



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)! The Center is 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.

**SB40 Community Learning Center Activities for February 2025**  
Check out the Activity Calendar for more information and times

|              |  |
|--------------|--|
| Tuesdays -   | Coffee & Cards<br>Dance Aerobics<br>Fun with Music<br>Nature Time<br>Exercise Your Mind<br>Games with a Doc! |
| Wednesdays - | Crafts<br>Storytime<br>Get Fit<br>Circles Level 1 *Registration Required<br>Exercise with a Doc!             |
| Thursdays -  | Science Fun<br>Get Fit   |
| Fridays -    | BINGO<br>Valentine's Day Dance at Kirksville Moose Lodge (\$3/person and \$5/couple)                         |

For questions or more information: 660-665-9400x4 or [clc@sb40life.org](mailto:clc@sb40life.org)

February has some fun activities lined up for you! The Health and Exercise Students from TSU are back for Exercise Your Mind! This is a great activity to keep your mind healthy and working its best through fun, themed activities. **We also have two fun activities scheduled with volunteers from ATSU! They will be leading two unique activities in February; Games with a Doc! on Tuesday February 11th at 5:00pm and Exercise with a Doc! on Wednesday, February 19th at 5:00pm.** Come play board games and cards on the 11th and do a fun exercise class which will introduce you to easy kickboxing workouts and stretching with the medical students.

On February 7th, the Center will hold a Valentine's Day Dance at the Kirksville Moose Lodge! **This event is a special fundraiser for the Special Olympics Polar Plunge. Entry is \$3/person or \$5/couple.**

*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>

## February 2025

### Researchers Weigh How to Prepare Transition Age Youth for Public Transportation

by: Sarah Gantz, The Philadelphia Inquirer/TNS | January 14, 2025

PHILADELPHIA — Temple University College of Public Health will study ways to help young adults with disabilities learn how to navigate public transportation under a \$7.5 million contract from the Patient-Centered Outcomes Research Institute (PCORI), a nonprofit research funding organization.

The goal of the Temple initiative, called Chance to Ride, is to foster independence among people who are transitioning out of support services for children with disabilities. Transportation can be a major barrier to employment, getting involved with the community, and socializing, said Beth Pfeiffer, a health and rehabilitation sciences professor at Temple and the project's lead investigator.

The study will test two approaches — one led by staff members, and one by peer supporters who have an intellectual or developmental disability.

“Our hope is that this study can help reduce these barriers and that these individuals will have more independent forms of transportation so that they can live independently and engage with their communities,” she said.

Schools, parents and other caretakers typically provide transportation for children, but when young people age out of public support services — typically around age 21 — they may be on their own to figure out how to get around.

The program will work with individuals to address physical disabilities, communication limitations and sensory issues that might affect their ability to travel.

The training will also cover how to read road signs and how to handle emergencies.

They will practice traveling on public buses or SEPTA's rail or subway lines, initially accompanied by a Chance to Ride provider, then on their own.

Participants will be assigned to work with either a Temple staffer or a “peer supporter,” another individual with disability who has been hired to work with Chance to Ride. The study will look at whether participants report better outcomes when they work with a community member with shared personal experience or with a medically trained professional.

Participants will complete a survey after the training to report back what they found most helpful or unhelpful, and what changes they have seen in their ability to get around.

Temple is working with the University of Florida, the University of Minnesota and the University of New Hampshire. Each institution will partner with community organizations that serve adults with disabilities to provide the transportation training.

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## January's Spotlight Award Winner Employee Spotlight

Dominic Thompson of Kirksville has been selected as the January Outstanding Employee Spotlight Award Recipient by Adair County SB40 following his nomination by Laura Morrow, Service Coordination Team Lead.

*Dominic was enthusiastic in his appreciation for Colton's Steakhouse: "I love it here. It's like family. I get to see my old teachers and people I know all the time. I've been here since I was 16, now I'm 24, almost 25."*

Colton's Manager Troy Pinkerton said, "Dominic had worked for us since he was 16. He started working through the school work program and continued after. He works 5 days a week and hardly ever misses. He has several guests who look for him when they dine with us. He never has a bad thing to say. We have him work for us."

Laura, who nominated him, said, "Dominic always has good things to say about work. He will take time to say hello to familiar people while he's at work and interact with them in a positive manner. He does his job well and stays focused with his job at hand."

Jamie Janes, Dominic's previous school worker: "Dominic participated in the work experience program while in high school at KHS. His senior year, he started at Colton's Steakhouse. After a few months working there as a dishwasher, there was a job opening for someone to buss tables. His job coach and Troy Pinkerton talked about the possibility of hiring Dom for the job. While in high school, a job coach from KHS continued to support him until natural supports at Colton's were established."

Adair County SB40 Executive Director, Sean Jacob stated, "I remember when Dominic first got his job there at Colton's. I am so proud of the great worker and man he has become. Our community is fortunate to have him."

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 winners will be selected from all of the monthly winners. Nominations can be made throughout the year by visiting the Adair County SB40 website or by contacting a 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>



Dominic Thompson



Dominic Thompson and Troy Pinkerton

## Sean's Scoop

### Authentic Inclusion

In any community, it's important for everyone to work together—neighbors, local businesses, schools, and support agencies—to create a place where all people feel welcome and included. When everyone plays their part, we can make our community a better place for everyone, no matter who they are. This teamwork helps to ensure that everyone has a chance to participate, whether it's through local events, jobs, or social activities. The more we collaborate, the stronger and more connected our community becomes, creating a sense of belonging for all.

In Kirksville, as well as the greater Northeast Missouri region, we are already doing a great job of coming together to support each other. Local organizations, schools, and businesses often work side by side to make sure that no one is left behind. From hosting community events to offering services that meet different needs, our community shows that we understand the importance of working together. This makes our rural area a place where everyone, including those with developmental disabilities and their families, can feel included and supported.

For people with developmental disabilities and their families, having a community that works well together is especially important. It provides them with opportunities to be a part of everyday life, from attending school activities to finding jobs and making friends. When local agencies, families, and community members all work together, they create an environment where people with disabilities can thrive and feel like they truly belong. True belonging is the sense that each person, including people with disabilities, leaves a gap behind and is missed when they're not there. This kind of authentic inclusion and sense of belonging are what makes a community strong—when everyone has a place, and everyone has support. Together, we can continue to make Northeast Missouri a place where all people, no matter their challenges, can live with dignity, purpose, and inclusion.

**16th Annual COMMUNITY ENGAGEMENT CONFERENCE**  
March 1, 2025  
Imagine the Possibilities!  
8AM - 4:30PM  
Kirksville R-III William Matthew Middle School

**REGISTER NOW!**

**WE ARE MORE THAN YOUR EXPECTATIONS**

Featuring Letisha Wexsten

**VISIBLE**

Kick off Developmental Disability Awareness Month with this **FREE, one-day conference open to anyone** in the Northeast Missouri area including self-advocates, family members, guardians, caregivers and support staff, area professionals, and community members.

**Registration by February 14th Includes:**

- Admission to the keynote presentation, parent panel, and 15 breakout sessions with expert speakers and materials
- Access to the Exhibitor Hall with over 50 exhibitors
- Personal Development through networking and making connections with others
- Free lunch - *must complete registration by February 14th*
- Door prizes
- Free celebration dance at the end of the conference

**Register Today!**

SCAN HERE

<https://communityengagementconference.org>

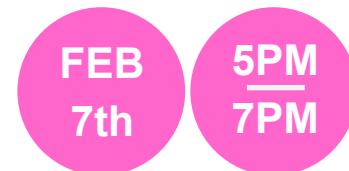
Artwork by Letisha Wexsten

The Community Learning Center is excited to support the 2025 SOMO Polar Plunge!



**Valentine's Day Dance**

Kirksville Moose Lodge



**\$3/person - \$5/couple**

**ALL** proceed will support the Polar Plunge!