

NEWSLETTER

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1st
Quarter
2016

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This Edition's Highlighted Consumer

Mary Elliott has been on NEILS's Consumer-Directed Services for a long time—over 13 years! When she was only 31, she found out she had many health problems including fibromyalgia, arthritis, diabetes, neuropathy, GERD, and COPD. Last August, her daughter found Mary in her chair, unconscious, and the doctors said she maybe had 10 minutes to live.

"There's times I have to use my wheelchairs. It was really hard for me to deal with. I've come a long ways and have benefited greatly from NEILS. I recommend NEILS to everyone and tell my friends about you all the time."

She continues to get chemotherapy for her arthritis, does physical therapy and exercises to keep her strength up, and overall keeps a positive attitude about life.

Through our program, she has a care plan that includes having attendants who clean, prepare meals, perform shopping & errands, and much more for her. She is comfortable and safe in her own home in Louisiana, with lots of beautiful plants and decorations that makes it a very warm and inviting place to be.



News & Updates

- ♦ In the past year, we have added 5 **new staff members** to the NEILS team.
 - Ben Brown: IL Advocate
 - Heidi Swank: In-Home Office Manager
 - Kallie St Clair: Outreach Coordinator
 - Karen McMurrin: In-Home LPN
 - Susan Barbee: CDS Coordinator
- ♦ NEILS is now an **assistive technology demonstration site**! We have contracted with Missouri Assistive Technology to provide the community with a variety of devices, as well as enable individuals to make informed choices about assistive technology. The technology offered ranges from computer adaptations, telephones, hearing aids, and keyboards to vehicle modifications, aids for daily living, and much more. If you would like to set up an appointment or learn more information, feel free to call the office.
- ♦ If you or someone you know could use **assistance in the home**, give us a call. We offer both Consumer-Directed Services (CDS) and In-Home services. Some of the services we provide include: personal care, housekeeping, meal preparation, shopping/errands, toileting, dressing, grooming, medication reminders, nurse visits, respite care, and more. The payment methods for these programs include: Medicaid, Veterans Home Care, private pay, and some private insurance.
- ♦ We are now starting up **recreation opportunities** at the Mark Twain Hotel Apartments in downtown Hannibal. We will be offering activities such as bingo, cards, arts & crafts, low-impact exercises, and other fun forms of entertainment for the tenants. We will also be there to answer any questions and give information about the resources available in the community. If you or someone you know is interested in starting up recreational activities in your area, please let us know.
- ♦ **Circuit Breaker** is still available to anyone who qualifies for that service. You must have your total income for the year that you're wanting, as well as a paid property tax receipt or a rent statement with the landlord's information on it. Call NEILS and ask for Rhonda if you have any questions or would like to set up an appointment. Appointments can be made on Tuesdays and Thursdays from 9 AM - 3 PM

***"Optimism* IS THE FAITH THAT LEADS TO ACHIEVEMENT.
NOTHING CAN BE DONE WITHOUT *hope* AND *confidence*."**

HELEN KELLER

This Edition's Highlighted Service: Independent Living Skills Training

Looking at it from a larger perspective, there are two avenues that we explore in the ILST program. Then within those two avenues are many paths in which we help people to find their way, and see the potential that is there, revealing a new level of independence.

On the classroom side of things, we help to improve people's skills in such subjects as Reading, Math, Language Arts, Social Studies, and Science, as well as other subjects that are taught in the school system. Some are working to obtain their GED, while others are learning these subjects to help assist themselves in their daily living.

Looking at the practical side of our teaching and development, we focus on improving the performance of individuals to ultimately take control of their own lives and live as independently as possible. We assist in obtaining these goals through such skills as self-organization, self-empowerment, advocacy, as well as communication and responsibility. And these are only a few of the topics that are available to our consumers.

We help develop these skills through practical applications including: Worksheets related to the subject, in class discussion and activities, acting out real life scenarios through role playing, and offering a visual perspective of overcoming obstacles and achieving their goals.

If interested in any of these classes please contact Ben or Bryan at NEILS.



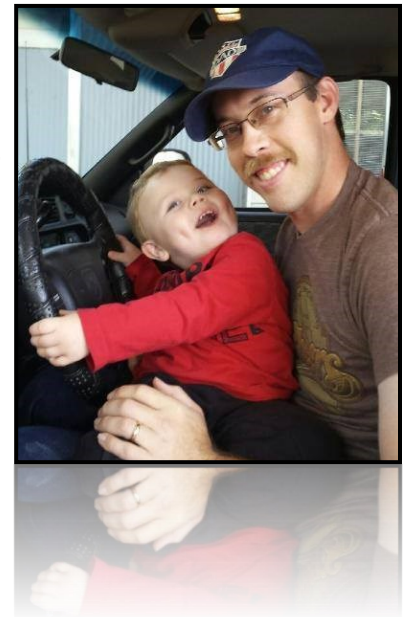
Meet the Staff



Ben Brown is the spotlighted employee for this quarter's newsletter!

"I have been married to my wife Katie for 7 years. We have a 2 year old son, Luke. In our recreational time we like to go camping and just have fun overall as a family. A fun fact about me is that in college on one of my tours in choir, one of our stops was New York City and I performed at Carnegie Hall. I volunteer on the Quincy Fire Dept. as a Rehab Team member.

What I like the most about working at NEILS is having the opportunity to reach out and help those in need, to make a difference in their life, and be able to show, that yes, we do care about you!"



NEILS IS HIRING ATTENDANTS!

NEILS is hiring home care aides for the In-Home Program. Home Care Aides



provide personal care, housekeeping, meal preparation, laundry, errands, respite care and other tasks for individuals with disabilities or the elderly in their homes. Applicant must be able to read, write, and follow directions.

Hours and days vary depending on client need and availability. Part-time positions may become full-time positions with

benefits. Minimum pay is \$9/hour, but is based upon experience and dedication.

If you're interested in working for someone who is in control of their own care, you can also apply to be an aide through our CDS program. Your application will be kept in the attendant registry for us to access when an attendant is needed.

Call NEILS at [573-221-8282](tel:573-221-8282) or stop by our office at 909 Broadway in Hannibal to apply.

Upcoming Events

- ♦ **Nursing Home Transition Lunch Celebration** (for those who have went through or are currently going through our NH Transition Program)—**Invitation Only Event**. Wednesday, **April 6th** . Call Penny or Kallie if you are in need of transportation to the event.
- ♦ **Senior Expo**—Thursday, **April 21, 2016 10 AM-1 PM** at the Hannibal Admiral Koontz Recreation Center (Armory). FREE to the public! NEILS is sponsoring the event and we will have a booth, so come visit us!
- ♦ **Project Community Connect**—Thursday, **October 20th 10 AM- 4 PM** at the Hannibal Admiral Koontz Recreation Center. This event is a day of services for anyone needing a physical exam to a haircut. Call NEILS and ask for Kallie if you have any questions regarding this event.

Word Search

Z	J	I	X	M	B	E	Q	U	I	P	M	E	N	T	H	S	K
H	E	N	T	R	A	N	S	I	T	I	O	N	N	I	O	A	T
Y	D	F	A	S	G	M	R	E	F	E	R	R	A	L	W	L	T
O	U	O	S	K	X	K	T	E	C	H	N	O	L	O	G	Y	R
U	C	R	S	I	C	B	C	J	H	V	Q	L	E	V	J	G	A
T	A	M	I	L	A	D	L	X	O	S	U	P	P	O	R	T	I
H	T	A	S	L	V	R	S	N	M	V	F	P	Q	K	L	D	N
L	I	T	T	S	U	K	M	A	E	P	M	Z	X	E	C	Y	I
H	O	I	I	A	C	C	E	S	S	I	B	I	L	I	T	Y	N
A	N	O	V	V	I	F	Z	A	D	V	O	C	A	C	Y	B	G
W	D	N	E	K	Q	N	E	A	W	A	R	E	N	E	S	S	I
O	H	B	P	A	O	E	Q	N	M	C	A	R	E	H	Y	K	X

Find the following words in the puzzle.

Words are hidden → ↓ and ↘.

ACCESSIBILITY
ADVOCACY
ASSISTIVE
AWARENESS
CARE
CDS

EDUCATION
EQUIPMENT
HOME
INFORMATION
REFERRAL
SKILLS

SUPPORT
TECHNOLOGY
TRAINING
TRANSITION
YOUTH

DISASTER PREPAREDNESS TIPS

If you have a disability or special need, you may have to take additional steps to protect yourself in an emergency. If you have family, friends or neighbors with special needs, help them with these extra precautions. People often require assistance and additional lead time in order to prepare for a disaster.

The following list, while not exhaustive, provides some practical tips for those with special needs.

- ◆ Establish a personal support network. This network of friends, family and neighbors can assist in disaster preparations and getting you to a safe place.
- ◆ Post emergency instructions on the refrigerator to include medication dosages, necessary equipment and emergency contacts, or use a Vial of Life.
- ◆ Identify multiple evacuation routes at home, at work, or any place you visit regularly.
- ◆ Carry emergency health information and emergency contacts with you at all times. A medical alert tag or bracelet to identify your disability can prove helpful.
- ◆ Have an alternate means of communication, like a dry erase board or writing tablet and markers.
- ◆ When calling 911, tap the space bar to engage the TDD system.
- ◆ If you are mobility impaired and live or work in a high-rise building, have an escape chair.
- ◆ If you live in an apartment building, ask the management to mark accessible exits clearly if they're not already.
- ◆ Keep extra wheelchair batteries, oxygen, catheters, medication, food for guide or hearing-ear dogs or other items you might need. Also keep a list of the type and serial numbers of medical devices you need.
- ◆ Stock additional emergency supplies, such as batteries, blankets, cash, medications, non-perishable foods, water and a weather radio. Install fire safety devices in the home, such as fire extinguishers and smoke alarms
- ◆ Test alarms and extinguishers regularly and replace smoke alarm batteries every six months.
- ◆ Keep a flashlight, whistle or bell handy to signal your whereabouts to others



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web: **www.facebook.com/neilscenter**
www.neilscenter.org

If you would like to receive this newsletter in another format, require any accommodations, or would like to give feedback please contact Kallie at NEILS by calling (573) 221-8282.