



Adair County SB40 Developmental Disability Board  
314 East McPherson Street  
Kirksville, MO 63501

Postage  
Information

X

You can help support activities and classes at the Community Learning Center by donating to the [Adair County DD Link](https://sb40life.org)  
Visit <https://sb40life.org> or scan this QR Code



## Come Join Us!

Melissa and Angela would love to have you to visit them at the Community Learning Center (CLC)! It's a great place to meet new people, learn new skills, learn how to be your own best advocate, and meet your sensory needs while having fun. The Center is open to the community, as space allows, for most classes and activities. You can visit the Center Tuesday - Friday from 8AM-5PM and take part in the many scheduled activities and classes available, use the Sensory Room, or just hang out. You can also make an appointment to visit on a Monday by contacting Melissa at the CLC by calling 660-665-9400.



December is going to be a busy month with at the Community Learning Center! We will be presenting our Annual Christmas Program, "A Puppet Christmas Story," on Monday, December 16th in cooperation with the First Church of God. In December, all practices on Tuesdays and Wednesday afternoons from 3:30 p.m. - 4:30 p.m. will be held at the church. You, your family, and friends are invited to be a member of our choir and help make the program magical. December has a few new, fun activities on the calendar including Fun with Music, Guided Painting, Movie Party, and New Year's Eve Game Time. We also have a special activity planned during Open Hearts Storytime on Wednesday, December 11th with the Adair County Public Library. **We are requesting that you register for this exciting surprise activity by Monday, December 9th to ensure that there are enough supplies for all.**

*If you would prefer to receive this mailing as an email, please contact Melissa ([clc@sb40life.org](mailto:clc@sb40life.org))*



Developmental Disability Board

## Adair County SB40 Developmental Disability Board

DD Resource Center  
314 E. McPherson Street  
Kirksville, MO 63501  
(660) 665-9400  
[sb40@sb40life.org](mailto:sb40@sb40life.org)

Community Learning Center  
1107 Country Club Drive  
Kirksville, MO 63501  
(660) 660-9400  
[clc@sb40life.org](mailto:clc@sb40life.org)

Website: <https://sb40life.org>

## December 2024

### Enjoying the Holidays with Less Stress

The holidays can be a joyful time, but they can also be tricky, especially for people with intellectual and developmental disabilities (I/DD), their families, and caregivers. Special foods, bright decorations, schedule changes, different sounds and smells, and crowded gatherings can make things stressful. Planning ahead can help everyone enjoy the holidays more.

Here are some tips to make the season fun and less stressful:

- **Involve Your Loved Ones in Planning:** Talking about plans helps everyone feel prepared. If someone with I/DD is part of the planning, let them help make choices, but don't overwhelm them with too many options. Use "could" instead of "should" when making decisions. This helps them feel included and in control.
- **Focus on Favorite Traditions:** The holidays are full of fun traditions, but trying to do everything can be too much. Talk about your family's favorite activities and pick the top two or three to focus on.
- **Watch Out for Triggers:** Loud noises, bright lights, new foods, or crowded places can be hard for some people. Think about what might bother your loved one and plan around it. Avoiding these triggers can prevent meltdowns or stress.
- **Keep Comfort in Mind:** Sometimes holiday outfits can feel scratchy or tight. Talk with your loved one about what they like to wear and try to find something comfortable that fits the occasion.
- **Stick to a Schedule:** Holidays often mean changes to daily routines, which can feel overwhelming. Try to keep things as normal as possible and let your loved one know about changes ahead of time. Give them extra time to adjust between activities.
- **Manage Expectations:** Talk about the experiences to come whether it's new people, places, foods, smells, and sounds, so they know what to expect. Also talk about concerns they may have and the type of behavior that may be expected during different celebrations.
- **Plan for Transitions:** Let the person know when things are going to change. It might be a large change from the normal schedule or just moving from one activity to another. Giving the person enough time to adjust to the coming change can help lessen behaviors and meltdowns.
- **Consider Needs when Traveling:** Many people travel to celebrate with family and friends. Extra planning may be needed to accommodate the person such as travel modality, picky eating, daily routines in a new place, and extra time needed.

With a little planning, you can make the holidays more enjoyable for everyone. Celebrate the season while keeping things calm and joyful for your loved ones. And remember, not every one will be happy with the decisions made during the holiday season, at that is okay.





## November's Spotlight Award Winner Employee Spotlight

Adair County SB40 is pleased to announce Shelly Boland as the November Outstanding Employee Spotlight award recipient. Shelly was nominated by Katy Korte, Director of Kirksville Child Development Center.

Korte said "Shelly Boland has worked at the Kirksville Child Development Center since 2007. KCDC is a parent cooperative play-based preschool in Kirksville, serving families with children ages 2-5. Shelly has always been a very dedicated employee! She is passionate about working with young children and greatly enjoys her time in the classroom. She has served as both cook and classroom assistant in her time with KCDC. She has a wonderful sense of humor and likes to joke with the kids. She can often be found either reading books to a couchful of kids or leading them in a baking project as a learning activity. Many kids over the years have enjoyed making bread, doing science experiments and singing songs with Miss Shelly. We greatly appreciate her enthusiasm within the classroom!"

Tricia Fehr, Adair County SB40 Service Coordinator, has worked with Shelly for a number of years. "I am so proud of all that Shelly is accomplishing. She has worked for over 17 years in her current position and was recently promoted. Shelly has been really challenging herself and working hard to achieve her personal goals. I couldn't be happier for her that her supervisor wanted to nominate her for this important recognition.

Crystal Aminirad, Adair SB40 Executive Director, commented that "People with developmental disabilities in our local community have demonstrated over and over what an amazing asset they are for their employers. Like all good employees, they have great work ethic, they show up, they work hard and they can be depended upon to produce great outcomes. At Adair SB40 we are encouraged by the number of local employers who offer meaningful jobs to individuals with developmental disabilities, which allows them to contribute to the benefit of our local economy. We hope that all employers will recognize the value that people with disabilities bring to our local workforce."

If you would like to nominate a great candidate for a monthly Spotlight Award, Adair County SB40 is accepting nominations. Anyone can make a nomination. Nominations can be made in any of the four following categories:

- Kids Inclusion Spotlight Award for children in kindergarten - 8th grade
- Youth Leadership Spotlight Award for youth in grades 9-12
- Community Volunteer Spotlight Award (any age)
- Entrepreneur or Employee Spotlight Award (any age)

In March 2025, a Spotlight Award of the Year winner will be selected from all the monthly winners. Nominations can be made throughout the year by visiting the Adair County SB40 website or by contacting an SB40 staff member to assist you at (660) 665 - 9400. You can also find more information about the four nomination categories by visiting Adair County SB40's website, <https://www.sb40life.org>.



Shelly Boland, KCDC

## Crystal's Corner

### A New Chapter for Adair SB40

After decades of working and volunteering to support people with developmental disabilities in our community, including in my most recent role as the Executive Director of Adair County SB40 Developmental Disability Board, I am writing with bittersweet emotions to confirm that I am retiring effective December 31, 2024. This decision has not come lightly, as my time here has been one of the most rewarding and meaningful chapters of my life.

Working alongside dedicated colleagues, families, and community partners has deepened my passion for advocating for inclusion, support, and opportunities for people with developmental disabilities. Together, we have achieved milestones that have enriched lives and built a stronger, more inclusive community. I am incredibly proud of what we have accomplished together and am confident that the future holds even greater possibilities.

I am thrilled that Sean Jacob will serve as the next Executive Director of Adair County SB40. Sean is no stranger to our organization, having served many years as a Service Coordinator and, more recently, as our Director of Service Coordination. With years of experience and a proven commitment to our mission, Sean has been instrumental in shaping the high-quality services and support that define our organization today. His leadership, compassion, and vision make him the ideal person to guide Adair SB40 into its next chapter.

I want to be sure to thank all the SB40 staff and each of the volunteer Board of Directors of Adair County SB40 for their unwavering support in my time with this outstanding organization. I'm famous for running down rabbit trails during meetings where my passion for our mission exceeds the bounds of the topic at hand, so I appreciate their patience and grace in dealing with my vision. I'm enormously blessed to have had the opportunity to work with each one of you.

To the individuals and families who have touched my life over the years, thank you. You have no idea how much you have meant to me. I've learned and grown so much because of each of you. Everyone should love their job as much as I have! I leave this role with immense gratitude for the trust you've placed in me and a deep belief in the enduring strength of this organization. I look forward to seeing Adair SB40 continue to thrive under Sean's leadership, fostering advocacy, inclusion, and support for individuals with developmental disabilities and their families.

Thank you for being a part of this incredible journey. While I will miss the daily engagement, I will remain a steadfast supporter of our shared mission.

It's in the AIR! Advocacy – Inclusion – Resources

With warm regards,

Crystal Aminirad

Executive Director

Adair County SB40 Developmental Disability Board

**GIVING TUESDAY**

**Tuesday, 12/03**  
**MAKE AN IMPACT!**

Scan the QR Code or Visit [sb40life.org](https://www.sb40life.org) to Donat or Make Your Pledge

ADAIR COUNTY SB40  
Developmental Disability Board  
Adair DD Link #GivingTuesday

Your generous gift or pledge will support activities, programs, and projects at the Community Learning Center, community projects, and supporting area individuals and families with disabilities that are not available through other types of funds distributed to people through Adair County SB40.