

MESSAGE FROM THE PEOPLE

People First of Missouri

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

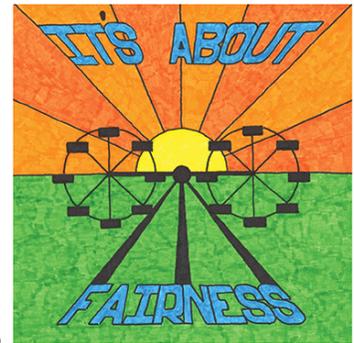
Winter 2013

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People First Sends Representatives to SABE National Conference

By Jason Mize

In September 2012, I traveled with three other members of People First to St. Paul, MN, for the SABE National Conference. The conference celebrated the self-advocacy movement – people with disabilities speaking out about what they want and need. We want to be part of our communities. We may need support to get there. We don't want pity. We don't want a handout. We want regular lives like everyone else. And we want to give back.



Greg Griffin, Arnold Larson and Mark Satterwhite from Boone County People First, as well as Katie Kinder from Boonslick People First rode together to St. Louis, then took a plane to St. Paul. Arnold and Katie had never been on a plane before. Arnold said it was fun looking out the window, seeing clouds and interesting sights on the ground way down below us.

We went to sessions at the conference that gave us some ideas about what other chapters are doing and what we could do better. There were interesting sessions on the problem of bullying, the importance of voting, and responsible dating. Hundreds of people from across the U.S. and some from Canada were at the conference. We met many people who care about the same things we do.

While we were there, we visited a science museum and visited the Mall of America in Minneapolis. It is huge! I've never seen anything like it. We owe a big thanks to our supporters who helped us go to this major self-advocacy conference. Friends of Boone County Resources, Boone County Resources, People First of Boone County, People First of Missouri and the Missouri Developmental Disabilities Council made the trip possible.



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

Does your chapter have important events or fundraisers that you would like to include in upcoming issues of the Message from the People newsletter? If so, please e-mail Krystle at missouripeoplefirst@gmail.com so that we can add it to upcoming newsletters.



Do you have a great example of how your chapter or an individual member showed great self-advocacy? If so, please contact Krystle at missouripeoplefirst@gmail.com to tell your story and it could be included in an upcoming issue of the Message from the People newsletter.



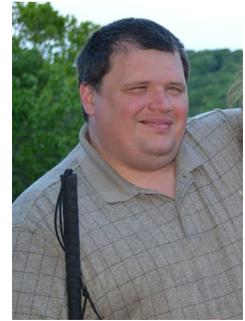
Mission

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 hope everyone had a great holiday season. With the new year, the Capitol is a buzz of activity and we need to be on top of the issues. The Missouri Governor, Jay Nixon, has recommended raising the eligibility level of MoHealthnet to 135% of the poverty. This change could significantly help many people here in Missouri. For many people who are paying spend downs, this could decrease or eliminate the spend down. As of right now, the House has not taken up the increase as part of the budget. However, there is discussion occurring right now and opinions are being formed. Please contact your legislators and share your thoughts and your story. Advocacy is the key to change.

We are excited to let you know that People First of Missouri is hosting our bi-annual conference in Kansas City. Please plan to attend. It will be lots of fun and a great learning experience. The dates are listed below!

Sincerely, Roger Crome/President, People First of Missouri

People First Statewide Conference 2013-L.U.A.U.

Listening

July 26-28, 2013

Understanding

Courtyard Marriott Kansas City at

Advocacy

Briarcliff

Unity

More details will be out soon! Stay tuned!



Congratulations to Cathy Enfield for being re-elected as Region 4 Representative for SABE and elected as SABE's Vice President for the 2012-2014 term!



Please congratulate her at mswings9@comcast.net and contact her about national disability issues!

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
- 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.**



A Message from Cathy Enfield about SABE



I wanted to take this opportunity to thank all of you for your support for me to continue for another term as SABE Board Representative from Region Four. Your strong support and especially the support of those from Missouri that were able to attend the SABE Conference was very important in making it possible for me to be re-elected to serve four more years representing Region Four and especially Missouri on the SABE Board of Directors.

It was a great conference and it was made even better for me because I was elected to be the new Vice President of SABE. Once again your confidence in me and your strong support made that possible and I am deeply grateful to all of you. I will do my best to make SABE stronger and to help make our voice bigger and better heard in the support of all people with disabilities.

Your new SABE Board Officers for the next two years are:

President	Bryon Murray	Utah
Vice President	Cathy Enfield	Missouri
Secretary	Betty Williams	Indiana
Treasurer	Ryan Duncanwood	California
Sgt. at Arms	Chaqueta Stuckey	South Carolina



Project STIR Update

Project Stir Leadership Training, a program for self-advocates designed to provide individuals with the tools to advocate for themselves, mobilize others in advocacy and gain leadership experience was presented to a group of 28 self-advocates and their training partners from around the state of Missouri. The leadership training was presented by the University of North Carolina and attended by individuals from Missouri People First chapters, Missouri Regional Office Staff, and local SB 40 Boards from throughout the state. Currently 146 individuals have graduated from Project STIR. Courses have been provided at 20 different locations across the state including Regional Offices, County Board, Day Programs, Advocacy Groups, Independent Living Centers and Schools.

Our goal is for the Regional Office Advocacy Specialists is to provide at least two series of trainings at different locations within their region and in collaboration with partners, and to have no less than 200 graduates across the state for FY13.

If you would like information on starting Project Stir in your area, please contact the Advocacy Specialist at your local Regional Office or

Jeffrey.dunn@dmh.mo.gov

Presidential Proclamation --

National Disability Employment Awareness Month, 2012

On October 1, 2012, President Barack Obama proclaimed October as National Disability Employment Awareness Month. For more information and to read the entire proclamation, please visit: <http://www.whitehouse.gov/briefing-room/presidential-actions>.



COMING SOON!



The purpose of the ***SUCCESS in Telling Your Story*** training series is to teach self-advocates how to effectively tell their personal stories. It is based on the belief that a well-told story is the best way to communicate our ideas, connect with others, advocate for our needs, relieve stress, change lives, and stimulate action. At the National Gateway to Self-Determination, we want to help people strengthen their self-determination. One of the ways that people can do this is by learning to talk about who they are, what they need, and what they want—by learning to tell their story. The training series is broken into seven chapters: 1) **Introduction**; 2) **Simplicity**; 3) **Unexpectedness**; 4) **Concreteness**; 5) **Credibility**; 6) **Emotion**; and 7) **Stories**. Each chapter is accompanied by a story-development worksheet that will help trainees develop their own stories. You can find the training series on the National Gateway to Self-Determination website: <http://www.ngsd.org/people-disabilities/create-your-story>. You can either use the materials on the site to present the training series yourself or you can use the video-based training. Either way, people will be able to strengthen their advocacy skills and have fun doing it.

It's My Future!

It's My Future! is designed to support adults with developmental disabilities to become more self-determined and to meaningfully participate in their annual planning meetings. This App, developed by AbleLink Technologies and the Kansas University Center on Developmental Disabilities, in collaboration with the Institute for Human Development at the University of Missouri-Kansas City, provides self-paced videos to enable people with developmental disabilities to learn more about planning and leading their meetings. Eight sections cover topics such as choice making, decision making, goal setting, community living, employment, fun and leisure, and communication skills. The app is available for download from the [iPad App Store](#) for only \$2.99!



Don't have an iPad? You can also get the 'It's My Future' publication at: <http://ngsd.org/news/its-my-future>

Student with a disability elected Homecoming Queen in Kansas City

<http://www.kansascity.com/2012/09/19/3823947/new-homecoming-queen-prompts-cheers.html>

By the time she heard the public address announcer call her name, it may be that the only person surprised was Allyssa Brubeck herself. So there she was last Friday night, the new homecoming queen, a 19-year-old with Down syndrome, jumping and jumping under the football stadium lights as the full crowd from Park Hill South High School cheered and cried.

“Everyone in the stands was crying,” said 18-year-old classmate Leah Smith. “Everyone loves her.”

And perhaps the best part of the whole experience, say some of the adults who watched it unfold, is that all those high school teenagers behind the Allyssa-for-Homecoming-Queen phenomenon don’t seem to understand what all the outside attention is about. They certainly understood Allyssa’s popularity in the school she has attended all four years. Always smiling. Always hugging.

“She deserved to be homecoming queen,” said Sam Boling, 17, who was a runner-up for queen.

But the school’s journalists reporting the outcome had to be persuaded by their teacher that Allyssa’s disability might be worth a larger story on its own. The students are a bit perplexed that the district’s posting of the story on its Facebook page with Allyssa’s picture went rocketing across the Internet. The number of “likes” was approaching 1,500 in the first 24 hours of its posting. The number of hits as it was being shared passed 10,000. Nothing on the district’s page had drawn anywhere near that much attention before.

“I think adults’ perception of high school is negative,” Leah said. “They don’t think youth think this way.”

“People say our generation is bad, and going downhill,” 15-year-old Dylen Propes said. “But then we pull something off like this.”

On Wednesday, Allyssa joined with Michael and Cindy Small — her guardian parents since 2006 — and her 17-year-old sister, Annabelle, to talk about everything that had happened. “I’m a winner,” Allyssa said, dressed in her purple Park Hill South Panthers cheerleader uniform. “I feel awesome.”

The nominating process for queen began about three weeks ago. Seniors could write down five names, and the top five would be the nominees. Allyssa was one of the five. “I thought, ‘That’s nice, that’s sweet,’” Cindy Small said. It was a wonderful gesture, so she thought. But when the final voting was under way, students began to feel the swell of support for Allyssa. By the time the nominees were introduced at the Friday pep rally in the gymnasium, the movement was overwhelming. It came out in the roar the students unleashed when her name was called.

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Leah remembered her first year of cheerleading, and Leah was trembling on a cold night without ear muffs or gloves. Allyssa cupped her gloved hands around Leah's ears, and offered Leah her scarf. Her sister, who has grown up with her the past six years, sees the same generosity with everyone Allyssa meets at school or in shops at Zona Rosa.

"She does not know a stranger in the world," Annabelle said. And, said Cindy Small, Allyssa is "fearless." Whatever Annabelle did, Allyssa would do too — golf, swimming, biking. Allyssa wanted to be a cheerleader, so she went out for the team and got on. Her parents let her cheer at home games that first year, but held off letting her travel on the team bus to road games. "We were not ready," Small said. "She was." The next year she was traveling, keeping in touch with her cellphone.

The Down Syndrome Guild of Greater Kansas City put a picture of Allyssa in her uniform on a billboard on Interstate 29 with a message asking the question: How do you treat someone with disabilities? Like anyone else. All along the way she was blending in with the Park Hill South students. It was, to them, the natural way. School systems have come a long way over the past generation in including children with disabilities in their general classrooms and programs, said Amy Allison, executive director of the Down Syndrome Guild.

"They're growing up together," she said. The fear and intolerance of the past are falling away, and disabilities among classmates "are negligible to kids," she said. "They see the challenges they face, but they see they are happy and they want to help."

It all played out Friday night when the homecoming court took the football field at halftime, waiting for the announcement. The crowd began chanting, "Allyssa! Allyssa! Allyssa!" Sam said she wanted Allyssa to win. She expected her to win. Allyssa's reaction — genuine surprise and joy — brought out the biggest cheer yet. Her parents stood at either side, with the old fears so far gone, feeling "just joy," Cindy Small said. "It was incredible."

There would be the Saturday parade, riding in a green convertible. And the coronation dance Saturday night. And then came the tides of well-wishers and news reporters with all their cameras. Wednesday afternoon, while others were taking a break, Allyssa had her own camera out, stopping schoolmates, snapping pictures. "Hey," she said to a trio of football players passing by toward practice, "can I get your picture?" They stopped, posed and waved to their queen.



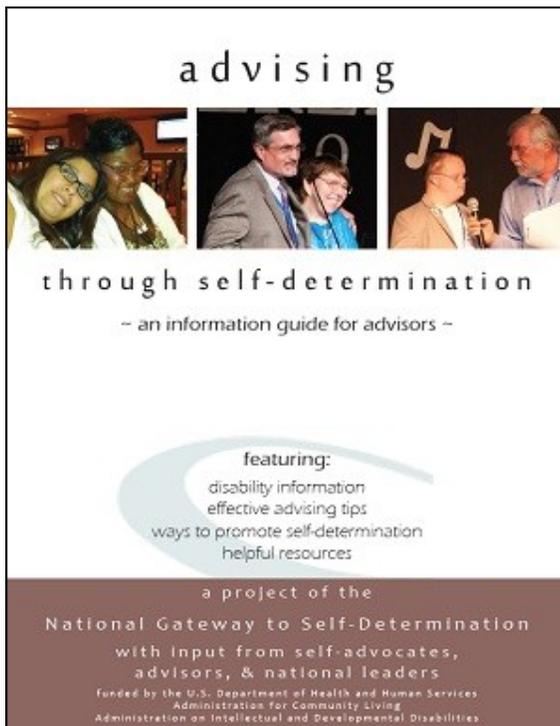
Fundraising Ideas: 50/50 Raffle



A 50/50 raffle is one of the easiest and least expensive fundraisers to do. All you will need is:

- A roll of tickets (Usually can be purchased at Office Max or similar places)
- A local event with a group of people. Examples are: county fairs, high school football or basketball games, church events, etc. It is usually best to have the drawing at the end of the event so that people will stick around for it! (Make sure to get permission from whoever is in charge of the event first.)

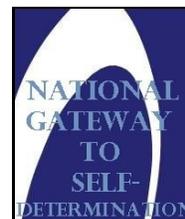
You can sell the tickets for \$1 a piece or 6 tickets for \$5 (or however you would like to do it) and the winner wins half of the amount collected and your chapter keeps the other half! (Make sure that when selling the tickets, you have whoever bought it fill out their contact information on the back.)



Advising through Self-Determination: An Information Guide for Advisors

Now Available at

<http://www.aucd.org/docs/Advising-Through-SD.pdf>



Chapter Updates

Independence



The summer was fairly routine for our Chapter in Independence. Several of our members took trips either for vacation or to visit family. One member and our interim advisor attended the four day Project STIR Training at Warrensburg in July and in August some of our members attended the Real Voices-Real Choices Conference at Tan-Tar-A. This is always a great conference and they enjoyed it a lot. Cathy Enfield attended the SABE National Conference in St. Paul MN over Labor Day weekend. She was re-elected for a second term as SABE Board Representative from Region Four and later during the conference she was elected Vice President of SABE. We are happy for Cathy and pleased to be able to keep a self-advocate from Missouri on the SABE Board.

We are continuing to discuss issues affecting people with disabilities and learning more about how to have self-determined lives.

Booneslick



Boonville Chapter hosted a Fall Formal on October 6 at 6:00 p.m. at Open Bible Center in Boonville. It was \$10 a ticket and everyone wore formal wear. It was a chance for everyone to participate in a prom and meet new people. We had about 20-25 people show up and we made about \$200.00. Since it was a success, we are going to plan another one.

Chapter Updates

Saint Joseph



This was People First of St. Joseph's first Live Auction as a fundraiser. The group had a great time and are looking to do this next year. Our members were able to take part in the Legislative Forum that was held here in St. Joseph on August 16, 2012. At this time, the members talked about jobs, Medicaid, and about the cuts that the legislators are talking about.

The members worked on getting ready for the 'No More Stares' Conference, held on October 25, 2012, and had a vendor table at the conference. At the 'No More Stares' conference, we looked at positive attitudes, legal issues, caring for caregivers, legislative issues, iPad, and even Medicaid. We hope that all who came enjoyed the conference and being a part of the learning about our world of change.

Sikeston



Sikeston People First had a 50/50 Raffle this summer. In July we lost two members--Greg Swinney, our president, and Jeremy Wheeler, a long time member. We helped Greg's family with food and funeral happenings and the Sikeston Eagles hosted a spaghetti dinner and silent auction for Greg's family. Greg is buried at the Veteran's Cemetery at Bloomfield, MO. Jeremy didn't have any family here and was cremated. We opted out of the Cotton Carnival Parade this fall, but had our Halloween Party for October 26th from 6-9pm at the Shriner's Club. We had our Thanksgiving Dinner at our November meeting and then our annual Christmas Party on December 16th at the Sikeston Eagles Club. Robert Johnson is our president now, Barry Grissom is Vice President and the other officers are still the same. Several of our members and two advisors attended the Real Voices, Real Choices conference.

Chapter Updates

Springfield



Springfield Chapter continues to be very active. We have monthly Chapter meetings. We have 25 to 30 members attending each month. We have partnered with the LOOP group with Southwest Center for Independent Living and have some members who attend this monthly meeting. We are working with our community on accessibility issues. The Chapter attended a Springfield Cardinal game in July. We had 27 people attend this event and everyone had a great time. Springfield WON!! We are attending State Steering Committee meetings and our Chapter is looking forward to the People First Conference this year. The Chapter had a Fundraiser on June 25th and raised \$260.00 for the Chapter.

Pike County



Our group was busy planning a Red Cross Blood Drive in September. We are working with NECAC to bring a Poverty Awareness Simulation to Pike County. We will also ride in the Heritage Day Parade to get our name out there more. Linda Gollaher and Rebecca Humphrey attended the Project STIR training in Warrensburg and we are incorporating some of the information that we learned into our monthly meetings.

Joplin



Joplin had a 50/50 raffle in September and are working to try to recruit more members. Two of the officers and an advisor will be getting a pie in the face if there are 50 members or more per meeting.

Chapter Updates

Rolla



June, July and August found the Rolla Chapter of People First busy with fundraisers, to help with expenses to attend the SABE Conference. We had our regular monthly business meetings with cake and ice cream for August birthdays, and a bar-b-que at the park in July. We continue to look for new members. The chapter did two self-determination presentations. We also worked on the parts of the Health Care Reform Bill that would be good for people with physical challenges, to present to the Governor before 2014. Seven members attended the conference and all had favorite training sessions.

Jefferson City



One member and one advisor attend the SABE National Conference in Saint Paul, Minnesota in August.

Pulaski County



Pulaski County did very well on our cookie dough fundraiser. We met our goal and made enough money to have a pizza party. We had our first Christmas dinner at Ryan's Steakhouse in December.

Do you want to have your chapter update included in the next newsletter? Please send your chapter update to Krystle by April 30, 2013 at missouripeoplefirst@gmail.com.

SAVE THE DATE

August 18-20, 2013

Tan-Tar-A Resort
and Conference Center

Oeage Beach, Missouri

REAL VOICES REAL CHOICES CONFERENCE

As information becomes available about the 2013 conference, it will be posted on the Missouri Department of Mental Health website: www.dmh.mo.gov and the Missouri Mental Health Foundation website: www.missourimhf.org

A wide arrange of topics will be covered to empower you, keep you informed and keep you connected to services.



COME EXPERIENCE THE 2013
REAL VOICES-REAL CHOICES CONFERENCE

Come join us for some fun! Meet up with friends and make new ones.



Learn more about advocacy and empower yourself.





PO Box 30142

Kansas City, MO 64112

Toll Free (800) 558-8652

Upcoming Events

DD Awareness Month-March 2013

Disability Rights Legislative Day– April 9, 2013

People First Statewide Conference- July 26-28,2013, Kansas City, MO
(Be on the lookout for more details!)