

Future Care Forum

Positive Behavior Supports

TEACHING POSITIVE BEHAVIOR

Positive behavioral support (PBS) does not focus on the person's disability or his challenging behavior(s). PBS attempts to build ability. PBS plans consider how the following factors affect quality of life: Environment (places where the person spends time), Communication, Relationships, Opportunities for choice, Social skills. Often challenging behavior develops because the person doesn't have needed social skills.

PROACTIVE METHODS: Modeling is the most basic approach for teaching social skills. Staff are unlikely to be successful in teaching social skills unless they practice what they preach. Using "self-talk" while modeling social skills is a more effective teaching method. "Self-talk" conveys the thinking and decision-making involved in appropriate social skills and prosocial behavior.

EMPLOYEE SPOTLIGHT

PERSON: Vickie Jones

HOW LONG HAVE YOU WORKED AT FUTURE CARE? **27 YEARS!**

WHAT IS YOUR JOB TITLE? Program Manager I

WHAT IS YOUR FAVORITE HOBBY? Making wreaths/flower arrangements

WHAT IS ONE FACT THAT NO ONE KNOWS ABOUT YOU? I used to play the flute.

WHAT IS YOUR FAVORITE MOVIE? The Blindside

IF YOU COULD TRAVEL ANYWHERE, WHERE WOULD IT BE? To Holland during the tulip festival.

WHAT 3 WORDS BEST DESCRIBE YOU? Christian, creative, giving.

WHO INSPIRES YOU? Even though she is in Heaven now, the life my mom lived is still my inspiration.

August Birthdays



6-Yvonne Hardesty

21-Roger Thyng

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PRACTICING ENCOURAGE-FOR OUR INDIVIDUALS-Month #2

For the month of August to practice ENCOURAGEMENT staff will ask individuals what they think ENCOURAGEMENT means. Discuss what they say and help give them examples of ENCOURAGEMENT if needed. Have them think of someone they know who could use some ENCOURAGEMENT. This can be anyone. Help them make a gift for that person. This can be a drawing, a DIY project, etc. If they need help coming up with a gift idea please help! Here are some ideas if anyone becomes stuck: draw a picture, make a necklace, bake some cookies or other small treat and attach a note for delivery, make origami.....

August Recipes

Instant Pot Salsa Chicken Tacos

Ingredients

- 3-4 chicken breasts
- 2 tsp garlic powder
- 1 tbs taco seasoning
- 1 tsp oregano (optional)
- 16 oz jar of your favorite salsa



Instructions:

To the slow cooker pot add the chicken breast, sprinkle with the taco seasoning, garlic powder, oregano, and pour over ½ of the jar of salsa.

Cook on HIGH for 4 hours or LOW for 8 Hours.

Remove the chicken from the slow cooker and transfer the juices into a liquid measuring cup. Shred the chicken and add it back into the slow cooker pot. Mix in the other half of the salsa and ½ cup of the juices. Removing some of the juices keeps your taco shells and tortillas from getting soggy.

Serve with rice or in tortilla shells, enjoy!

August Events

Rolla

August 2/1-5pm/Phelps County Back to School Fair/Lions Club Fair-Children going into kindergarten through twelfth grade will receive back to school supplies for the upcoming school year. Over 10 vendors with information and freebies! This program is for low-income or at-risk families. Children must be accompanied by a parent or guardian.

August 3-5/Phelps County Fair/ 3 & 4: 4 pm-11 pm; 5: 9 am-11pm-filled events like the demolition derby, all-you-can ride carnival rides (included with the price of admission) and displays and exhibits by local businesses and 4-H and FFA youth. We also have favorite fair activities such as: livestock shows, home arts exhibits, pageants, truck and tractor pull, talent show, daily kids games, tractor show and games, and more! The fair will also host some fun new events and things to see like the Spouse Calling Contest, Mullet Contest, Circle S Mobile Safari, and a Barn Dance!

August 12/Functional Fitness Competition/Location: Fugitive Beach-Fugitive Beach is hosting a functional fitness competition where two person teams- men, women and co-ed are set to face off! Think you can handle tire flips, sandbag carries, sprints, swimming, lifting weights and more?

August 12/Newburg Community Yard Sale/8am-Don't miss this town wide yard sale happening in Newburg! There will also be a yard sale and bake sale at the First Baptist Church of Newburg which will be a fundraiser for the 2CM Youth Center roof.

August 13/Super Family Fun Night/6-8pm/Redeemer Lutheran Church-There will be water games, nacho bar, family faith talk, prizes and much more! This event is FREE for the whole family.

August 19/Movies on the Meramec-80s Night/8pm/Meramec Spring Park-Aptitude Internet Solutions, in association with The James Foundation, is hosting a FREE outdoor, 80's movie night featuring 80s sci-fi adventure classic "Back to the Future" on August 19th at 8:00 PM. Bring a blanket or your favorite lawn chair and enjoy the great outdoors with this family friendly movie. Come dressed up in your favorite 80s outfit for a chance to win some 80s themed swag. Winners will be announced shortly before the viewing begins. There will also be a food truck by Arnold's Grill-N-Smoke starting at 6:30 so arrive early and enjoy some delicious food.

Camdenton/ Lake of the Ozarks

August 1/Lake Area Community Orchestra-Lake Ozark Christian Church/7pm-The Lake Area Community Orchestra returns for summer music in Camdenton featuring the works of W.C. Handy, Richard Wagner, Henry Fillmore, Frederick Fennell, Claude T Smith, Mozart and so much more!

August 5/Osage Beach Farmer's Market/9am-1pm/Osage Beach Farmers Market offers locally-grown fruits & veggies, locally-raised meat, locally-made baked goods, farm-fresh eggs, and artisan decor and crafts at the Lake of the Ozarks. Our vendors come from across the central Missouri area, and everything they sell is raised/grown/made by them. Location :**Front of Osage Beach Outlet Mall. Every Saturday until September.**

August 12/Jerry & Kayne Acoustic Show @ Whittles-These 2 put on a great show when they get together. Come out and plan on being entertained. Show Starts at 9pm at Whittles Pub & Grub in Eldon.

August 18-19/Vintage Vinyl & Book Sale at the Museum-Vintage Vinyl & Book Sale at the Museum. Books 2/\$1, Vinyl Vendors, other 'stuff'. 9am-4pm. Location: Camden County Historical Society & Museum.

Unique Talents in Future Care

William has had his pet rat Lili for about a year and a half now. He recently started learning to handle her and train her to do a trick in May. William reported that one of Kari's sons started him off by teaching him how to properly handle rats. During his interview, William told Alise that "there are two things when it comes to handling rats." "First, you never want to look them in the eye when you are picking them up. This makes think you are a predator. Second, you do not want to stick your fingers through the bars because his rat has been fed that way and thinks that anything coming through the bars is food so she will bite." William has been working hard with Lili and has taught her how to grab a piece of popcorn from his mouth. It is a cool thing to watch!

