

The Whole Person

People with Disabilities Leading Independent Lives

The Whole Person assists people with disabilities to live independently and encourages change within the community to expand opportunities for independent living.

AMERICANS WITH DISABILITIES ACT 20th ANNIVERSARY

On July 26, 1990, President George H. W. Bush signed into law the Americans with Disabilities Act (ADA). Disability rights activists from around the country gathered on the south lawn of the White House to witness and hail the new law as the civil rights act for people with disabilities.



REVEREND WILKIE, EVAN KEMP, PRESIDENT BUSH, SANDY PARRRINO & JUSTIN DART, JR. AT THE 1990 SIGNING CEREMONY.

What was unusual about this crowd of 3,000 was that most of them were people with disabilities—not just any disability but virtually all disabilities. There were people who were blind or deaf, people with cognitive and mental disabilities. There were hundreds of people in wheelchairs. They were the largest crowd that ever came to witness the signing of a bill. President Bush sat at the center of a temporary stage, flanked on either side by disability rights advocates John Kemp and Justin Dart.

With one quick signature on a piece of paper, the President affirmed the rights of all Americans with disabilities

to access to their communities. He recognized that discrimination against people with disabilities was not to be tolerated. Many of the people in the audience had worked hard for many years to make the ADA a reality.

Many of us now take for granted the rights affirmed under the ADA. When we go to the store, we expect accessible parking, automatic doors and easy access once we get in. Twenty years ago, such access was all but unheard of. Twenty years ago, there were almost no automatic doors or curb cuts. Now everybody is using them!

One of the greatest changes brought about by the ADA has been home and community based services by which people with disabilities can live in their homes instead of nursing homes. Those of you getting Medicaid personal attendant services so that you can stay out of nursing homes can thank the ADA and all those advocates who fought to make it a law. The ADA says the states of Missouri and Kansas have to give you the choice.

In spite of all the positive changes the ADA has brought us, we are still faced with many barriers. Although work places are becoming more accessible, many people with disabilities who want to work, still cannot get jobs. There are a number of places in town which are not as accessible as they should be.

After he signed the Americans with Disabilities Act, President Bush declared, "Let the shameful wall of exclusion finally come tumbling down!"

Visit our website at thewholeperson.org/programs-advocacy.php to see a great video of the ceremonial signing of the Americans with Disabilities Act.

— David Robinson, Executive Director

IN THIS ISSUE

Wellness Workshops	2	Welcome New Staff	5	Testimonials	6
Political Involvement	3	Nathaniel Clemons	5	Advertisers	7
Helpful Resources	4	Volunteers with Heart	6	Consumer Spotlight	8
Be A Part of The Whole	5	CARF	6	Staff Spotlight	8



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To find out more, please contact us at one of the following locations:

KANSAS CITY, MO

3420 Broadway, Suite 105
Kansas City, MO 64111
phone 816.561.0304
fax 816.753.8163
toll free 800.878.3037

INDEPENDENCE, MO

11015 E. 39th St., Suite 25
Independence, MO 64052
phone 816.358.5310
fax 816.358.2036
toll free 866.679.0125

PRAIRIE VILLAGE, KS

7301 Mission Rd., Suite 135
Prairie Village, KS 66208
phone 913.262.1294
fax 913.262.2392
toll free 877.767.8896

GLADSTONE, MO

310 NW Englewood Rd., Suite 410
Gladstone, MO 64118
phone 816.561.0304
fax 816.413.8707
toll free 800.878.3037

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LIVING WELL WITH A DISABILITY

A Health Promotion Workshop for People with Physical Limitations or Chronic Illness

For the general population, participation in health promotion and wellness programs has been shown to improve quality of life and overall health, reduce medical care costs, and lower mortality rates. Living Well with a Disability is a health promotion and wellness workshop designed specifically for anyone with a disability or physical limitation. Working Well with a Disability is a workshop adapted from Living Well focusing on successful employment.

In the Living Well workshop, you will discover:

- How your lifestyle affects your disability
- How your meaningful life goals can help you develop healthy living habits
- How healthy living habits create new possibilities

The Living Well workshop provides tools for helping people continue or begin to do the things they enjoy. The topics in the ten 2-hour workshop sessions are:

- Goal setting
- Problem solving
- Healthy reactions
- Managing depressed mood
- Healthy communication
- Information seeking
- Nutrition
- Physical activity
- Advocacy
- Maintaining healthy lifestyles

For more information about these valuable workshops, contact: Faye Skidmore at (816) 561-0304.

"After participating in Living Well, I now know that I can solve problems. I am not so overwhelmed when life just happens."

SAVE THE DATE!

May 6, 2011

The Whole Person invites you to attend



*First Fridays Art Show
featuring the art work of persons with disabilities.*

"GET INVOLVED IN POLITICS AS IF YOUR LIFE DEPENDED UPON IT, BECAUSE IT DOES!"

Words spoken by Justin Dart, disability rights activist and visionary behind the Americans with Disabilities Act of 1990

Justin Dart believed that people with disabilities and their supporters not only had the right and responsibility to vote, they had the right and responsibility to get to know candidates, educate them on issues important to us and elect those who will fight for our issues.

On November 2, 2010, every citizen 18 years of age and older had the responsibility and opportunity to vote for their candidate. Elections were held for most of the seats in the state legislatures and for every seat in the U.S. House of Representatives. Missourians voted in a highly contested race for U.S. Senator. Kansans elected a new Governor.

However, before we choose for whom we want to vote, we must become informed voters. We need to look at who is running for those offices and know where each candidate stands on our issues.

How do you get involved in politics? There are a number of things you can do to help you become a more informed voter:

- **Get to know the candidates.** Contact him or her and talk with them about issues important to you.
- **Volunteer to help** your candidate of choice get elected. Candidates are always looking for volunteers to help with mailings, phone calling, putting up election signs, etc. Volunteering will not only help the candidate, it will also help those candidates who have limited knowledge of disability issues get a first hand education.
- **Go to your local candidate forums**, town halls and other events where you can find out where candidates stand on disability issues.
- **Help others** become informed voters. Talk with your family, friends and neighbors about what your candidate stands for and why you believe he or she is the best person for the job.
- **Donate money.** If you have the resources, send your candidate money to help with his or her campaign. Even a small donation can help a candidate buy a few more election signs, or do one more mailing.

The disability community has a great deal at stake in every election. We need to have elected officials who know and believe in our issues. Get involved in Politics!

HOW TO CONTACT YOUR STATE SENATORS:

Kansas

Sam Brownback
(202) 224-6521
brownback.senate.gov

Pat Roberts
(202) 224-4774
roberts.senate.gov

Missouri

Christopher Bond
(202) 224-5721
bond.senate.gov

Claire McCaskill
(202) 224-6154
mccaskill.senate.gov

GET TO KNOW THE CANDIDATES. TALK WITH THEM ABOUT ISSUES. SAMPLE QUESTIONS TO ASK:

- Do you support homeowner tax credits for accessibility modifications so that people with disabilities can live in their own homes?

People who need personal care prefer to receive services in their own homes, which costs less and increases quality of life. Thousands of people in Kansas and Missouri are on waiting lists for services.

- Will you work to reduce waiting lists and prevent people from unnecessarily entering costly nursing homes?
- Will you support changing Medicaid so that all Americans with disabilities will have an equal opportunity to live in their community?

The Patient Protection and Affordable Care Act gives people with disabilities greater access to health care and community-based services. It contains programs that will bring additional Medicaid dollars into states and ensure that workers who acquire disabilities can stay in their own homes.

- Will you support implementing these programs in your state?

People with disabilities need public transportation to get to work, school, the grocery store and church.

- What will you do to increase public transportation, especially in rural areas where it's almost non-existent?

Kansas and Missouri are facing budget shortages and funding is needed for services such as personal care, independent living services, and assistive technology, so that people with disabilities can be educated, get jobs and be taxpayers.

- Will you increase revenue through taxes on internet sales, alcohol, and tobacco?
- Will you eliminate unnecessary tax credits that don't save money or provide jobs?

**For more information on voting
or candidate issues please call
Michelle Krajewski at
(816) 561-0304**

HELPFUL RESOURCES

CHRISTMAS IN OCTOBER

Their mission is to bring together volunteers from throughout the metropolitan area to rehabilitate the houses of low-income homeowners, particularly the elderly and disabled, so that they may continue to live in warmth, safety and dignity.

Christmas in October will begin taking applications for 2011 in January.

Mailing Address:

P.O. Box 32108

Kansas City, MO 64171

Phone: 816-531-6443

General E-mail:

info@ChristmasInOctober.org



KANSAS CITY FREE HEALTH CLINIC



Exists to promote health and wellness by providing quality health care services, at no charge, to people without access to basic care. Call 816-753-5144 after 8:00 am.

GET HELP. GIVE HELP.



Need to find counseling? Job training? A food pantry? Want to volunteer or donate goods? Don't waste valuable time trying to find the right resource. By simply dialing 2-1-1 on your phone, you can make just one call to find or give help.

United Way 2-1-1 spans a 23-county area, including 7 counties in Kansas and 16 in Missouri, and has access to literally thousands of resources.

United Way 2-1-1 is an easy-to-remember central phone number connecting people with available community resources and volunteer opportunities. You'll reach a trained, caring professional 7 days a week, 24 hours a day, 365 days a year. All for free, all confidential.

United Way 2-1-1 also has a full time health care advocate who provides responses to callers with health and medical issues, particularly those requiring advocacy. The health care advocate can help with prescription assistance, medical supplies and equipment, medical transportation, referrals to community clinics, in-home health aid, support groups, immunizations and more.

For additional information about United Way's 2-1-1 services, call (816) 474-5112 or toll free at (866) 320-5764.

WEB SITES OF INTEREST

www.disabilityisnatural.com

Disability is Natural encourages new ways of thinking about developmental disabilities.

www.gettinghired.com

Careers & Community for Talented People with Disabilities

www.thisabled.com

ThisAble is built on the concept that in order for people with disabilities to be free they have to be politically and economically empowered.

www.audacitymagazine.com

Audacity Magazine; The Disabled Magazine for The Abled Mind

www.ssa.gov

Social Security Online; The Official Website of the U.S. Social Security Administration

BOARD OF DIRECTORS POSITION

We are looking for a few talented and conscientious volunteer board members. You are invited to apply or recommend board candidates who are:

- Passionate about our mission
- Willing to commit time for meetings and special events

Please contact Brenda Philpot

bphilpot@thewholeperson.org or 816.561.0304

ARE YOU REGISTERED TO VOTE?

The Whole Person is advocating for the civil rights and equality of people with disabilities by influencing and implementing legislation and policy at the local, state and federal level.

As a voter with a disability, you have the right to:

- cast a private, independent ballot at your polling place
- an accessible polling place
- vote from home if you choose.

For more information on voting and disabilities, contact your Election Board at the locations listed below or call

The Whole Person at (816) 561-0304.

Missouri Election Boards

Kansas City 816-842-4820

Jackson: 816-325-4600

Platte: 816-858-4400

Clay: 816-415-8683

Cass: 816-380-8108

Kansas County Election Boards

Johnson: 913-782-3441

Wyandotte: 913-573-8500



The Whole Person will be hosting an art show
in the Spring of 2011 featuring
the work of artists with disabilities.

To submit a sample of your work contact Karen Gridley or Cristi Campos

Karen Gridley
kgridley@thewholeperson.org
816-561-0304

Christi Campos
ccampos@thewholeperson.org
816-561-0304

WELCOME NEW STAFF!

RONALD BIBBS
Independent Living Specialist
CHRISTI CAMPOS
Resource Development Manager
SARAH CARLSON
Independent Living Specialist
SHERYL COSS
Independent Living Specialist
MONICA DAVIS
Payroll Specialist
JESSICA ECKERT
PCA Coordinator

RYAN GREATHOUSE
Transportation
TYREICE HAGGINS
Payroll Specialist
CATHY LAY
Independent Living Specialist
MIKE MALONE
Executive Assistant
JASON MILLER
Independent Living Specialist
PAMELA PHILLIPS
Independent Living Specialist

BEN ROBERTSON
Assistant Systems Administrator
MATTHEW SCANLON
Disability Rights Advocate
EYVETTE TYLER
Receptionist
ELIZABETH WHEELER
Resource Development Specialist
CYNTHIA WHITMAN
Payroll Specialist

LEE NATHANIEL CLEMONS, member of the Board of Directors at The Whole Person since January 2009, died on Friday, Oct 17th. Nathaniel was a captain in the Kansas City Fire Department for 20 years. During his retirement he attended UMKC School of Law where he specialized in Americans with Disabilities Act law. Nathaniel Clemons was a true advocate for the rights of people with disabilities and will be missed by The Whole Person. We extend our condolences to wife Brenda Clemons and family.

VOLUNTEERS

The Heart of The Whole Person

The Whole Person provides opportunities for individuals, service organizations, churches and corporations to join us in our mission to assist people with disabilities to live independently and encourage change within the community.



Connie Hadley, Dan Smith, Rachel Keal, Rick Vandenberg, Jeff Long, Anthony Kovac and Karen Rankin of Assurant Employee Benefits.

Volunteers from Assurant Employee Benefits met us at Prairie Hollow Lake to help with Cast 'n Blast, our annual outdoor sports activity. Dan Smith and his team of six "Change Your World" employees helped with setting up banners, baiting hooks for fishing, greeting consumers, organizing lunch and clean-up. "I spent the day fishing with a person in a wheelchair and built a lasting friendship. The experience opened my eyes to the world of people with disabilities. It was a special time for me." reflects Dan. The Whole Person extends a special thanks to Dan for his leadership in recruiting volunteers and arranging for financial support.

Volunteer hours were also contributed by members of Country Club Christian Church. The yard of a person with a disability had been cited by the city for severely overgrown weeds and shrubs. Volunteers spent their Saturday restoring the yard and preventing future action from the city.

We would also like to acknowledge Pete Williams, a consumer volunteer who has been working on a project to identify state and federal legislative districts. His work will help us keep you informed of important policies that impact persons with disabilities.

**Be a Part!
Be the Heart of
The Whole Person**

Contact Volunteer Coordinator
Mary Mahoney
mmahoney@thewholeperson.org
(816) 561-0304

COMING SOON: CARF

Accreditation Survey of The Whole Person

CARF is an international, not-for-profit organization that accredits human services providers. Founded in 1966 as the Commission on Accreditation for Rehabilitation Facilities, the accrediting body is now known as CARF.

A survey team from CARF will be visiting our locations in the Spring of 2011.

We invited the CARF surveyors to evaluate how well our services meet international standards for quality. The survey team will be looking at many things that will tell us what we are doing well and ways we might improve. As a result of this survey, our services may earn CARF accreditation.

As part of the survey, the surveyors will interview people who use our services, their families, our staff and others. Some questions the survey team members might ask:

- Are our services provided in a clean and safe setting?
- Do you receive the services you need and want?
- Are you treated with respect?
- Do you take part in planning your services?
- Are you told what you need to know about your services?
- Are your questions answered in a way you understand?
- Do you know where to go with questions or concerns?

If you would like to talk with one of the CARF survey team members or want to learn more about CARF, please contact Tim Sandusky at 561-0304. You may also contact CARF directly.

Internet: www.carf.org

Email: feedback@carf.org

Mail: CARF, 4891 E. Grant Road, Tucson, AZ 85712

Toll-free: (866) 510-2273

Fax: (520) 318-1129

Would you like to receive
information and resources from
The Whole Person by email?

**SEND US YOUR
EMAIL ADDRESS!**

newsletter@thewholeperson.org

OUR VALUED ADVERTISERS

Wanted! **Diabetic Test Strips**

Do Not Throw Away Your Extra Unused
Boxes of Test Strips.

We will pay **CASH** for them!
Must be sealed and unexpired.
All Brands Considered

CJV Services - (816) 510-2301

FOR INFORMATION ABOUT **ADVERTISING IN** **THE WHOLE PERSON NEWSLETTER**

CONTACT US AT
newsletter@thewholeperson.org
or call Karen Neal at 816.627.2230



WHAT ARE PEOPLE SAYING ABOUT THE WHOLE PERSON?

"The Job Club at The Whole Person helped me expand my job search and be more confident in my interviewing skills."

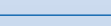
- Ayla Taylor

"A friend of mine told me about the exciting work that she does with The Whole Person, and I thought this would be an interesting organization to support."

- Dan Smith, Volunteer

"Since the Living Well workshop I have done better with my friends at school and I have been more independent."

- Brandon Waters



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NEW AMERICAN CITIZEN!



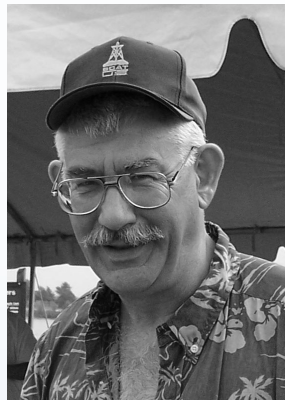
JOHN "SIONE" TUFUGA BECAME AN
AMERICAN CITIZEN IN JULY OF 2010

Becoming an American citizen is one independent living goal for people with disabilities who are born outside of the United States.

The Whole Person's Deaf Services Advocate, JJ Jones has connected Deaf consumers from Mexico, Vietnam and Samoa with the resources they needed to achieve this goal. Congratulations, Sione!



IN THE SPOTLIGHT



George Beard is an Independent Living Specialist in The Whole Person's Consumer Directed Services Program. This program helps people with physical disabilities in Missouri obtain assistance with personal care and daily activities to maintain or increase their independence. Consumers have come to know George as someone who understands the importance of

consumer choice. This understanding is a quality George takes to his volunteer work as a guardian in the Kansas Guardianship Program.

George has volunteered in the guardianship program for 20 years and sees this as his way to give to the community. "This is rewarding service. I make contact with folks I would not meet otherwise." George is willing to take the time to get to know and understand a person well enough to take their wishes into account when making guardianship decisions. The Whole Person is proud and grateful for George Beard's contributions to our community.



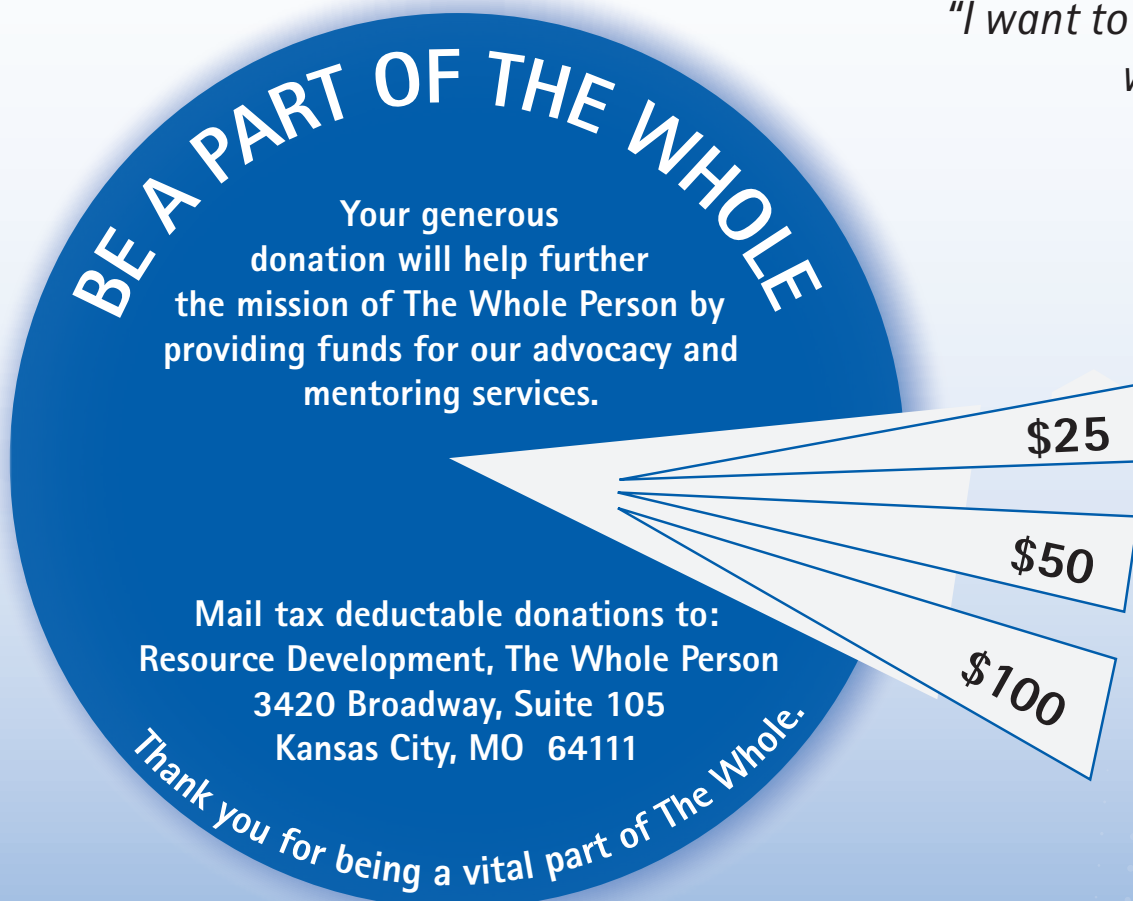
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TWP-PUB-004 1101



"I want to be part of the good work you are doing."

*- comment from
a recent donor*