



# CALLAWAY CONNECTIONS

FOSTERING COMMUNITY RELATIONSHIPS TO LAST A LIFETIME



## CCSS Celebrates Volunteerism

In December, Callaway County Special Services held a luncheon at Ohana’s Pizzeria to honor the participants of the Life Enrichment Center for volunteering over 780 hours of time in the Callaway County community in 2022! These folks delivered food for Meals on Wheels, repacked items at the Serve food pantry, sorted and hung clothes at Trends, packaged treats for Buddy Packs at Pleasant Grove United Methodist Church, participated in a pen pal program through Oasis, provided clean up after lunches at St. Peter’s Catholic School, and took turns ringing the bells for the Salvation Army.

Also recognized at the event were CCSS board members, staff for years of service, and CCSS volunteers for their creative ideas and work for program activities at LEC.

## Knowing Your Community

### Upcoming Local Events

Callaway Connections will see you in person on **March 17, 2023**, for St. Patrick’s Day Celebration!! See inserted flyer.

Free Family Movie Nights at Auxvasse Community Center on the third Thursday of each month.

Celebrate the Winter Season in joining the Memory Café at the Callaway County Public Library – find more details or more events go to <https://events.dbrl.org/>

Check out the YMCA of Callaway County, City of Fulton Legends Rec-Plex, Fulton Bowling Center, Fulton Cinema 8, or Brick District Playhouse for more scheduled events.

## CCSS Board Approves Funding for Wonderland Camp Scholarships

The Callaway County Special Service Board of Directors approved a new budget item for 2023! Individuals living in Callaway County may now be eligible for a scholarship to attend Summer camp at Wonderland Camp located in Lake of the Ozarks. Wonderland Camp offers camp with adapted activities for children, teens and adults with disabilities. More information on the scholarship process will be coming in February.

## Night to Shine Coming Soon

Friday, February 10<sup>th</sup>, 2023

Crossing Church	Capital West Christian Church
3615 Southland Drive	1315 Fairgrounds Road
Columbia, MO	Jefferson City, MO
(573) 256-4410	(573) 634-8335
6 pm- 9 pm	4:30 pm – 9 pm



Night to Shine, a prom centered on God’s love for people with special needs held simultaneously around the world on the Friday before Valentine’s Day each year, is not just an event, but an invitation into a community that values, honors and supports people with special needs and their families. Night to Shine has since become a catalyst for additional programming intentionally designed to create year-round impact and true-life change in the communities hosting the event.

## Exposure to Winter Weather

Prolonged exposure to the cold can lead to serious health issues including frostbite, hypothermia, and in extreme cases, death. Therefore, the Missouri Department of Health and Senior Services (DHSS) urges residents to minimize outside activities during the extreme cold and follow these safety tips:

- Stay indoors in a warm area. If heat is not available, there are warming centers available by calling 2-1-1.
- Use adequate and safe heating sources.
- If you do have to be outdoors, dress in several layers of loose-fitting, layered, lightweight clothing, wear a hat, scarf and gloves.
- Increase fluid intake regardless of your activity level.
- Watch for signs of frostbite and hypothermia:
  - Frostbite causes a loss of feeling and pale or waxy white appearance of extremities, such as fingers, toes, ear lobes or the tip of the nose. Other signs may include numbness, a tingling or stinging sensation in the affected body part, and reduced blood flow. If any of these symptoms are present, seek help immediately.
  - The warning signs of hypothermia include uncontrollable shivering, memory loss, disorientation, slurred speech, drowsiness and apparent exhaustion. In infants, the skin will turn bright red and cold, and they may present with a very low energy level. If any of these signs appear, get the individual to a warm location immediately and call 911 for medical assistance.



## February is American Heart Month

Each year, National Heart Health Month is observed in February. According to the World Health Organization (WHO), cardiovascular disease is the world's number one cause of death, killing over 17 million people every year. The month is a very important period during the year. Awareness is created about the various heart conditions, and it goes a long way to help reduce the rate at which heart-related diseases are taking the lives of people. We need to use this month to take extra care of our heart health and help those who already suffer from heart diseases.



National Wear Red Day for the year 2023 is celebrated/ observed on **Friday, February 3<sup>rd</sup>**. Every year the first Friday of February has been dedicated to National Wear Red Day as an awareness day for American women to understand their number one health threat - heart disease. The day encourages women to know their Blood pressure, HDL cholesterol and total cholesterol levels, as well as their body mass index (BMI) to better understand their health risk for heart disease.

## March Disability Awareness Month

Each March, the National Association of Councils on Developmental Disabilities partners with Association for University Centers on Disabilities and National Disability Rights Network to create a social media campaign that highlights the many ways in which people with and without disabilities come together to form strong, diverse communities. The campaign seeks to raise awareness about the inclusion of people with developmental disabilities in all areas of community life, as well as awareness to the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.

Developmental disabilities include disabilities such as cerebral palsy, autism, muscular dystrophy, Down syndrome, or fetal alcohol spectrum disorder and affect a person's growth and/or cognition. The figures show as of 2017, about 1 in 6 children are identified to have some type of developmental disability. But people shouldn't have to be worried or alarmed if someone has a developmental disability. They can usually live normal lives as long as they have the proper support.

The Developmental Disabilities Awareness Month shines a spotlight on the disabled community and demonstrates how people with developmental disabilities live normal lives. In return, the public can learn how they can help people with developmental disabilities achieve their dreams.

March 21st is World Down Syndrome Day (WDSD), a global awareness day which has been officially observed by the United Nations since 2012. The date was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down Syndrome.



## COVID-19 Free Test Kits

Residential households in the U.S. can order one set including four individual rapid antigen COVID-19 tests. Visit [special.usps.com/testkits](https://special.usps.com/testkits) for more information. [COVID.gov/tests](https://www.cdc.gov/covid19/testing) has more details about at-home tests, including extended shelf life and updated expiration dates). Orders will ship free starting the week of December 19, 2022.

**Before You Throw Out "Expired" Tests:** [Check to see if your COVID-19 tests' expiration dates have been extended.](#)

Find **COVID-19 vaccines** and boosters near you at [vaccines.gov](https://www.vaccines.gov) or call 1-800-232-0233.

## Tasty Treats

### Pistachio Mallow Salad

TOTAL TIME: Prep: 5 min. + chilling YIELD: 12 servings.

*This fluffy pistachio salad is a real treat since it's creamy but not overly sweet. It's easy to mix up, and the flavor gets better the longer it stands. It's perfect for St. Patrick's Day, served in a green bowl.*

#### Ingredients

- 1 carton (16 ounces) whipped topping
- 1 package (3.4 ounces) instant pistachio pudding mix
- 6 to 7 drops green food coloring, optional
- 3 cups miniature marshmallows
- 1 can (20 ounces) pineapple tidbits, undrained
- 1/2 cup chopped pistachios or walnuts
- Additional whipped topping, optional



#### Directions

In a large bowl, combine whipped topping, pudding mix and, if desired, food coloring. Fold in the marshmallows and pineapple. Cover and refrigerate for at least 2 hours. Just before serving, top with additional whipped topping if desired and sprinkle with nuts.

### We're on the Web!

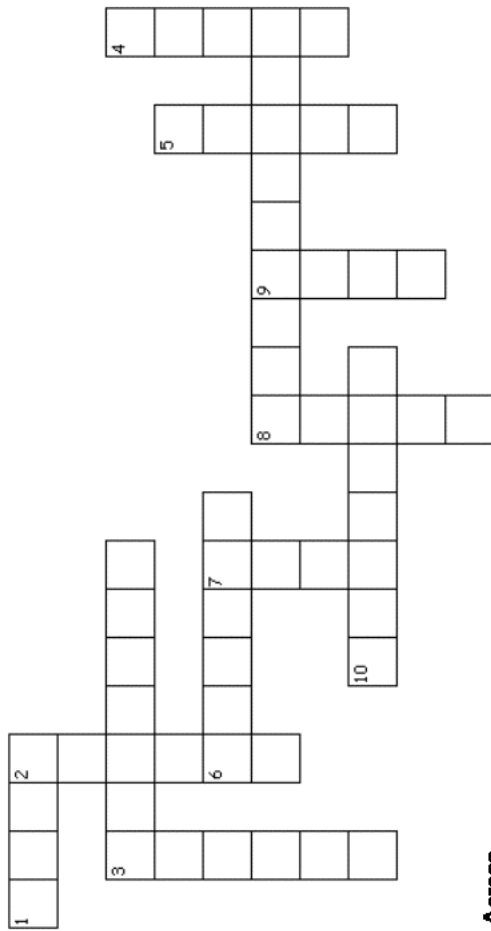
[WWW.CALLAWAYCOUNTYSPECIALSERVICES.ORG](http://WWW.CALLAWAYCOUNTYSPECIALSERVICES.ORG)



- Home-Why Choose CCSS
- About-philosophy, history, careers, annual reports
- Services-services, eligibility/costs, privacy policy
- Resources

If you would like to receive future Callaway Connections newsletters electronically, contact CCSS through our website or call us at 573-642-1792.

# Valentine's Day Crossword



## Across

1. \_\_\_\_\_ and kisses.
3. They smell pretty.
6. On Valentine's Day you should hug and \_\_\_\_\_ with your loved ones.
8. Special treat loved by all.
10. Wrap it up and tie it with a bow.

## Down

2. Another word for kiss.
3. My best \_\_\_\_\_.
4. Delicate, red flowers (with thorns).
5. Valentine's Day shape.
7. I \_\_\_\_\_ you.
8. Sugary treat.
9. Sign it and give it to a friend.



candy, card, chocolate, cuddle, flowers, friend, heart, hugs, love, present, roses, smooch

# St. Patrick's Day Crossword

CLOVER  
GREEN  
GOLD  
IRISH  
MARCH



D	H	N	V	X	C
L	S	E	H	M	L
O	I	E	S	A	O
G	R	R	P	R	V
B	I	G	Q	C	E
J	I	P	F	H	R



Join us for a

**WEE BIT O' FUN**

*St. Patrick's*

*Day Celebration*

**MARCH 17TH, 2023**

**5:30 P.M. - 7:30 P.M.**

Hosted at CCEE  
2611 North Bluff Street  
Fulton, MO 65251

Pizza and beverages provided by CCSS

**GUARDIANS/STAFF  
REQUIRED TO BE IN  
ATTENDANCE**





*Callaway County Special Services*

2635 Fairway Drive ~ Fulton, MO 65251