

# Future Care Forum

## Positive Behavior Supports CHOICES

Having choices or options increases opportunities for power and control. Americans have many choices each day – what to eat, where to eat, what route to take to work, what TV show to watch, and whether to answer the phone or take a message. The more choice or control we have, the more enjoyable our life is.

Typically, people with disabilities make fewer choices than the rest of us. Because of their disability and limited resources, others make choices for them. But it doesn't have to be that way. Staff can return power and control to people they support. You can empower the people you support to be decision makers about their own lives.

Repeated practice in exercising choices builds self-confidence and can prevent challenging behaviors.

How can you help the individuals you serve have more choices?

## EMPLOYEE SPOTLIGHT

**PERSON:** Alise Houston

**HOW LONG HAVE YOU WORKED AT FUTURE CARE?** 3 years

**WHAT IS YOUR JOB TITLE?** Program Manager II

**WHAT IS YOUR FAVORITE HOBBY?** Cooking, baking and exercising.

**WHAT IS ONE FACT THAT NO ONE KNOWS ABOUT YOU?** I have a degree in special education and elementary education.

**WHAT IS YOUR FAVORITE MOVIE?** Crazy, Stupid Love

**IF YOU COULD TRAVEL ANYWHERE, WHERE WOULD IT BE?** Rome

**WHAT 3 WORDS BEST DESCRIBE YOU?** Caring, dedicated, spiritual

**WHO INSPIRES YOU?** My mom and my grandmother

## October Birthdays



3-Mehala Keller

5-Elmo Ibrahim

6-Kylie Garvey

7-Neva Southard

20-Daun Cerny

## Inside this Issue

1-Tools of Choice

1-October Birthdays

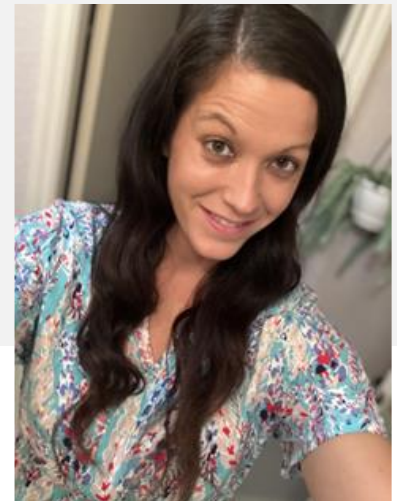
1-Employee Spotlight

2-Value of the Quarter  
Activity

2-October Recipes

3-October Events

4-2023 Tiered Supports  
Summit



## PRACTICING CARE-FOR OUR INDIVIDUALS-Month #1

For the month of October to practice CARE we are going to look at it a little differently. In our monthly lesson plans, we teach how we show CARE for others, which is very important, but it is also important to show CARE for ourselves. In order to CARE for others we need to make sure that we are taking CARE of ourselves! Discuss with the individuals how important self-care is. Ask them “How do you show CARE for yourself?” If they do not understand this, sit and brainstorm with them ways to show self-care. Give them some examples of things you do as self-care. Help them create a list for the month it can be ONE thing they want to focus on or SEVERAL things that they want to do to practice self-care. Help them put a check mark on their list each day that they practice self-care. At the end of the month submit this list to Alise Houston at [alisehouston1004@gmail.com](mailto:alisehouston1004@gmail.com) or ask your House Manager for help to do so.

### October Recipes

#### Ingredients

Kosher salt

6 medium orange bell peppers

8 ounces elbow macaroni

1 1/4 cups half-and-half

8 ounces cream cheese, at room temperature

4 ounces mild Cheddar, shredded (about 1 1/2 cups)



#### Directions:

Bring a large pot of generously salted water to a boil. Fill a large bowl with ice water.

Cut the tops off the peppers and reserve. Remove the seeds and membranes. Put the peppers and the tops in the boiling water and cook until just tender, 2 to 3 minutes. Plunge the peppers into the ice bath. Once cool, remove them and use a sharp knife to carve a jack-o-lantern face into one side of each pepper.

Return the water to a boil, add the macaroni and cook until al dente, about 6 minutes. Reserve 1 cup of the pasta water and drain (don't rinse the pasta).

Heat the half-and-half in a large saucepan over medium heat until it just comes to a simmer. Continue simmering until reduced to about 3/4 cup, about 10 minutes. Add the cream cheese and stir until melted. Whisk in the Cheddar until all the cheese is melted and the sauce is smooth.

Off the heat, add the macaroni to the saucepan and stir to combine. Stir in some of the reserved pasta water to thin the sauce if needed. Season with salt if needed. Let sit for 10 minutes, then divide the mac and cheese among the peppers and cap each with a pepper top.

# October Events

## Rolla

**October 4/Credit Issues: Fact V. Fiction/4:30pm/Rolla Public Library**-Erin Adamson with Jefferson Bank is hosting an informational workshop on all things credit!

**October 6/Basics of Sign Language**-The Rolla Public Library is hosting a class on the basics of sign language on Friday October 6 from 5-6 pm

**October 7<sup>th</sup>/Downtown Fall Arts & Crafts Fair/9am-3pm:** Enjoy a beautiful day in Rolla's historic downtown. Pine Street will be closed from 6th to 10th Street to host artists and craft vendors from around the area. There will original and handmade creations such as jewelry, furniture, clothing, home accessories, paintings and prints, pottery, wooden crafts, toys and much more.

**October 7/Fall at the Farm/Ozark Farms** invites you to enjoy Fall at the Farm October 7 from 10 am to 4pm! Bring your besties and your family to enjoy all the beauty Fall has to offer – outdoors, shopping, great food, music, historical demonstrations, crafts, pumpkin patch, hayride, + more!

**October 13-14/Rolla Lions Club Oktoberfest/Bavarian Delights:** You can't have Oktoberfest without beer, brats and pretzels! Back by popular demand, homemade brats made exclusively for Oktoberfest and Bavarian pretzels, savory or sweet. Quench your thirst with an impressive selection of beers from Public House Brewing Company and a few other beverage varieties. Live Music & Entertainment, Games & Competitions, Family-Friendly Activities, and Artisanal Market.

**October 14-15/All Star Monster Trucks/Monster trucks** are coming to Rolla on October 14-15! This event will be held at the Phelps County Fairgrounds starting at 11:30 am. There will be monster trucks, bounce houses, games and much more!

**October 31/Trunk or Treat/Greentree Christian Church** is having their annual trunk or treat event on October 31! The event will kick off with a special needs carnival from 5-6 pm. The trunk or treating will be from 6 pm to 8 pm at Greentree. This event is fun for the whole family.

## Camdenton/ Lake of the Ozarks

**October 5-8/Jacob's Cave Fall Swapping Days/WHERE:** Jacob's Cave Meadowlands, 23114 Hwy TT, Versailles. Missouri's largest swap meet featuring antiques, guns, fishing tackle, crafts, small animals, fowl, flea market items, etc. Set up and camp or just come browse the acres of crafts, goods, livestock, and various products at Jacobs Cave on North Hwy 5 between Gravois Mills and Versailles.

**October 7/2023 Versailles Olde Tyme Apple Festival/WHERE:** Various locations in Versailles.The annual Versailles Olde Tyme Apple Festival has fun for the whole family, including various contests, vendor booths, and performances!

**October 14/Annual City of Osage Beach Fall Festival/WHERE:** Osage Beach City Park, 950 Hatchery Rd., Osage Beach. Grab the kids and enjoy a fun and fall filled day of food, drinks, games, live entertainment, petting zoo, bounce houses, pony rides, vendor booths, a pie eating contest, & more! NEW THIS YEAR - BBQ competition!

**October 27/Miner Hill Flea Market/WHERE:** East of the railroad tracks along Highway 5 in Marceline. Look for the signs. Clean out the garages, barns and bring it to Miner Hill Flea Market. Lots start at \$25. NO ENTRY FEE FOR SHOPPERS! Find antiques, tools, crafts and more! The NEW Miner Hill Cafe has tasty Smash Burgers and a full breakfast and lunch menu! Live music Friday and Saturday nights starts at 6:30.

## Tiered Supports Summit 2023

This year marks the 10<sup>th</sup> year of the Missouri Supports Summit. Future Care is a tiered support agency and sends staff every year. This year Barbara Garcia, Bertha Thyng, Vickie Jones and Alise Houston attended the summit. This is a great opportunity for Future Care and the staff attending. The summit not only has a vast amount of knowledge, but there are great resources for us to connect with to increase our support and program for our individuals, and to add to our company. Dr. Timothy Lewis was the first key note speaker. He has been working on the field for over 30 years. He spoke on “Back to basics to build the future: Lessons learned from 25 years of PBIS implementation”. Some of the classes that were attended by staff were:

- Meeting Midway: Tiered Supports Past, Present, and Future, panel discussion
- Universal Design and Assistive Technology- panel discussion
- Supporting Your Workforce with Trauma Informed Care
- Reducing staff turnover
- Charting the LifeCourse- Universal Planning Tools

Many resources were discovered at the resource fair. Some of those resources included:

- App2Speak
- Charting the Life Course
- Dose Health
- The Color Coded Chef
- Therap
- SafeinHome
- Show Me Echo
- Missouri Tiered Supports
- Smart Steps
- Elite ABA