

BE THE SPARK

Supporting People with developmental disabilities through Advocacy, Resources, and Kindness

JCBS NEWSLETTER | JANUARY 2022 EDITION



Starting the New Year with a SPARK!

Happy New Year everyone! We are excited to see what the new year brings. We hope everyone had a wonderful holiday and we cannot wait to hear all about it! In honor of 2022, we asked some of our team what some of their resolutions were!

Liz Hargrave: "My resolution is that I am going to take more time for myself and hang out with my friends more often."

Melissa Frey: "I know this sounds silly, but my resolution is to be in and take more photos. I want more photos with my family and friends. I only have so many of my mom; I just wish there were more."

Coolleen Hall: "My resolution is to call my family (sister, brother, nieces) more often and start a monthly dinner date."

COMBATING THE WINTER BLUES

Page 2 – Winter activity ideas!

GET TO KNOW US!

Page 3 – Meet Katie, one of our amazing TCMs!

GIVEAWAY

Page 4 – We are giving away a \$10 Starbucks gift card! See page 4 for details.

COMBATING THE WINTER BLUES

Letter from the director



In last month's letter, I introduced the first strategic priority in JCBS' 2022 Strategic Plan as well as the quote from author Brian Tracey, "Excellence is not something that happens by accident; it happens by deliberate design."

Our deliberate design is made up of three strategic priorities. The first priority is to RECRUIT, RETAIN, and DEVELOP PROFESSIONALS. Our second Strategic Priority and focus of this letter is to IMPROVE EXISTING SERVICES. Under this priority, we're committing to improve how we monitor and plan for services.

One of my favorite goals supporting our second priority is to increase family and individual feedback through our TCM survey. Last year, we had a minimal completion rate of 9%. Our goal for 2022 is a 25% completion rate.

We're hopeful to use the survey's feedback to inform our strategic priorities in 2023. It's important to us to understand what we're doing well and what we can improve upon.

If you receive services or even provide services, we'd love to have your feedback. You can always reach out to me directly by phone or email. We've made the survey accessible on our website and in our email signature. And if you're old school, we'll even send you one in the mail!

In closing, don't forget our mission statement - SPARK – Support People with developmental disabilities through Advocacy, Resources, and Kindness.

During the winter months when the days are shorter and the weather is colder it can be difficult to feel happy, energetic, and motivated. Your mental health is important year-round, so how do we fight off the urge to lay in bed all day? According to the Cleveland Clinic finding creative ways to stay active can help! We wanted to share fun activities that you can do to help bring some metaphorical sunshine into the upcoming winter days!

- Go swimming at the indoor pool at the Warrensburg Parks and Rec! Monday through Friday they have open swim from 11:00 AM to 1:00 PM, on Saturday from 12:00 to 7:00 PM, and on Sunday at 1:00 to 5:00 PM.
- Go bowling at UCM! It's only \$1.50 to rent shoes and \$3.00 per game. They are open Monday through Friday from 4:00 to 11:00 PM and 1:00 to 11:00 PM on Saturdays and Sundays.
- Watch a movie at Union Station every Friday on the Extreme Screen for \$8.00.
- Get outside! It's pretty cold outside in the winter months, but we're Missourians, we are used to it! Grab your snow pants and play in the snow, take your pets on a walk, and breathe in that crisp winter air!

Whatever you choose to do, enjoy it.

Service Spotlight



EMPLOYMENT SERVICES



Many individuals may find that the traditional method for searching for a job may not work for them. It can be difficult to find a job that checks all the boxes, so why not let the professionals help you?

Through the Department of Mental Health (DMH), there are an array of services that can help the individual find a job that suits their talents and skills, while making sure it is a job they enjoy! In Johnson County, we have two service providers (listed on the left) that can assist you or your loved one with finding employment! For more information on how to start employment services, please contact your Targeted Case Manager.

*All services through DMH are subject to eligibility and approval.



Get to Know Katie Haynes, TCM!

Katie has worked at JCBS since June 2019. Katie's degree is in Social Work from Radford University. Katie is originally from Virginia and her husband is in the Air Force. Prior to working at JCBS, Katie and her husband lived in Italy for two years.

Katie currently lives in Warrensburg with her husband, Brady, and two little girls, Willow and Laynee. In her free time, she likes to watch the Green Bay Packers, hang out with her kiddos and dog, Dudley, and loves to be outside. She also loves movies and enjoys any Nicholas Sparks film (who wouldn't, they're a tear jerker), but likes a good horror movie every now and then. Andrea, Katie's Team Lead states, "She is a savvy problem solver and always finds a way to overcome obstacles. She has an amazing work ethic which you can see in the many successes she's had at JCBS." Thank you, Katie, for all that you do!



Kind
Hard-working
Team Player



The JCBS Foundation is hosting their **9th Annual Breakfast Blast** on March 26th, at the Twin Oaks Event Center in Warrensburg. This year's Breakfast Blast is going to be bigger and better. Follow the Foundation on Facebook for more information! We cannot wait to see you there!



Pictured above, JCBS Board Members (L to R): Carmen Schick, Sarah Cutler, Suzy Latare, Jenna Franklin, Eva Clark, and Ashley Sibley. Not pictured: Natasha Meddock

Pictured left: volunteers at last year's Breakfast Blast!

RESOURCES

JCBS Resource Directory

Check out our resource directory!

<https://www.jcmbs.com/resource-directory/>

Contact US

<https://www.jcmbs.com/our-team/>

Missouri Family to Family Good Life Classes

Missouri Family to Family offers many different Good Life Classes, ranging from educational classes, to support groups, and to groups who are just wanting to relax and meet new people. Follow the link below to see the upcoming Good Life classes! These classes are all free and we encourage our individuals and families to attend!

<https://pages.e2ma.net/pages/1900882/19263>

Parent Mentoring Sessions

The Summit Future Foundation is hosting various Transition Planning Parent Mentoring sessions, via Zoom or in person. Registration ends on February 1st, 2022. For more information, scan the QR code to the right!



Public Notice

Under normal circumstances all Quarterly Board Meetings are held at the Johnson County Board of Services office at 200 N Devasher, Warrensburg, MO 64093 on the third Tuesday of that month. Due to COVID-19 safety precautions, in person meetings have been suspended and are only being held remotely through Zoom.

For questions, please contact ehargrave@jcmbs.com.

2022

February 15th, 2022

May 17th, 2022

August 16th, 2022

November 15th, 2022

Need help with Medicaid?

Contact Liz Hargrave

ehargrave@jcmbs.com

(660) 240-3343 EXT 708

Coffee GIVEAWAY



COMPLETE OUR TCM SURVEY DURING THE
MONTH OF JANUARY TO BE ENTERED TO
WIN A \$10 GIFTCARD TO STARBUCKS



Targeted Case Management Satisfaction Survey

Identification of Researchers:

This survey is being done by the Johnson County Board of Services.

Purpose of the Survey:

The purpose of this survey will help JCBS improve our services to the individuals we serve and their families.

Request for Participation:

We are inviting you to participate in a survey on the Johnson County Board of Services.

It is up to you whether you would like to participate. If you decide not to participate, you will not be penalized in any way. You can also decide to stop at any time without penalty. If you do not wish to answer any of the questions, you may simply skip them. If you wish to withdraw, please close the browser before submitting, at the end of the survey. Once you submit the survey, we will keep the information you provided confidentially.

Privacy:

All of the information we collect will be kept confidential. Your confidentiality will be maintained to the degree permitted by the technology used. Specifically, no guarantees can be made regarding the interception of data sent via the Internet by any third parties.

Explanation of Risks:

Completing this survey will NOT negatively affect your services.

Explanation of Benefits:

Completing this survey will help provide feedback for JCBS.

Questions

If you have any questions about this survey, please contact Melissa Frey at mfrey@jcmbs.com.

This survey takes approximately 5-10 minutes to complete

**Don't forget to tell us how we are doing! Complete
our now online TCM Satisfaction Survey!**

shorturl.at/qtwN8