



## Fresh and Refreshed

Mission Project 2 participants enjoy living on their own in the general community. Their jobs, volunteer work, social activities with their fellow participants and time with their families fill their days. As busy as the participants are, they also dedicate substantial time and effort into gaining the skills, knowledge and experience they need to live independent lives.

This issue highlights some of the actions that our participants take, both as individuals and as a group, to master fresh skills of daily living and to refresh their existing skills.



**Mission Project 2** [MP2] enables capable young adults in their 20s and 30s with developmental or cognitive disabilities to live independently and safely in their own apartments, integrated into the general community with minimal support.

We work towards a comprehensive vision: To establish and maintain support structures for our participants, to enable them to live independently in a safe environment with the opportunity to engage in meaningful work, social interaction with peers, educational opportunities, physical fitness, training and recreation.

## Activities of Daily Living

# BUILDING INDEPENDENCE *One Skill at a Time*

Living independently is not all fun and games for Mission Project 2 participants. With their autonomy comes increased responsibility for handling the activities that go along with that freedom. Some of the specific skills that participants have sought to master include money management, shopping, menu planning and cooking, cleaning, laundry, personal safety and healthy living.

Family members offer assistance in these areas to their participants where it is needed and, at the same time, have proudly watched them become increasingly more independent since joining MP2.

Some MP2 participants also receive support from the staff of community-based service providers such as Kansas Focus. According to Colleen Hunter, Kansas Focus Director, "We support individuals who want to live as independently as possible in their own home by providing person-centered services. We focus on the individual needs of each person receiving services. We *teach* daily living skills, rather than doing the tasks for the individual. This promotes independence for the individual."

The catalyst for the creation of Mission Project 2 is to foster support structures and create an active learning environment to help enable the participants to live independently without having to rely entirely upon family members.

In addition to ongoing support from family members and service providers, participants benefit from specific programs and presentations coordinated by MP2 that are designed to strengthen their skills in critical areas. Recent efforts have focused on food preparation and personal safety.



Everyone enjoying the recent safety meeting.

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## Building Independence

*continued from page 1*

### ***Safety***

Mission Project 2 organizes a variety of sessions about important aspects of safe living for participants. In February, Officer Jay Fleer from the Mission, Kansas, Police Department met with MP2 participants to review a number of important safety issues. His presentation covered basic defense strategies, such as being aware of their surroundings, and making safe decisions. He also discussed computer and phone safety measures and the importance of safeguarding personal information.



### ***Meal Planning and Preparation***

Four-Course Living is a program sponsored by the Kansas State University Cooperative Extension Service that helps adults with developmental disabilities learn about nutrition, safety and food preparation through a series of hands-on cooking classes. These sessions are taught in an individualized way to help each student continue living a healthy, cost-effective and independent life. Several MP2 participants have been attending these classes and have mastered many basic cooking skills, including how to use knives effectively and safely. The meals they have learned to prepare are simple and nutritious, and the recipes include both written and visual step-by-step instructions.

In all of these daily living skill areas, MP2 participants are proud of what they have learned to do for themselves. One participant summed up what most of them would say, when he remarked, “I feel like I do very well with all of my chores. It’s not my favorite thing, but it all needs to be done.”

## ***Daily Skills: MP2 Participant Comments***

*“I feel fine about doing my chores. I like doing chores.”*

**“I have learned to read food labels and make sure items are really healthy to eat and drink.”**

*“I like to do my own laundry, but I don’t mind someone helping me.”*

**“I can cook for myself in the crockpot and microwave, but I need help with the stove and oven.”**

***“I feel great about doing my chores around my apartment.”***

*“I have learned to do ironing myself. I also know when the iron is on and off. I have learned not to touch it when it is really hot.”*

**“Cooking class helped me learn how to cook my food.”**

**“I don’t do ironing, but I do clean up the kitchen, mop, dust, vacuum, cook and do the laundry.”**

*“I get help cleaning my oven.”*

**“I don’t mind doing chores.”**

**“At first it was very difficult being in an apartment. I didn’t like cleaning it, especially the bathroom. But now it’s getting easier to take care of myself.”**

**“I have learned that it is important to get my laundry out on time when it is done.”**

*“I’ve learned a lot of recipes and I know how to make them all.”*

**“I have learned that sometimes doing chores and cooking are hard.”**

***“I have learned to be more responsible and independent.”***



# Keeping the Garden Growing



The Mission Project 2 Community Garden has been a great success with the participants learning how to plant, care for, and harvest their own healthy foods to eat. The garden has continued to receive strong support from the surrounding community to keep it growing and thriving.

For the second year in a row, Mission Project 2 has been awarded a generous grant from Hy-Vee as part of its One Step Garden Grant program, with help from the Mission grocery Store Director Chris Wiltfong. Grants are given to community projects that teach those in need about health and nutrition through the gardening process of cultivating their own fruits and vegetables.



The City of Mission, Kansas, and the Mission Parks and Recreation Department have been active supporters of the MP2 Community Garden from its beginning. This spring, they provided a significant upgrade to the area by building and installing a water tank to help with the watering of our garden. Special thanks to Christy Humerickhouse and Natalie Lucas of Mission Parks and Recreation, John Belger of Public Works, and Emily Randel



of the City of Mission for their help in providing the water tank.

For a third time, a local Boy Scout with Troop 118 has chosen to help the MP2 garden as his Eagle Scout project. George Rooney raised the money for materials and has built a large picnic table and two smaller garden benches, which were installed in the garden in early April.



MP2 participants and members are most grateful for this continuing support from all of our community partners. Lettuce and spinach were planted this month, and other vegetables and flowering plants are soon to come.



*Let the good times grow!*

## Art Club Leonardo da Vinci Exhibit



In April, MP2 participants toured the da Vinci Exhibit at Union Station, discovering

and discussing the many facets of this original Renaissance Man. The trip was guided by Jessica Hays, the MP2 Art Club instructor. The participants enjoyed experiencing the interactive displays, the room of mirrors and a recreation of the Last Supper painting.



For regular updates about MP2 Art Club activities, visit us at [facebook.com/missionproject2](https://www.facebook.com/missionproject2).

## Travel Club: 2016

The MP2 Travel Club is busy preparing for its third trip, traveling to St. Louis this Fall. Participants are currently planning their activities, which may include visits to Forest Park and the Arch as well as a river cruise.



The entire group is especially looking forward to riding the Amtrak train to travel to St. Louis.

# || Snapshots ||



*Great Community Support from a Fun Night*

## 3rd Annual Mission Project 2 Texas Hold 'Em Tournament



Our 2016 Texas Hold 'Em Tournament, held on March 12th, was a resounding success! We'd like to thank **Lucky Brewgrille** for donating the event space, John Dold of Wheeling 'n Dealing for serving as Master of Ceremonies, and all of our supporters for turning out for a fantastic evening to benefit Mission Project 2. We hope to see you all again next year!

### *We Thank Our 2016 Texas Hold 'Em Sponsors:*

**American Screw Products**  
**Boveri Realty Group**  
**Robert Burks, RBC Wealth Management**  
**Clay's Deck Repair**  
**The Kunkel Family**

**Shelly McVay**  
**Michael J. McInerney, Certified Accounting**  
**The Morrison Family**  
**John P. O'Connor, Attorney**  
**St. Luke's Midwest Pulmonary Consultants**

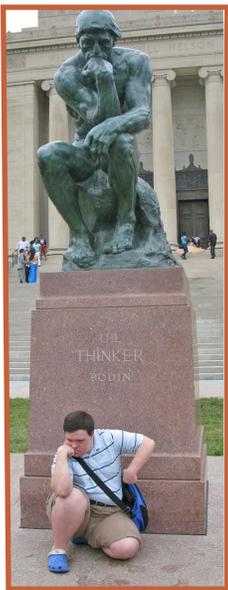


Working around children can be very rewarding. And Mission Project 2 participant Zach is no rookie when it comes to interacting with youngsters.

Prior to becoming an MP2 participant in May 2013, Zach attended the University of Central Missouri in Warrensburg, as part of the first group of students in its two-year THRIVE program. During his attendance there, Zach had internships in two campus child care centers. Zach thoroughly enjoyed living in the dorms, attending classes, and participating in college activities. Experiencing college life as an independent adult allowed him to be himself and do his own thing while working hard: “[It] was really good and fun,” he said.

Shortly after joining MP2, Zach began working at Children’s Mercy Hospital as a participant in the hospital’s Reaching for Independent Successful Employment (Project RISE) program. Working on his assigned patient-care units, he cleans, sanitizes and organizes the children’s toys in the appropriate playrooms and interacts with the patients who come there to play. Zach’s position has helped him learn to stay focused on the job at hand and follow through on all instructions to accomplish his tasks. He appreciates the feedback he receives about his work from the hospital staff. “I really like it when I get good performance reviews,” said Zach.

His experiences at Children’s Mercy and THRIVE have helped him learn to maintain an organized apartment, and he takes pride in keeping it clean. “I try to stay on top of my housekeeping,” he said. In honing his independent living skills, Zach also appreciates being able to plan his own meals and is focusing on choosing the right foods to eat as well as controlling his portion sizes.



Zach is very friendly and outgoing, and is always willing to help in any way that he can. The Down Syndrome Guild has always played a major role in Zach’s growth. He volunteered as an intern there for over two years, where he helped with projects and mailings. He has transitioned now to helping the Guild on an on-call basis, assisting with special projects or speaking as a self-advocate to medical interns about his experiences as an adult with Down syndrome.

For the past three years, Zach has also enjoyed volunteering at the “Bunny Eggstravaganza” events at the Sylvester Powell, Jr. Community Center, where he helps hide eggs for children to find. In April, he has begun to expand his volunteer time at the community center, where he spends two afternoons a week helping maintain the facility. One of his responsibilities is sanitizing and organizing the toys in the child care room, just as he does at the hospital. “I like greeting and talking to everyone who comes to Sylvester Powell,” Zach said.

One of the aspects of being a part of MP2 that Zach enjoys most is the freedom to spend social time with his expanding circle of friends. His favorite activities include the Swimming, Movie, Travel, Garden and Art Clubs. Movie Club, he said, gives him the independence to choose his own movies, while the Garden Club allows him to enjoy the delicious results of his labor. Zach is animated when discussing his Art Club experiences, and he relishes expressing himself through his artwork.



Zach has a very friendly, loving and jovial personality, and he loves to sing, especially while he is walking to and from his destinations. He makes no apologies about his crooning. “It helps me express my feelings,” he said. *“It’s who I am, and I just like being me.”*

# News & Upcoming Events

## Follow Mission Project 2 Online

Our website and Facebook Page both provide up-to-date information about our organization and participants' activities. Visit us at [missionproject2.org](http://missionproject2.org) and [Facebook.com/missionproject2](https://www.facebook.com/missionproject2). Please Like Us on Facebook!

## Donate to MP2



We offer the convenience of secure online donation via our website, including the ability to make level payments on a monthly ongoing basis. Go to [missionproject2.org](http://missionproject2.org), or capture this QR code on your smartphone.

As always, mail-in donations are welcome! Our address:

**Mission Project 2**  
**5960 Dearborn, Ste. 240, Mission, KS 66202**

9th Annual

## Run for the Roses Kentucky Derby Gala

A benefit for The Mission Project  
(sister organization to Mission Project 2)

**Saturday, May 7, 2016**  
**2:30pm – 6pm**

Lake Quivira Country Club  
\$100 Single Price Admission



**For more information and tickets  
through MP2, contact:**

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Mission Project 2 is a 501(c)(3)  
not-for-profit organization.