

# DISABLED CITIZENS ALLIANCE FOR INDEPENDENCE

FALL / WINTER NEWSLETTER 2018 / 2019

*Serving Crawford, Dent, Iron, Reynolds and Washington Counties*



## Let's Go To School!!



Fall is in the air and the kids have started back to school. The big yellow buses are seen all over the countryside and towns picking up kids for school. It's something most just take for granted, but for one family it was not always that easy. It was a struggle to get Ashlyn's heavy specialty wheelchair up her steep driveway to get onto the bus.

After hearing, "No we can't help you," time and time again this family began to get discouraged. While at a health fair, Ashlyn's grandma was given information about DCAI and was told to call and see if we could help. DCAI received a call from the family, and guess what, there was the answer, **"YES!"** on the other end!

Herman Vance, Accessibility Specialist, and Sherry Stallings, Independent Living Specialist, got to work. They went out and evaluated Ashlyn's home and driveways. Herman contacted the City of Potosi and they were more than happy to help.



The city installed a culvert and paved a landing area for safe and easy access to the street. Herman created a ramp that gave Ashlyn a two way entrance to her bus stop and into a vehicle. The bus can now pull right up to the ramp and drop the lift. Ashlyn can now get to school without a hardship. After hearing, "Sorry, we can't help you," she finally received her **"YES!"**



Being able to get on a bus safely and go to school is something every child should have the privilege to do. Remember to be mindful of children getting on and off buses this time of year. Obey the laws and slow down or stop when you see the red and yellow flashing lights. Have a safe and happy school year.

# Disabled Citizens Alliance for Independence

## 2019 Medicare Open Enrollment



The upcoming Medicare Annual Enrollment Period for coverage in 2019 runs from Oct. 15 to Dec. 7, 2018. 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 2019. 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**





# 2018 DCAI Pre-Employment Transition Summer Pilot Program

*"Children are not things to be molded, but are people to be unfolded." — Jess Lair*

This year's transition camps were one for the books. DCAI Education Department conducted two transition camps this year. Our first camp was June 18-22 and our second was July 30-August 3, during which we had 12 students, between the ages 13-21 attending from different school districts.

Vocational Rehabilitation (VR) in collaboration with local education agencies provide or arrange for the provision of Pre-Employment Transition Services for students with disabilities. Pre-Employment Transition Pilot Program teaches students about Work Place Readiness, Teamwork, Community Service, Job Exploration Counseling, Peer Mentoring, Self-Advocacy and much more!



The students had the chance to experience multiple different opportunities, like shopping for interview attire to visiting a few colleges. This year the students got to experience different job opportunities in Salem, MO like cooking meals, budgeting, shopping within a budget, preparing for their futures, visiting a few colleges, voluntary clean-up of the city park, taking a field trip to Laura Ingalls Wilders Homestead/Museum and helping with our annual school fair. The students also got to meet with Adonis Brown, Executive Director of the Missouri Statewide Independent Living Council (MOSILC), State Representative Christine Dinkins and had a special visit from Vocational Rehabilitation. Not only did they learn about life skills, but they also made lifelong friendships.

**We cannot wait for next year!**

**CONGRATULATIONS SAVANNAH!**  
**WINNER OF THE GARY MOLL SCHOLARSHIP**



**Savannah with MOSILC  
Chairperson &  
Executive Director of  
MERIL ,Rob Honin**

On August 17, 2018 DCAI had the pleasure of accompanying Savannah Anderson, a 2017 Pre-Employment Transition student from Bunker, Missouri in receiving the Gary Moll Scholarship. Mr. Moll was the Director of the Vocational Rehabilitation's Independent Living Program for 26 years. The Gary Moll Scholarship was established in remembrance of Mr. Moll who passed away in 2013. The Gary Moll Memorial Scholarship program is for Missouri students with a disability who are attending, or will be enrolling, in, a junior

college, college, university or accredited vocational school located in the state of Missouri. Missouri State Independent Living Council (MOSILC) has graciously provided a \$1,000 scholarship for two students who were going to be enrolling in college or returning to college. This year the committee chose three outstanding students who were nominated by an Independent Living Center. Along with Savannah, the other two winners were Eric Kaiser from St. Louis and Corby Rebhurn of West Plains.



**Savannah with DCAI  
Education Specialist Nikki  
Doss**



**Savannah with DCAI  
Foundation  
Executive Director,  
Rhonda Payne**

Savannah was nominated by Disabled Citizens Alliance for Independence. She is a 2<sup>nd</sup> year college student attending a Junior College in pursuit of her nursing degree. Savannah is a hardworking and very driven individual and she was very active in her high school career. Savannah was diagnosed with a learning disability, but she never let that stop her; she has excelled in school. She states that her disability has made her Independent by not letting it define her.

She has a dream of succeeding and becoming a nurse and that is what she is doing today, working towards her nursing degree.



**Savannah and her  
Aunt**

**Disabled Citizens Alliance for Independence is a non profit, Tax Exempt Organization. DCAI is committed to serving the needs of people with disabilities. DCAI offers a vast array of services on a non-discriminatory basis. DCAI Education Department proudly provides services to the Iron, Crawford, Dent, Washington and St. Francois counties.**



## DCAI EDUCATION SPOTLIGHT

***“Love what you do and do what you love. Don’t listen to anyone else who tells you not to do it. You do what you want, what you love. Imaginations should be the center of your life.” .....Ray Bradbury.***

Disabled Citizens Alliance for Independence has great news regarding one of our Transition Students, Mariah Ayers. We are proud to announce that Mariah is now enrolled and attending a Junior College pursuing her degree in Art.



Mariah Ayers is from Salem, MO. She was home schooled up until her junior year of high school. Mariah has been diagnosed with Scoliosis, Short-term Memory Loss and Epilepsy Seizures. She has never let her disabilities define her, even though her disabilities made learning difficult at times, she has pushed through and overcome many obstacles. Graduating from high school Mariah has always taken an interest in Photography and Art. After taking a tour with DCAI’s Transition Camp, Mariah decided and had her heart set on attending a Junior College. She worked hard and was able to get assistance through Vocational Rehabilitation to attend college in the fall of 2018.

DCAI’s Youth Transition Camp’s tutoring and peer support guided Mariah through the process, by taking her on additional tours of her college, helping her get her classes scheduled, all to help her succeed in getting her degree. Mariah is a very smart ambitious young lady. We are so proud of the choices she made to make her life more independent and follow her dreams!

## TREASURE HUNTS - “ROCK!”



DCAI is adding some color to the community. Independent Living Specialist, Sherry Stallings, has painted inspirational rocks. Beginning October 15th, these rocks will be hidden around the community to promote independence and community involvement. If you find one of these inspirational rocks, bring it to the Open House at DCAI October 18th to claim your prize! Hiding and seeking painted rocks has evolved throughout many states and communities to encourage individuals to connect with art and creativity.

# 2018 DCAI Back to School Fair

*"Children are likely to live up to what you believe of them."* — Lady Bird Johnson

What a great time of the year! On August 3<sup>rd</sup>, we hosted our Annual Back to School Fair with the help of many local businesses and sponsors. This year we had approximately 100 kids sign up for our back to school fair. The students received backpacks, an abundance amount of school supplies, free haircuts, face paintings and were excited to see Air Evac's awesome helicopter! The school fair would not have been complete without the 30+ vendors, multiple donations and volunteers helping to make this community event possible. Seeing the smiles and excitement on the student's faces is what makes the fair great!

A big Thank You to everyone for your help! Below are some of the businesses which participated:

Air Evac	Missouri Highlands	Steelville Telephone	Payne Pump Service
Doe Run (SEMO)	Ozark Regional Library	Ozark Dental Center	Prevention Consultants
Doe Run Recycling	StoneCrest Healthcare	MO Pre-Employment	Armed Forces Career Center
First Baptist Church	Viburnum Police Department	Viburnum Drug	Missouri Dept. of Conservation
DCAI	Southwest Baptist College	Iron County Health Center	Wal-Mart
Iron Co. C-4 School	Mineral Area College	Impact	Casey's General Store
East Mo Action Agency	G&W Foods	SOCMO Clowns	



## **HOUSE BILL 555 - DISABILITY AWARENESS**

In May 2011, the Missouri legislature passed House Bill 555, which authorizes school boards to require the provision of disability history and awareness instruction in public schools during the month of October of each year. House Bill 555 further requires the month of October to be designated "Disability History and Awareness Month". House Bill 555 was sponsored by Representative Jeff Grisamore and was actively supported by disability advocates across Missouri. Many Missouri disability organizations advocated with legislative leaders, provided testimony on behalf of the bill, and worked diligently to see the bill move successfully through the legislative session.

**The goals of disability history and awareness instruction in House Bill 555 are:**

- (1) Instilling in students sensitivity for fellow students with disabilities and encouraging educational cultures that nurture safe and inclusive environments for students with disabilities in which bullying is discouraged and respect and appreciation for students with disabilities is encouraged;
- (2) An understanding that disability is a natural part of the human experience; we are all more alike than different; and regardless of disability, every citizen is afforded the same rights and responsibilities as that of any other;
- (3) The creation of a more inclusive school community, where students with disabilities are included in every aspect of society, and every student is acknowledged for their unique gifts, talents, and contributions; and
- (4) Reaffirmation of the local, state, and federal commitment to the full inclusion in society of, and the equal opportunity for, all individuals with disabilities.

### **DCAI AND ABILITY AWARENESS**

**Our Accessibility Specialist, Herman Vance pairs up with our Education Staff to do Ability awareness and teach proper etiquette in schools all around our area. They have children perform tasks that some may take for granted in our everyday lives, for example; spreading peanut butter on bread, but blind-folded, trying to navigate in and out of a door in a wheelchair. These are just two of the experiences they share with the children. Herman being a person with a disability and in a wheelchair answers many questions for the children - no matter what is asked. Also mentioned and discussed is the fact there are some people who have disabilities which cannot always be seen.**

**To learn more about Ability Awareness call (888)450-2088.**



## 1ST ANNUAL DCAI BASS TOURNAMENT

On Saturday, June 23<sup>rd</sup>, 2018, DCAI held their 1<sup>st</sup> Annual Bass Fishing Tournament. Those participating were able to use artificial bait only, and could fish from any farm pond or lake where it was legal to keep bass. Prizes were provided for the top 3 biggest bass.

DCAI provided \$150 cash prize for 1<sup>st</sup> place, \$50 cash prize for 2<sup>nd</sup> place and for 3<sup>rd</sup> place a \$25 gift card donated by Rural King in Farmington. Check in was from 5-8 am and weigh in was from 5-8 pm, located at DCAI. Pictured below are our top 3 winners with their winning fish.



From left to right: **2<sup>nd</sup> place** with the weight of 4 lb. 15.6oz was Jeff Luader.

**1<sup>st</sup> place** with the weight of 6 lb. 8.6 oz. was Wesley Gilliam and in

**3<sup>rd</sup> place**, Mark Beeman with a weight of 3 lb.6.4 oz.

**THANK YOU TO ALL WHO PARTICIPATED AND GAVE YOUR SUPPORT!**

We will be looking for sponsors willing to donate towards next years tournament; please contact DCAI (573)244-5402 if you would like to do so.

**DCAI HOPES TO SEE YOU NEXT YEAR FOR THE**

**2ND ANNUAL DCAI BASS TOURNAMENT**

**HELP MAKE THIS UPCOMING TOURNAMENT A GREAT ONE!**

Proceeds go to the Iron County C-4 School JayPack Program where we provide students with nutritional food on the weekends through out the school year and winter attire.

**"Life's like a tackle box. You get out what you put in and you'll only collect dust if you stop fishing."**

**....Justin Morgan**



Let us help you reach your goals  
for a brighter future!



**DISABLED CITIZENS ALLIANCE  
FOR INDEPENDENCE**

**EDUCATION DEPARTMENT**

**CALL US TODAY! - (573) 244-3038**

DCAI Education Department provides **FREE educational** services to children (of any age) and adults

DCAI is designed to ensure individuals with disabilities receive skills and training necessary to reach their educational goals

We offer diverse learning that promotes motivation, independence, and success to all students.

General Education

One-on-one training (TUTORING)

At the convenience of the individual's home, DCAI office or School district

Assist within schools providing one-on-one instruction or help assist within a whole class.

Academic Area(s) requested by the individual

Individual Education Plans (IEP) meeting

Advocacy for, but not limited to IEP meetings

High School Transition

Life Skills

Preparing in developing a plan after high school

Bases on the personal education level of the individual

High school Equivalency test (HiSET)

Educating and preparation for the exam



## A PLACE OF MY OWN



Ms. Ona Bohannon suffered a stroke on December 1, 2015 and afterwards she resided at a nursing home in Potosi, MO for 18 months. When the state performed her evaluation with her she was asked if she wanted to live in the community. Connie Payne, DCAI's Nursing Home Transition Specialist, visited with Ona and discussed the Money Follows the Person program (MFP). We are happy to report that Ona has now transitioned into her own home!

Ona has received several pieces of equipment through the Missouri Assistive Technology Grant that is set aside for MFP consumers. Ona's hand was closed like a fist after the stroke, but since she received a tension glove to work her fingers and her hand, her hand now is almost fully opened. She also received a bumper hitch lift for her wheelchair to put on her vehicle. Ona now takes trips with her family to different parts of the State.

Many barriers have been overcome in the first year of her transition and Ona is living life to the fullest! She stated, "If it hadn't been for the MFP program, I wouldn't have a place of my own to call home."

**Ona with Connie in her own home!**



## CONSUMER HAS A GREAT RECIPE FOR THE HOLIDAYS!

Katherine Wader loves to bake and she loves to share her modified recipes with family and friends.

A long time consumer of DCAI she works hard to keep her diabetes under control while serving up her favorite foods.

Here is a delicious Pumpkin Cake recipe that will be perfect to serve for your fall get together!



"But see, in our open clearings, how golden the melons lie; Enrich them with sweets and spices, and give us the pumpkin-pie!"

...Margaret Junkin Preston



## Pumpkin Crunch Cake

- 1 (15 ounce) can pumpkin puree'
- 1 (12 ounce) can evaporated milk
- 4 large eggs
- 1/4 cup of Splenda Blend
- 1/4 cup of brown sugar Splenda Blend
- 2 teaspoons of pure vanilla extract
- 1 tablespoon of pumpkin pie spice
- 1 teaspoon of cinnamon
- 1 teaspoon of salt
- 1 box of Pillsbury sugar free yellow cake mix
- 1 cup of chopped pecans
- 1 cup of unsalted butter, melted

Preheat oven to 350° - Butter a 9 x 13 inch baking pan

In a large bowl, whisk together pumpkin puree , evaporated milk, eggs, sugars, vanilla, spices and salt mix until smooth.

Pour mixture into pan and spread evenly

Sprinkle dry cake mix over your mixture and press gently the mix into the batter.

Sprinkle top of cake with chopped pecans and drizzle the melted butter over the cake.

Bake for 40 minutes and check—if the top is becoming brown—cover the cake with a piece of foil and bake an additional 10-20 minutes.

Let cool on a wire rack and chill for 3 hours before serving.

Top with whipped cream and pecans, enjoy!



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

Toll Free: 1-855-391-4488

**DCAI Foundation is accepting applications for Part-Time In-Home and ISS Care Aides in Washington, Dent, Reynolds, Iron, Crawford and St. Francois counties.**

**\$10.40 per hour; holiday & weekend differential.**

- ♦ Must be at least 18 years of age, 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 unpaid experience caring for children or for sick or aged individuals.
    - ♦ ISS Program requires High School Diploma or equivalency.
    - ♦ Pre-employment drug screen and background check performed.

Qualified applicants may call or complete an application at the office or visit our website at [www.dcai.us/DCAI Foundation/Employment](http://www.dcai.us/DCAI%20Foundation/Employment). EOE

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