



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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THANKS FOR ALL YOU'VE DONE, MARK!

KCCDD CEO to retire
in December

"My time with KCCDD as our CEO is ending this December, and as you can tell from the photo, I have "fishy" plans in mind. I also hope to learn to knap flint and be at all my soon-to-be 10 (going on 16) daughter's life events with my incredibly patient wife, Lorri. Might even substitute teach in St. Charles, Missouri just to keep current with our youth.

The last 9 years have been the absolute peak of a 40-year career. It has been an honor to be part of the KCCDD story that is very much still being written. Our next chapter will feature an expanded commitment to hearing what our community needs and crafting supports, like Respite and Employment, that meet those needs.

The agency has been blessed with great staff, a talented Board of Directors, and the support of a very giving community. However, the true fiber of KCCDD is our interweaving in the lives of the many clients whose lives we have touched and who have touched ours. Sadly, many have passed this last year and now live on in the tapestry of our memories.

How supports are delivered are evolving and will continue to do so as the focus zeroes in on being ever more person-centered. This means that the individual served drives their own supports through their power of choice. If that can be summed up in a quote I heard 20 years ago, it would be 'Nothing about me without me!'

I am grateful for the opportunity to serve and am confident that KCCDD's history of quality leadership will continue as we pen our future story."

- Mark



KCCDD CEO, Mark Rudolph, ready for retirement!

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.

I got to talk with Amelia Zielke, our Employment Specialist, about our new employment program "ELEVATE."

Q: When did ELEVATE start and what do you do?

A: It is a new program that started in June. I work with clients to figure out what they want from employment, and I also work with the employers to find positions that have become a need. We provide job assessment, development, and coaching and offer long-term support to find the best match for everyone.

Q: How did you learn about KCCDD?

A: I was a Knox student in a business class with Professor Gomer (who is also KCCDD's CFO). When he spoke of KCCDD, he always smiled.

Q: Now that you work at KCCDD, do you understand his smile?

A: I do - it is a happy place and the clients are amazing!

Q: What do you find most challenging about your job?

A: It's not a challenge because I enjoy it, but it does take time to really get to know my clients because we want to match them with the best fit for employment.

Q: What should a client do if we want a job?

A: If clients are interested in employment, they should talk to their program manager who will talk with us. We all get together to talk about what they are interested in and how that fits with an employer's needs.

ROBBIE'S FOOD CORNER

Robbie knows food and shares his favorite local restaurants.

About a week or so ago, I had Arby's for dinner. I had the Real Country Style Rib sandwich, the Jalapeno Popper Bites with Bronco Berry sauce and Ranch, and a large Barq's root beer. The food was hot, spicy, and tangy. The rib sandwich was nice and tender, and the jalapeno poppers had creamy cream cheese in the center. The Barq's root beer was nice and ice cold. The service was wonderful! It was a really good meal.

The next time I eat at Arby's, I will probably have their newest item, which would be the wings. I saw a commercial about them, and they look tasty and spicy.

I like Arby's a lot. It's one of my favorite places to eat in Galesburg!

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



Robbie Hiett, 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.

UPCOMING EVENTS AT KCCDD

We're excited for our upcoming fundraiser, Dueling Pianos performed by Fun Pianos! Join us for a night of singing, dancing, and endless entertainment!

WHEN: Friday, December 3, 7:30PM

WHERE: The Vault - 185 S. Kellogg St., Galesburg, IL



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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.

Jungle Cruise

Hello Movie Goers and Movie Watchers - this is Michael Hanlon.

Recently, I went to see Jungle Cruise. This movie took you on a wild boat ride in the Amazon filled with magic, adventure, comedy, and even some curses.

The film is set in the early 1900s, which you can tell by the way they dress.

Dwyane Johnson's character is Skipper Frank Wolff, who you don't realize this at first, but he is the only one who is nice but got cursed. His original name wasn't even Frank Wolff. Emily Blunt's character, Lilly Houghton, was a great character too. She is determined to go on a dangerous journey to get some leaves from a magic tree. She is an adventure extraordinaire, a fearless Indiana Jones-type character who can't swim. While hired as the Skipper, Dwayne Johnson takes them on an adventure where the jungle comes alive. Prince Joachim (played by Jesse Plemons) is working for the Nazis trying to get the magic leaf from the tree before they do.

Dwayne Johnson talked about how he has worked with many amazing actors but his chemistry with Emily Blunt on Jungle Cruise is like no other. These two light up any room and working with her on screen as a team together was like pure magic.

This is a great flick. I give this movie two thumbs way up and a five-star ranking. If you have not seen this film, I would definitely recommend this movie as one to see. 'Til next time, this is Michael for Michael's Movie Madness.

POETRY SLAM WITH GLENEE

Some words from Glenee's heart.

Seasons

Summer is over,
so no more breezy nights.
In comes the chilly cold
To cut in half the warm daylight.
And now we laugh and cry
Then cheer and sing
To happy holidays
While all the thoughts of warmth and summer
Slowly fade away.
But when I really think about it,
It's not that bad at all.
Because at least before the bitter winter,
I get a pretty fall.



Glenee Brooks, CAB Treasurer

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

KCCDD INTRODUCES TWO NEW BOARD MEMBERS

CAB Secretary Robbie Hiatt from "Robbie's Food Corner" met with KCCDD's two newest board members to introduce himself, talk about CAB, and get to know them. Here is what he learned.



KATIE HOUSTON

We are excited to introduce Katie Houston, one of KCCDD's newest board members!

Q: Where are you from?

A: I am from Knoxville, and I am a Monmouth College graduate.

Q: Where do you work now and what do you do?

A: I am the Director of Development at a skilled nursing facility in Canton.

Q: Why are you excited to be part of KCCDD?

A: KCCDD has a wonderful staff and board, and I am excited to spread awareness about the organization and everything that goes on here.

Q: What are some of your hobbies?

A: I like playing basketball, and I played in college. I also coached.

Q: What is your favorite quote?

A: "Don't ever judge a book by its cover!"



DEDRA MANNON

We would also like to give a warm welcome to Dedra Mannon, KCCDD's other newest board member!

Q: Where are you from?

A: I am from Abingdon.

Q: Where do you work now and what do you do?

A: I work for the City of Galesburg and run a landscaping company.

Q: Why are you excited to be part of KCCDD?

A: KCCDD has wonderful people!

Q: What are some of your hobbies?

A: I enjoy camping and playing in the dirt. I also chase after two teenage daughters.

Q: What is your favorite quote?

A: "A tree with strong roots laughs in the face of storms."

A little note from Robbie:

"I feel that I have grown as a person since I joined CAB. It's an honor to be Secretary, and I really enjoyed doing both interviews with the two new KCCDD board members. I got to meet new people and have good conversations and opportunities to ask questions. I'm excited to have the opportunity to interview more individuals.

A way I could improve my interviewing skills is speaking at an appropriate volume so the person I interview can hear me better. I now have a tape recorder for interviews that will help me too.

I plan on continuing to be a CAB member and growing as a person."

Stay tuned for more interviews and notes from CAB members in our next edition - plus, you'll get the chance to meet Brittany, CAB's photographer!