



RIDE WITH CAB

Your Inside Look at All Things CAB at KCCDD

WHAT IS CAB?

KCCDD's Client Advocacy Board (CAB) is a group of self-advocates whose mission is "to educate and showcase abilities and skills we can bring to our community, while moving beyond past barriers that came with being labeled as having an intellectual or developmental disability." CAB strives to create relationships with new people, seek opportunities for personal growth, educate their community about their abilities, and continue to build volunteer opportunities.

Visit our website at www.kccdd.com
or contact us at
kccddcab@gmail.com.

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KCCDD WELCOMES PAM GREEN AS NEW CHIEF EXECUTIVE OFFICER

CAB Member Michael Hanlon sits down with Pam Green and asks her about her plans as KCCDD's new CEO.

Q: How will your years of experience at KCCDD benefit you as CEO?

A: I have been at KCCDD for 37 years. From every position I've held, I have gained experience and a broader knowledge of this field. I plan on bringing all of this knowledge into my new role. It has been a fun 37 years!

Q: What excites you most about your new job?

A: I am excited to do justice for KCCDD and for our clients. I look forward to having a small role in advancing services within Knox County so people who need services can access what they want and need.

Q: What future ideas do you have for KCCDD?

A: Primarily, we are expanding services to include community employment opportunities for our clients and greater respite services for those who need it. Both of these services are big advancements for our agency and in our community.

Q: What is one of your favorite memories at KCCDD?

A: There are so many good memories, but the most gratifying ones are when I can witness a client achieving something new, like a job or something in their personal life they never thought they could do.



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JUST ASK SHELLEY

Shelley is here to advocate and educate. She answers questions from staff and clients at KCCDD, as well as from readers of the newsletter.



Shelley McMillan, CAB President

Shelley enjoys singing and visiting friends and family.

**Do you have a question for Shelley?
Submit it to kccddcab@gmail.com.**

Shelley's term as CAB president is up, so we interviewed her about her experience.

Q: What was your favorite thing about being the President of the Client Advocacy Board?

A: I liked helping get things done.

Q: How did you help other people while you were President?

A: I helped connect us with the Alliance [a state-wide advocacy group], and I spoke up for people who can't speak up for themselves.

Q: Do you plan to stay a part of CAB after your presidency?

A: Yes. I am glad I get to stay part of this group!

Q: What do you hope for the future of CAB?

A: I hope CAB can help people know they shouldn't label those of us with disabilities.

Shelley, thank you for being an amazing President! We are so thankful for all that you did and will continue to do!

Stay tuned - in our next newsletter, you will hear from Michael Hanlon, our new President!

ROBBIE'S FOOD CORNER

Robbie knows food and shares his favorite local restaurants.

One day, Sally and I went to Black Market Bagels on Main Street. I had two bagels. One was jalapeno, and the other was garlic. The jalapeno bagel was my favorite. The rest of the menu looked very good too.

The owner is the only employee that works at Black Market Bagels. He is very nice and friendly. I hope to interview him one day and learn more about his business.

I would recommend Black Market Bagels to anyone. I'm looking forward to going again!

**Do you have a restaurant you want Robbie to review?
Submit your suggestion to kccddcab@gmail.com.**



Robbie Hielt, CAB Secretary

Robbie is a food critic extraordinaire. He knows a good burger when he tastes one! When he isn't finding the next best restaurant in Galesburg, you might catch him participating in the Community Play Project or hanging out at the library.

KCCDD'S 15TH ANNUAL AUCTION: SPRING BREAK AT THE BALLPARK

After the "longest rain delay in history," we are excited to announce that our **15th Annual Auction: Spring Break at the Ballpark** is almost here! We hope you can join us!

Saturday, April 23rd | 5:30PM | Knights of Columbus, Galesburg, IL

To learn more about the event, visit www.kccdd.com/annual-auction or follow the QR code.

Donations for our live and silent auction are appreciated, and reservations are being accepted now!

Questions? Contact development@kccdd.com or 309-344-2600 x204.



MICHAEL'S MOVIE MADNESS

Michael is a movie fanatic, both new and old, and discusses his favorites (or least favorites).



**Michael Hanlon,
CAB Vice President**

Michael is an active member of CAB. He loves art, theater, and is a singer/songwriter!

Do you have a movie you want reviewed? Write to Michael at kccddcab@gmail.com.

My Top 10

Hi Movie Lovers! We are doing something a little different this time. I'm going to share my Top 10 favorite movies and my Top 5 favorite actors with you.

Top 10 Favorite Movies

1. *The Game Plan* - It makes you happy, makes you cry, and makes you laugh. You feel every emotion watching this movie!
2. *Uncle Buck*
3. *The Incredible Journey of Natty Gann*
4. *Field of Dreams*
5. *Oh Brother, Where Art Thou?*
6. *White Fang*
7. *Eragon*
8. *True Grit* (1969 film with John Wayne)
9. *Tombstone*
10. *Hoosiers*

Top 5 Favorite Actors

1. Dwayne "The Rock" Johnson - He is both my favorite wrestler and my favorite actor. He's also a really funny and nice guy. I read a book about him, and it said nothing but nice things about him. I would love to meet him in person.
2. John Wayne
3. Humphrey Bogart
4. Clint Eastwood
5. Robert Downey Jr.

And because I couldn't limit my list to 5, number 6 is Harrison Ford. I would love to hear some of our readers' favorites too!

POETRY SLAM WITH GLENEE

Some words from Glenee's heart.

Happiness Will...

Happiness will...
seep in through
that tiny little
opening in your window
just like the first
morning rays of sun.
And spread its arms
and light up your world.
You just have to let
the dark night pass.
The sun will rise.

And so will you.



Glenee Brooks, CAB Treasurer

Glenee loves to create - she is an artist in many ways. She enjoys writing, making collages, and acting.

A LOOK THROUGH MY EYES

Brittany Kane is CAB's historian and photographer. She is excited to share a little about herself with you!

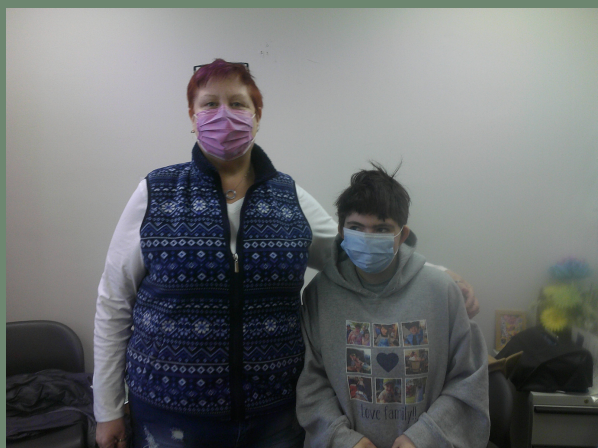


I am Brittany Kane, and I am very excited to be part of the CAB program. I take my responsibilities very seriously as the historian and photographer.

I tell people what CAB is and how I can advocate for my friends and family when they need me.

I am very excited for the opportunity to take pictures for CAB. This new role will play a very important part in my life, and I am very excited to get behind the camera.

Just because we have a disability doesn't mean it holds me back in life.



Pictured above: *Left* - Leanne Mull (from Blue Tower Solutions) and Brittany who became friends virtually during COVID. *Right* - Brittany's friends posing behind Galesburg's new sign on Main Street.

CONTINUED: KCCDD WELCOMES PAM GREEN AS NEW CHIEF EXECUTIVE OFFICER

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Q: What are some of your hobbies?

A: I enjoy music and singing, as well as reading. I read fiction and self-help books or books that help me grow. I also enjoy playing games and doing puzzles, especially with my family.

Q: Where is your favorite place to eat?

A: I love ice cream, but I really enjoy lots of different food and lots of different places.

Q: What is your favorite movie? (Of course Michael from Michael's Movie Madness had to ask!)

A: I have three movies that I could watch over and over. *American President* with Michael Douglas, *The Cutting Edge*, and *West Side Story*.

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