



# 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](http://www.kccdd.com) or contact us at [kccdcab@gmail.com](mailto:kccdcab@gmail.com).



Members of CAB and other KCCDD individuals, as well as community members, sing in the final scene of Community Play Project's production of *Shrek: The Musical*.

## SHREK: THE MUSICAL

In October, the Community Play Project brought *Shrek: The Musical* to Prairie Players Civic Theatre in Galesburg.

Over 60 individuals from KCCDD and the community auditioned for *Shrek: The Musical* back in July. After many weeks of rehearsal, the cast of 30 came together to put on three SOLD OUT shows!

Several KCCDD CAB members were cast in the show, including: Michael Hanlon as Shrek, Tiffany Greene as Fiona, Glenee Brooks as Mama Bear, Gaby Carroll as Humpty Dumpty, and Brittany Kane working on the stage crew. Many other members of KCCDD were cast roles in the production, as well.

The show was so much fun for all involved and its message challenged societal perceptions of normalcy. The community and KCCDD members alike thoroughly enjoyed the production and are looking forward to another production next Fall!

The Community Play Project, which started in 2017 with the support of the Illinois Council on Developmental Disabilities, is an all-inclusive, all-encompassing free theatre program for individuals of all ages and abilities. For more information about the Community Play Project, visit: [www.cppgalesburg.com](http://www.cppgalesburg.com).

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# 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.



Did you know? KCCDD took 15 clients to the Speak Up and Speak Out Summit this year! The KCCDD Cruisers also performed and were a huge hit!

Shelley McMillan  
CAB President

Shelley is president of the Client Advocacy Board. She is very active in the KCCDD band, The Cruisers, as a lead singer.

Do you have a question for Shelley? Submit it to [kccddcab@gmail.com](mailto:kccddcab@gmail.com).

## Please tell us about your experience at the Speak Up and Speak Out Summit.

I learned a lot at Speak Up and Speak Out. I did learn how to speak for people who can't speak for themselves and make things easier for people with disabilities. I show people that they can do things they never thought they could. Becoming a member of the Alliance of Illinois has helped because of their support and guidance. We're always learning new things, and now going to SUSO gave us the opportunity to meet new people. If you ever get invited to go, it will be well worth it!

Speak Up and Speak Out is an annual summit held in Springfield that brings individuals with I/DD together to learn about self-advocacy.

## ROBBIE'S FOOD CORNER

Robbie knows food and shares his favorite local restaurants.

The other day I went to Sully's with my dad and grandpa. I had a Ribeye Steak sandwich, fried mushrooms, and two root beers. My dad had a cheeseburger, and my grandpa had breaded cauliflower. My fried mushrooms came with ranch sauce. My grandpa's cauliflower came with cheese sauce. They Ribeye Steak sandwich and fried mushrooms were mouth-wateringly delicious! Sully's has a warm, friendly atmosphere, good food, and friendly staff. I recommend Sully's to anyone.

Do you have a restaurant you want Robbie to review? Submit it to [kccddcab@gmail.com](mailto:kccddcab@gmail.com).



Robbie Hiett, CAB Vice President

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.

## JOIN KCCDD AT OUR NEW LOCATION, THE HUB!



With the support of the Galesburg Community Foundation, KCCDD is excited to announce the opening of the HUB, our new downtown location. The HUB is designed to be "a community connector," bringing resources of a wide variety to our community. One service provided by the HUB will be respite nights for families and caregivers. Respite nights will be offered periodically throughout each month. Our next Respite Night, "Shop Til You Drop!" will be Friday, December 13th. For more information, visit: [www.kccdd.com/respite-services](http://www.kccdd.com/respite-services).

# MICHAEL'S MOVIE MADNESS

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

## MALEFICENT: Mistress of Evil

Movie goers, I recently went to see *Maleficent: Mistress of Evil*. Angelina Jolie made *Maleficent: Mistress of Evil* great and Michelle Pfeiffer made a great Queen character. Nothing is as it seems in this movie. This movie had a lot of twists and turns you didn't see coming, like who was good and was evil. You actually started having feelings for the characters once you understood the story line. You also asked questions like, "Why did that happen?" but in a good way. A character you care about always gets put in the line of fire by something evil...Who is the villain? Who is truly good or evil? Find out in *Maleficent: Mistress of Evil!*

*Maleficent: Mistress of Evil* is a must see for people of all ages. It is a magical film, great for the whole family. I give it five stars and two thumbs way up! Hope you go see this flick and enjoy. This has been Michael Hanlon for Michael's Movie Madness.



Michael Hanlon,  
CAB Secretary

*Michael is an active member of CAB and the KCCDD Cruisers. He loves art and theater and participates in the Community Play Project.*

Do you have a movie you want reviewed? Submit it to [kccddcab@gmail.com](mailto:kccddcab@gmail.com).

## POETRY SLAM WITH GLENEE

*Some words of wisdom from the heart of Glenee.*



### "My Christmas Poem"

The winter is cold,  
I want lots of gold.  
I like to see the snow,  
Snowballs are fun to throw.  
I drink eggnog,  
I share it with the Grinch's dog.  
Wishing everyone a Merry Christmas &  
Happy New Year,  
As for me, I'm going into the New Year  
with no fear.

Glenee Brooks, CAB Member

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

# VOLUNTEER SPOTLIGHT - KCCDD GIVES TO COMMUNITY

KCCDD is so grateful for the support we receive from the community throughout the year. We continually look for ways that we can give back, as well!

**SOCKTOBER:** Did you know that socks are often the most needed but least donated items at homeless shelters? Since 2015, KCCDD has participated in "SOCKtober" – a sock drive throughout the whole month of October. This year, our goal was to donate 1,000 pairs of socks. KCCDD staff, with the help of many generous community members, collected almost 1,600 pairs of socks! Socks were donated to the Galesburg Rescue Mission and local school district for those in need.

**TURKEY & TATORS:** The KCCDD Staff Committee shows appreciation for KCCDD staff each year by giving them a turkey and bag of potatoes for the holiday season. Staff can also choose to donate their turkey or potatoes. This year, 20 turkeys were donated to the Galesburg Rescue Mission and Knox County VA.

*Top: Rhonda and Rodney bring 800 pairs of socks to the Galesburg Rescue Mission during SOCKtober.*

*Bottom: Michael Hanlon, Pete Gargano, Wayne Wells, Doug Gumm, and Sylas Lane deliver turkey and potatoes to the Knox County VA.*



## CASPI CLASSES

### *Client Advocacy and Special Interest Classes*

CASPI classes are offered to clients at KCCDD and change each quarter. If an individual has a special interest in something, KCCDD can probably offer a class for them. These classes are always favorites among the clients because they get to explore topics they've never been able to before, or they get to further explore something they know they love!

Current classes include:

HOLIDAY BAKING

HOLIDAY STORYTIME

POOL, PING PONG,  
& GAMES

CHRISTMAS  
CAROLING/BELLS

HOLIDAY CRAFTS

INDOOR GARDENING

MUSIC APPRECIATION

MUSIC EXPLORATION



*Music Appreciation CASPI Class*