

# MESSAGE FROM THE PEOPLE

People First of Missouri

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

Summer 2013

## Cross Disability Rights Legislative Day

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The 2013 Cross Disability Legislative Day sponsored by People First of Missouri, the American Association on Intellectual & Developmental Disabilities, Arc of Missouri, Brain Injury Association, Disability Coalition on Health Care Reform, Disability Resource Association, Independent Living Resource Center, Missouri Centers for Independent Living, Missouri Council of the Blind and the Missouri Developmental Disabilities Council had 688 people in attendance this year. The co-chairs were Becky Dickey and Cathy Brown with BJ Davis as the MC. We had a great line up of speakers including The Honorable Governor Jay Nixon, Attorney General Chris Koster, Senators Scott Rupp and David Sader, Representatives Rick Stream and Jeff Grisamore, and advocates Megan Burke, Andrew Shea, Cathy Enfield, among others.

Medicaid expansion did not pass this year. However, the Senate has one committee and the House has two committees to look at ways to reform Medicaid. We need to be on the lookout for community meetings to attend across the state so our voice is heard! Both HB986 and SB127 passed to extend the 'Ticket to Work' health assurance for workers with disabilities. SB350 was vetoed by the Governor and would have eliminated the tax credit for low income renters. HB 253 was also vetoed by the Governor. This bill included a provision that would repeal a tax exemption on prescription drugs. We need to pay close attention to the veto session in September to make sure HB 253 and SB350 aren't overwritten by the legislature.

Next year's Cross Disability Rights Legislative Day is scheduled for April 2, 2014.



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](mailto: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](mailto: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

People First of Missouri is gearing up for the 2013 Self-Advocacy Conference. I hope to see many of you there. We picked a theme that is both fun and informative. The theme is L.U.A.U. and stands for Listening, Understanding, Advocacy and Unity. I believe the presentations and activities will be enjoyable and full of good information.



If you haven't signed up yet, come join us at the most affordable, fun, information packed conference of the year!

The mission of People First of Missouri is to promote equality for people with disabilities so that they can live the lives they want to live. The message in this mission is clear and will be a focus of our conference. Life is not meant to live someone else's dream. Come learn about your rights or the rights of those you support alongside people that want the same thing.

Be sure to say hi and tell me what is important to you for yourself and for People First.

Sincerely,

Roger Crome

Statewide President, People First of Missouri

Rather receive your 'Message from the People' quarterly newsletter by email? Please let us know at

[missouripeoplefirst@gmail.com](mailto:missouripeoplefirst@gmail.com)

Join us every month for our

## Brown Bag Lunch Webinars!

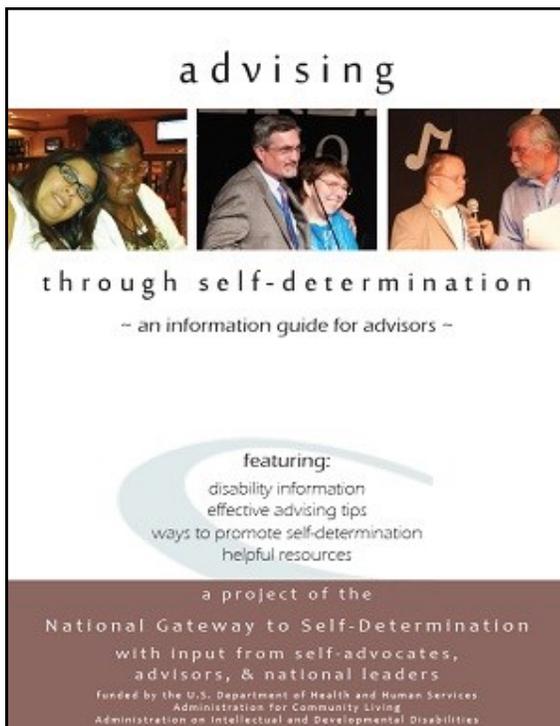
Each month, MOF2F (MODDRC) presents FREE training sessions on topics that affect self-advocates and families in Missouri!



There are 3 ways to watch the webinars!

- Attend the trainings at a local site
- Watch from your computer at [www.mofamilytofamily.org](http://www.mofamilytofamily.org)
- View archived webinars on the MOF2F website

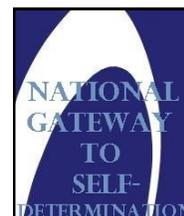
For more information,  
visit [www.mofamilytofamily.org](http://www.mofamilytofamily.org)  
or call 800-444-0821.



## Advising through Self-Determination: An Information Guide for Advisors

Now Available at

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



## A Message from Cathy Enfield about SABE



The SABE National Board of Directors held their quarterly Board Meeting in Laurel, MD., just outside of Washington, DC. On April 10 – 14, 2013. The meeting was scheduled to end the day before the Disability Policy Seminar began so some of the SABE Board members were able to participate in both meetings.

The SABE Board is focusing most of its efforts on two projects. We are working to revise and update our Strategic Plan which is over five years old. We are also working to develop a business plan which we hope to use to improve our administrative functions and to develop permanent funding streams so we can improve our efforts to build a sustainable future for the organization.

We met with Andy Imperato from Senator Harkins office as well as with Charlie Lakin and Sue Swenson from The Department of Education. These meetings were very positive and we believe that they will provide us with valuable resources that will help us reach our organizational goals.

The next SABE Board meeting is scheduled for July 10 – 14, 2013. It will be held in Salt Lake City, Utah.

### **THE DISABILITY POLICY SEMINAR: WHAT IS IT? SHOULD YOU CARE?** By Cathy Enfield



Hi, my name is Cathy Enfield. I have been fortunate to participate in the Disability Policy Seminar for the past several years. I find that many people with disabilities aren't familiar with what it is or what it does so I'd like to offer some information and insight about The Disability Policy Seminar and why it may be something you would want to attend.

The Disability Policy Seminar is both an educational and training event which is sponsored by six of the major disability advocacy organizations in the United States. This group includes The American Association on Intellectual and Developmental Disabilities (AAIDD), The Arc, The Association of University Centers on Disabilities (AUCD), The National Association of Councils on Developmental Disabilities (NACDD), Self-Advocates Becoming Empowered (SABE) and United Cerebral Palsy (UCP).

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## THE DISABILITY POLICY SEMINAR: WHAT IS IT? SHOULD YOU CARE?

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This group has come together each year for well over a decade to plan, sponsor, organize and facilitate a seminar which provides cutting edge information about issues, trends and legislation during the current year which are of serious importance to people with disabilities.

It is a three day event which is held each spring in Washington, DC. The first two days focus on educating those in attendance about the upcoming issues, including training on how to advocate at the national level and providing talking points, support materials, and even handouts to assist all those in attendance with their advocacy efforts. This information is provided by informed professionals, legislative staffers and even some legislators. All of them are individuals well versed not only in the upcoming issues, but just as important, in how the system actually functions. The third day is reserved for "Going to the Hill" and putting into action the things you have learned by actually visiting the offices of legislators and discussing your ideas and concerns with them.

As Vice-President of SABE, I am honored to serve as SABE's representative on the Planning Committee for The Disability Policy Seminar. I am happy to report that this year's Seminar was very well attended with almost 700 registered participants. It was a very informative and productive meeting. Like all the other years I have attended, I came away feeling well informed and prepared to respond to my federal legislators on bills and other issues that are critical to people with disabilities. I also felt well prepared to go home and better understand the connections between what is happening in Missouri and what is happening at the national level.

I would like to encourage anyone who has not attended The Disability Policy Seminar to seriously consider doing so, especially if you are a self-advocate. I have found it to be a powerful asset that has helped me both to understand the issues and to advocate about them....and I think you will too.



## 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>



## **People First of Missouri**

### **15th Statewide Self-Advocacy Conference**

**July 26-28, 2013: Courtyard Marriott at Briarcliff, Kansas City, MO**

**Join over 300 self-advocates and support and professional staff for a weekend of education, networking, training, friendship, and fun!**

### **L.U.A.U.**

**Listening, Understanding, Advocating, Unity**

#### **Hotel Reservations!**

**Courtyard Marriott at Briarcliff, Kansas City, MO**

**4000 North Mulberry Drive • Kansas City, Missouri 64116**

**Guest Room (per night) \$104**

**For Reservations, call (816) 841-3300**

#### **Conference Registrations**

**Registration forms were initially due by July 8, 2013.**

**FOR LATE REGISTRATIONS, PLEASE CONTACT US AT [missouripeoplefirst@gmail.com](mailto:missouripeoplefirst@gmail.com).**

**Please submit a separate registration form for each participant.**

- ⇒ **Registrations forms can be duplicated.**
- ⇒ **Send check or money order only with registration forms. No credit cards, please.**
- ⇒ **Make checks payable to: People First of Missouri**
- ⇒ **Mail forms with payment to: People First of Missouri, PO Box 30142, Kansas City, MO 64112.**
- ⇒ **Registration forms MAY NOT be submitted by email or fax. Forms must be accompanied by payment of fees due!**

## Schedule

### **Friday Evening, July 26, 2013:**

- 5:00-8:00 PM-Registration
- 7:00-7:30 PM-Welcome from Roger Crome, Statewide President
- 7:30-8:00 PM-Networking Time
- 8:00-11:00 PM-Live Band, *Loose Change* and ADA Celebration

### **Saturday, July 27, 2013:**

- 8:00-9:15 AM-Breakfast Buffet
- 9:30-10:00 AM-Welcome/Opening Flag Ceremony
- 10:00-11:30 AM-Keynote Speaker: Nicole LeBlanc
- 11:30 AM-12:00 PM-Break and pick up box lunches
- 12:00-1:00 PM- Self-Determination Presentation (Presentation During Lunch)
- 1:15-2:15 PM-Roundtable Discussions
- 2:15-2:30 PM-Break
- 2:30-3:45PM-Breakout Sessions
- 3:45-4:00 PM-Break
- 4:00-5:15 PM- Breakout Sessions
- 5:15-6:30 PM- Break
- 6:30-8:00 PM-Dinner and Awards Banquet
- 8:00 PM-12:00 AM-DJ and Dance

### **Sunday, July 28, 2013**

- 9:00-10:15 AM-Breakout Sessions
- 10:15-10:30 AM-Break
- 10:30-12:30 AM-Brunch and Endnote Speaker: Dr. Katharine Campbell
- 12:30-1:00 PM-Closing Ceremony and Door Prizes

**You will make your choices for break-out sessions when you register on Friday night! Overview of breakout topics to be presented:**

- **Incorporating diversity into your local People First chapter**
- **Alternatives to Guardianship-Revisited**
- **Advisor Trainings**
- **Self-Advocacy Trainings**
- **Social Capital and the Law**
- **Self-Determination**
- **Advocate Guide to Safety Planning for Persons with Disabilities**
- **Technology: Tools for Daily Living/Tools for Organizing**
- **Advocate in your local Regional Advisory Council**
- **Long Way to Paradise- A self-advocate's story**
- **Enhancing Learning and Listening through Assistive Technology**
- **Getting What You Need From Your MD**

**For the full brochure, go to [www.missouripeoplefirst.org](http://www.missouripeoplefirst.org)!**

REGISTER NOW!

August 18-20, 2013

Ten-Tar-A Resort  
and Conference Center

Osage Beach, Missouri

# REAL VOICES REAL CHOICES CONFERENCE

## REGISTER NOW!

Registration deadline: August 2, 2013

Register now for the 2013 Real Voices-Real Choices Conference. The deadline for registration is August 2, 2013. Online registration and additional information for the 2013 conference is available on the Missouri Department of Mental Health website: [www.dmh.mo.gov](http://www.dmh.mo.gov) and the Missouri Mental Health Foundation website: [www.missourimhf.org](http://www.missourimhf.org). Registration fees will substantially increase after August 2, 2013.

A wide range 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

# Congratulate Becky and Roger Dickey on their 25th Wedding Anniversary and Vow Renewal!



## Chapter Updates

### Rolla



The Rolla Chapter voted for new officers in June. Christa Frost is President, Sam Roberts is Vice-President, Marilyn Whittle is Secretary, Gary Stevens is Treasurer, and Steven Beal is Sargent at Arms.

The chapter enjoyed our annual BBQ. Everyone had a good time just hanging out.

In July, the chapter will be doing a community fundraiser-'Take A Stand Against Child Abuse'.

Everyone is registered and attending the Real Voices, Real Choices Conference and looking forward to the People First Statewide Conference.

# Chapter Updates

## Hannibal



The Hannibal Chapter has been working on getting the word out about People First Statewide Conference and the Real Voices, Real Choices Conference. We are going to do a Self-Determination presentation at the People First Conference.

In May, our chapter member Garrett Lawrence was named Mental Health Champion by the Department of Mental Health. Our meeting was cancelled that month.

We had elections in March and have new officers. We've been working with the Regional Advisory Council on surveys to determine transportation needs. We are struggling with our own transportation needs. For our members' meeting, we are reaching out to the community for support. We're working on a taco dinner fundraiser, coming soon.

## North Kansas City



We are planning a picnic for Concerned Care / People First in either August or September at Macken Park in NKC. People First members can bring anyone they want to. The cost would be \$3 per person, with the proceeds going to People First. Details are yet to be announced completely, but more undoubtedly will be discussed at the next meeting on July 18 at the Concerned Care office in North Kansas City. Hot dogs and chips were served at last year's picnic.

**Want to share information about your chapter in an upcoming issue of 'Message from the People' newsletter? Email Krystle at [missouripeoplefirst@gmail.com](mailto:missouripeoplefirst@gmail.com) for more information!**

## Chapter Updates

### Marshall



We held a dedication ceremony on May 23rd at the Marshall Habilitation Center remembering people with disabilities who have passed away. "They may have family or not," says John Burriss in the Marshall Democrat-News, "but we want people to know we care for them as a human being -- not a disability."

The Marshall newspaper also covered our chapter's Adopt-a-Highway efforts, which we've been doing for 19 years.

### St. Charles



We completed our fourth year of the 'Clean Up Your Language Campaign'. This year we presented the importance of disability awareness and People First language to all the municipalities in St. Charles County, as well as all the school boards and all of our legislators. We were excited to present to freshman classes in our local high schools as well.

Our chapter has grown to an outstanding 55 members.

### Taney County



The Taney County chapter meets monthly in Branson.

We recently started Project STIR and we're learning to put our abilities to work.

We're having a dance on June 28 at the Community Center in Branson. We're hoping to recruit new members and to raise some funds for our group. We currently have between 15 and 20 active members.

# Chapter Updates

## Springfield



Springfield People First continues to grow. Easy Living remodeled our meeting room to provide more space, which we're already outgrowing.

Every other meeting, the Regional Advocacy Specialist teaches a module of Project STIR. It's awesome and we're learning a lot. The first training module was on self-advocacy. Our Advocacy Specialist, David Forbes, rocks!

We're planning a fundraiser at Alice Irene's Restaurant in Marionville, which we've had before and they've been successful in the past.

## Jefferson City



The Jefferson City chapter currently has twelve active members.

We are excited about the upcoming statewide conference.

We're planning to participate in Project STIR, which is coming soon. We feel that spreading the word about living a self-determined life is very important.

## Booneslick



We had elections in November! Donnie Bittle is still the President, Amanda Martin is Vice President, Katie Kinder is Secretary, Lisa Eisnoggle is Treasurer, and BJ Kurtz is Sergeant at Arms.

We had a St. Patrick's Party and made a profit -- about \$90.

Now we're getting ready for our Fall Formal. The date is October 12, 2013. The tickets are \$10 each. You can either buy tickets up front or pay at the door.

## Chapter Updates

### Randolph County



We are up and running as a new People First chapter! We've elected officers and established regular meetings.

Recently we had our first fundraiser. Local businesses donated funds to purchase hotdogs, chips and desserts, which we served for a small fee. In about an hour and a half, we raised over \$200.

We're excited to be sending seven members to the Real Voices, Real Choices Conference.

### Boone County



In February, March and April, several chapter members participated in Project STIR. Our Vice President – Jeff Johnson – helped teach the classes. Classes were held on the Stephens College campus. A graduation ceremony was held on April 25. Kathryn Hart with Academic Affairs at Stephens spoke at the graduation. Project STIR is about self-determination and responsibility. We learned some good stuff. If you are interested in Project STIR, talk to the Advocacy Specialist at the Regional Office in your area.

On April 17, three officers from our chapter presented to a Boy Scout troop in Ashland, Missouri about People First language. The boys all signed a pledge to end the "R" word.

We visited a group in Moberly, Missouri that is hoping to start their own chapter. We shared about how our chapter got started, and about some of the things we do to advocate for ourselves and help each other out. We wish them all the best!

We are planning on presenting at the Real Voices, Real Choices Conference on self-advocacy at the local level.



**PO Box 30142**

**Kansas City, MO 64112**

**Toll Free (800) 558-8652**

## Upcoming Events

**July 25, 2013- Steering Committee Meeting, Kansas City, MO**

**July 26-28, 2013– People First of Missouri 15th Statewide Self-Advocacy Conference (Check out the information inside! )**

**August 18-20, 2013 -Real Voices, Real Choices Conference, Lake of the Ozarks, MO**