



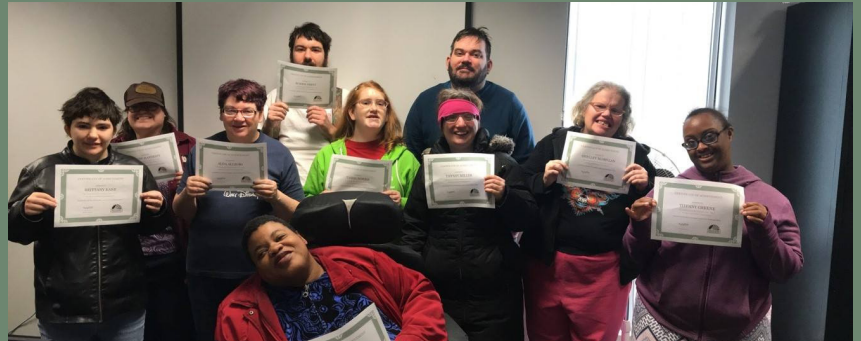
RIDE WITH CAB

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.



WHY IS CAB IMPORTANT TO YOU?

The Client Advocacy Board is important to many people for a variety of reasons. Highlighted below are a few of those reasons.

"It means a lot to me to be on the board (of CAB). I am there at every meeting. It is a fun thing to be a part of."

-- Michael Hanlon, CAB Secretary

"I have a disability. CAB helps me realize my rights."

-- Tiffany Greene, CAB Member

"It helps people who have different disabilities have their own rights and responsibilities."

-- Angela Yackle, CAB Treasurer

"(With CAB) if you need someone to talk to, you have someone. (Before CAB) I used to be afraid to talk. I like to talk for people who can't."

-- Glenee Brooks, CAB Member

"I feel more confident (being a part of CAB). I wasn't very confident when I first started."

-- Shelley McMillan, CAB President

"It feels really good (to be a part of CAB). It helps me learn new things like how to socialize with people and make friends."

-- Robbie Hiatt, CAB Vice President

Above photo: Members of CAB participate in a computer class at Carl Sandburg College.

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

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

1. How can I advocate for my friends?

Just speak up for people who can't speak for themselves. Educate people by using your voice.

2. Shelley, how do you like KCCDD?

I love it here because there is always something to do!

3. How do you save money?

Keep a record of how you spend and what you spend it on. Plan on saving a set amount every payday and put it in a savings account that makes money while paying interest. Decide what is important to you and what you are saving for.

ROBBIE'S FOOD CORNER

Robbie knows food and shares his favorite local restaurants.

The employees at Arby's are very friendly. They have a really good menu with lots of delicious items. I like everything at Arby's. The only thing I wouldn't like at Arby's is the Pecan Chicken Salad Sandwich because I don't like pecans. I really like the beef and cheese sandwiches. Arby's is my favorite place to eat. I like to eat there day and night. I wish I had an Arby's hat, shirt, and comforter. Arby's is one of my happy places. I would like to be a frequent customer. If I ever win the lottery I would eat there all the time.

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



Robbie Hiett, CAB Vice President

Robbie is a restaurant 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.

CATCH OUR CAB MEMBERS AT THESE UPCOMING EVENTS!

For more events and information, please visit kccdd.com and cppgalesburg.com.

September 7th
10AM - 3PM

Monarch Migration Festival

We will be volunteering at this annual event at Lakeside Nature Center.

October
11th - 13th

Community Play Project

See many members starring in this year's production of Shrek: The Musical at Prairie Players Civic Theatre.

October 29th
4:30 - 5:30PM

KCCDD Cruisers

The KCCDD Cruisers band will be performing at SPEAK UP SPEAK OUT in Springfield.

MICHAEL'S MOVIE MADNESS

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

The movie subject for today is comparing both of Disney's Aladdins: the old classic animated one with Robin Williams as the genie and the new one with Will Smith as the genie. In the animated one, Robin Williams did every kind of silly cartoon voice known to man, although in the animated one Princess Jasmine didn't have a royal servant to marry the genie at the end. The 2019 one with real people had all the songs from the animated one. Will Smith did a great job as the genie but he could not out cartoon Robin Williams. The cartoon version had Jaffar saying "Prince Abooboo" which did not happen in the 2019 one. And speaking of Jaffar, I thought they should have gotten someone with a more twisted chin beard but... ah oh well.

The one with real people, with Will Smith as the genie, left out Jafar turning into a giant snake. The Sultan wasn't as short, and unlike the cartoon Sultan that had a very silly, bubbly voice, the Sultan in the new movie had a very serious voice. Jasmine didn't have a special bracelet in the cartoon, and she didn't show up at the first song and chase scene like she does in the 2019 version. Both genies do a great job of singing. The 2019 version has more dancing, but the similarities in some areas are amazing, like the voice of Jasmine sounds like the cartoon voice. And let's not leave the magic carpet out. He (or she) was a lot funnier in the cartoon. This has been Movie Madness with Michael Hanlon and I recommend both movies.



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? Submit it to kccddcab@gmail.com.

POETRY SLAM WITH GLENEE

Some words of wisdom from the heart of Glenee.



**Roses are red
Violets are blue
We need to get along with each other too
Even if it's hard
We've got to love each other too**

Glenee Brooks, CAB Member

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

VOLUNTEER SPOTLIGHT - ANGELA AND TIFFANY

Angela and Tiffany are passionate about volunteering. With their friends at KCCDD, they have many opportunities to contribute to the Galesburg community.

Angela and Tiffany are both members of REACH, a group at KCCDD that is focused on community engagement. This group volunteers at a variety of organizations in the Galesburg area. Angela says some of her favorite places to volunteer are the library, Purple Hanger, and the Knox Prairie Community Kitchen. She loves volunteering because she gets to help the community and people in need. Tiffany enjoys volunteering at KCCDD's on-campus coffee shop, Vitale's -- where she gets to serve coffee and handle money. Some of her other favorite places to volunteer include Gordon Behrents Senior Center, Salvation Army, Community Treasures Thrift Store, Knox Prairie Community Kitchen, and Purple Hanger. Tiffany says she loves to volunteer because it is a fun way to be a part of the community.

Angela and Tiffany aren't the only two at KCCDD who love volunteering. If you have a volunteer opportunity we can participate in, please email kccddcab@gmail.com.



Angela Yackle, CAB Treasurer

Angela loves being a part of CAB. She also enjoys creating art -- jewelry, cards, drawing, etc.

Tiffany Greene, CAB Member

Tiffany likes to be in REACH, make art, and do math.

CASPI CLASSES

Client Advocacy and Special Interest Classes

CASPI classes are offered to clients at KCCDD and change each quarter. If an individual has a special interest in something, KCCDD can probably offer a class for them. These classes are always favorites among the clients because they get to explore topics they've never been able to before, or they get to further explore something they know they love!



BELLS CASPI CLASS

Current classes include:

BUTTERFLIES AND BUGS

EXPRESSIONS

CARD STAMPING

BELLS

SEASHELLS

WALKING

PASSPORTS

SWIMMING