



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.

"Like" us on Facebook: @KCCDDinc

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KCCDD DURING COVID-19

It would be difficult to say that 2020 is anything anyone expected. From masks we thought we'd never have to wear, to socially-distanced birthday party parades - life as we knew it has been flipped upside down.



Clients attending the HUB participate in a socially-distanced scavenger hunt on a gorgeous Fall day.

As a result of COVID-19, KCCDD was shut down for almost seven months. While we were unable to serve our clients on-site during this time, we are thankful for a staff that continued working tirelessly. Our maintenance crew took the opportunity to work on many building projects; our tech crew implemented multiple resources so we could work virtually and prepare for future services; our drivers maintained our vehicle fleet; staff at Phoenix Industries continued fulfilling orders; Program Managers continued working on service plans for clients; Direct Support Staff filled in at our clients' homes; our Board juggled a bunch of information and made decisions to keep everyone safe; and so much more.

While we are still not able to serve all clients on-site at this time, we are ecstatic to serve those we can! Community activity is limited, and extra safety measures are implemented, but it is great to be back! We have been "Zooming" with friends who we cannot see in-person, attending virtual concerts and conferences, practicing personal hygiene skills, enjoying outdoor activities, and working out at BEST Fit. For clients unable to attend KCCDD, some of our staff have been working in their homes and staying connected as much as possible.

We are grateful for a supportive community, and we hope that as we enter 2021, we can continue to provide quality services - whatever that might look like!

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 is president of the Client Advocacy Board. She is very active in the KCCDD band, The Cruisers, as a lead singer.

Did you know? KCCDD currently employs seven Program Managers. They create individualized service plans for each client at KCCDD. Thank you for all you do, Program Managers!

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

Can we talk to our Program Manager whenever we want?

This question has come to my attention a lot. There are responsibilities that go with your rights. This means respecting your Program Manager's schedule by scheduling appointments. They are like doctors in a way because they help many people, not just one. I spoke with two Program Managers at KCCDD to see how they prefer to see people. They agreed that appointments help, unless it is an emergency. But stop by their office, and if they have a minute, they are happy to chat. Our Program Managers are here for us! Thank you for the good questions. Please keep asking and I will keep answering.

ROBBIE'S FOOD CORNER

Robbie knows food and shares his favorite local restaurants.

The last time I got to eat restaurant food was when staff brought food home from The Whiskey Barrel. I had "Super Nachos" with BBQ Pork and it was delicious!! My serving size was good, and I would like to order from there again.

We're eating at home because it's safer. I wish COVID would be over soon. I miss sitting in a restaurant, being waited on, and enjoying the atmosphere - but hopefully soon. I am glad we can still order out in the meantime.

Everyone be safe!

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



Robbie Hiett, CAB Vice President

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.

ANNUAL "SOCKTOBER" SOCK DRIVE



Each year, KCCDD joins with community members to donate socks to local organizations who distribute them to individuals and families needing a little extra help. This year, almost 1,300 pairs of socks were collected!

Socks will be given to the Galesburg Rescue Mission and Loving Bottoms Diaper Bank this year, who will help give them to those in need. Thanks to all who contributed!

MICHAEL'S MOVIE MADNESS

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

Dolittle

Hey there, Movie Watchers and Movie Goers!

I recently went to see Robert Downey Jr. as "Dolittle" and his animal cast. This film has everything! It has treachery, heart-pounding journeys, dangerous quests to save a queen, dangers for Dolittle and his animal friends, a stowaway boy who wants to be like Dolittle, and even some British English humor.

Some famous people played the voices of many characters. John Cena played the voice of Yoshi. Selena Gomez was the voice for Betsy the giraffe. Tom Holland played Jip the dog, and Antonio Banderas played King Rassouli. And that's just a few!

Can the warm-hearted, animal-talking, animal-protecting Dolittle save the queen with the help of his animal friends? Go and see *Dolittle* to find out! It's worth the watch.

This has been Michael Hanlon for Michael's Movie Madness.



Michael Hanlon,
CAB Secretary

Michael is an active member of CAB and the KCCDD Cruisers. He loves art and theater and participates in the Community Play Project.

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

POETRY SLAM WITH GLENEE

Some words from Glenee's heart.



Untitled

COVID stinks!

I have a new classroom but am glad to be back at KCCDD.

This has been so hard because

I only see the people I live with.

I really miss shopping at Walmart. I love shopping.

I am looking forward to Zoom meetings and finding out what other people are up to.

I have been watching TV and reading.

I am hoping this gets over soon.

I am looking forward to Speak Up Speak Out.

Next issue I will try to have written some uplifting poetry for you all.

Glenee Brooks, CAB Member

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

NEW RESPITE SERVICES OFFERED

The HUB has been in operation for one year now. Despite COVID, the HUB has continued to grow its services and now offers the "SOAR" Program, Social Opportunities and Respite.

A little over a year ago, with the help of the Galesburg Community Foundation and the Knox County Mental Health Board, KCCDD acquired a new space in downtown Galesburg - the HUB. It had been a longtime goal of KCCDD to provide respite services for families in need of additional care, and the HUB is the answer to that call.

The HUB originally provided monthly respite nights for individuals five years old and up. This service has been widely used, and now, has expanded into the "SOAR" Program - Social Opportunities and Respite.

SOAR provides a variety of support options for children and adults with disabilities, as well as their families. Services are provided to individuals who are either receiving home-based services or who are not currently being funded by the state. Personal Support Workers, opportunities for group and in-home respite services, as well as quarterly social trips or activities are offered.

Please visit our website for upcoming events and news.



Above: Staff and clients enjoy a day at The Quad City Botanical Gardens during a SOAR social outing. Those who attended enjoyed the chance to visit with peers and see the beautiful sights!

GIVING TUESDAY

Join the movement on Tuesday, December 1st!

Following Black Friday, Small Business Saturday, and Cyber Monday, #GivingTuesday has become a large movement encouraging people all across the globe to transform their communities through waves of generosity.

Last year, KCCDD launched a successful #GivingTuesday campaign to support the BEST Fit exercise program in conjunction with DD Homes. This year, we are asking for support as we struggle to navigate our way past the effects of COVID-19. The shutdown proved to be detrimental to our staff, clients, and organization. As we enter into 2021, we come to you asking for your consideration so that we can continue to provide quality services for the 350 individuals we have the privilege of serving.

Without your support, our future sure looks different. It is unknown at this time when we will be able to welcome all clients back on-site, and this has been a large financial barrier that we must overcome. Please consider making a donation on #GivingTuesday as we build upon our 60 year history serving Galesburg.

Stay tuned on our Facebook page (@KCCDDinc) for #GivingTuesday updates!