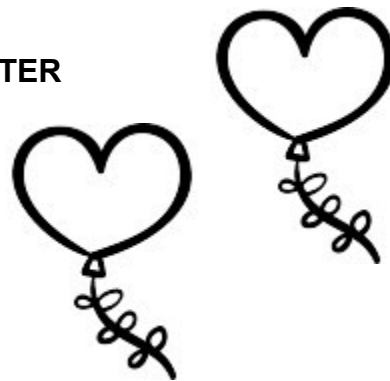


**PARENTS ASSOCIATION
BELLEFONTAINE HABILITATION CENTER
10695 BELLEFONTAINE ROAD
ST. LOUIS, MO 63137**



PHONE 314-264-9100 BHC Switchboard
PHONE 314-340-6002 Thrift Shop
WEBSITE www.parentsassociationbhc.com

NEWSLETTER FEBRUARY 2023

PARENTS ASSOCIATION MEETING

All Parent Association members, friends and staff are invited. Keep up with the latest news about Bellefontaine Habilitation Center. Bring your talents and expertise for our advocacy efforts. With everyone's involvement, the lives of the residents at BHC will be the best possible. All are encouraged to stay informed and take some action. Attend a parents meeting, talk with other families, share your concerns and ideas, write a letter, or make a phone call to help provide a safe, healthy, and supportive environment for the residents of BHC and others. They have no voice but ours, so we must continually speak up for them.

THE PARENTS ASSOCIATION MEETINGS HAVE RESUMED!!!!

MEETING DATE: SUNDAY, FEBRUARY 12, 2023

MEETING TIME: 2:00 P.M.

MEETING PLACE: ADMINISTRATION BUILDING

2023 MEETING DATES

FEBRUARY 12 MAY 21 AUGUST 13 NOVEMBER 12

During bad weather please call the switchboard to confirm the meeting is being held. 314-264-9101

Masks are required at the General Meeting. (If visiting your family member you will need to be tested.)

Thanks to all BHC staff who travel to work during dangerous weather conditions.

Plans for road repair is once again in the works. Repair may begin in the spring.

The 2023 Missouri Legislative Session began on January 4, 2023. Education of all legislators is an ongoing necessity as part of our advocacy for intellectually disabled residents living in habilitation centers. Get to know your legislators. Invite them to visit a habilitation center. To find your legislators, call the Missouri Capitol Switchboard at 1-573-751-2000 or go to www.mo.gov.

Next year in 2024, there will be a BHC 100th year celebration! More information on page 5.

The 1999 Supreme Court Olmstead decision that interprets the 1990 Americans with Disabilities Act states:

"It would be unreasonable, it would be a tragic event, then, were the American with Disabilities Act of 1990 (ADA) to be interpreted so that States had some incentive, for fear of litigation, to drive those in need of medical care and treatment out of appropriate care and into settings with too little assistance and supervision." *Olmstead*, at 610.

.Keep informed. Take action. Mary A. Vitale, President, Bellefontaine Parents Association

**2023 BELLEFONTAINE HABILITATION CENTER
PARENTS ASSOCIATION BOARD MEMBERS**

10695 BELLEFONTAINE ROAD ST. LOUIS, MO 63137
314-340-6002 Thrift Shop
314-264-9100 or 9101 BHC Switchboard
www.parentsassociationbhc.com

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VICE PRESIDENT Betty Coll
TREASURER Thomasine Branneky
RECORDING SECRETARY Leslie Terrebonne
CORRESPONDING SECRETARY Patrick Wells

DIRECTORS

Kathleen Berkley
Jeanette Craig
Michael Brophy
Mickey Slawson
Ruth Vondras

Members of the Parents Association of the Bellefontaine Habilitation Center enhance the lives of the residents. Examples of resident support by the Parents Association include:

- BIRTHDAY CAKES AND GIFTS
- CHRISTMAS GIFTS
- HOLIDAY PARTIES
- HOLIDAY DECORATIONS
- HOME FURNISHINGS
- SPECIAL PROGRAM FUNDS
- PICNIC FUNDS
- DANCE BANDS
- CAMP FUNDS
- STAFF APPRECIATION

A Parent Association Newsletter is published 4 times a year, and can be accessed on our website, www.parentsassociationbhc.com. Do you have a relative, friend, or community leader that would be interested in the Parent Association? 2023 MEMBERSHIP DUES ARE \$5.00 annually. Pass along the membership form in this newsletter issue.

For questions about the Parents Association, call the switchboard: 314-264-9101.

+++++

The Parents Association extends a note of thanks for a generous donation from:

Annual Tootsie Roll Drive
Knights of Columbus
Fr. Griffin Council No. 3586



TRIBUTE FUND

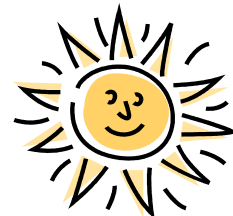
Celebrate a birthday or anniversary, offer get well wishes or congratulations, remember a loved one by sending in a tribute - support the residents at Bellefontaine Habilitation Center. A few examples of the use of funds are: annual picnic, Christmas gifts and decorations, birthday cakes and presents, holiday decorations, treats and dances, household items, and special programs. The tribute form is on the last page of the newsletter.

<u>DONOR</u>	<u>RECIPIENT</u>	<u>OCCASION</u>
Paul Bassler	Wells family	in memory Margaret Meatte (Wells)
Tom & Mary Collins	“	“
Pam & Mark Dagestad	“	“
John & Jackie Gibbons	“	“
Martha & Dan Higgins	“	“
Charles Meyer	“	“
Bob O’Neal	“	“
Donna Schaferin	“	“
Bob & Jane Valle	“	“
Lawrence & Priscilla Zenk	“	“
Stephen & Melissa Zenk	“	“
Jeanette Craig	“	in memory of Cynthia Wells
Patsy Christen	“	in memory of Patrice Christen
Gerald Mohr	Dickey family	in memory of Bud Dickey
Tim & Barbara Reale	“	“
Steve & Mary Vitale	“	“
Fran Grebel	“	donation



FUNDS APPROVED BY PARENTS ASSOCIATION BOARD

- \$ 525.00 Valentine parties, decorations, treats
- \$ 525.00 Easter parties, decorations, treats



PARENT ASSOCIATION MEMBERSHIP DUES FOR YEAR 2023

Dues are \$5.00 a year. Make checks payable to “**BHC Parents Association**”.

NAME _____

STREET ADDRESS _____

CITY, STATE, ZIP CODE _____

EMAIL ADDRESS _____

PHONE NUMBER _____

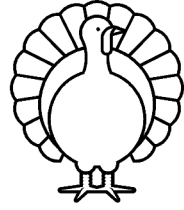
NEW MEMBER yes no

If you are a new member, please let us know for mailing the newsletter.

Mail to: PARENTS ASSOCIATION 10695 BELLEFONTAINE ROAD ST. LOUIS, MO 63137

BHC RESIDENTS ENJOY WINTER ACTIVITIES

Thanks to staff for helping residents enjoy these winter activities. Dietary restrictions were observed for some residents.



ON CAMPUS

November

The Thanksgiving Dance included table top activities. Apple Cider, Sweet Potato Pie and Sweet Potato Mousse was enjoyed by the residents.

December

Bob Kramer’s Marionette’s Christmas Performance entertained residents to begin holiday fun.

At the annual Christmas Party residents took part in table activities and Christmas games. Santa Claus and Mrs. Claus took part in the festivities. The menu included pasta salad, sandwiches, cookies and punch. Each resident received a candy bag “per diet” and a Christmas home activity.



Each home decorated their Program Area Bulletin Board for the Holiday.

All residents received a Christmas gift.

January

Homes were provided with New Year and Dr. King activities: art, puzzles and mazes games.

They look forward to their Winter Dance with table activities, and games. Cheesecake, cheesecake mousse and hot chocolate are on the menu.

BHC residents are participating in the Missouri Mental Health Foundation 2023 Director’s Creativity Showcase.

OFF CAMPUS

Home visits, church services, Great Clips, Flea Market, V-Stock, Walmart, Aldi’s, Dave and Busters, Fazoli’s, White Castle’s , Steak N Shake, Burger King, St. Louis Bread Co, Golden Corral, Dairy Queen, Hunan Chop Suey and Mc Donald’s.

2022 FEDERAL REIMBURSEMENT FUNDS TO THE STATE OF MISSOURI

HABILITATION CENTER

FY 2022 ICF/IID COLLECTIONS

Bellefontaine	\$16,875,504.00	\$ \$ \$
Higginsville	10,288,545.00	
SEMORS	9,441,316.00	
St. Louis DDTC (St. Charles, S. County)	15,603,245.00	
TOTAL	52,208,610.00 for habilitation centers	

Habilitation centers continue to earn millions of dollars in federal Medicaid reimbursement funds for the state of Missouri at the rate of approximately \$65.00 for each \$100.00 of expenditure for habilitation center services.

Habilitation centers are successful, stable, and sustainable, giving comprehensive, consistent, and cost-effective care to the residents. Receiving comparable services “in the community” would not save money.

Families are calling BHC looking for services, but are denied the choice of a habilitation center which is their federal legal and civil right.

2022 FEDERAL REIMBURSEMENTS FOR STATE OPERATED HOMES IN THE COMMUNITY

Because these homes are state operated, the state of Missouri also receives federal reimbursements for them.

Northwest Community Services	\$11,015,223.00
Southwest Community Services	5,010,428.00
TOTAL	16,025,651.00 for state operated waiver homes

BHC 100 YEARS CELEBRATION IN 2024

The 100 Committee is looking ahead to **2024** to plan a Ceremony to be held in the Gym, followed by lunch.

The Centennial Celebration will be held on Thursday June 13, **2024**, at 11:00 am.

All Parents Association members are invited to join with past and present BHC staff members to celebrate 100 years of service to our residents.

If you plan to attend please let us know at your earliest convenience.

E-mail or call Bill Heuvelman to RSVP.



Email – Bill.Heuvelman@dmh.mo.gov

Telephone – 314-264-9140

In addition to the celebration, we are collecting an oral history of St. Louis State School and Hospital /Bellefontaine Habilitation Center. If you would like to participate in this endeavor, please contact me as indicated above. Your prospective would be greatly appreciated.

AUTISM NEWS

CONCERN OVER LANGUAGE ADDRESSING AUTISM

The following excerpt from a commentary article is about language necessary to describe the full spectrum of autism rather than avoiding certain descriptive words,

“A full semantic toolbox is essential for autism research and practice to thrive”

Alison Singer, Amy Lutz, Jill Escher, Alycia Halladay
First published: 12 December 2022
<https://doi.org/10.1002/aur.2876>

INTRODUCTION

Individuals diagnosed with autism have a broad range of clinical presentations, all falling under the diagnostic umbrella of autism spectrum disorder (ASD).

Recently, some autism community members have urged a dramatic lexical shift concerning ASD—namely, that the field should dispense with language that connotes impairment, pathology or suffering, in favor of “neutral” terminology reflecting an understanding of autism not as a medical issue, but rather as a form of human diversity.

Three recent articles suggest avoiding or replacing terms like “disorder,” “deficit,” “risk,” “symptoms,” “challenging/problem behavior,” “comorbid” and “prevention” to acknowledge ASD as a benign part of the human condition (Bottema-Beutel et al., 2020; Dwyer et al., 2022; Monk et al., 2022). And in many cases, certain words are labeled “ableist” without thought or consideration given to the context in which they are used.

Autism is a spectrum of abilities, disabilities, strengths and challenges, and requires the use of a broad spectrum of descriptors (Lombardo & Mandelli, 2022).

Censorship of certain terms exerts a chilling effect on research and clinical practice, particularly on individuals and their families who experience autism as a life-limiting disorder rather than a divergence or identity. In addition, general terms like “difference” are neither accurate nor precise and cannot clearly capture the realities of people across the spectrum.

The entire article can be found on the website of the **National Council on Severe Autism**.
<https://www.ncsautism.org/>



2023 LEGISLATIVE ISSUES

The new year of 2023 brings in new state and federal legislative sessions.

On the federal level, major issues of concern include legislation aimed at the closure of all congregate care settings like habilitation centers, and the closure of sheltered workshops. Bills introduced in 2021/2022 will most likely be re-introduced in the 2023 Congress. Federal legislation is important because it affects decisions on the state level.

Another issue to watch is legislation affecting Direct Support Professionals. Any legislation to enhance this workforce must include all environments in which they work.

On the closure issues, U. S. Congressional members are greatly influenced by large national disability organizations and federal agencies promoting the idea that all people with intellectual disabilities can live in the community and have a competitive wage job. This is a commendable ideal for some, but not based on the reality of circumstances for other individuals who have more severe disabilities.

For some families with loved ones with an intellectual disability, physical impairments, and challenging behaviors, daily life includes:

- head banging, self-biting or scratching, face slapping, pulling out own hair,
- eye poking, biting, kicking, pinching, scratching, screaming, outbursts, spitting,
- throwing objects, breaking windows, hitting walls causing holes, fecal smearing,
- disrobing, running away, eating of odd items, seizures, wheelchair bound,
- non-verbal, blindness

Most community providers cannot offer the extensive services needed to minimize such challenging behaviors to help individuals be safe, healthy and supported.

Homes like habilitation centers offer a wide array of services on campus including doctors, nurses, psychiatrists, psychologists, speech therapy, physical therapy, occupational therapists, and direct support professionals. These comprehensive services offer a better outcome for residents with high needs.

Families still want these types of home. Where admissions are allowed families are finding the resources and care needed by their family member.

The same can be said about sheltered workshops. Families are finding successful employment for their family member and want them to remain open.

One size does not fit all. Equal services does not mean everyone gets the same services, but that individuals get the services they need.

There are successful community homes for some individuals, but some end up in hospitals with long stays, in nursing homes, in jails, and in prisons for lack of other options like congregate care facilities.

A full continuum of care for individuals with intellectual disabilities is necessary to meet the wide spectrum of disabilities.

The VOR organization is our national voice on the federal level. Much time and energy are spent on continual education of policymakers about the needs of our family members.

Join the organization VOR, our national voice for the rights of our family members. VOR needs your support. Add your voice to VOR advocacy. Become a member or donate at www.vor.net.

Stay informed. Take action.
Contact Information

BELLEFONTAINE HABILITATION CENTER

Rebecca Post, Superintendent
Marcy Hargis, Assistant Superintendent
10695 Bellefontaine Road
St. Louis, Mo 63137
314-264-9100 or 314-264-9101

DEPARTMENT OF MENTAL HEALTH

Valerie Huhn, Director of Department of Mental Health
Jessica Bax, Director-Division of Developmental Disabilities
Sheila Wunning, Director-State Operated Services

Department of Mental Health
1706 E. Elm Street
Jefferson City, MO 65102
573-751-4122
1-800-364-9687
www.dmh.mo.gov

GOVERNOR MIKE PARSON

P.O. Box 720
Jefferson City, MO 65102
Phone: (573) 751-3222
www.mo.gov

MISSOURI STATE SENATORS AND REPRESENTATIVES

Missouri Capitol Switchboard: 1-573-751-2000
www.mo.gov

U.S. SENATORS AND REPRESENTATIVES

United States Capitol Switchboard: 1-202-224-3121
www.house.gov
www.senate.gov

U.S. PRESIDENT

The White House
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Washington, D.C. 20500
Switchboard: 1-202-256-1414
www.whitehouse.gov

AFSCME COUNCIL 61 (American Federation of State and County Municipal Employees)

3230 Emerald Lane Suite 400
Jefferson City, MO, 65109
(573) 635-9145 (800) 554-2054
www.afscme.org
<https://www.afscme.org/local/missouri>

VOR (a national organization representing a full continuum of care for persons diagnosed with an intellectual disability, including ICFs/IID, habilitation centers in Missouri)
1-877-399-4867
www.vor.net

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PARENTS ASSOCIATION, INC.
BELLEFONTAINE HABILITATION CENTER
10695 BELLEFONTAINE ROAD
ST. LOUIS MO 63137

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