



# Eastern MRA Chapter Newsletter

<http://mo-rehab.org>

Fall 2013

## IN THIS ISSUE:

1. MAKE A DIFFERENCE, INSPIRE OTHERS
2. UPCOMING EVENTS
3. REFLECTION AND CELEBRATION
4. T-SHIRT SALES
5. LEGISLATIVE UPDATE
6. INFORMATION ABOUT MEMBERSHIP
7. BARBARA PARKER CHARITABLE TRUST FUND APPLICATION



## HOW CAN YOU MAKE A DIFFERENCE?

**“Once you choose hope, anything’s possible” - Christopher Reeve**

All of us influence people on a daily basis, and it’s the little things we do that leave the biggest impressions. Be kind, instill hope, and encourage others to believe in themselves.

**“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” - Leo Buscaglia**

With each interaction, we are influencing others around us. Remember to keep a positive focus, inspire others to achieve greatness, and never give up hope.

**“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” - Thomas Edison**

## MRA’s 7 Core Values:

- ◆All People◆
- ◆Professionals in Rehabilitation◆
- ◆Visionary Leadership◆
- ◆Advocacy◆
- ◆Responsible Resource Management◆
- ◆Personal & Professional Enrichment◆
- ◆Relationships Built on Trust & Integrity◆

## MRA EASTERN CHAPTER 2014 CALENDAR OF EVENTS

- January 22nd — Board Meeting\*
- January 23rd — Mixer at Six Row Brewing Co. 4pm-7pm (details below)
- February 19th — Board Meeting\*
- February 27th — ADA Training at Powder Valley 1pm-4pm
- March 19th — Board Meeting\*
- April (TBD) — MRA Mixer location TBD 4pm-7pm
- April (TBD) — Training (TBD) more information to come
- April 16th — Board Meeting\*
- May (TBD) — Awards Banquet more information to come
- May 21st — Board Meeting\*
- June 1st-3rd — MRA Conference at Tan-Tar-A, Lake of the Ozarks
- July (TBD) — MRA Mixer location TBD
- July (TBD) — Training (TBD) more information to come

\*Board meetings are open to all members, and we invite everyone to attend!  
They will take place from 4pm-5pm at Maryville University Dining Hall, located on the ground floor of Gander Hall.

### ADA Training

Presented by  
Jim Dejong from the  
ADA Center  
2/27/14 1pm-4pm  
Powder Valley Nature  
Center  
CEU's Available!  
Flyer to come

### MRA MIXER! 1/23/14

Six Row Brewing Company  
3690 Forest Park Avenue  
St. Louis, MO 63108  
**NETWORKING AND FREE  
APPETIZERS!!**  
Questions or to RSVP, contact  
Kathleen Keeteman  
314-791-7017  
[kkeeteman@mersgoodwill.org](mailto:kkeeteman@mersgoodwill.org)



MRA Conference June 1st –June 3rd  
At Tan-Tar-A in the Lake of the Ozarks

The MRA Eastern Chapter will be providing student scholarships for 2 students each year! This will include the cost of registration and hotel. To be eligible, students need to be members of MRA and MUSARCA, and submit applications between April 1st—April 30th

If interested, contact Dr. Michael Kiener  
At: [mkiener@maryville.edu](mailto:mkiener@maryville.edu)

## MRA Eastern Chapter: A Time for Reflection and Celebration

Throughout this past year members of the Missouri Rehabilitation Association (MRA), Eastern Chapter have been diligently working to advance the mission of MRA by promoting an environment in the state of Missouri which gives persons with disabilities a fair opportunity to achieve quality of life. MRA Eastern Chapter has seen tremendous growth over the past few years due to the dedicated rehabilitation professionals and agencies in the St. Louis area and MRA is looking forward to continued growth and success.

Over the past years, MRA Eastern Chapter has held multiple trivia nights, professional trainings and presentations, banquets, networking socials, and celebratory banquets. Because of all the trivia night participants and generous donations, MRA Eastern Chapter has awarded over \$8,000 through the Dr. Barbara Parker Charitable Trust Fund. The Fund supports individuals with disabilities, up to \$250, in meeting their vocational goals (an application for the Dr. Barbara Parker Charitable Trust Fund is included in the newsletter on page 7). MRA Eastern Chapter has also donated over \$1,000 to the Megan Piontek Scholarship at Maryville University. The Megan Piontek Scholarship supports students obtaining their degree in Rehabilitation Services or Rehabilitation Counseling. In addition, MRA Eastern Chapter has presented or co-presented over 25 professional training and presentations, which provided countless continuing education hours to rehabilitation professionals in the St. Louis community.

Finally, at the yearly banquet, MRA Eastern Chapter celebrates its members and more importantly recognizes five individuals who had a significant impact on the rehabilitation community. Below is a list of past award winners.

Consumer of the Year	Community Service	Employer of the Year	President Award	Megan Piontek Memorial
John Bonser 2013	Kathy Howard ABC Brigade 2013	NASCAR Speedpark 2013	Johndavid Kerr, J.D 2013	Jackie Kline 2013
Suzanne (Suzy) Kieckers 2012	Sam Malek (More than Coffee) 2012	Mt. Carmel Senior Living, Chris Brown Director 2012	Sadye Gartland 2012	Jessica Miller 2012
Terry Ford 2011	Pike County Agency for Developmental Disabilities 2011	Brad Woodroffe 2011	Dr. Mark Pope 2011	Katie Hunsicker 2011
			Dr. David Gray 2010	Megan Piontek Posthumously 2010

### **The MRA Eastern Chapter Awards Banquet will be here in May!**

Now is the time to start thinking of who you would like to nominate for the following awards. More details coming soon!

***The Consumer of the Year Award:*** Given to an individual with a disability who has successfully overcome their limitations to improve their independence.

***The Community Service Award:*** Recognizes an individual or group outside of the rehabilitation community who has made a significant contribution towards meeting the needs of the community.

***The Employer of the Year Award:*** Recognizes an employer in the community who has made a significant difference in advancing the employment opportunities of individuals with disabilities.

***The President Award:*** Recognizes an individual who goes above and beyond in service to individuals with disabilities, ensuring excellent service in achieving individual goals, to be given at the President's discretion.

***The Megan Piontek Memorial Award:*** Recognizes a graduate student in the field of Rehabilitation who has demonstrated exemplary initiative and service in the field.

# How Can You Show Your Support?

## MRA Eastern Chapter Polo Shirt Order Form

- Show your support for MRA Eastern Chapter by purchasing an MRA Eastern Chapter polo shirt.
- Proceeds from the shirts support the Dr. Barbara Parker charitable Trust Fund
- The shirts are made of high quality moisture wicking material with double-needle shoulder hem and single piping gusset.
- The shirts are navy blue with trim on the collar and white embroidered MRA Eastern Chapter logo
- Sizes include small-XXL and cost \$35.00
- Talk to MRA officers regarding a discount for large orders.
- To order Contact Michael Kiener at [mkiener@maryville.edu](mailto:mkiener@maryville.edu) or 314-529-9443



MARYVILLE  UNIVERSITY  
ST. LOUIS

School of Health Professions

## **LIVEMaryville** Rehabilitation Counseling & Services

**Rehabilitation Speaker Series**

**March 27 at 4:30pm**

**Maryville University Auditorium**

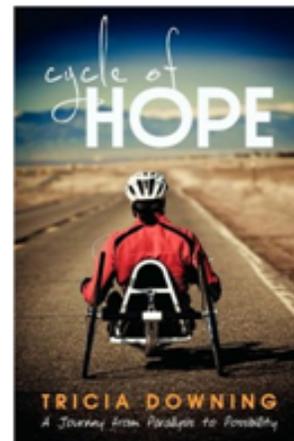
**Tricia Downing**

**A Journey from Paralysis to Possibility**

**Book signing following the**

**Presentation**

**Free and open to the public**



## Legislative Highlights

As the Legislative Session begins, we encourage all to push for Medicaid Expansion. This would allow us to take advantage of federal funds available through the Affordable Care Act. The Budget continues to be a hot button issue. Since this will be an election year, it is possible that our legislators will be more responsive to our needs. Please let your voice be heard! Many of the associations like the MS Society, the ALS Association, and the American Parkinson Disease Association have groups that advocate at Jefferson City during session. Paraquad also does a great deal of advocacy work through their public policy department. Get involved today!

### **Legislative Education Project**

The Governor's Council on Disability and the Missouri Statewide Independent Living Council collaborate on sponsoring the **Legislative Education Project (LEP)** during the legislative session.

The LEP's mission is to educate and motivate individuals by providing opportunities to become active in creating positive public policies for people with disabilities.

To participate in the LEP individuals or organizations must complete a webcast prior to participating in the LEP training at the Capitol. LEP at the Capitol is a one-day learning experience. New in 2014 are teleconference calls which will be a live discussion on the current status of legislation that impacts the disability community. The teleconference calls are designed for individuals who already know the basic legislative process and want to become more involved or proactive in the legislative process.

Whether you know nothing about the legislative process or advocacy or are a seasoned advocate, the LEP has something for everyone!! The LEP is a great way to get involved in disability issues and become informed so you can educate new and experienced legislators.

It is important for individuals and organizations to schedule an appointment with their representatives or senators prior to coming to the Capitol. LEP at the Capitol is facilitated by mentors who are knowledgeable on disability policies. The volunteers or GCD staff will escort the individuals or organizations at the Capitol, if requested.

Please go on-line to check out more information about how you can get involved:

<http://disability.mo.gov/gcd/LEP.htm>

## Get Involved!

All you have to do is reach out to one of our board members to express your interest. We always need support, and you do not need to be an MRA member to help! Whether you are simply spreading the word of upcoming events, volunteering on a sub-committee, or attending our trainings or events, every little bit helps.

If you want to become a member, the MRA Eastern Chapter can provide a 50% match of the membership dues being offered to first time MRA members. Scholarship applications should be completed in their entirety and submitted to the address listed below. Join today, and get all of the benefits of your MRA membership *tomorrow!*

To obtain a membership application, please visit: [www.nationalrehab.org](http://www.nationalrehab.org)

### 2013-2014 BOARD MEMBERS

**PRESIDENT** – Kim Gee, S&H Medical Management Services, Inc.

**IMMEDIATE PAST PRESIDENT** – Peggy Ottersbach, Vocational Rehabilitation (St. Charles)

**PRESIDENT-ELECT** - Dr. Michael Kiener – Maryville University

**TREASURER** – Jay Mendell, Veterans Administration

**SECRETARY** - Vacant

**LEGISLATIVE** - Stephen Kinstler, United Access

**EDUCATION** – Mary Zatopek, United Access

**NETWORKING** - Kathleen Keetman – Student, Maryville University

**CONSUMER MARKETING** - Kim Chaplin, Vocational Rehabilitation (St. Louis West)

**BOARD MEMBER AT LARGE** – Marcel Huels, Southern Bus and Mobility

**BOARD MEMBER AT LARGE** – Amanda Kosyvan, Delta Center for Independent Living

**BOARD MEMBER AT LARGE** – Jessi Hatfield, Veteran’s Administration

**BOARD MEMBER AT LARGE** - Daniel Samit, Vocational Rehabilitation (St. Louis South); Elizabeth Szydlowski, Vocational Rehabilitation (St. Louis West)

\*\*\*The MRA Eastern Chapter is looking to fill the secretary position. If interested in learning more about this opportunity, please contact the Chapter President, Kim Gee at: [kimg222@yahoo.com](mailto:kimg222@yahoo.com)



## Application

### Barbara Parker Charitable Trust Fund

Submit to: Dr. Michael Kiener, President Elect \* Fax: 314-529-9495

Name \_\_\_\_\_ Date \_\_\_\_\_

Address: \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Items and Reason for Request: (please itemize):

How would this help you achieve your vocational goals:

Where else have you tried to obtain funds for this item? Reason for denial?

How will this need be met in the future?

Amount Requested \$ \_\_\_\_\_ Date Check needed by \_\_\_\_\_

Check should be made payable to: \_\_\_\_\_

Address: \_\_\_\_\_

#### Signatures:

Service Provider/Staff: \_\_\_\_\_ Phone \_\_\_\_\_

VR Counselor: \_\_\_\_\_ Phone \_\_\_\_\_

Date Received \_\_\_\_\_ Date Approved/Denied \_\_\_\_\_ Check Sent \_\_\_\_\_

Reason for Denial: \_\_\_\_\_

MRA Eastern Chapter President Elect  
Signature: \_\_\_\_\_