



RIDE WITH CAB

Your Inside Look at All Things CAB at KCCDD

WHAT IS CAB?

KCCDD's Client Advocacy Board (CAB) is a group of self-advocates whose mission is "to educate and showcase abilities and skills we can bring to our community, while moving beyond past barriers that came with being labeled as having an intellectual or developmental disability." CAB strives to create relationships with new people, seek opportunities for personal growth, educate their community about their abilities, and continue to build volunteer opportunities.

Visit our website at www.kccdd.com
or contact us at
kccddcab@gmail.com.

"Like" us on Facebook: @KCCDDinc

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STAYING STRONG THROUGHOUT COVID

While COVID forced KCCDD to shut down for almost seven months, opening back up again has been such a good feeling for staff and clients! We are still following many restrictions, but have been able to find creative ways to continue serving our individuals.



The entire Galesburg community has shared its ongoing support of each other during these times. KCCDD was the beneficiary of Choral Dynamic's online basket auction and we are thankful for their generosity. Pictured are members of Choral Dynamics with KCCDD staff and clients.

We did not anticipate to still be facing the repercussions of COVID, and challenges continue; however, we are grateful for a hardworking staff that find creative solutions and work together as a team to help our clients embrace the changes.

Zoom classes continue with excitement, giving everyone a chance to still see their friends. Some of these classes include cooking, exercise, storytelling, sing-a-longs, and crafts. BEST Fit, our exercise program in partnership with DD Homes, also continues to be successful. Capacity is limited, but clients are still achieving fitness goals.

During this time, CAB has been especially busy with regular Zoom meetings and continued communication with the Illinois Self-Advocacy Alliance, along with Illinois Epilepsy Support and Resources. "I've really liked the Zoom meetings. They are really informative," said CAB President Shelley McMillan.

As we enter the fall and winter months, we will continue to do whatever we can to keep our clients and staff healthy. One thing is for sure - we will be ready for any changes thrown our way and embrace them positively!

JUST ASK SHELLEY

Shelley is here to advocate and educate. She answers questions from staff and clients at KCCDD, as well as from readers of the newsletter.



Shelley McMillan, CAB President

Shelley enjoys singing and visiting friends and family.

What has CAB been up to during COVID?

CAB has stayed busy even though we can only meet via Zoom. We have plans to talk with the city about making parks more accessible and inclusive. We also have been talking about how CAB can get involved with city service groups. Another thing we are excited about is the new library and the learning skills room they will be offering.

One thing we want to help do is recruit more staff to work at KCCDD. We have been talking about ways to let people know what their jobs would be like if they worked here and talking to our peers about what a Direct Support Professional means to them.

Right now we are taking things one day at a time but want everyone to know CAB is still here and send me those questions!

Do you have a question for Shelley? Submit it to kccddcab@gmail.com.

ROBBIE'S FOOD CORNER

Robbie knows food and shares his favorite local restaurants.

The other night we ordered from Jimmy's Pizza. I had a double cheeseburger called the "Towering Inferno." It had two hamburgers with jalapeno peppers and pepperjack cheese. It was really good! It had a bit of a bite to it. I like spicy food. I don't really like green tabasco sauce – it's too spicy. I recommend this burger to everyone if they like a little spice.

The next time I order from Jimmy's Pizza, I will probably order pizza. This is my food article on Jimmy's Pizza.

Do you have a restaurant you want Robbie to review? Submit your suggestion to kccddcab@gmail.com.



Robbie Hiatt, CAB Secretary

Robbie is a food critic extraordinaire. He knows a good burger when he tastes one! When he isn't finding the next best restaurant in Galesburg, you might catch him participating in the Community Play Project or hanging out at the library.

UPCOMING EVENTS AT KCCDD



We're excited for our upcoming fundraiser, Dueling Pianos performed by Fun Pianos! Join us for a night of singing, dancing, and endless entertainment!

WHEN: Friday, December 3, 7:30PM

WHERE: The Vault – 185 S. Kellogg St., Galesburg, IL

Visit www.kccdd.com to purchase tickets!



MICHAEL'S MOVIE MADNESS

Michael is a movie fanatic, both new and old, and discusses his favorites (or least favorites).

Mortal Kombat 1995 vs. Mortal Kombat 2021

This is Michael Hanlon for Michael's Movie Madness!!

Today I am going to review and compare Mortal Kombat 2021 to Mortal Kombat 1995, the first original film based off of the popular famous video game.

The 1995 movie took off as a box office hit and had really good special effects, as did the 2021 movie. The 1995 one starred Linden Ashby as Johnny Cage, while the 2021 Mortal Combat only mentioned his character at the end. Let's compare the character of Sonya Blade, played by Bridgette Wilson (1995) and Jessica McNamee (2021), who both made a great Sonya Blade. If you followed the video game, Bridgette Wilson looked more like Sonya. Meanwhile, Jessica McNamee didn't look like the video game, but she showed us how Sonya Blade got her fighting pink rings super power of Mortal Kombat. Both Robin Shou (1995) and Ludi Lin (2021) made great Liu Kangs. Shou shows how Kangs gets to the Outworld Island, while Lin already has his Mortal Kombat powers and is a welcome scene to the Outworld, shooting fireballs as one of the good guys in his first scene. In the 1995 Mortal Kombat, Liu Kang didn't throw his fireballs until the final fight scene against the evil Shang Tsung. Cary Hiroyuki was Shang Tsung in the 1995 Mortal

Kombat, and he made a very believable one at that. He tried to break the rules of Mortal Kombat many times and he was an evil black magic sorcerer, taker of fighter's souls that didn't belong to him but got controlled by him until someone beat him in Mortal Kombat. I mean you just wanted to hate his character. Chin Han made a good Shang Tsung as well in 2021, but I thought Hiroyuki was spot on in the 1995 film.

The next thing I should mention is that in the 2021 movie you see how Jax becomes Jax and gets his bionic arms. Michael Brooks made a great Jax. I can't picture anyone else playing the part of Jax now!! Now let's talk about 1995's Lord Raiden, Christopher Lambert, who makes sure Shang Tsung doesn't cheat to win when he shows up and says, "Enough or I don't think so" with lightning coming out of his eyes. Tadanobu Asano made a great Lord Raiden as well in the 2021 movie. My favorite part by him was when he looked at what earth had brought him and he said, "This is what I have to work with?"

Overall, both Mortal Kombat films are true to the video game in different ways and have great special effects. Characters from past and present were perfect choices and did great in both the 1995 and 2021 film, but be warned: the 2021 film is not for the weak of heart or for young children. There is a lot of bad vulgar language as well as enough blood and gore for a horror movie. Some parts would give the weak of heart or real young children nightmares. Plus, you don't need a lot of bad language to make an action movie good!

This has been Michael and my Movie Madness!



Michael Hanlon,
CAB Vice President

*Michael is an active member of CAB.
He loves art, theater, and is a
singer/songwriter!*

**Do you have a movie you want
reviewed? Write to Michael at
kccddcab@gmail.com.**

POETRY SLAM WITH GLENEE

Some words from Glenee's heart.



Summertime

I like summertime.

I like to walk when it's nice out.

Winter is done so

I can go outside with my staff.

I'm able to smell the flowers after they bloom
and maybe go shopping soon.

I love hanging up my winter coat until next year.

I LOVE THE SUN!

Glenee Brooks, CAB Treasurer

Glenee loves to create -- she is an artist in many ways. She enjoys writing, making collages, and acting.

HEAR FROM HECTOR

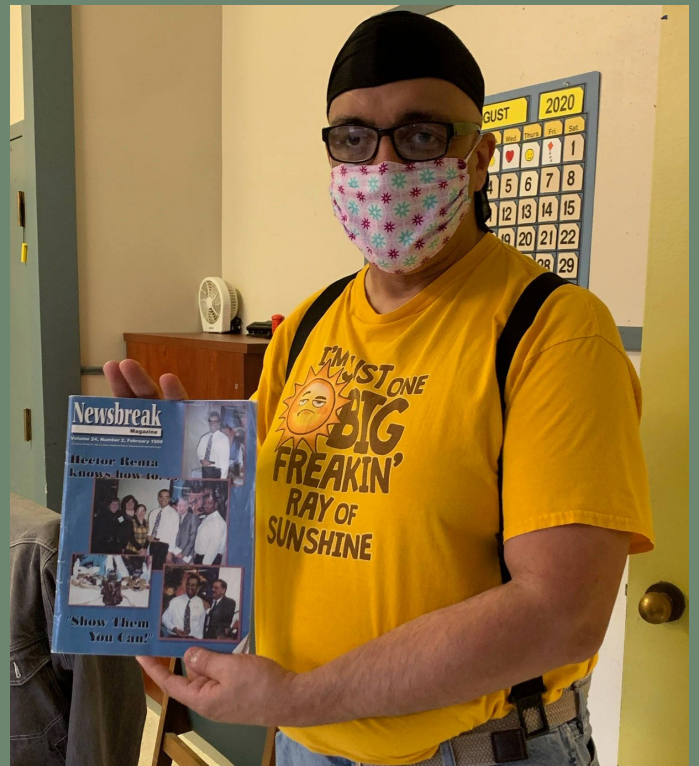
Hector is a self-advocate who enjoys helping others find their voice as well.

Hi, my name is Hector and I have recently been participating with the Illinois Epilepsy Support and Resources group through Zoom. This last November while attending KCCDD, I had the opportunity to participate in Speak Up and Speak Out (organized by the Arc of Illinois), and I knew after that I wanted to advocate for people with disabilities.

As an advocate, I have presented on community employment and have been a speaker for The Going Home Coalition which advocates for independent living.

I would like to advocate for more wages for Direct Support Professionals and continue talking about how people with disabilities can get a job in the community.

Due to Hector's continued connection with the Illinois Epilepsy Support and Resources group, he is excited about the upcoming opportunity to host their group at KCCDD's downtown "HUB" location on Thursday, September 23rd at 6:00pm. This is an educational opportunity for those with epilepsy and their families or caregivers. Many resources will be shared and all are welcome to attend.



Hector Renta, CAB Member

Hector participates in many KCCDD activities while finding many opportunities to continue his advocacy journey.

KCCDD would like to thank the Illinois Epilepsy Support and Resources Group for their continued kindness and generosity this year.