

DISABLED CITIZENS ALLIANCE FOR INDEPENDENCE

SPRING / SUMMER NEWSLETTER 2019

Serving Crawford, Dent, Iron, Reynolds and Washington Counties



CEO CROSSES 100,000 MILE FINISH LINE!

WELL WE MADE IT

I am happy to share with you that I broke my 100,000 mile jogging goal on Thursday, February, 28. It was quite fitting that that morning it was a combination of sleet and freezing rain. I was up to the challenge to give it a try to see if I could run and have footing. Wednesday night and early Thursday morning, it was slick and it was necessary to delay the opening of our DCAI offices until 10 AM. I went out around 5:30 that morning to check on and feed the cows and cats. After I contacted the department heads to let them know that the offices wouldn't open until 10 I decided to see if I could run 5 miles to break my goal. Well it worked! The sleet gave me traction enough to keep me from falling.

As I thought about what to write in this article, there were hundreds of memories that came to my mind. If you remember, Gary Comstock was the individual that talked me into running with him in April 1978. The winter of 1978 and first few months in 1979 was a hard winter with lots of snow and ice. Gary always would say let's cut across this field and strengthen our legs. We ran throughout the entire winter in several feet of snow. Gary always wanted to run in the open fields and parks around our home and apartment. The snow stayed on the ground from December until March. I remember a time when he talked me into crossing a frozen creek. Guess who fell in? It was below freezing and I went in the creek up to my knees. By the time we ran home, my shoes and sweats were frozen. I couldn't untie my shoes but just had to pull them off. It was so much fun!

I have been so fortunate that the Good Lord has given me the strength and good health to run for 40 years. It has taken me 40 years 7 ½ months of jogging to break my 100,000 mile goal. I was blessed with some vision until 2012. The last ten years 2002 to 2012, I could



make out shadows and the black expansion joint in the middle of the street which helped me to know where I was going. From 2013 on, I have had to rely on my memory and the feel of my legs when running. For that reason, I had a concrete driveway put in from my house to the highway. My driveway is about 450 feet long with a circle at the bottom close to my house. I have ran daily on my driveway since moving to my farm in December 2013.

Gary had planned to come down and run with me to break my goal. The weather in Topeka, Kansas and here prevented him from coming. It was more important that he and his wife, Diane not risk coming over 300 miles on slick roads. We will run together a day later this spring. It was okay that I ran in weather like the first year Gary and I ran together. I was smiling the whole time that morning as I was thinking about our first year and all the winter experiences we had. I know, there is something wrong with me. I just like a challenge and doing things that others won't do.

Over the forty years, I have had hundreds of individuals that have ran with me. Each person has encouraged and strengthen my determination to make the accomplishment possible. I have individuals that have ran 5K, 10K, ½ and full marathons, and daily runs with me. I especially remember the opportunities of getting to speak at schools and then going to run with the children and students. Young kids always had something to say to me while we were running. Some of the comments were, Why do you do this it is dumb. One boy said, I wish I had your legs my legs don't work like yours! Another said, Can we slow down I think I am having a heart attack! Others would come up with a reason that they couldn't run with me. They would say things like, my mom told me not to run or the doctor asks me not to exercise because it is bad for my health. I am sure you can remember things that children have said to you. So many memories that make me laugh and smile.

Running has brought me amazing joy and happiness as I have had opportunities to raise thousands of dollars to help others in need. The money raised has purchased medical equipment and made homes accessible for individuals with disabilities to be able to continue living independently. The last few years the money raised has funded the community JayPack program, purchase winter apparel, family holiday food baskets, and school supplies for the children. Many ran with me from Jefferson City to Columbia, Missouri up highway 63 to raise money to provide disabled students college scholarships. The last 16 years, I have ran yearly in fund raisers to help others. Every dollar that has been raised has gone directly to benefit the individuals that had a serious need. I am so thankful for each person that has donated and sponsored me in these fund raising events. We all share in the joy of making a difference in the lives of those receiving the gifts. Thank you! Thank you!

Wednesday this week, I had the opportunity to be the guest speaker for a High School Transition Fair being held at Mineral Area College in Farmington, Missouri. Last year when I spoke at this event, I told them that I hoped to be able to share that I broke my 100,000 mile jog-

ging goal at next years event. I was so happy to share my accomplishment and speak on the importance of planning, setting goals, and never giving up on their dreams. It is important that we all serve as a positive role model for our youth. So many focus on their phones, computers, and games without giving thought to their futures. I am hopeful that I was able to reach some of these high school students where they realize that hard work ends in life success.

Thursday, the employees in our office and some of our community members held a celebration party for me. This party touched my heart. The weather had been so bad that we hadn't had an opportunity to celebrate the 100,000 mile accomplishment. This celebration party has now become another one of my fond memories. We had breakfast pizza and muffins from Casey's. The office gave me a 100,000 mile plaque for my office and several items I can use out at the farm. I want to thank everyone that came and also for the gifts.

On Friday April 12, our community will hold the Annual JayPack Fund Raising Event. We currently have 43 children that receive food on weekends and holidays during the school year. In October each year, these children also receive a new winter coat, boots or tennis shoes, hats, and gloves. This will be the seventh year that I will run a mile for each child that participates in the JayPack program. The number of children has ranged from 40 to 51 children since we started doing this in January 2013. DCAI employees work extremely hard hosting fund raising events to raise the money for the JayPack, winter apparel program, holiday family food baskets for Thanksgiving, Christmas, and Easter, and the annual school fair. In August each year, we host a school fair where 150 to 175 children from Iron County C4 get their school supplies each year. I try to raise money by asking for sponsors for each mile that I run. It looks like I will be running 43 miles this year unless the number changes between now and April. Each mile that I have ran for the JayPack Program was added to my mileage to break my 100,000 mile goal.

Many of my miles ran have been part of a fund raising event. When I think back on these events it makes me smile and feel good. My running career has not just been for my own personal joy but for the benefit of helping hundreds of adults and children. I plan on participating in running events and raising money as long as God wants me to. This 63 year old man isn't done yet.

I am sharing this 100,000 mile accomplishment with everyone that has ran with me, sponsored me, prayed for me, and worked along with me at the fund raising events. You have played a huge role in my life and helped to enrich the lives of others. Just so you know, we aren't done. I am going to need you because there are a lot of children that need food, winter apparel, and school supplies in our community. There is so much joy in seeing a child smile, having plenty of food to eat, and hearing about how they have succeeded with their school work. I am happy to report that our efforts are making a difference.

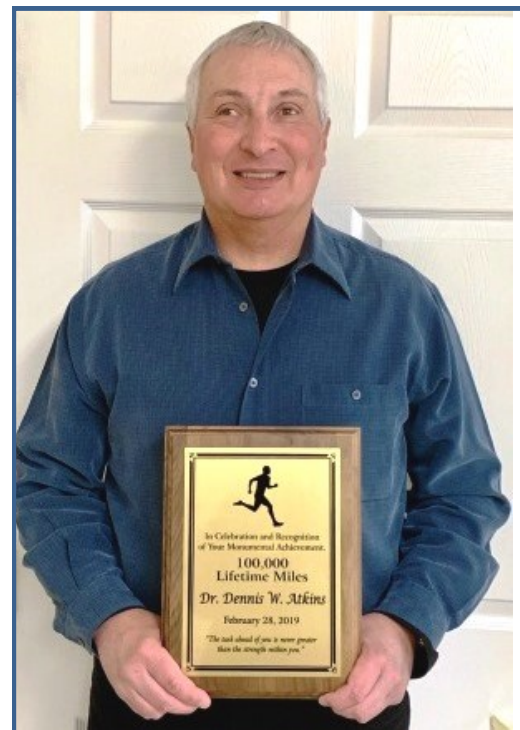
Well we made it! It took 40 years 7 ½ months but we have a 100,000 mile goal met. My focus will be to take every additional 1,000 mile mark as an accomplishment and keep in good shape for the future fund raising events. You know there are children just waiting for role models to come along to encourage and enrich their lives. Remember that is our purpose and joy comes from helping children and those in need.

Well let's get going. We have money to raise for the children's programs. Our annual costs are approximately \$32,000. I will run 43 miles in April or a mile for each child we are currently feeding. It gives me great joy thinking about the children we are helping as I run a mile for each of them.

Doesn't it feel great to have a sense of direction and purpose for our lives? Will you join me in helping our children again this year? We can share the joy once we have raised the money for another year. I am proud of my 100,000 mile accomplishment but raising the money to fund our children's programs means more to me. I will feel great joy when I can report to you: Well, we made it!

Dr. Dennis W. Atkins
March 2019

***"The task ahead of
you is never greater
than the strength
within you"***



Electronic Visit Verification (EVV)

In 2016 Home and Community Based Services (HCBS) providers were required to utilize a telephone tracking system for the purpose of reporting and verifying the delivery of services authorized by Division of Senior and Disability Services (DSDS). DCAI implemented EVV right

away after the Vendor Memo from the DSDS was issued. The benefits of using telephony were noticed right away. Consumers didn't have to worry about their paper timesheets being lost in the mail and the attendants checks were paid on schedule because the times was already in the EVV system. Consumers/Attendants don't have the cost of stamps or envelopes either. If you have been skeptical of this process and would like to give it a try, please contact your case manager and we will set up a time to come to your home and train you on how to use the EVV in your home.

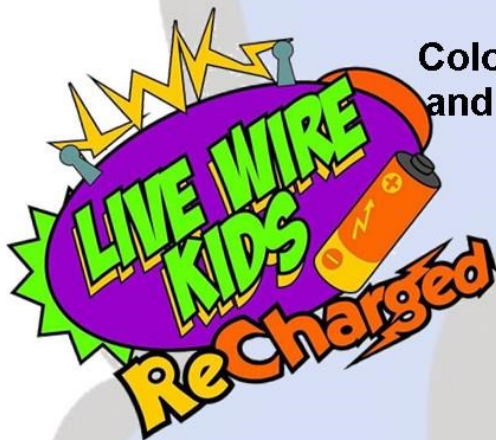
You're invited to the
Sixth Annual
JayPack Fundraiser

Friday, April 12, 2019 @ 5:00 PM

Elmer P. Beard Gymnasium

**Featuring Pastor Greg Dickinson
& his Team of Puppets**

Colorful puppets, hilarious costume characters,
and amazing illusions all wrapped around a life
changing Gospel message.



LIVE AUCTION

Dessert Auction

Concessions
Available!

**C-4's GOT
★ TALENT**

Talent show is open to all Iron County
C-4 students and faculty, individuals or
groups. To sign up call 573-244-5402 &
speak with Rebecca or Stephanie.

All money raised supports the Iron County C-4 JayPack Program providing nutritional weekend food, winter attire and school supplies.

“WHY NOT CLIP COUPONS?”



Hi my name is Jan White and I would like to tell everyone my story.

When I was growing up I came from the other side of the tracks, where we didn't always have the money to buy shampoo, soap, deodorant, etc. I grew up, moved out, got married and had children of my own. I eventually hit rock bottom and became disabled. As I lay in bed many nights asking God what is my purpose in life and several times thinking of taking my own life, a light bulb went off in my head! I started couponing. So here is the story of how I got started.

Sandy White, (owner of the Beehive florist) teaches a coupon class along with a few other ladies, so I started going. I went to Sandy because I didn't know how I could afford to drive to Rolla, so I purchased my coupons from her and she taught me how to utilize them. I also have a dear friend that donates the coupons.

When I get these coupons, I get excited, I can be driving down the road and a scenario comes to my mind, I have to pull over and write my thoughts down while they're still fresh in my head. You have to use coupons wisely to get more bang for your buck. Believe it or not, when I was in school I failed math, but the couponing just clicks. I have found my purpose, first taking care of my children when they lived at home, now my gift is giving back to the community. I love what I do.

I was donating to SOLVE, (Salem Organization for Local Various Emergencies) because I use to stand in line there and wish someone would donate toilet paper, shampoo, anything, but I was too ashamed to ask. This is what drove me to donate 100 bags of toiletries, with the help from Sandy, 50 for boys and 50 for girls for the 9th grade students whom are less fortunate. The goodie bags consisted of razors, shaving cream, shampoo, conditioner, lip balm, gloves, make up, toothpaste, a toothbrush, deodorant, body wash, a hairbrush, combs, etc.

I donate to CASA, (Court Appointed Special Advocates) which are families that are getting back together after prison time, whether maybe dad was going to prison for drugs or the mom, because hard times can hit home and they give the parents a list of businesses that hire felons and pray they get their life in order.

I also give to the food pantry because if someone is needing food they probably need toiletries. I don't want people to have to ask for these items. I laid in bed and prayed to God for 3 years until I found my purpose.

All of my expired coupon's I mail to the military, because they are allowed to use them for six months after the expiration date.



Jan White, pictured with Sandi White (no relation—from the Beehive Florist) and all their helpful bags of toiletries.

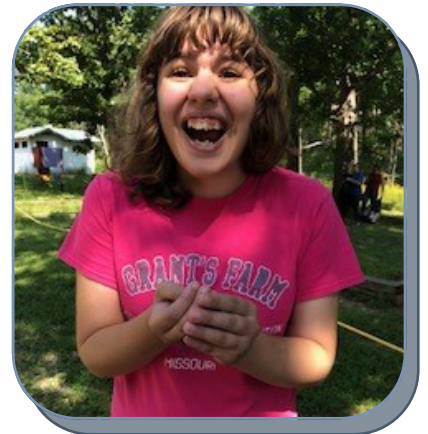
I just wanted to mention I never could afford tide back in the day but even now with a coupon I still can't bring myself to use Tide® because it's so expensive.

With all of this being said I hope I can at least make a difference in one person's life. I want people to know that everyone has a purpose in life, you just have to dig until you find it and never give up.

Jan would like to also express her thanks to DCAI throughout the years.

JESSICA ENJOYS TRANSITION CAMP

Jessica Ransom attended both weeks during the summer during Disabled Citizens Alliance for Independence Pre-Employment Transition Services 2018. During the first week, June 18th to June 22nd, Jessica learned to create a budget, meal plan, cook a meal, visited several local businesses for job shadowing, college visits, mock interviews and filled out employment applications. She even took a trip to Mansfield to the Laura Ingalls Wilder museum!



During the second week held July 31-August 4th, Jessica helped get geared up and ready for our annual Back to School Fair held at the Iron County C-4 School. Jessica helped shop, pack and set up all the school supplies that were needed. She also received training for workplace readiness, housekeeping skills, job exploration counseling and instruction in self advocacy.

A note from Grandma

Jessica really enjoyed The program, especially going places and seeing things that she had never seen and learning new things, and the kids she met were great. She also enjoyed shopping and cooking. I'm so glad she was in the program, that is a very worth while project.
Elaine Ransom



McTEACHER NIGHT at CUBA McDONALD'S



On Tuesday March 12th, Iron County C-4 staff participated in McTeacher night at Cuba McDonald's. DCAI graciously received \$511 from this event and will be utilized to support the [JayPack](#) Program. We would like to sincerely thank the school for all their hard work in raising these funds. This Program provides nutritious weekend food, holiday food baskets and winter coats, hats, and boots/shoes for children in Iron County C-4 Schools.

This is an amazing program and DCAI is proud to partner with the school to provide these much needed services. DCAI is extremely appreciative of this generous donation for the [JayPack](#) program to help feed those in need with hunger throughout 2019.

From left to right, Melissa Hubbs - Iron County C-4 Elementary/Middle School Counselor, Tracy Edgar; Cuba McDonald's Manager and Rebecca Stokes; DCAI Education Supervisor

Thank you Iron County C-4 teachers for your support!



PIZZA INN DOUGHRAISER

On February 27th, DCAI staff participated in a Doughraiser at Salem Pizza Inn. Employees served as waitresses, washed dishes and refilled drinks for customers for tips and a percentage of sales. The night raised \$300 from this event to help support the [JayPack](#) Program.

We would like to sincerely thank Pizza Inn at Salem for allowing us this opportunity to participate in this fundraiser. We would like to also thank the volunteers who donated their time to make this event possible.

DCAI's wonderful staff of volunteers are having another Pizza Inn Doughraiser on [Wednesday, April 3rd from 5-8 PM](#). We invite everyone to come out and dine with us and help support the [JayPack](#) program.

DCAI is extremely appreciative for all donations!



Feeding the Community

Pre-Employment Transition Camp

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



June 17 - 21, 2019

9:00 am - 2:00 pm



Qualifications: ages 16 – 21, eligible or potentially eligible for VR and returning back to school in fall of 2019.

What is Pre-Employment Transition Services?

CAREER DAY, JOB SHADOWING,
COLLEGE VISITING, INTERVIEWS, COOKING,
SHOPPING, SCHOLARSHIP OPPORTUNITIES AND MORE...

To register contact: 573-244-3038

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

Transportation and Lunch Provided

Planning for Success

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



LEAVING A HEAVY IMPACT AT THE CAPITOL



From left to right, Angie Jimmerson ; DCAI CDS Supervisor, Debbie Kirkwood; DCAI CDS Specialist, Senator Gary Romine, David Gillam; DCAI Education Specialist



This year's Independent Living Advocacy Day at the Capitol was hosted by Missouri Centers for Independent Living (MOCIL). The IL Advocacy day was held on March 5th and the theme was "IL Rocks." MOCIL voted to give rocks to each member of the Missouri House and Senate.

The rocks were painted with the theme of Independence; which included a design, IL verbiage (decoupage)", art work, etc. On the back of the painted rock, sealed on was the map of Centers and the term "IL ROCKS Centers for Independent Living ." This was a fun project, and one that certainly was different than what the lawmakers traditionally receive. - Kelly Eaton; IL Director



DCAI employees hard at work on their heavy impact rocks.



From left to right, Dave Gillam; DCAI Education Specialist, State Representative Christine Dinkins and Debbie Kirkwood; DCAI CDS Specialist



All packed to go to the Capitol



DCAI's

BACK to SCHOOL FAIR

Hair Cuts

August 2nd 2019

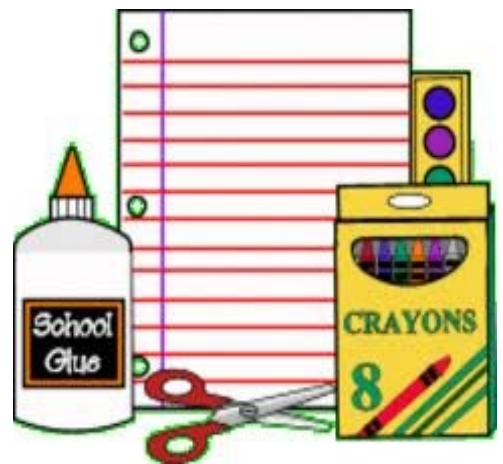
CLOWN

Call to register by July 19th!

Registration is required.

**Time slots are by
Appointment ONLY**

Call DCAI @ (573) 244-3038



Items needed to sign up

**Proof of income 2018
(household)**

- **2018 Tax Return**
- **S.S Verification Letter**

**Face
Painting**

School Supplies

Our Community is Better
Together



*** DCAI
Foundation
Individualized Support Services

P.O. Box 706; 83 South Highway 49; Viburnum, Mo 65566

Phone: 573-244-5555 Fax: 573-244-5512

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

**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 Saturday & Sunday & 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;
- ♦ Qualified applicants may call or complete an application at the office; visit our web-site at www.dcai.us/DCAIFoundation/Employment or visit us on Facebook!

DCAI Foundation staff assists 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.

Services authorized by Department of Mental Health



P.O. Box 675
Viburnum, Mo 65566
Phone: 573-244-5510
Fax: 573-244-5511

In-Home Services

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

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 homemaker OR at least one year paid or un-paid experience caring for children or for sick or aged individuals

Qualified applicants may call or complete an application at the office; visit our web-site at www.dcai.us/DCAIFoundation/Employment, or visit us on Facebook!

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.