

Message from the People

People First of Missouri

Self-Advocates Determined to be All For One and One For All

Winter 2012

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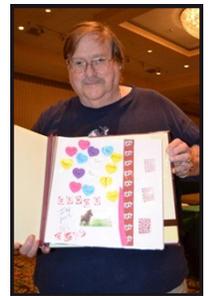
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People First is a self-advocacy organization formed by, run by, and which exists for people with disabilities.

People First Steering Committee Lifebook Training

At the May Steering Committee meeting, members of People First of Missouri were trained by Kyla Eversman of DMH and Joy Pabst on Lifebooks. After a short PowerPoint presentation, members were able to choose their own Lifebook as well as print out pictures of things that were important in their life. The group was also provided with stamps, magazines and stickers to make pages that showcased their life, hopes, dreams and people that were important in their life. Lifebooks are a way for people to express themselves on a personal level and show new people that come into their lives how much they enjoy living in the community. This was also a chance for many of the new chapters to get to know other members and connect with them. Many chapters have adopted the idea of Lifebooks and have planned on making it a part of chapter activities. For the full PowerPoint presentation please check out our website at www.missouripeoplefirst.org. You can also call 800-558-8652 or email missouripeoplefirst@gmail.com to get more information and get in contact with a Lifebook trained self-advocate in your area!



Ideas for Lifebook Pages:

- The Basics About Me
- My Circle Of Support
- What I Like and Dislike
- How I Communicate
- The Best Ways To Support Me
- What I Do Now
- My Plans For The Future
- Other Pages About My Life



Statewide Officers 2012-2014



President
Roger Crome
(Madison County)



Vice President
Kelly Ray
(Marshall)



Secretary
Susie Parker
(St. Charles)



Treasurer
Becky Dickey
(Jefferson City)



Sergeant-at-Arms
Larry Stephens
(Joplin)

Mission

People First of Missouri is a statewide organization that promotes equality for people with disabilities so they can live the life they want in the community. People First members:

- Teach and empower people to understand their rights and responsibilities and to speak up for themselves (self-advocacy);
- Stand up for one another to help people live the life they want with the supports they need (advocacy for one another);
- Advocate for community services that allow people to have choices and control over their supports and lives (advocacy at the systems level);
- Create change in communities to ensure opportunity and full, meaningful participation for all people (advocacy within the community).

Message from the President

I would like to thank the members of the Steering Committee for entrusting me with the role of President. I am excited and geared up for the challenge! In this article, I would like to list a few of my beginning priorities.

Many of you have expressed that you feel that we need to make the guidelines in our by-laws clearer. I would like to appoint a committee of members with experience with the statewide organization to begin to look at the issues that need more clarity. Additionally, I would like to appoint some individuals who are new to the state level as an attempt to gain a fresh prospective.

Our website and social networking options are good tools for communication, and I would like to look into better ways of using these tools to not only reach out to the community but also create a better level of communication at all levels of our organization. Communication seems to always come up as a problem in organizations, and I would like to make our organization stronger and create a stronger voice at all levels.

Last year was an awesome year at the Capitol for people with disabilities. Much legislation was passed to enrich people's lives and many harmful cuts were avoided. This is a new year, however, and we need to be strong again this year. We need to fight for the services and supports that improve the quality of life for many of us. Additionally, we should be watchful for any legislation that could be harmful. I am looking forward to our February Steering Committee. We will be in Jefferson City and will be advocating at the Capitol again. This is a great opportunity for us to make new connections and strengthen connections that we already have. Let's get our voices heard!

Thank you again for this opportunity and I look forward to serving as your new President along side an awesome panel of officers.

Thank you,

Roger Crome, President of People First of Missouri



Message from the Vice-President- Kelly Ray

Thank you so much for electing me to be your Vice President for People First of Missouri. It was an honor to have served as your President for the last two years. I am excited to work with the new officers and see all that People First of Missouri will accomplish in the next two years!



Message from the Secretary- Susie Parker

I am very excited that I was elected Secretary for People First of Missouri. I am very grateful for the votes I received and the opportunity to be involved in such a wonderful organization. As everyone knows, I am very passionate and dedicated to promoting the people first mission. I look forward to continuing working with all the self advocates in Missouri, and know I am always here for each one of you!



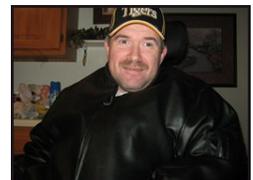
Message from the Treasurer- Becky Dickey

Thank you for electing me as your state Treasurer. I am very excited about the opportunity you have in trusted with me. I will make sure your money is spent the way you see fit. Please know that I am here if you need anything.



Message from the Sergeant of Arms- Larry Stephens

My name is Larry Stephens from the Joplin Missouri People First Chapter. I am a 44 year old male with Cerebral Palsy. I have had CP since birth. I enjoy playing video games, fishing, attending church and helping others in the community. I am currently on the Connections board. I am also the President of my local People First chapter and the Sargeant of Arms for the state of Missouri chapter. I am very proud and honored to serve on the state level. I have always tried to make a difference for myself and others like me with a disability. I feel that people with disabilities have rights too. My goal is to make sure that everyone with a disability understands their rights and that they are not alone in this world. There are people out there like me to help them with any problems that they may have.



St. Joseph

Our chapter meeting was held on August 8, 2011. We had a great turn out with two new members attending. We plan on having a Chili Fund Raiser on October 28th. Our group was represented at the "Real Voices, Real Choices" conference. We especially enjoyed the sessions on Applying for Social Security, Yellow Beanie Tool Box, and the Special Needs trust. We helped out in the Art Room too. We made a table flag that was awesome! It was a great conference.

Sincerely submitted by

Chris Fagan, Chairperson and Gary Clouser, Steering Committee Reps

Rolla

The Rolla Chapter did a fundraiser that took place in Phelps County called "Take a Stand Against Child Abuse." We raised a little over \$200 again this year!! We have elected new officers: Marilyn Whittle, President; Christa Frost, Vice-President; ShadyAnn Callahan, Secretary; and Steven Beal, Treasurer. With our July meeting, we had a BBQ. With our August meeting, we celebrated birthdays with cake and ice cream. All chapter members who attended the "Real Voices, Real Choices" conference really enjoyed themselves and said it was the best conference yet. Everyone had a great time at Camp Wonderland!

Poplar Bluff

We will elect three members to temporary officer duties and still have our regular officer elections in January. Greg Bernal will be Vice President, Angel Savage will be the Secretary, and Timothy Baygents will be Treasurer.

George Gotto from UMKC and Kyla Eversman, Director of Special Community Services from the DMH Jefferson City DD Division, came to our July Meeting and taught the group many things about telling their stories effectively.

We would like to partner with other groups for dances.

Madison County

Madison County had an information booth at the Madison County Fair. We gave out information on People First, People First Language and many other issues of importance. We participated in a Trunk or Treat in downtown Fredericktown called Freaky Town on October 29th. It was a great opportunity for putting ourselves out there while having fun with the kids. We also have an opportunity for fund raising. The Mexican Restaurant in Fredericktown is offering a "Nonprofit Wednesdays" fund raiser in which one organization is chosen each week to receive 10% of the sales for that day. We were sure to put our name on the list. I have been unable to come to steering committees as regular as I wanted to, but I have things worked out now and will be able to come.

Submitted by: Kit Stahlberg / Secretary PF Madison

Jefferson City

Jefferson City had four people at Camp Wonderland this year. It was one of our member's first time going. We are getting ready for new officers.

Independence

People First of Independence has continued to have our regular monthly meetings. We are having discussions about current issues and how they may affect people with disabilities and their basic life activities and needs.

We were all very happy about the passage of House Bill 555 and all of the positive aspects of that Legislation for people with disabilities. We are beginning to talk about what issues we need to focus on for the next session.

We were all very sad concerning the loss of our longtime advisor and friend Karen Conner. Karen passed away just before the last Steering Committee. She had been in ill health for some time. She will be missed. The Chapter observed a moment of silence on her behalf during the August meeting.

Boone County



Each semester, People First of Boone County teaches two sessions of “Cross –Cultural Journalism” class. We are reaching out to other departments at the University. In August and September, we presented to an “Intro to Autism” class at the Thompson Center as well as to a Social Work class. We are teaching about respectful language and attitudes. We are teaching that there are more ways to segregate people with disabilities than locking them up. The words and labels we use and the attitudes we have about people with disabilities can segregate too. One of our members, Barb Griffin, regularly mentors Occupational Therapy students about respectfully working with people. In September, some of our members ran in the Roots & Blues Half Marathon in Columbia. It was awesome (see photo of Ricky crossing the finish line)! Hundreds of runners from all over the place ran with us.

Northeast Missouri (NEMO)

NEMO people first in Hannibal has been very active with getting the word out and training officers on roles and responsibilities. We developed a PowerPoint presentation on our Hannibal chapter and have been training our officers and members to do the presentations. We train different members or officers to reach out to our community. Garrett and Jeff did the first presentation at Mark Twain Behavioral Health Day program and educated them on People First and what we do. Connie and Pedro are doing the next one at Comprehensive Health. We have several different places to schedule more trainings. We have also had members and officers volunteering at the DARE dances for the schools on a monthly basis to get our name out there. Last month it was Adam, Kenny, and Garrett. Thanks guys for all your hard work! We are starting trainings the second week of January on roles and responsibilities with officers, then they will do same training with members. Joy is working on scheduling trainings for them to be productive board members. We were able to go to the Steering Committee. We were very excited about the elections and had a lot of fun. Our officers meet on the second Tuesday for trainings to arrange the agenda for our members meeting, which is the third Tuesday of every month. We had a Thanksgiving dinner together with about 50 people and a Christmas party with a lot of games, food, fun, and great people. We are still in the process of getting our cook books done for our first fund raiser. We have also voted in a Co Advisor Deborah Jacobson. We are very happy about Deborah volunteering her time. This is about it for now . Hope everyone had a great Holiday season.

Shelbina

We had a meeting and a fundraising yard sale on Friday, September 16. We did very well with this. At our meeting, we discussed having a Halloween Party in October. We are going to discuss more about this in our meeting in October.

Macon

Our newly elected Officers are as follows: First Term President-Jeff Renshaw, First Term Vice President Chris Carter, Second Term Secretary Rachael Pillars, First Term Treasurer Marica Tuller, First Term Sergeant of Arms Vicky Pinkerman, and First Term Crystal Smith and Vicky Pinkerman as Steering Committee representatives.



Sikeston

The Siketon chapter has had a couple of different fundraisers in the past few months to make money. In the past several months, our chapter received training on Self Directed Supports. We had a birthday party at a meeting and had a 'bring a dish' Thanksgiving meal at our November meeting. Two of our members graduated from Partners in Policymaking. We were in the annual Cotton Carnival Parade on October 1st. We had a Halloween Party on October 28th at the Shriners Club. We just had our annual Christmas Party at the Eagles Club on December 11th and we gave out two awards--one for Self Advocate of the Year & one for raising the most money in a fundraiser. We are getting ready to make our annual donation to the Humane Society in our area. One of our members has applied to the Missouri Planning Council. We also voted in Amanda Zimmerman as one of our four advisors. She is the Self Advocate Specialist at our local Regional Office. We have applied for our annual funding from our local SB40 Board for 2012. We hope everyone had a happy holiday season!

Pulaski County

The Pulaski People First is doing really good. This is Mikal Stillwell. I just wanted to thank every one for helping me out. I just want to update everyone and say that we have finally had our elections last month. I am now president. Thanks again and see you all at the next meeting.

Boonslick

I am Katie Kinder from Boonslick People First . Our chapter has grown a lot within the last couple of months. We went from 30 to about 35 to 40 people. We are creating a newsletter for our area so that the businesses can get to know more about people with disabilities, and that if they know someone who has a disability then they know where they can go for support. We have been doing a lot more activities. More and more people are getting to know that there are people that will stand up for people that cannot speak for themselves. It's not ok for them to be calling us names or making fun of us just because we have a developmental disability. We have taught our members to stand up for themselves, and say, "That's not right" and "I don't like that word." We are trying to teach people about the right language to use for people that have a developmental disability.

Join us every month for our Brown Bag Lunch Webinars!

Each month, MOF2F (MODDRC) presents FREE training sessions on topics that affect self advocates and families in Missouri!



There are 3 ways to watch the webinars!

- Attend the trainings at a local site (listed below)
- Watch from your computer at www.mofamilytofamily.org
- View archived webinars on the MOF2F website.

**For more information,
visit www.mofamilytofamily.org
or call 800-444-0821.**



HB 555

Article Submitted by: Cathy Enfield

Congratulations to All of Us! We Did It. We got a Bill passed and signed concerning many issues that are so important to all of us! I am so excited about this. We actually did it. We have worked so hard for so long and finally our Voices were heard. Yea!!! Can you tell I'm excited?

A small part of HB555 holds special meaning to me. Five years ago my Representative at that time, Terry Young, and I were talking about labels and how they hurt people. As she was Chair of the Transportation Committee, we came up with the idea of: Changing "Handicapped" Parking (which as we know is a hurtful label) to "Accessible" Parking.

For five years we all worked on this project. We educated legislators about how hurtful labels are to people. Our Voices Have Been Heard.

I was present in St. Louis when Governor Nixon signed HB555. I asked to speak about this Bill but was told they were short on time and my voice was denied. Many of you know my mom and, as always, she went to work. At the end of the Governor's signing of the Bill he took a few questions. Mom raised and waved her hand. I thought she was going to jump out of her chair. A kind person in the audience told the Governor that mom had a question. He recognized her.

She then introduced me, I stood beside her and she read what I was going to say. It is as follows:

Accessible Parking is part of HB555. Over five years ago I attended Partners In Policymaking, which is funded by the Missouri Planning Council; followed by the Legislative Education Project. As part of this I met my Representative at that time, Terry Young. We were talking about labels and how they hurt people.

We decided a good place to start might be by changing "Handicapped" Parking to "Accessible" Parking. During this process, we could educate legislators and other people about labels. Many people across the United States are beginning to understand: "Labels Hurt People."

Here in Missouri, by the Legislature passing and by Governor Nixon signing HB555, it shows that Missouri does understand that "Labels Hurt People."

We are not a label. We are "People First."

I often ask myself these questions:

-Do You Hear Me?

-Do You See Me?

-Does What I Say Make A Difference To You?

I did and I am Grateful.



SAVE THE DATE!

AUGUST 12-14, 2012

We would like to see you at the

REAL VOICES-REAL CHOICES CONSUMER CONFERENCE

Tan Tar-A Resort and Conference Center
Osage Beach, Missouri

As Information becomes available about the 2012
conference, it will be posted to the:

Missouri Department of Mental Health Website:

www.dmh.mo.gov

And the

Missouri Mental Health Foundation Website:

www.missourimhf.org

Welcome to People First of Missouri

Thanks to a grant given by the Missouri Planning Council, People First of Missouri was able to start up many new chapters. Welcome to People First of Missouri!

- Washington County (Potosi)
- North Kansas City
- Poplar Bluff
- Shelbina
- Audrain County (Mexico)



- NEMO (Hannibal)
- Pike County
- Stone/Taney County (Branson)
- Pulaski County
- Nevada



March 15-16, 2012
Holiday Inn Executive Center
Columbia, Missouri

***THE FUTURE
IS NOW:***
**Supporting Real Lives,
Real People**

Hosted by:
Missouri Division of
Developmental Disabilities

March 15-16, 2012
Holiday Inn Executive Center
Columbia, Missouri

Hosted by:
Missouri Division of Developmental
Disabilities

Registration is limited!
**Limited scholarships are available so act
fast!!**

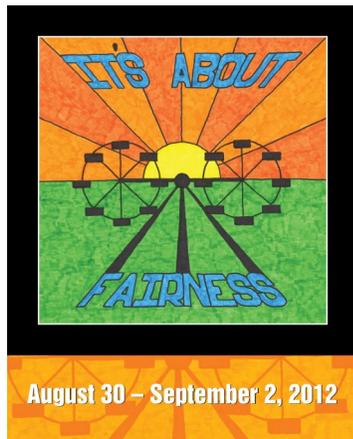
Only \$89 if you register before Feb. 15th.

If you are a Self-Advocate, Family Member,
Employer, Service Provider, Educator or
Direct Support Professional DO NOT miss
this event!!!!!!

For Online registration please go to <http://missourimhf.org/event-reservation.php>

Questions? Call Carol at 314-821-3316 or e-mail cracarol@aol.com.

SAVE THE DATE



The 2012 SABE Conference will be held in St. Paul, Minnesota on August 30-September 2, 2012.

Crowne Plaza St. Paul Riverfront Hotel
11 East Kellogg Boulevard, St. Paul, Minnesota 55101
(651) 292-1900

Questions or for more information, please contact ACT at (651) 641-0297, act@selfadvocacy.org or visit sabeconference2012.com.

SABE Update

Cathy Enfield, SABE Region Four Representative/Missouri



The SABE Board of Directors met in Phoenix, AZ on November 2-6, 2011.

The SABE National Conference for 2012 was announced. It will be held at the Crowne Plaza St. Paul Riverfront Hotel in St. Paul, MN on August 30 through September 2, 2012.

There will be self-advocacy summits in 2012 for the 20 remaining states that did not get to participate in this year's summits. The 2012 summits will be held in March in Honolulu, in April in Chicago, in May in Seattle, and in Baltimore either in March or May.

The SABE Board meetings for 2012 will be held in Las Vegas, NV on February 8-12, in St. Paul, MN on May 30-June 3, in St. Paul, MN for the National Conference on August 29-September 2, and in Salt Lake City, UT on October 31-November 4.

SABE is continuing its strong commitment to closing institutions and eliminating segregated workshops and sub-minimum wages. SABE is also asking everyone to contact their Legislators and ask them to support and protect the CLASS Act.

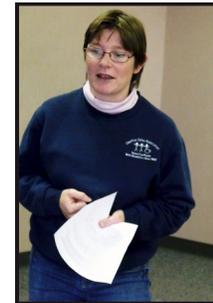
Self-advocacy and Leadership: Project STIR

Project STIR (Steps Toward Independence and Responsibility), is a training project to empower people with developmental disabilities, their families, friends, and other supporters, by providing the practical, “how to” tools necessary for anyone who is interested in being a self-advocate and leader in making choices and decisions about how they live their lives. The model supports the development and strengthening of local self-advocacy groups through leadership training. A coalition of university and grassroots self-advocacy organizations has developed this model and accompanying instructional activities and materials and has field-tested them in North Carolina and other states. Representatives from STIR (Steps Toward Independence and Responsibility), a project team run for and by people with developmental and other disabilities at the Clinical Center for the Study of Development and Learning: A University Affiliated Program, University of North Carolina at Chapel Hill, provide a 3 day workshop model using the Project STIR curriculum and resource guide, cue cards (which provide trainer scripts), and PowerPoint slides with key points to empower all trainers to share an equal role in planning and presenting training.



After completing the 3 day “train the trainer”, self-advocate leaders and their supporters will be able to lead the seven week training course which includes the topics:

- Knowing Yourself
- Communication/Assertiveness
- Problem Solving
- Rules, Rights and Responsibilities
- Self-Advocacy and Self-Determination
- Starting a Self-Advocacy Group
- Being a Part of the Community



If you are interested in learning more, visit the Missouri Self-Determination Website www.mo-sda.org or visit <http://www.self-advocate.org/speakUpMaterials/> .



Camp Wonderland 2011



On a misty September weekend, over a hundred people from local chapters affiliated with People First of Missouri joined each other in retreat at Camp Wonderland. The rain didn't dampen enthusiasm, and campers enjoyed a weekend that combined learning with fun and communion with nature.

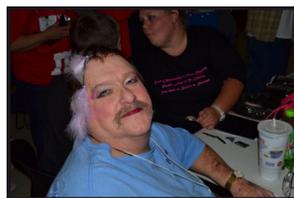
Two Boone County chapter members – Greg Griffin and Jason Mize – conducted training on self-advocacy at the retreat. “This is what it's about,” says Greg. “It's about knowing what your rights are, it's about standing up for your rights, it's about speaking up for yourself.”

Susan Parker of the St. Charles chapter also did a presentation on “What Not to Wear.” This presentation gave self-advocates tips on personal hygiene, appropriate attire, and respectful manners. Susan and Krystle gave makeovers after the presentation.

Krystle McCarthy of UMKC-Institute for Human Development and Scott Trickey gave a presentation on Chapter Development. The group discussed different public awareness and fundraising ideas. It was a great way for different chapters to share ideas from their areas!

This year, People First recognized Allen Moore for his service as Camp Wonderland's CEO. He's been there for over 27 years, and he plans to retire in October, 2012. He has become a dear friend to many of us, and we'll miss him and wish him luck.

If your chapter wasn't able to make it this year, it's not too early to start planning for next year! Thanks to all who helped make this happen.



PEOPLE FIRST

MISSOURI

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Kansas City, MO 64112

Toll Free (800) 558-8652

Upcoming Events

- “The Future is Now” Statewide Event-March 15-16, 2012-Columbia, MO
- Deadline for entering articles into next PFMO newsletter-March 15, 2012
- Disability Rights Legislative Day-April 4th, 2012-Jefferson City, MO
- “Real Voices, Real Choices” Conference-August 12-14, 2012-Osage Beach, MO
- SABE National Conference-August 30-September 2, 2012-St. Paul, Minnesota