



# GCD: Governor's Council on Disability

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[Governor's Council on Disability](#)

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## 2015 GCD Awards at Power Up

by Claudia Browner

Each year at the annual Power Up Assistive Technology conference, the Governor's Council on Disability presents the Inclusion Award and Youth Leadership Award winners with their awards. More than 500 individuals were gathered at the conference center in St. Charles as GCD Executive Director Rob Honan presented the awards to the winners.

The THRIVE Program at University of Central Missouri, in Warrensburg is the 2015 Inclusion Awards winner.



Karen Fahrmeier accepts the Inclusion Award from Rob Honan

Transformation, Health, Responsibility, Independence, Vocation, Education (THRIVE) are the goals of any college student. At the University of Central Missouri (UCM), they are the foundation of THRIVE. This two-year certificate program prepares students with disabilities for independent

living, personal interaction, and employment fitting their goals and abilities. THRIVE provides improved academic abilities, interaction with age peers, computer skills, job skills, and career-focused internships.

Karen Fahrmeier accepted the award on behalf of the program.



Caitlin Bartley (center) and her guests arrive at the GCD awards luncheon

The 2015 Youth Leadership Award winner is Caitlin Bartley. Caitlin recently graduated from Lincoln University (LU) with a double major in Psychology and Social Work with Magna Cum Laude honors, and has been accepted into the Masters Program at the University of Missouri, where she will continue her quest to help others through social work. Caitlin's self-awareness, proactive involvement, perseverance, goal-setting, and the use of effective support systems have led her to a successful and rewarding life.

On LU campus, Caitlin initiated changes in two of the main buildings to make them accessible. Caitlin is a graduate of the Missouri Youth Leadership Forum.

The Honorable Mention for the 2015 Inclusion Award was awarded to Kelsey Mack, owner of The Birds Nest in Blue Springs. Kelsey's dream was to create and operate her own business, to assist other individuals with disabilities, to be more fully included and explore their talents through employment. As a result, Kelsey created The Bird's Nest in November 2014. The Bird's Nest is a gift shop which sells items handcrafted solely by individuals with disabilities, and all of The Birds Nest's employees are individuals with disabilities. Kelsey Mack was unable to attend the GCD awards luncheon at the Power Up conference. Rob Honan visited her at The Birds Nest on April 30th to present the award.



Kelsey Mack shows off the Honorable Mention award

## Emergency Preparedness: Prepare Yourself



### Emergency preparedness begins with you!



Sample Emergency Kit

Missouri has had its fair share of disasters in the past, from flooding to fires to earthquakes. Even though these often cannot be avoided, the impact on your personal life can be mitigated with planning and preparation. It is important that everyone has an all-hazards preparedness plan in place so that if there is an emergency, you are able to take care of your needs and know what resources may be available. What is such a plan? What does it look like? What can you do to prepare yourself and your loved ones?

There are many good, free resources that are available to help you put a plan in place. One resource in Missouri is *Ready in 3* (<http://health.mo.gov/emergencies/readyin3/>). Information about *Ready in 3* is available through the Missouri Department of Health and Senior Services. *Ready in 3* focuses on 3 steps that will help individuals prepare for emergencies. Those steps are: 1) Create a Plan, 2) Prepare a Kit, and 3) Listen for Information.

When you create your plan, think about your needs and the needs of your family members. If you have a disability, you need to think about your needs specific to your disability. Think about your capabilities in an emergency. It is always a good idea to create a personal support network for when you are home, at school or at work. In addition to any Personal Care Assistants (PCA) you may have, also have at least three people in your network who will provide assistance if needed. It is a good idea to provide training to those individuals about your personal care needs before there is an emergency so that they know how to help you in an emergency.

Other items to include in your plan (your "kit") are copies of insurance and prescription cards with detailed informa-

tion about your current prescriptions to include any allergies. Include names, addresses and phone numbers for your doctors, specialists, therapists, pharmacists, PCAs, your Durable Medical Equipment (DME) supplier and other people who you would need to contact in an emergency. It is also a good idea to include a printed list of telephone contacts from your cell phone because you may not have cell service. If you have a service animal or pet, don't forget to include important veterinarian records and contact information.

If there is an emergency, you may not be able to get food or water for several days or even longer and you may be without electricity. Basic supplies for emergency kits are water, canned (don't forget to include a manual can opener) or dried food that doesn't need to be cooked just in the event you don't have power. Also, include a battery powered radio so you can get information, a flashlight, first aid kit, hygiene items, and extra batteries for the radio and flashlight.

In addition to the basic items, include things specific to your needs. Some items you may need could include special formulas, an EpiPen for allergies, extra oxygen, an extra battery for a wheelchair, catheters or other consumable medical equipment, a portable ramp or compression hose. If you absolutely need an item, make sure it is in your kit. Be sure to include items for your service animal or pet!

You will also want to include essential items in a smaller kit that you would take with you if you had to leave your home or work. This is often referred to as a "go-bag" or "bug-out bag." Include the important contact information discussed above, in that bag. Include cash as your credit or debit cards won't work if the power is out.

Don't get overwhelmed by feeling like you have to have an

emergency kit and go-bag put together right away. You can build your kit and bag on a budget by adding an item or two to your purchase when you go to the grocery store.

Several resources where you can learn more about emergency planning on a budget include [Do 1 Thing](#), a [Preparedness Calendar](#) and [Tips for Preparing a Budget-Friendly Preparedness Kit](#). Once you have your kits, remember to develop a system to rotate the items so the products aren't expired when the emergency occurs.

When there is an emergency, listen for information about updates and any instructions you may need. Social media is a great resource if you connect to a reliable source of information like news stations, the emergency management agency, Red Cross, Local Public Health Agency (LPHA) or other resources. Sign up with your local weather station to get weather alert texts so you know when there is a weather emergency. The [Red Cross](#) also has some great apps for phones such as the Flood App, Tornado App, Earthquake App, Shelter App and even a Pet First Aid App. The Federal Emergency Management Agency (FEMA) also has an [app](#) available that will provide valuable information that can be used for emergency events.

Get involved in your community. Volunteer with your Red Cross, Community Emergency Response Team (CERT), Salvation Army or faith-based organization. Sign up to participate in the [Great Central U.S. ShakeOut](#) on October 20, 2016 and learn how to prepare for an earthquake emergency.

Remember – advanced planning is critical. It is every citizen's responsibility to prepare for emergencies.

*By Vicky Davidson, Executive Director Missouri Developmental Disabilities Council (edits from original submission by Rob Honan)*

## Delegates Selected for the 2016 MO-YLF

by Dawn Evans

*Congratulations* to the 2016 [Missouri Youth Leadership Forum](#) (MO-YLF) delegates. The selection committee has made their decisions and acceptance packets were mailed to 35 High School students across the State of Missouri.

Each one of these students was selected through a competitive application process which consisted of submitting an application, writing an essay, providing references, and completing a phone interview. To be selected the students must:

- Demonstrate Leadership Potential
- Demonstrate involvement in extracurricular activities
- Demonstrate an interest in community involvement
- Demonstrate an ability to interact effectively with other students
- Demonstrate a positive

attitude and be an exemplary role model

On July 12 these delegates will arrive at the University of Missouri Campus to spend five days that will provide them with confidence and tools to empower them for a successful transition into their adult lives.

During this week delegates will:

- Gain knowledge in career exploration and preparation, disability history and culture, and assistive technology
- Learn about self-advocacy by participating in a mock legislative session with legislators
- Identify existing barriers to personal and professional success and develop plans to remove barriers
- Develop a Personal Leadership Plan outlining their goals

- Interact with others with similar hopes and dreams

Goals of the program:

- Young Adults with disabilities will become employed and be self-sufficient
- Young adults with disabilities will be knowledgeable about resources available to them to become successful adults
- Young adults with disabilities will be exposed to professionals with disabilities who are recognized leaders and inspiring role models

The 2016 Missouri Youth Leadership Forum will be held July 12-16 at the University of Missouri in Columbia.



## Accessibility in Missouri's Great Outdoors

**Department of Natural Resources—Missouri State Parks**

**Missouri Department of Conservation**

**Local City and County Parks**



Do you like to camp or do other fun outdoor activities in the summer? Are you in need of accessible features and facilities? Well, look no further than the information provided on the Missouri State Parks website:

<https://mostateparks.com/page/61837/accessibility-information-park-or-historic-site>.

Happy Camping!

If you like to fish, hunt, boat, go birding, or other outdoor activities, visit the Department of Conservation's website for a listing of accessible sites:

<http://nature.mdc.mo.gov/discover-nature/places/accessible-outdoors>

In addition to state parks and conservation sites, there are local parks and trails that are accessible to all. Jefferson City, for example, offers a paved greenway system throughout town that is shared by individuals who walk, run, roll or ride their bicycles. So get out there and enjoy the Missouri outdoors!





## Missouri Governor's Council on Disability Members

- Yvonne Wright, Chair, New Bloomfield
- Joan Bergstrom, Ed. D, Lee's Summit
- Charles Comstock, Kirksville
- Betty Davidson, Ph.D., St. Louis
- Jeff Grisamore, Lee's Summit
- Ronald Hack, St. Louis
- Mary Ann Harter, St. Louis
- Todd Mayfield, Jefferson City
- DeAnna Noriega, Fulton
- Susan Orton, Creve Coeur
- Derek Smith, Osage Beach
- James Trout, St. Louis
- Robert Wallace, St. Louis

## 2016 Legislative Priorities/Passed Bills

by Laura Mueth



The 2016 legislative session has come to an end. This session was significant for individuals with disabilities because many bills that have been worked on for years were Truly Agreed To and Finally Passed by the legislature. The majority still require Governor Nixon's signature to become law.

Two of the bills are ones that have been mentioned in previous newsletters. One of these bills is [House Bill 1565](#). Beginning in fiscal year 2018, it would increase the asset limit from its current level of \$1,000 for individuals and \$2,000 for couples to \$5,000 for individuals and

\$10,000 for couples by fiscal year 2021. The increase would occur on an incremental basis and then in fiscal year 2022 and each subsequent year be adjusted for the cost-of-living.

The other is [House Bill 1583](#). It would modify the definition of bullying and define cyber-bullying. It allows school districts to discipline for cyber-bullying no matter where it occurs. It also includes provisions allowing teachers the option to complete up to two hours of training in suicide awareness and prevention annually as part of professional development hours. School districts must develop a policy addressing strategies to assist in identifying students who are at possible risk for suicide.

[House Bill 1631](#) and [House Joint Resolution 53](#) concern requiring photo identification from anyone who wishes to vote in an election. The bill requires individuals to show specific forms of photo identification prior to casting a ballot. Those who do not have one of the forms of identification will be able to cast a regular ballot if they sign a statement under penalty of perjury that they are qualified to vote and show another form of identification. Those who refuse to sign the statement will be able to cast a provisional ballot. The bill requires the State of Missouri to provide a non-driver's license at no cost to anyone needing an ID to vote. This includes paying for any documents necessary to obtain the ID. The bill will only become law if House Joint Resolution 53 is approved by voters and funds are appropriated in the state budget to reimburse election authorities for the costs. House Joint Resolution 53 would amend Article VIII of the Missouri Constitution to include a photo identification requirement in order to vote in the state.

## GCD publishes Position Papers

by Claudia Browner

## Missouri Governor's Council on Disability Staff Members

- Robert Honan, Executive Director
- Claudia Browner, Office Manager
- Dawn Evans, MO-YLF Coordinator
- Laura Mueth, Legislative Coordinator

In the fall of 2015, the Governor's Council on Disability (GCD) set out to develop position papers on issues and topics that are important to people with disabilities.

The Council's subcommittees on education, employment, housing, and transportation, along with experts from outside agencies worked together to develop position papers on the following topics:

- [Education](#)
- [Employment](#)
- [Housing](#)
- [Transportation](#)

By April of 2016, these position papers were ready for approval by the full Council and were approved by the Council members at the April 22 Council meeting.

The position papers are available to the public on GCD's website at <http://disability.mo.gov/gcd/positionpapers.htm>

The Governor's Council on Disability invites you to read the position papers and share the information with others who might be interested.