

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.

MOVING FROM NURSING HOME TO "OUT ON MY OWN"

At age 60, Don Morris enjoys taking walks and playing with his puppy Sam, a Rottweiler and Chow mix. But just a few months ago, Don was living in a nursing facility where owning a pet and taking walks would not have been possible. "I had some problems with cancer and wasn't able to take care of myself, so I had to live in a nursing home. I didn't like it. I wanted to do things on my own. And there was no privacy, I couldn't even talk on the phone without someone overhearing," recalls Don.

Don wanted to get out of the nursing facility and regain his independence, and he is not alone. Since a new law regarding nursing home reporting took effect last October, The Whole Person has seen an increase in the number of people requesting help with getting out of nursing homes. At times, The Whole Person has received up to fourteen of these requests in a single day. Now, The Whole Person responds to about five to ten requests a week, from people as young as twenty-two years old.

"I heard about The Whole Person through another nursing home resident, so I called them. The Whole Person helped me get money for an apartment," explains Don. The Whole Person was able to help Don move out of the nursing home and into his own apartment with funding from the government's Money Follows the Person (MFP) program. This program

provides funding to individuals who receive Medicaid, have been living in a skilled nursing facility for at least three months and want to get out and live in the community.

The Whole Person is also able to provide assistance to people who don't qualify for MFP. The Whole Person finds resources for people who have disabilities and want to live independently. The Whole Person's Direct Services Manager, Brandi Brody connects people to these resources. "We work with each individual to overcome their unique barriers, find resources that will enable them to leave their nursing facilities and establish more independent lives," says Brandi.

With the help of The Whole Person, Don is now living independently, able to care for himself and enjoy his hobbies. "Everything is going very well now. I can go grocery shopping and my caregiver helps me do other day-to-day things. She helps me get money orders so I'm able to pay my cell phone bill, for example... I'm just so happy to be out on my own. I'm very happy with the help I received from The Whole Person."



Don Morris living independently with Sam.

COMMUNITY LIVING INITIATIVE

On October 1, 2010 the US Department of Health and Human Services implemented important changes in Nursing Home reporting requirements. The new laws improve the ability of nursing facilities, States and other qualified entities to identify individuals that are interested in returning to the community. The new laws are designed to give consumers a voice. Residents will be asked directly if they want to talk to someone about returning to the community.

If you or a loved one is living in a nursing facility or institution and would like to live independently, please contact Brandi Brody, Direct Services Manager at The Whole Person, (816) 561-0304.

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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., Ste. 410
Gladstone, MO 64118
phone 816.561.0304
fax 816.413.8707
toll free 800.878.3037

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David C. Robinson

Be part of the Celebration!

**Join The Whole Person
as we celebrate
the independence
gained by people
with disabilities
and the people
positively
impacted by
our programs
and services.**



Your generous donation will help us continue our services to people with disabilities.

Please use the enclosed envelope
or make your tax-deductible
contribution online at

thewholeperson.org/donate

Thank you for joining the celebration!



**WANT TO DO GOOD
WHILE DOING YOUR
TAXES?**



Use H&R Block to file your taxes and tell them The Whole Person sent you! The Whole Person will receive a \$25 gift from H&R Block for each referral. Download the Nonprofit Referral Form at thewholeperson.org



WOULD YOU LIKE TO SHARE YOUR STORY?

"Telling your personal story might motivate another person with disabilities to move toward attaining their goals or empower another to advocate for themselves and the community," says Joan LaBelle, Director of Independent Living Programs at The Whole Person.

If you want to share your story with others,
please contact The Whole Person at
newsletter@thewholeperson.org or 816.561.0304

"I MADE IT THROUGH THE RAIN"

My Story of Traumatic Brain Injury by Shelley Dale

I was in a near fatal car accident on July 2nd, 2004. I suffered from a Subarachnoid Hemorrhage and a Bilateral Cerebral Infarction on my frontal lobe; spending 12-weeks at North Kansas City Hospital. In other words, I suffered a stroke, or bleeding and swelling between the skull and brain on both hemispheres, in the frontal region.



Shelley Dale volunteers at The Whole Person. Shelley is looking forward to becoming an Occupational Therapy Assistant and a peer mentor for people who are living with Traumatic Brain Injury.

In the first few months, I could not carry on a conversation with anyone or watch TV. My mind would get exhausted in the effort to keep up with what was going on around me. I finally got to a point where I could have short conversations with people; and somewhat follow the story line in a television show.

I also repeated myself all the time. As soon as I said something, it would leave my mind. Then when I would think and say it again, to me, it was a brand-new thought. It took several months, with the help and support of family and friends, to work through these issues.

Brain Injury goes through different states. Right now I am dealing with the symptoms of ADD and ADHD, as well as anxiety issues.

My world changed in a split second. My brain has been injured. And it may never be completely healed. But that doesn't stop me. I try my best to use all my resources to learn what I need to learn.

I am no longer the same person that I was before. But, I'm on a journey now, to find the new me. With my new personality, I enjoy things that I never gave a chance before. I guess you could say that I have become more open minded to

all the possibilities that life has to offer. This has required an extensive amount of physical, speech and occupational therapy. But I'm committed to my recovery, and that is the most important thing.

I want to be an inspiring example to others of what is possible, with therapy and will power. I'm now on my way to becoming an Occupational Therapy Assistant. The volunteer work I do at The Whole Person is helping me achieve this goal. I also enjoy being part of an organization that connects people with disabilities to the resources they need.

I want to be in the corner of the injured, pushing them to continue to fight, and to never give up. I want to be the one telling them that they can do it, just like I have done.

I have learned a great deal on this journey that I'm on. I have learned to:

- Never take anything for granted
- Never give up the fight
- Always love yourself, no matter what happens
- Always reach for the stars.

*I made it through the rain, I kept my world protected
I made it through the rain, I kept my point of view
I made it through the rain, And found myself respected
By the others who got rained on too
And made it through*

"Made It Through The Rain" performed by Barry Manilow

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

Call Volunteer Coordinator
Mary Mahoney
(816) 561-0304

RESOURCES

Brain Injury Association of America · www.biausa.org
Brain Injury Resource Center · www.headinjury.com
Brain Injury Association of Kansas
and Greater Kansas City · www.biaks.org

A WORD FROM OUR EXECUTIVE DIRECTOR

An Invitation to Participate in Our Mission

From time to time in this newsletter, I invite the people who receive services from The Whole Person to become involved as more than just "the consumers of our services". The Whole Person has grown phenomenally since I came to Kansas City in 1997. We've grown from a staff of 15 to more than 80 and the number of people who receive services from us is five times more than in 1997. You now have a bigger, better center for independent living and there is much for you to participate in.

For example, do you have an interest in a particular issue, such as accessibility or transportation? Join our efforts to make our community more accessible or to get more options for transportation. I would like to have a team of volunteers who are trained to evaluate businesses and government offices for accessibility. There are a lot of places that are not accessible to everyone and we need to let them know it is time to change.

If you like being involved in government issues, the legislative sessions have started in both Topeka and Jefferson City. The legislators in both states are once again struggling to balance their state's budget. They will not try to raise taxes. They will try to cut costs. Legislators will look hard at services to people

with disabilities—including the personal attendant services that many of you rely on to stay in your own homes—and try to find ways to cut them. You can participate in activities to protect those services. We often need phone calls and letters to the legislators. Sometimes we need you to attend a rally in either Topeka or Jefferson City. Sometimes we even need you to stand before the legislators and testify as to why you need the services you are getting.

And for those of you who just want to get together with others and have some fun, how about volunteering your time to help us coordinate some activities? From time to time we have events, get-together lunches or picnics but they just don't happen as often as they should. You can change that!

Give us a call at 816-561-0304. Whatever your interest, someone at The Whole Person can tell you more about the opportunities for you to participate. — David Robinson, Executive Director



YOUR TICKET TO WORK

The Ticket to Work and Self-Sufficiency Program is an employment program for people with disabilities who are interested in going to work. The Ticket Program was designed to remove many of the barriers that previously influenced people's decisions about going to work because of the concerns over losing health care coverage.

Under the Ticket Program, the Social Security Administration provides disability beneficiaries with a Ticket they may use to obtain the services and jobs they need from a new universe of organizations called Employment Networks (ENs). The Whole Person is an Employment Network

The Social Security Administration notifies those beneficiaries who are eligible to participate in the Ticket Program by issuing them a Ticket. Beneficiaries receiving Tickets can contact The Whole Person to discuss services. The beneficiary and The Whole Person work together to develop a work plan to assist the beneficiary in reaching his or her employment goal. More than 11 million Ticket-holders nationwide are eligible to participate in this nationwide Program and many are already working. The Whole Person has successfully coordinated services for Ticket Holders who are now employed and still receive their Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) benefits.

**For more information contact
The Whole Person at (816) 561-0304.**

MAINTAINING WELLNESS



The August 2010 Graduates of the first Living Well with a Disability Workshop offered by The Whole Person's Independent Living Program.

Participants in The Whole Person's Living Well with a Disability workshop just can't get enough of "living well". After graduating from the ten 2-hour workshop sessions, this group of young adults decided to continue meeting in order to work on their goals, including giving back to the community through service projects. The group also wanted to continue building relationships with their new friends on a regular basis.

Living Well with a Disability is a health promotion and wellness workshop designed specifically for anyone with a disability or physical limitation. The Living Well workshop provides tools for helping people continue or begin to do the things they enjoy.

**For more information about future workshops contact
Faye Skidmore at (913) 262-1294**

WELCOME NEW BOARD MEMBERS

We would like to give a warm welcome to our new board members. We are pleased to introduce you to Chuck Lavery, Dan Smith and Timothy Urban. We're all looking forward to working with the new members of the board as we continue in our mission to assist people with disabilities to live independently and encourage change in the community.

Chuck Lavery is an IT consultant/programmer/business analyst who wants to offer his wealth of business experience to The Whole Person. Mr. Lavery's contribution to the board will include his skills and knowledge with data base design, construction, marketing, budgeting and business management.

Daniel (Dan) Smith is a computer programmer at Assurant Employee Benefits. Dan has become a valuable member of The Whole Person team of volunteers, rolling up his sleeves and working at consumer events like Cast 'n Blast. Dan has been a member of several non-profit boards and places a high value on helping in the community. In addition to his technological skills, Dan contributes his compassionate care for others.

Timothy Urban is a retired retail executive bringing a wide range of management skills to the table. In addition to

advocating for people with disabilities at the city, county, state and federal levels of government, Mr. Urban is passionate about assisting individuals with achieving their independent living goals. Mr. Urban has served on non-profit boards and has personal experience with disability issues.

We are grateful to these outstanding community members for their willingness to contribute to The Whole Person and help us realize our vision and our goals. — Brian Ellefson, Board President



Brian Ellefson is the newly elected President of The Whole Person Board of Directors. In addition to the valuable service Brian provides us, he also serves as Chairperson of the Greater Kansas City Disability Mentoring Day Committee and was recently elected Chairperson of the Kansas Commission on Disability Concerns.

KC MAYORAL ELECTION

It's once again time to exercise your civil right to vote by helping to elect Kansas City's next mayor and 12 city council members. Election Day is March 22, 2011. If you have questions about voter registration, polls, absentee voting or need transportation on Election Day, don't hesitate to call The Whole Person, and we'll be glad to assist.



***One out of five Americans has a disability.
Together and individually, our votes do count!***

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.

**"Get involved in politics as if your life depended on it,
because it does!" — Justin Dart Jr.**

ARE YOU REGISTERED TO VOTE?

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 Election Boards
Johnson:
913-782-3441
Wyandotte:
913-573-8500



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CONSUMER ART PARTY

The Whole Person invites you to attend a special Consumer Art Party in partnership with VSA Missouri, the statewide organization on arts and disability.

Friday, April 8, 2011, 10:00am until 2:30pm

Truman Health Sciences Building
(2220 Holmes, Kansas City, MO)

Guests will:

- Participate in a hands-on art project
- Enjoy a performance by blues artist Michael "Blind Cat" McIntire
- Share a lunch with other consumers
- Tour a special exhibit featuring the work of artists with disabilities


Space and transportation are limited and reservations are required. To make a reservation or for more information, contact Mary Pat Mahoney, (816) 626-2203 or mmahoney@thewholeperson.org



ACCESSIBLE • FREE • FUN

Looking for free, accessible entertainment? The KCMO Parks and Recreation Department facilities and programs are available to people of all abilities.


With Community Centers throughout the city, there are options for all ages from youth boxing and organized basketball and volleyball leagues, to martial arts, Zumba fitness classes, ice skating, indoor pools, and senior walking clubs. Each center offers different options and opportunities to stay active. For more information, visit kcmo.org/parks.



PLEASE TOUCH THE ART

A new program at The Nelson-Atkins Museum of Art offers monthly tours through 2011 for people who are blind or visually impaired. Visually impaired people of all ages, along with a guest, will be able to experience the joy of art. Museum docents will guide participants and provide short, verbal histories of the work.

Reservations are required and can be made by calling 816.751.1ART (1278). The Nelson-Atkins is located at 45th and Oak Streets, Kansas City, MO. Admission to the Museum is free to everyone. For more information visit nelson-atkins.org.



WELCOME NEW STAFF

DEBORAH BASS
Job Developer

ERIK NELSON
Employment Advocate

MELISSA BUNCH
Payroll Specialist

VICKI NICO
Executive Secretary

APRIL DAVIS
Independent Living
Specialist

WENDY SHIELDS
Receptionist

ANGIE FLORA
Independent Living
Specialist

DARCIE SILVERS
Independent Living
Specialist

KATIE HEUER
Intake Coordinator

NANCY STAFFORD
Independent Living
Specialist

JAMES JOHNSON
Independent Living
Specialist

OUR FUTURE HOME

I am thrilled to announce that on January 7, 2011 we closed on the purchase of a building at 3710 Main St., KCMO—the future home of The Whole Person!

We plan to completely renovate this 3-story building following universal design and environmentally friendly principals to create a comfortable, accessible and welcoming workplace for employees, consumers and volunteers. We expect work to begin in a few months and be completed within 18 months.

— David Robinson, Executive Director



3710 Main, located in midtown Kansas City, will be completely renovated following universal design principals.

The building at 3710 Main has been vacant for most of the last 10 years and our move to this new location will provide an opportunity for us to participate in the revitalization of the midtown area of Kansas City.

Originally constructed in 1929 as an undergarment factory, this building is listed with the National Historical registry. We believe that this project to completely renovate the structure following universal design principals will be the first of its kind in the city.

Being on The Max bus line, the new location will keep us centrally located in the city and accessible to our consumers.

Historic tax credits and backing from local, state and federal officials have provided much needed support that will help make this project successful.

Although The Whole Person provides services to people with disabilities in the six counties that comprise metropolitan Kansas City, we were interested in keeping the corporate offices of the organization in Kansas City proper.

The 38,000 square foot building will provide The Whole Person needed space for consolidation of the more than 80 current staff and also allow for anticipated growth over the next few years.

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EMAIL ADDRESS!**

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The Whole Person

People with Disabilities Leading Independent Lives

3420 Broadway, Suite 105 • Kansas City, MO 64111

thewholeperson.org

TWP-PUB-005 0211

The Whole Person invites you to

Expressions

A First Fridays Art Show

featuring the artwork of persons with disabilities.

Join us for wine and cheese and to meet the artists.

ADMISSION IS FREE

Friday, May 6, 2011 • 5pm – 9pm

Glaspur Gallery • 1717 Walnut, KCMO • in the Crossroads Art District

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