=R&BillID=69471900

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For any questions with the above bills
please call Rebecca Stokes at 1(888)450-2088.

Follow the attached links for additional information regarding these senate bills or contact your local senator for any concerns or questions you may have.

CONTACT YOUR SENATORS

Senator Gary Romine:

201 W Capitol Ave., Rm. 334
Jefferson City, Missouri 65101
Phone: (573) 751-4008
Email: Gary.Romine@senate.mo.gov

Representing: Iron, Reynolds, St. Francois, Ste. Genevieve, Washington, and part of Jefferson Counties

Senator Dan Brown:

201 W Capitol Ave., Rm. 419
Jefferson City, Missouri 65101
(573) 751-5713
FAX: (573) 751-0733
Email: Dan.Brown@senate.mo.gov

Representing: Camden, Crawford, Dent, Phelps, and Pulaski Counties

**“What you do today can improve all tomorrows.”
....Ralph Marston**

A NOTE OF GRATITUDE

Hi
My name is Karel Kisee, a. consumed of
D.B.A. I. I am happy of the service I receive from
Patty Headrick as she is always there when
to ask question, I receive answer. A great listener
as well. That is very professional when I
call to ask for supplies or payroll as well.
You can't ask for anything more than what
they have already give.
Good luck guys and have very bless Day.



A THANK YOU FROM DCAI FOR OUR GRANTS!



In September 2017, DCAI graciously received a grant award of \$2000 from Dollar General Literacy Foundation. Funds from the Dollar General Literacy Foundation will be utilized to support DCAI's Youth Literacy Program. This is an amazing program for our area youth and DCAI is proud to provide these much needed services. DCAI is extremely

appreciative of this generous award from the Dollar General Literacy Foundation and will be able to use these funds to promote growth within the Youth Literacy Program.

In December 2017, DCAI graciously received a grant award of \$1500 from The Walmart Community Grants Team and \$250 from Walmart store #37 in Farmington. Funds from the Walmart Community Grants team and store #37 will be utilized to support the Community Harvest Food Program. This includes DCAI's food

pantry, helping to feed needy families during the Holiday's by providing food baskets and feeding children over the weekend through the Iron County C-4 Jaypack Program. These are amazing programs and DCAI is proud to provide these much needed services. DCAI is extremely appreciative of this generous award from Walmart and will be able to use these funds to help those in need with hunger in 2018.



In March 2018, DCAI graciously received a grant award of \$500 from The Walmart Community Grants Team store #37 in Farmington and \$500 from store #27 in Salem.

Funds from the Walmart Community Grant stores #37 and #27 will be utilized to support the Jaypack Program. This program provides food for children over the weekend through the Iron County C-4 Jaypack Program. This is an amazing program and DCAI is proud to provide this much needed service. DCAI is extremely appreciative of this generous award from Walmart and will be able to use these funds to help those in need with hunger in 2018.

SUPPORT GROUP NEWS

What a year we have had! No new Groups formed but so much Friendship and Encouragement to see us through some of the toughest times in our lives. We have shared thoughts and helped one another by just listening. Always remember what we discuss at our meetings stay at the meetings.

At present time we have 6 Support Groups, they are:

1. Viburnum S.G. at DCAI Meeting Room the 1st Tuesday of every month starting at 1:00 pm
2. Potosi Depression S.G. meeting at the Library in the basement meeting rooms on the 2nd Wednesday of the month at 12:30 pm
3. Lesterville S.G. meeting at Crocker Senior Living Apts on the 2nd Thursday of the month at 10:30 am
4. Salem DCAI Accessible Apartments meeting room on the 3rd Tuesday of the month at 10:00 am
5. Bright-n-Start S.G. meeting at the Senior Center in Salem on the 3rd Tuesday of the month at 12:30 pm
6. Mending Hearts S.G. meeting at the Steelville Telephone office meeting room on the 4th Thursday of the month at 12:00 pm

Please contact Kelly Eaton - Ext. 190 if you would like to attend one of these meetings and to meet new friends, get information on health related issues, Grief and Loss or just needing support of encouragement call at:

1-573-244-5402 or 1-888-450-5288 Ext. 190

Thank you, CoAnn Hedrick



THIS NEWSLETTER IS AVAILABLE IN ALTERNATIVE FORMATS!

*To request Braille, Large Print, or Audio copies please call
Sue Gillam, Editor/Articles Coordinator at 573-244-3315*



DCAI presents

Pre-Employment Transition Camp

What is Pre-Employment Transition Services?

It is supported by the Work-force Innovation and Opportunity Act (WIOA) that was signed into law on July 22, 2014.



LOCATION:
**Disabled Citizens Alliance
for Independence in
Viburnum, MO**



DATE & TIME:

**June 18-22nd
9:00-2:00**

**FREE:
TRANSPORTATION
& FOOD**



**Field trip:
Laura Ingalls Wilder
in Mansfield, Mo.**

**ACTIVITIES:
Career Day, Cooking,
Job Shadowing,
College visiting, Interviews,
Shopping and MORE**

To register contact: 573-244-3038

Qualifications: ages 16 – 21, eligible or potentially eligible for VR and returning back to school in fall of 2018.

WIOA is designed to ensure students with disabilities receive skills and training necessary to reach their education and career goals.



Save our Bumblebees

**My mother gave me a bumblebee pin when I started work, she said as pinning the bumblebee on me –
“Aerodynamically, bees shouldn’t be able to fly, but they do. Remember that!”
....Jill E. Barad**



I did some research on the bumblebee after reading the quote above. A bumblebee doesn't flap its wings like a bird. Bumblebees are very large for having such tiny wings. Here is what I found out and thought it rather amazing - so I will share it with you. Hold your hands straight out like birds wings to your side - parallel with the floor. Now bring your arms straight out to the front of you and turn your palms up. Bring your hands back with palms still up and then repeat turning your palms back down again when you move forward. When your palms are up and you're bringing your arms back you are creating a lift. This lift is what helps a bumblebee's large body stay up and fly. Imagine your arms repeating these steps - fast - real fast - so fast you can't see them. Just kidding - we can't do that - but you get my drift! Bumblebees flap their wings so fast they create the buzzing sound which warns us of their presence. I'm amazed by life's small wonders. When you make these motions with your arms you may have noticed something else....you are creating a figure 8. Well now you have the knowledge of the bumblebee flap. Bumblebees make tiny infinities when flying. My wish is that their life was "infinite" and could pollinate plants forever! Please take care of our bumblebees. We need themreally need them!



The bumblebee is now the first ever bee in the continental United States to be formerly proposed for listing under the U.S. Endangered Species Act.



August 3, 2018

**Call DCAI at (573) 244-3038 to schedule
a time to get signed up!**

**Signups will be held at the DCAI office on
May 10th and June 7th Only.**

****You must make an Appointment to sign up. ****

Hair cuts

School Supplies

Face Painting

CLOWN

**To determine Eligibility you must provide the following items when you
sign up:**

Proof of Household income for 2017

- **2017 Tax Return**
- **S.S. Verification Letter**



DCAI's Annual Santa's Workshop was yet another
SUCCESS!

This year the committee went to great lengths to create a more memorable experience by adding

The Polar Express Hallway!

We had cookies, hot chocolate, ornaments to craft, pictures with Santa and Mrs. Clause; plus the express hallway!

What a great turn out!

We had over 80 children show up for fun. Children loved creating their own ornaments to hang on their trees at home. A real treat was getting to tell Santa what they wanted for Christmas! The joy of entering the Polar Express and taking the journey through the mountains, tunnel, and Santa's Magical kingdom was an unforgettable time!

We raised \$400.00 on this magical evening! Proceeds went to the Iron County C-4 Jaypack Program which provides nutritional food to children on the weekends, as well as winter attire.





MEDICARE QUESTIONS?

DO YOU HAVE MEDICARE QUESTIONS?

TRAINED COUNSELORS ARE HERE TO HELP.

COUNSELORS ARE HERE TO HELP WITH:

- ♦ Medicare eligibility, enrollment and claims forms
- ♦ Employment and retirement health benefit questions
- ♦ Supplemental insurance policies
- ♦ Medicare Advantage options, such as HMO's and PPO's
- ♦ Medicare Prescription Drug Coverage
- ♦ Long-term care planning
- ♦ Public benefit programs
- ♦ Fraud and abuse



PLEASE CALL
JOANIE OR RANDY
FOR ASSISTANCE:
1-866-797-6080

DCAI FOUNDATION IS TAKING APPLICATIONS!



P.O. Box 706; 83 South Highway 49; Viburnum, Mo 65566
Phone: 573-244-5510, Fax: 573-244-5512

DCAI Foundation is accepting applications for Part-Time In-Home & Individualized Support Services (ISS) Aides in Washington, Dent, Reynolds, Iron, Crawford and St. Francois counties.

In-Home Aide's must be able to read, write and follow directions; AND
Have at least six (6) months paid experience as an agency homemaker OR at least one year paid or un-paid experience caring for children or for sick or aged individuals.

ISS Care Aide's must have a High School Diploma or GED.

****Up to \$10.40 per hour Monday - Friday; weekend and Holiday differentials!**

****Must be at least 18 years of age, valid driver's license and vehicle required.**

****Pre-employment drug screen and background check performed.**

Quarterly office visits required.

Applicants may call for an application, you may visit either location or download the application by visiting our website @ www.dcai.us.