



Fun and learning at the PFMO Conference!

People First of Missouri recently held its 2017 statewide conference, called "Spring Into Action." The conference, which happens every other year, brought together over 130 people, including self-advocates, family members, disability professionals and personal staff. About 75% of those who attended said they have a disability.

The conference featured three great speakers including nationally known self-advocate leader Julie Petty, former Missouri legislator Chuck Graham, and St. Louis-area community organizer Christopher Worth. Each spoke with passion about self-advocacy, following your dreams, and speaking up for yourself.

Conference attendees also got to choose three out of 15 breakout presentations offered. There were many different kinds of topics covered like money management,

self-defense, victimization awareness, leadership, disability rights, building self-advocacy chapters, and more.

The conference also included social times to relax together and play. Many people enjoyed the dance floor at two different parties. Some even found the courage to sing in front of a crowd at our karaoke night!

People First of Missouri would like to say thank you again to our Platinum Plus and Platinum funders that made the conference possible: UMKC Institute for Human Development (IHD), Missouri Developmental Disabilities Council (MODDC), Missouri Department of Mental Health - Division of Developmental Disabilities, Missouri Association of County Developmental Disabilities Services (MACDDS), Family Advocacy & Community Training (FACT), and Pyramid Home Health Services. See photos on page 4-5. 🐾

Photo below: Conference participants listen to keynote speaker Julie Petty.



People First of Missouri is Strong and Active

People First members and chapters are busy learning, giving, and growing. We make a positive difference in our communities.

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Message From the President

by Cathy Enfield, President

Happy Summer Everyone!

I hope all of you have had a great Spring and that we have strengthened our resolve to continue to educate others and fight for our rights and for the improvements we have made in the lives of people with disabilities over the past years. We must not let them be taken from us!

I was pleased that HB1565 was finally signed into law. This bill increases the asset limit, which is the amount of money you are able to have in your bank account without it affecting your benefits. As of July 1, it went up to \$2000 from the \$1000 it had been for years. It will continue to rise by \$1000 each year for the next three years until it reaches \$5000. After that it will increase every year by the annual cost of living adjustment. This is a great step forward for all those of us whose benefits and supports are tied to Medicaid. I want to congratulate and thank all of you who worked hard to get this bill passed.

At our upcoming July Steering Committee meeting, we will be offering nominations for statewide PFMO Officer positions. The election will be held during our Fall Steering Committee meeting.

We will also have a special process this year to select nominees for the Region Four Representative for the Self-Advocates Becoming Empowered (SABE) Board. Missouri has held the Region Four seat for over 20 years. My term expires this coming year, and I will step down at the National Conference next June. I am deeply honored and appreciative of the opportunity to represent Missouri for the last ten years, but it is time for someone else to step forward and take this role. I am asking all People First members to consider this carefully. We will open nominations for this position at our July Steering Committee meeting and vote for the representative we will support at our Fall Steering Committee meeting.

In closing, I just want to say that I understand how confusing and scary things have gotten for us, like possible changes with healthcare. If you don't understand the issues, ask someone you trust for help. Find out how they affect you and your future. Now is the time we must stand strong and together to protect our rights and in some cases our lives. Don't stop speaking out and don't stop believing. That is our power!

Peace, Cathy ☺



People First of Missouri

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Self-Advocates Becoming Empowered (SABE) Update

by Cathy Enfield, President

The SABE Board of Directors met June 8-10, 2017 in Denver, Colorado. We spent a lot of time discussing Medicaid issues and preparing letters for each of our respective senators. We wrote to help them understand how important Medicaid is in the lives of people with disabilities and encourage them to protect it. We told them our own stories about how Medicaid supports our lives.

SABE is putting a great deal of time and effort into the grant we were recently awarded to build and support the national Self Advocacy Resource and Technical Assistance Center (SARTAC). We are pleased to have had our website operational since about the beginning of June. I invite you to visit it at

selfadvocacyinfo.org. I encourage you to use the resources there and contribute others that you or your organization may have used to further the mission of self-advocacy. I think you will be pleased and impressed both with the quality of the website and with the effort that has gone into making it accessible for everyone.

I am happy to announce that there will be a SABE National Conference in 2018. It will be held in Birmingham, Alabama June 7-9, 2018. I am pleased that we are going to be able to have a conference next year, but I want to remind everyone that it will include Regional Elections for board members. Since my term is over, I will be

stepping down as one of the two Representatives from Region Four.

I am asking that each of you seriously consider the possibility of you or someone you know running for my seat on the Board. Missouri has held a seat on the SABE Board for over 20 years and it has been very positive for us in many ways. I sincerely hope that we can find a candidate that will enable Missouri and People First to continue to have a seat on the National Board. ☺



Heartland Self-Advocacy Resource Network and PFMO

This June, Missouri leaders joined leaders from our partner states in the Heartland Self-Advocacy Resource Network (HSRN) for our third and final project meeting.

HSRN is a three-year regional project with our neighbor states of Kansas, Nebraska, and Iowa. The project goal was to join together in order to make self-advocacy stronger in each state by supporting each other.

Missouri has been working on HSRN goals set by our own self-advocates. Through our needs assessment, PFMO chose four goals and formed work groups within the Steering Committee. While the HSRN project

is drawing to a close, project members feel it has been a great help to our states and are looking for ways to be able to continue to work together. We

would like to express our appreciation for the leadership of UMKC Institute for Human Development and HSRN Project Director Laura Jackson. ☺

Photo below: Participants gather at the end of the 2017 HSRN annual meeting.



Message From the People Newsletter

Memories from...

Spring into Action



People First
of Missouri
Conference 2017

PFMO Chapter Updates

Boone County

In May, Jeff Johnson, Jason Mize, Katie Kinder and Mark Satterwhite, along with Alicia Meyer from the Boonslick Chapter, met with 41 high school students from four different schools. We asked questions and learned as much as we could about them. We are trying to reach out to youth as part of the HSRN project (see article, page 3). We also talked to them about People First and self-advocacy. In June, Jeff went to the HSRN meeting in Kansas City and shared a report about our youth listening sessions.

While Jeff was there, Jason, Katie and Mark were in Baltimore at the National Disability Rights Network conference (see pictures below). Jason and Katie are on the Missouri Protection & Advocacy and PAIMI boards, and we owe a big thanks to Missouri Protection and Advocacy for sending us. There were hundreds of people at the conference who care about disability rights. There were some People First members there from other states. We need to stand together for disability rights! We also did some sight-seeing and took the water taxi to different places nearby.

The group has begun planning the second annual “Walk and Roll-a-thon.” This October, we’ll be holding it at Stephens Lake Park in Columbia.

Boonslick

The Boonslick chapter has been quite busy! Since February, the group has taken on a new service project every month benefiting different groups or individuals in the community. Some of the projects have included organizing a food drive for the local pantry, planting flowers for local volunteers, and providing Easter baskets for underprivileged children. The service for July is for members to donate items to the YMCA summer children’s program. One of our members, Alicia Meyer, assisted Boone County People First members in conducting listening sessions with area youth. Coming up on the Boonslick People First calendar is a summer barbecue for the members, sending some of the group to the Real Voices, Real Choices conference, planning fundraisers, and our officer elections.

Independence

The Independence Chapter had a quiet spring. We continue to have monthly meetings with our long term core of members. We have been having discussions at each monthly meeting about current topics that affect our daily lives especially Missouri Legislation and the issues surrounding health care and Medicaid. We are making plans for our annual end of summer picnic and several of our members are taking vacations with their families or friends this summer.



Photos above: Boone County members visit Baltimore, Maryland for the National Disability Rights Network conference. On left, Jason enjoys the boardwalk. On right, Katie and her sister Nickey at “Bubba Gump’s” restaurant.

PFMO Chapter Updates, continued

Iron County

Iron County remains small but mighty. Our President is Donna S. of Arcadia, Secretary is Tyler P. of Middlebrook and Treasurer is Kelly A. of Ironton. We are proud to have Tom A., Ronnie M., Tracy A., Orrin C., and Daniel S. as members. We are always looking for new members and new ideas. Please contact Brandi at 573-546-2418 if you would like to be a part of our awesome group.

People First members and staff of OVCS contributed to a bake sale in May. We raised \$156! Way to go everyone! We can’t wait to go to the STL Zoo and to go swimming. We hope everyone had a safe and happy 4th of July!

North Kanas City

Our chapter had meetings at the Life Unlimited building in May and June. We discussed what went on at the People First of Missouri Conference and Steering Committee meeting at Tan-Tar-A in April. We put in our applications for the Real Choices, Real Voices conference in August. Our next meeting will be on July 18.

Pike County

Our chapter has a busy month ahead of us. We will be volunteering at Tons of Trucks, a free family event in the local park to build vehicle awareness for children. Tons of Trucks is put on by a “Mom and Me” play group. We take a wheel chair van and one of our members to do demonstrations on how it works. We hand out candy and flyers about People First.

At the end of the month, we will be volunteering at the local fair, marking wrappers and helping out in the food stands! For the fair, we help out in our local community like everyone else. We work the front gate and also in the main food stand. It’s good to just be a part of our community and raise awareness that we are all the same in many ways.

Randolph County

Our chapter used fundraising money from our “Stroke of Magic” fundraiser to send a member to the People First conference. We continue to invite community partners to come speak to our group about what they

do in the community and, in turn, we offer to assist our community partners by:

- Volunteering to go to their business in the community to see if it is accessible
- Reading policies, brochures, or other printed material for People First Language
- Participate on committees or boards to help make policies for community events.

St. Charles

We continue to keep growing and are now up to 67 members. We are holding our meetings on the 3rd Wednesday of each month in the evenings.

We have guest speakers lined up to discuss the ABLE ACT and Victimization. We will also be holding our elections this year as well.

We will be having a letter writing campaign in August to write letters to local businesses about making their businesses more accessible. We will also be attending the Real Voices, Real Choices at Tan-Tar-A in August.

We attended the PFMO conference, had a wonderful time, learned lots of new things, and met new people.

Washington County

People First of Washington County continues to meet monthly on the 4th Tuesday. Typically there are 12 to 17 people in attendance. The group recently completed a second graduating class from Project STIR with seven graduates.

Make sure your chapter is included in the next issue!

Send an update about what your chapter has been doing by emailing underwooddm@umkc.edu. Articles and pictures are welcome!

PFMO President Receives 2017 Mental Health Champion Award

Cathy Enfield, statewide president of People First of Missouri, received the Mental Health Champion Award from the Missouri Mental Health Foundation this June.

The Mental Health Champions' Award is given to people who live with mental illness, developmental disabilities, or in recovery for substance use disorders and make positive contributions to their community, show great commitment and vision, and increase the potential for independence in others in similar situations.

Cathy shows leadership in many ways, including being the current national vice president of Self Advocates Becoming Empowered (SABE), past chair of Missouri Protection and Advocacy, and board member of The Arc of Missouri and the Missouri Developmental Disabilities Council. She is a graduate of Partners in Policymaking and has received the People First of Missouri Self-



Photo above: PFMO President Cathy Enfield receives the 2017 Mental Health Champion award.

Advocate of the Year Award. By working with her state representative, Cathy helped pass legislation to change language on parking signs from “handicapped” and “disabled” to read “accessible”. Cathy’s life goals include helping people with disabilities and speaking out for those who cannot speak for themselves. ☺



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