

Shawn Egan:

“Life goes on and I can choose to go with it.”

Shawn Egan, 52, had a life-changing accident four and a half years ago which left him paralyzed from the top of the shoulders down, but it hasn't stopped him from moving forward with his life. Shawn says, “I have a deep commitment to my faith, family and community and I believe we should give back more than we get from those areas. That is tough for me now but I still try.”



SHAWN AND CINDY EGAN

He describes what happened nearly five years ago. “I was 40-plus feet up a tree topping it when I was thrown backwards to the ground by an unexpected break. I was completely paralyzed, spent 10 months in the hospital and came home on a ventilator with little hope of ever breathing on my own again. One year later my trach was gone, I was off my vent and able to drive my wheelchair with my left hand.” He is also able to type and run a computer with the help of a special program.

Shawn is currently a board member of the Norfolk Lake Chamber of Commerce and the Event Coordinator for the Lake Norfolk Fireworks Association. He said his past list of occupations is “a little too long to name them all,” but he has been a casino dealer, deep sea diver and old west gunfight stuntman. “I've built and sold several businesses, homes and properties and worked most phases of construction. My jobs have taken me all over the country,” he said.

He and his wife, Cindy, have been married for 33 years. “We moved here from Las Vegas 11 years ago and bought Bayou Resort which we sold the year before my

accident. We still manage The Cove, Vacation Lake Homes, my sister's business here at the lake where we live.”

Shawn and Cindy live in Gamaliel, Arkansas, on Lake Norfolk, and have one son, Andrew Egan, who is 15. They also have permanent guardianship of two foster children, Jacob Smith, 15, and Samantha Smith, 18, who the Egans took in a year and a half ago.

In thinking about how his life has changed and how he has adjusted, he said, “I will probably never be able to do any of the things I used to do but life goes on and I can choose to go with it. God gives everybody His sustaining grace at our darkest hour and then lights our path forward. We just need to accept that grace and never give up.”



Samantha, Jacob and Andrew with “Charlotte” the goat.



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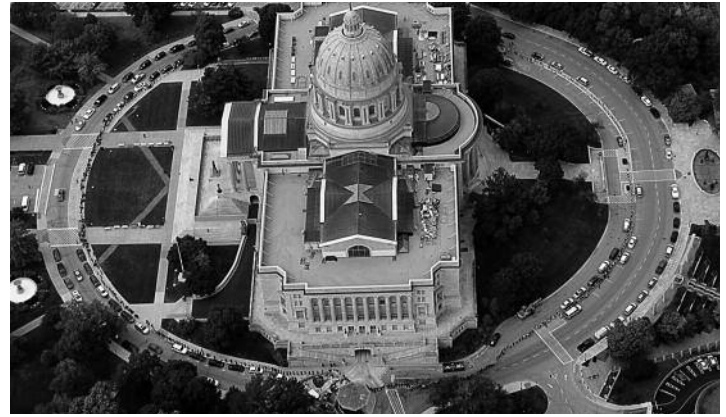
Thanks to everyone who assisted our office with the Fall Festival. We had some very generous donors for the silent auction items AND some very talented crafters. It was a gorgeous day! The weather was superb! Totals are not completely in but we are very pleased!

Isn't this the very best part of the year? With October and November come many more fall festivals, craft shows and so much beauty....all right here in the Ozarks! There's just nothing better than fires going with a smoky, cedar aroma, kettle corn popping, and apple butter bubbling in huge copper cauldrons.

That aside, I wanted to let everyone know of some additional resources afforded to staff. This office has membership in APRIL, the Association of Programs for Rural Independent Living. It a terrific resource for all things 'rural' and how individuals with disabilities can stay on their farms, living in the country. Also, I have membership in a group consisting of other directors of Centers for Independent Living, who meet monthly. Another fantastic resource to keep abreast of legislative issues, best practices and friendship!

I wanted to emphasize that this office has interests all over the state and staff who follow news, trends etc. Just remember that no matter how busy WE are, there's always time to talk to YOU. Between our **Independent Living Dept., Consumer Directed Services Dept., and our In-Home Services**, this office has an answer for anyone dealing with disability issues – all under the umbrella of the **only Center for Independent Living** in this area. Call or come by!

Regards,
Cindy



"HANDS AROUND THE CAPITOL" in an aerial view by The University of Central Missouri's Aviation Department.

HANDS AROUND THE CAPITOL

By Terry Hampton

Jefferson City, MO — More than 700 people from around the state gathered in Jefferson City on Oct. 6 to celebrate the 25th anniversary of the Americans with Disabilities Act (ADA) and Disability History/Awareness Month. The event, called "Hands Around the Capitol," was organized by the Governor's Council on Disability (GDA). GDA Executive Robert Honen said the goal "was to promote youth leadership, to raise awareness and as a springboard for General Assembly in January. It's an incredible way for all of us to come together and show our support for the nearly one million Missourians with disabilities."

Keynote speakers included State Treasurer Clint Zweifel; Assoc. Director of Great Plains ADA/former Senator Chuck Graham; Opeoluwa Satonwa with the Mo. Commission for the Deaf/Hard of Hearing; and Daniel Anderson and Matthew Pearl from the 2015 Mo. Youth Leadership Forum.

All spoke of changes made in the past 25 years, but also of the need for more progress. Graham was in Washington at the signing ceremony of the ADA in 1990 and again in July for the 25th anniversary. He said, "I've seen buses become accessible, I've seen this Capitol becoming more accessible. There are a lot of physical structural changes, and I think people with disabilities are more accepted, but we're still not employed at the levels that everybody else is, so that's a major challenge." He said an unemployment rate of 70 percent for those with disabilities has remained basically unchanged over the years.

Christopher Worth of Paraquad, a St. Louis-based independent living center, said, "We've made it 25 years with the ADA, and we still have a lot of work to do. We are a community, not in separate boxes, but a part of the community. We are the ADA generation. We can't sit down and wait for agencies to tell us what to do. Let's be radicals."

Satonwa, a member of the Deaf community, addressed

continued on next page . . .

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the crowd via signing. He said, "Going forward, we have to not only insure our access to the world, but that the world has access to us and our individual talents and abilities."

Anderson said, "We have much to celebrate and much to do. We must celebrate the legacy of those before and light a fire for the future."

Zweifel said, "It's important to celebrate the ADA, but this is also the celebration of a movement (which focuses on) how we treat other humans. We're all built to do amazing things."

Meet the newest OIL staff members

Terry Hampton has recently been hired as a marketing and IL (Independent Living) specialist. Among her duties will be to work in the seven-county region served by OIL to help educate the public about services and to raise awareness about disability issues. She is also newsletter editor.

Telcy Osborn, Ashley Strazdas and Kyli McNew are the Consumer Directed Services (CDS) coordinators who are the newest members of the CDS team. According to OIL CDS Manager Jaime Grider, "Coordinators monitor each Consumer's CDS Service and serve as the advocate and/or liaison between them and the state. They also provide monitoring overview of the timesheets, care plans, and consumer's responsibilities as the employer, and offer guidance when necessary, such as requesting a care plan change, providing an available attendant list to hire a new attendant or sending more timesheets."

Terry: "I am a lifelong resident of Howell County. I previously worked as a staff writer for the West Plains Daily Quill for three years. I have been married for 35 years to Allen Hampton. We have one daughter and two grandsons. I believe the independent living movement is of great value to all of us regardless of our abilities. Helping people stay in their homes and live as independently as possible is a worthwhile investment for society, not only because it's the compassionate and right thing to do, but it's the sensible thing to do. I'm thrilled to be working for a nonprofit organization which makes such a big difference in the lives of so many."

Telcy: "I'm a 26-year-old mother and wife. I was born and raised in West Plains and am very passionate about helping those in my community. I have worked in the health-related field the majority of my adult life. I enjoy what I do and love being able to dedicate my



TERRY HAMPTON



TELLCY OSBORN

Pearl, who has several physical disabilities due to a rare blood disorder, said, "Different is OK. Don't ever be afraid to be different."

Attendees were encouraged to be politically active by advocating and by running for office. Graham said he was the first, and so far only, member of the Missouri Legislature in a wheelchair. He said that people with disabilities need to be elected for those with disabilities to be represented.

The event concluded with those in attendance joining hands to encircle the Capitol as a show of strength, solidarity and support.

time to those who need it. When I'm not working, I am usually spending time with my family, enjoying many outdoor adventures. I love spending my free time hiking, fishing, and taking photos. I have been a part of the team here at OIL for nearly a year and I am looking forward to many more."



Ashley: "I started working as a CDS Coordinator in July. I have lived in Birch Tree my whole life. I graduated from Winona High School in 2008 where I loved to play volleyball. I received an Associate of Arts in General Studies from MSU-West Plains in 2010 and then I went on and completed a Bachelor of Science in Psychology at Southwest Baptist University in 2014. I like spending time with my family, running, playing sports, and being outdoors. I enjoy helping people and I feel very blessed with the opportunity to work at such an amazing organization where I can help others. The staff at OIL has been very helpful with welcoming me to the organization."

Kyli: "I began working at OIL in September. I was raised in Summersville and currently live in Winona. I received my Associate of Applied Science in Medical Insurance Billing and Coding from Three Rivers Community College. I have one daughter. Her name is Haysli and she is two years old. I enjoy spending time with my friends and family, teaching tumbling classes, floating Current River, fishing, hunting, and anything outdoors. I am passionate about helping other people and being a positive influence to any person I meet. It is such a great feeling to know that I work for an organization that puts the needs of others above all else. I want to thank the staff at OIL who have been amazing to me and made me feel so welcome here."



KYLI McNEW

Third Fall Fest gets great support

The third annual Fall Fest was a successful event with proceeds going to the OIL Independent Living (IL) Services program which provides assistive devices such as hand-held showers, shower chairs, grab bars and other durable medical equipment items. It is with help from the community and fundraisers like Fall Fest that OIL is able to provide these items. IL Manager Kathy Bauer said, "We would like to express our sincere appreciation to all who helped make our third annual Fall Fest a success, including attendees, crafters, vendors, those who donated items for the concession stand and silent auction, and area media."

We especially want to thank our sponsors. West Plains area sponsors are: the West Plains Fire Department; Heart of the Ozarks Medical Equipment (H.O.M.E.); Gary's Tire & Automotive; Animal Clinic of West Plains; Edgeller & Harper, West Plains; Jones Eye Center; Brotherton Propane; Vision Express; Jay Padgett-Edward Jones; West Plains Propane; Stewart-Morrison Redi-Mix; Wilbanks

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Sponsors outside the West Plains area include: Friga Tire, Willow Springs; Mansfield Building; Gainesville Building; Ava Building; Mountain View Lumber; Adams Western Store, Thayer; Forbes Pharmacy, Houston; and United Seating and Mobility, Springfield.

A "Vendor Appreciation Basket" was won by Elizabeth Tharp, West Plains. The basket included tickets to the Stained Glass Theater in Ozark, a gift certificate for two dinners at Lamberts, \$50 Casey's gift card, and a box of Russell Stover Candies. All vendors were entered in the drawing for the basket. Elizabeth volunteers her talents to help the First Christian Church "Tender Mercies" diaper ministry which had a booth at the festival.



ELIZABETH THARP

Clues and Answers to last issue's crossword puzzle

Across

1. thinly sliced potatoes fried and crunchy - **CHIPS**
5. beef on a bun - **HAMBURGER**
7. day of the week on which the Fall Fest is held - **SATURDAY**
8. where Ozarkians live - **OZARKS**
12. a means of broadcasting - **RADIO**
14. crafter - **DIY-PERSON**
16. a place that sells food, drinks, snacks - **CONCESSION**
17. time Fall Fest begins - **NINE**
18. date of Fall Fest - **TWELFTH**
21. time Fall Fest ends - **FIVE**
22. a type of sale - **AUCTION**

Down

1. items made by crafters - **CRAFTS**

Down

2. number of booths to visit - **FIFTY**
3. ninth month of the year - **SEPTEMBER**
4. nutrition for the body - **FOOD**
6. relatives - **FAMILY**
9. injected liquid - **DRINK**
10. West Plains school where Fall Fest is held - **MIDDLESCHOOL**
11. city where Fall Fest is held - **WESTPLAINS**
13. self-sufficient - **INDEPENDENT**
15. another word for frankfurter - **HOTDOG**
19. the act of being alive - **LIVING**
20. synonym for enjoyment - **FUN**
21. name of building in which Fall Fest is held - **FEMA**

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OIL designates October as a time for all to remember that there are community members living daily with disabilities which make it difficult for them to take part in activities that many people take for granted. West Plains Mayor Jack Pahlmann signed a proclamation urging residents to become familiar with the services and benefits offered by OIL and to support the program. Front row, from left: representing OIL, staff members Samantha Adams, Kathy Bauer, Debra Jorgensen, Lori Cox and board member Scott Schneider; Pahlmann; Vocational Rehabilitation (VR) representative Joyce Christopher; and Preferred Family Health Care (PFHC) representative Richard Beavers. Back row: PFHC representative Loretta Sparks; OIL staffers Donna Nale, Karen Miller, Tina Maguffee, Brandi Harrison, Pamela Johnson, Ashley Strazdas, Kyli McNew, Telcy Osborn; VR representative Jeannie Rhoads-Ashley; and with OIL, Melissa Murrell, Dana Cornell, Pat Parmer, Theresa Braswell and Ruth Rasmussen. Proclamations were also signed by county commissioners in OIL's service area.

Disability History and Awareness Month in October

October is designated each year as Disability History and Awareness Month in the state of Missouri by the Governor's Council on Disability (GCD) and locally by OIL. Both groups promote full participation and inclusion for individuals with disabilities in all aspects of community life by seeking to educate citizens, businesses, schools and others of their rights and responsibilities under the Americans with Disabilities Act (ADA). GCD and OIL also provide information about compliance with the ADA and assistive technology to maximize the productivity and independence of people with disabilities.

Following are some of the programs offered by:

- **Consumer Directed Services (CDS)** allows an individual who is Medicaid active to hire a caregiver to provide personal care in the individual's home. Those using the services must be at least 18 years of age, be able to direct their own care and have a physical disability. Examples of services provided include meal preparation, bathing and household tasks.

- **Independent Living Services (ILS)** has for many years provided four core services: information and referral, life-skills training, advocacy and peer support. Recently a fifth service area, transitioning, has been added with the goal to help those with disabilities move from nursing facilities into their own homes and to help students who are leaving high school transition into their communities and /or the workforce.

- **Independent In-Home Services (IIHS)** provides in-home services to the elderly and to those with disabilities, enabling them to remain living in their own home. Such services include personal care, nurse visits, homemaker chores and respite.

- **TAP (Telecommunications Access Program)** provides free adaptive phones and other communication devices for qualified individuals with hearing and/or vision impairments.

- **Transportation to medical appointments** within certain limitations.

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(Information can be sent anywhere, but OIL's service area includes the seven counties of Douglas, Howell, Oregon, Ozark, Shannon, Texas, and Wright - there are other Independent Living Centers throughout the state.)

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independentliving.org

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cms.gov

Governor's Council on Disability
State of Missouri
disability.mo.gov/gcd/

Association of Programs for
Rural Independent Living
april-rural.org

Missouri Commission for
the Deaf and Hard of Hearing
mcdhh.mo.gov/

Disaster Preparedness Resources
for Persons with Disabilities
jlk.com/disaster.html

Missouri Regional Arthritis Centers
<http://www.moarthritis.org/>

Parents with Disabilities
disabledparents.net