

NEWSLETTER



THIS EDITION'S HIGHLIGHTED CONSUMER

Dorothy White is our highlighted consumer for this quarter's newsletter!

Dorothy is 76 and started services through NEILS in May of 2016. She worked until recently when she became very sick and is now unable to do so. Dorothy has CHF (Congestive Heart Failure) and diabetes and wears oxygen 24/7. Dorothy is now receiving CDS (Consumer-Directed Services) and In-Home so she can continue to live independently in her own home.

She raised 7 kids, including her siblings, throughout her life and worked up until she couldn't do it anymore. Our Consumer-Directed Services has helped with mopping her floors, which she used to do on her hands and knees, and other housekeeping tasks that are difficult for her to do. She loves to cook and did a lot of baking during Christmastime.

Inside This Issue:

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*Everyone has a story.
If you're interested in telling
yours by being a highlighted
consumer in an upcoming
newsletter, please contact our
Outreach Coordinator, Kallie.*

NEWS & UPDATES

- We have hired a new part-time RN, Melinda Doellman for our In-Home program! We're happy to have her join our staff team.

- **Recreation Day**—We'd like to thank those who have attended our open house Recreation days we've held at our office on over the past few months. We've had a great time providing bingo, games, coloring, information, office tours, and refreshments to the community members who came.

We will be continuing to provide various recreation activities at our office, so be on the lookout! These dates will continue to be announced on our Facebook page. If you would like to be contacted about upcoming recreation opportunities, call the office and we'll be sure to let you know when the next event is.

Our next Open House Recreation Day is Friday,
January 27th, 10 AM –Noon at the NEILS office in Hannibal
(909 Broadway, Suite 350).

- **Disability in the Workplace**—We recently published a flyer, geared towards employers, about the benefits of hiring those with disabilities. If you or a business are interested in obtaining one of the flyers, feel free to contact us or check it out on our website!



*For more news & updates
visit us online:*



**[www.facebook.com/
neilscenter](http://www.facebook.com/neilscenter)**



Our new website is up and going! Go browse our new & improved website with added features such as "apply for homecare." Check it out at:

WWW.NEILS.ORG

THIS EDITION'S HIGHLIGHTED SERVICE: DISABILITY AWARENESS PROGRAM

- NEILS firmly believes that persons with disabilities are and/or can be fully productive citizens in the community; however, even today parts of society don't fully include persons with disabilities.
- NEILS strives to make everyone aware of the disability community, and that they can do most things that any person or citizen can do. Our goal is to help the community accept and respect persons with disabilities just as they want to be accepted and respected.
- We provide Disability Awareness Presentations free of charge to any organization, school, or other group. For the children, we use dolls with different types of disabilities to explain their disability and the things they CAN do just like any other child. For the older groups, we use presentations with handouts and other information.
- If anyone is wanting a presentation about our programs and services, disability awareness, or any other topic that you think relates to NEILS—give us a call or go online and “request a speaker” under the contact tab!



MEET THE STAFF



Our highlighted staff member for this quarter is **Karen McMurrin, LPN!**

“I have been with NEILS for a little over a year now. I am one of the In-Home LPNs. I see people on a weekly basis to set up medications and do an assessment. I see people monthly for nail care and an assessment. I also see any of our other clients that use our in-home services and do General Health Evaluations to ensure their care plans are meeting their needs adequately.

I have been an LPN for about 6 ½ years now and haven't found a job that brings out my best, as working at NEILS does.” “I'm able to be out and about, and still help people, I have some great conversations with my clients, so I don't even feel like I'm working half the time. I get to meet and work with a variety of very interesting people. I get to see a whole different side of nursing, that enables me to truly be an advocating voice when necessary.

I have 2 children, 7 & 9, that keep me busy when I'm not at work, with their extracurricular activities. I enjoy spending time with them, going for walks, and visiting with family and friends.”

UPCOMING EVENTS

Recreation—Friday, January 27, 2017 10 AM - Noon at the NEILS office

Martin Luther King, Jr. Day—Monday, January 16, 2017. Our offices will be CLOSED on this date in observance of the holiday

CHART Teen Health Fair—Saturday, February 4, 2017 at the Admiral Coontz Recreation Center in Hannibal. There will be lots of exciting booths with activities and information. NEILS will be having a booth, so come on out and see us!

National Caregivers Day —(Third Friday in February) Friday, February 17, 2017

"There are times when a family cannot adequately care for a mother or father, an aunt or an uncle, a grandfather or grandmother, a sibling or spouse, and must turn over the task to those who are more able, either in an institutional or a home setting. These are not easy decisions for anyone, but there is much relief when a good caregiving solution is found. It is a happy family who finds compassionate and wise care for their relative provided by doctors and physicians, nurses, attendants, nurses aides, therapists, and support staff. These caregivers make many sacrifices in performing their jobs, which are often physically and emotionally difficult." -Sally Jennings www.Speak-Read-Write.com

We appreciate our staff and the job tasks they perform. Thank a caregiver today!

Cancer Support Group meets on the third Monday of the month at noon in the James E. Cary Cancer Center. Call 573-406-5812 for more information

Diabetes Support Group meets the first Wednesday of every month in the A/B Conference room in Hannibal Regional Hospital from 7:00pm to 8:00pm. Please call 573-629-3382 for more information

Douglass Community Services Emergency Food Pantry- Hours: Monday through Friday, 8 AM- 11:45 AM & the third Thursday of each month from 5 PM - 7 PM

Play Without Boundaries Sensory Room —Admiral Coontz Recreation Center has games, puzzles and Imagination Playground blocks for all-inclusive indoor play for adults and children. Admiral Coontz is open from 7:30 a.m. -5:30 p.m. Monday-Thursday and 7:30 -5 on Fridays.

Happiness is letting go of what you think your life is supposed to look like & celebrating it for everything that it is.

-Mandy Hale

We hope everyone had a wonderful holiday season and a Happy New Year!

EVERYDAY TIPS & TRICKS

- Making cookies and don't have any eggs? Sure you could ask the neighbor, but half a banana per egg works as a good substitute!
- To make a toasted sandwich, place 2 slices of bread in the same toaster slot. This way, the bread gets warm and toasty on the outside, but stays soft and chewy on the inside
- When ironing a button-up shirt, flip it inside-out to easily iron over the button side
- Pour a half a cup of baking soda and a cup of vinegar into a clogged drain. Once it stops foaming, rinse down the sink and your drains should be clear! A cheap and environmentally friendly way to unclog a sink
- When heating up leftovers, space out a circle in the middle. It will heat up much more evenly!
- Bounce batteries to see if they're good or bad. Drop them on a table from about 6 inches. If they give one small bounce and fall right over, they're good. If they bounce around any more than that, they're either dead or on their way out
- Take a sip of water after drinking coffee, soda, or other sugary beverages to keep your teeth white and prevent tooth decay
- Try to notice someone's eye color when you meet them. People will like you more for the slightly increased eye-contact
- Use a pillowcase from a sheet set to keep the rest of the sheets in. Bam! Organized linens! (see picture)
- After popping microwave popcorn, separate the opening just enough for the un-popped kernels to fall out and shake over a bowl



{ OUR STORY }

Many people may know about some of our programs, such as our home care services. What many people may not know is how NEILS came about and why we are here to **support the community!**

In 1972, a group of people with disabilities who wanted to take control and be responsible for their lives, started the first Center for Independent Living in Berkeley, California. From those humble beginnings, the Independent Living Movement has produced more than 400 CILs in the United States and hundreds more abroad. Hannibal Mayor Richard Schwartz declared July 22-26 ADA Week in Hannibal, celebrating the signing of the Americans with Disabilities Act on July 26, 1990.

This date is celebratory for most people with disabilities in the United States.

NorthEast Independent Living Services (NEILS) was incorporated on August 2, 1994 and began as a grassroots effort by community members with disabilities to educate the broader community about disability-related issues in Northeast Missouri. In February 1996, NEILS received funding and opened its doors for services. NEILS offers a full range of programs for individuals with disabilities and any family members, employers, and/or co-workers wanting to learn more about disabilities.

Pictured:

- 1) This photo was taken in her home. Our highlighted consumer, Dorothy, is pictured in the picture frame.
- 2) In-Home RN, Melinda Doellman
- 3) Staff and recreation participants dressed up for October's Halloween-themed Open House/ Recreation. We had a costume contest, bingo, and lots of FUN
- 4) Our Outreach Coordinator, Kallie, and Independent Living Advocate, Bryan, present monthly at Hannibal High School to teach special education students different lessons about soft skills, interpersonal skills, and employment. They have also been going in to elementary and middle school classes to teach about history of people with disabilities and disability inclusion.

Photo by Scott Speer, HHS instructor

Do you know someone who has a disability?

WE'RE HERE TO HELP IN ANY WAY WE CAN! GIVE US A CALL OR STOP BY OUR OFFICE.

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Phone: (573) 221-8282

Hannibal, MO 63401

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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.