



Callaway Connections

FOSTERING COMMUNITY RELATIONSHIPS TO LAST A LIFETIME

A publication of Callaway County Special Services

CCSS Announces new Day Services Director and Community Integration Coordinator

Emery Jones has been promoted from Community Integration Coordinator to Director of Day Services at the Life Enrichment Center. Emery came to us at the year end of 2021 from Fulton Public Schools. There she taught Speech and Language. She has her Bachelor of Health Science in Communication Sciences and Disorders which she attained from The University of Missouri. While in

college she met her future husband. He is a lifetime resident of Callaway County and is a fourth generation Angus cattle producer. Together they live in the home his grandparents built many years ago and are renovating it one Home Depot trip at a time! They raise their two children, Rocklin and Avinelle, on the farm surrounded by cows, chickens, and sheep. In her free time, she loves to play cards, be creative, and shop! Emery says, “My favorite part of my work here at CCSS is generating new ideas for programs and activities that can help not only our consumers but the entire I/DD community of Callaway County. Then, getting to see some of those ideas become reality and witnessing the impact of their success. It is truly fulfilling and brings me tremendous joy!”



Lisa Spires has been promoted from Direct Support Professional to Community Integration Coordinator. Lisa came to us in the Summer of 2020. She has an Associate of Arts degree from Moberly Area Community College. Before coming to us she had worked in ISL’s as a house manager, and she had previously worked in nursing since 2008. She met her husband in 2013 and they were married in 2020. They have 3 daughters, Rebecca, Madison, and Brooklyn, along with many pets. In her free time, she loves to spend time with her family and pets, reading, being creative, and traveling to new places. Lisa says, “My favorite part of working at CCSS is the bonds and

relationships I have acquired with consumers and coworkers, and watching consumers learn new things, watching their faces light up when they accomplish something they couldn’t before, or simply just making them laugh and feel safe. I love thinking of and planning new fun things for them to go see and do!”

October is ADHD Awareness Month

According to the Centers for Disease Control and Prevention (CDC), the prevalence of ADHD in Missouri is 8.6% for children aged 2-17 years. This is slightly lower than the national average of 9.4%.

The prevalence of ADHD in Missouri has been increasing over time. In 2003, the prevalence was 6.8%. This increase may be due to several factors, including:

- Increased awareness of ADHD
- Changes in diagnostic criteria
- Changes in the way ADHD is treated

The most common treatment for ADHD in Missouri is medication. About 70% of children with ADHD in Missouri are taking medication. Other treatments for ADHD include behavioral therapy, counseling, and lifestyle changes.

There are a number of resources available for children and families affected by ADHD in Missouri. These resources include:

- The Missouri Department of Mental Health
- The Missouri Department of Education
- The CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) Missouri Chapter

If you are concerned that your child may have ADHD, you should talk to your doctor. They can help you assess your child's symptoms and determine if a diagnosis is warranted.

Here are some additional things to keep in mind about ADHD in Missouri:

- The prevalence of ADHD is higher in boys than girls.
- ADHD is more common in children living in rural areas than in urban areas.
- Children with ADHD are more likely to have other learning disabilities, such as dyslexia and dyscalculia.
- Children with ADHD are also more likely to have behavioral problems, such as aggression and defiance.



What is Diabetes?

First, you want to differentiate between type one diabetes and type two diabetes. Type one diabetes is when a person's body does not produce insulin properly. It is commonly known as juvenile diabetes because it happens at an earlier onset. Type two diabetes is when a person's body is not able to properly use its insulin to regulate

blood sugar. 95% of diabetes cases are type two. According to the [CDC](#), "prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Approximately 96 million American adults—more than 1 in 3—have prediabetes. Of those with prediabetes, more than 80% don't know they have it."

How Many People Have Diabetes? [\(Source: CDC National Diabetes Statistics Report, 2022\)](#)

From 2001 to 2020, diabetes prevalence significantly increased among US adults 18 or older.

37.3 million people have diabetes—that's 11.3% of the US population.

28.7 million people have been diagnosed with diabetes.

8.5 million people who have diabetes have not been diagnosed and do not know they have it.

Total Prediabetes

96 million US adults have prediabetes.

26.4 million adults 65 or older have prediabetes.

If you have any health concerns, contact your healthcare provider. You can also contact your local health department, The American Diabetes Association (ADA) or the National Diabetes Prevention Program (DPP).

November is Epilepsy Awareness Month

Epilepsy is a neurological disorder that causes recurrent seizures. It is one of the most common neurological disorders, affecting about 3.4 million people in the United States.

The prevalence of epilepsy in Missouri is about 1%. This means that about 60,000 people in Missouri have epilepsy.

The causes of epilepsy are not fully understood, but they can be due to several factors, including:

- Head injury
- Brain tumor
- Stroke
- Infection
- Genetic disorders
- Unknown causes



The symptoms of epilepsy can vary depending on the type of seizure. Some common symptoms include:

- Loss of consciousness
- Convulsions
- Jerking movements
- Confusion
- Loss of bladder or bowel control

The treatment for epilepsy depends on the type of seizure and the severity of the condition. The most common treatment is medication. Other treatments include surgery, vagus nerve stimulation, and dietary therapy.

There are several resources available for people with epilepsy in Missouri. These resources include:

- The Epilepsy Foundation of Missouri and Kansas
- The Missouri Department of Health and Senior Services
- The University of Missouri Health Care Epilepsy Program

If you are concerned that you or someone you know may have epilepsy, you should talk to your doctor. They can help you assess your symptoms and determine if a diagnosis is warranted.

Here are some additional things to keep in mind about epilepsy in Missouri:

- Epilepsy is not contagious.
- People with epilepsy can live full and productive lives.
- There are several effective treatments for epilepsy.
- If you have epilepsy, you should wear a medical alert bracelet or necklace so that others know about your condition.



The International Day of Persons with Disabilities (IDPD) is celebrated every year on December 3. It is a day to promote the rights and well-being of people with disabilities. The day was established by the United Nations General Assembly in 1992.

The theme for IDPD 2023 is "Leadership and participation of persons with disabilities toward an inclusive, accessible and sustainable post-COVID-19 world." The theme highlights the importance of the leadership and participation of people with disabilities in all aspects of society, including the COVID-19 recovery process.

There are many ways to celebrate IDPD. You can:

- Learn more about the rights and challenges of people with disabilities.
- Get involved in organizations that support people with disabilities.
- Advocate for the inclusion of people with disabilities in all aspects of society.

- Challenge stereotypes and misconceptions about people with disabilities.
- Celebrate the achievements of people with disabilities.

IDPD is an important day to raise awareness about the rights and well-being of people with disabilities. By celebrating IDPD, we can help to create a more inclusive and accessible world for everyone.

A Taste of Fall Treat

Slow Cooker Apple Crisp

Ingredients

- 6 medium Granny Smith apples, peeled and sliced
- 2/3 cup oatmeal (not quick oats)
- 2/3 cup flour
- 2/3 cup brown sugar
- 1 teaspoon cinnamon
- A few grates of fresh nutmeg
- 1/2 cup (1 stick) butter



- Add and arrange the sliced apples in the bottom of the slow cooker.
- Mix the oatmeal, flour, brown sugar, cinnamon, and nutmeg. Cut in the butter to make crumbs using a pastry blender or your fingers.
- Crumble the oatmeal mixture over the apples.
- Place a double layer of paper towels over the top of the slow cooker to absorb any condensation, cook for 2-3 hours until apples are tender. Serve alone or with vanilla ice cream on top!



[Serve, Inc. in Fulton](#) – Monday, Wednesday, and Friday 9:00-12:00 PM

[Shiloh UMC in Holt Summit](#) - 2nd Thursday of the month from 1:00-3:00 PM

[AmVets in Mokane](#) - 2nd Thursday of the month from 12:00-1:30 PM

[Pleasant Grove UMC in Hatton](#) - 3rd Thursday of the month from 1:00-2:30 PM

[New Testament Church in Auxvasse](#) - 3rd Thursday of the month (need to call to get on a list, most of these get delivered to seniors, but could also be picked up



WE WELCOME THE COMMUNITY TO THE WOODS!
LIVE MUSIC, FOOD TRUCKS, DRINKS, VENDORS, YARD GAMES, AND FAMILY FUN.
BRING A CHAIR OR A BLANKET!

FIRST FRIDAY
of
EVERY MONTH
FREE ADMISSION

5:00 - 9:00 P.M.

William Woods University
 Sam Cook Amphitheater



CALLAWAY RESOURCE NETWORK FAIR

THURSDAY, OCTOBER 5, 2023 | 9-11 A.M.
 Callaway Electric Cooperative | 1313 Cooperative Dr, Fulton

Join the Callaway Resource Network
 to learn more about the valuable resources in Callaway County

FREE RESOURCES
 for families, schools, faith-based orgs, community leaders and others!

MORE THAN 25 BOOTHS



EMPLOYMENT



HOUSING



FOOD



EMERGENCY ASSISTANCE



UTILITIES



CHILDCARE

CONTACT US:
KELLI@CMCA.US

Upcoming Community Events

Hatton Craft Fair October 7th

Run for Humanity for Children at Westminster
 October 21st

Hickory Ridge Orchard is open every weekend
 in October - Friday and Saturday 10 AM to 6 PM
 and Sundays 12 PM to 6 PM

HCDA Craft Fair at Hallsville Fairgrounds
 November 18th starting at 9 AM

Family Movie Nights Auxvasse Community
 Center third Thursday of each month 6:30-8:00
 PM

Movie at the Firehouse on October 14th at
 sunset at Fire Station One

Family Halloween Dance on October 27th at 6-
 8 PM at Legends Rec-Plex

19th Turkey Trot 5k Run/Walk on November 4th
 at 9 AM at Legends Rec-Plex. Register ahead of
 time or the day of. \$20 for adults and \$10 for
 kids ages 4-17

Special Olympics Basketball

Basketball signups will be happening
 sometime in the beginning of November.
 Practices will be held again at William Woods
 in their gym.

Keep an eye out for Facebook post in CCSS
 and Fulton Mo Special Olympic pages. We
 will post dates and times as soon as we are
 able to establish them.

If you don't see any post or information by the
 first part of November, please contact:
 Debbie Luckinbill
 573-544-4721

YOU ARE INVITED
TO A
HALLOWEEN DANCE
PARTY

It's time to get your ghou! Join us for a chillingly good Halloween party that will leave you howling for more. There will be a DJ so wear your costume and your dancing shoes.

FRIDAY OCTOBER
27TH
5:30 -7:30 PM
HOSTED AT CCEE
2611 NORTH BLUFF ST
FULTON, MO 65251
PIZZA AND BEVERAGES PROVIDED BY CCSS

GUARDIANS/STAFF REQUIRED TO BE IN ATTENDANCE

CALLAWAY CHAMBER OF COMMERCE

ARE YOU AN ENTREPRENEUR WITH AN IDEA, BUT NO FUNDING?

Register TODAY TO ENTER THE SHOW-ME INNOVATION PITCH COMPETITION AND EARN UP TO \$3,000 IN PRIZE MONEY!

NOVEMBER 2, 2023
William Woods University
1 University Ave, Fulton, MO

To learn more and to register, contact Brianna at businessrelations@callawaychamber.net (573)642-3055

THE Callaway Bank
With You For The Moments That Matter
MEMBER FDIC

HOST SPONSOR:
William Woods University

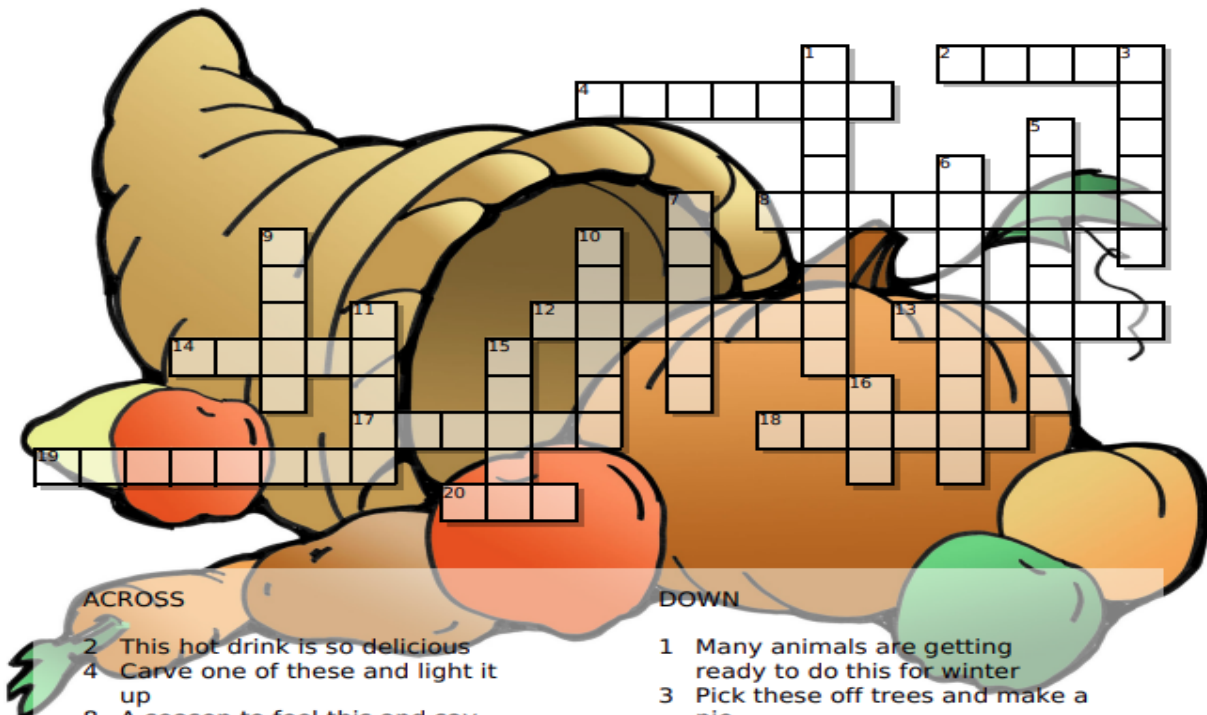
SPONSORED BY:
B-Line Engraving Call Me Liz
General Printing Service
Lauren Jungermann Agency LLC- American Family Insurance
Zimmer Communications

Direct Support Professionals Week 2023



The week of September 11-15 CCSS recognized their Direct Support Professionals for all their hard work, dedication, and care for all the participants. It takes a special kind of person to be able to do the work of a DSP and this group of ladies do it with a smile on their faces every day! Thank you to all the DSPs for everything, you make a difference in the lives that you touch every day!

Pictured from left to right are Chelsea Crewse, Terry Chambers, Maria Olivarez, Melanie Stotler and Patrice Lawson



ACROSS

- 2 This hot drink is so delicious
- 4 Carve one of these and light it up
- 8 A season to feel this and say thank you
- 12 You may need to add this to your bed
- 13 The seeds of a tree that fall and go bonk
- 14 Make this hot drink with apples
- 17 Time to get these clothes ready
- 18 Turns colors then falls off trees
- 19 The spice of the season
- 20 Fall color that starts with "R"

DOWN

- 1 Many animals are getting ready to do this for winter
- 3 Pick these off trees and make a pie
- 5 This furry mammal buries acorns
- 6 These fall off conifer trees
- 7 Fall color that starts with "O"
- 9 These head south for the winter
- 10 The temperatures get
- 11 Fall color that starts with "B"
- 15 A coffee drink with pumpkin spice
- 16 It's fun to go on this ride pulled by a tractor

WORD BANK: ACORNS, APPLES, BIRDS, BLANKET, BROWN, CIDER, CINNAMON, COCOA, COLDER, GRATITUDE, HAY, HIBERNATE, LATTE, LEAVES, ORANGE, PINECONES, PUMPKIN, RED, SQUIRREL, WINTER

