

SFCB NEWSFLASH

OCTOBER 2025



Making A Difference

We Make A Difference, Because We CARE

At the heart of our agency lies a commitment to the values that guide how we work, interact, and support one another and our individuals. We firmly believe that our success is rooted in a foundation built on CARE: Compassion, Accountability, Respect, and Empowerment. Each month, we will take time to explore and embrace one of these pillars, secondly with Accountability.

Accountability is more than just responsibility; it's an active commitment to owning our actions, decisions, and their outcomes. At our agency, accountability means taking responsibility for the impact of our work, ensuring that we follow through on our promises, and striving for continuous improvement. It drives us to be transparent, to hold ourselves and others to high standards, and to take ownership of both successes and areas for growth. Accountability fuels our integrity and trust, serving as a reminder that in everything we do, we must act with intention, diligence, and reliability.

Gift A Holiday Meal

Holidays can be challenging for many of the families that we serve. Each year, SFCBDD creates a limited number of meal baskets for families in need during the holiday season. The number of families in need of this assistance increases EVERY year. Our goal is to help each family to have a wonderful holiday meal without the financial strain. We are asking our community – businesses and individuals- to help us reach this goal!

For \$50, you can sponsor a family's meal complete with a turkey and all the trimmings! If you can't sponsor a meal, any amount donated is appreciated and will go directly to these meal baskets. We thank you in advance for your kindness and generosity!

Please contact Sheri Mason, Community Outreach Coordinator, with any donation questions or concerns you may have. To donate, please visit our website or follow the link posted on our Facebook.



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SEPTEMBER FLASHBACKS



Labor Day Barbecue

Over the Labor Day weekend, we came together to enjoy some barbecue in celebration of Labor Day.



Sunshine Ladies

As Halloween is forthcoming, the Sunshine Ladies assembled on Tuesday night and created Witches Bells to dispel negative thoughts.

Giving Scouts



As Halloween is forthcoming, the Giving Crew assembled and created Witches Bells to dispel negative thoughts.



STL CARDINALS

What a Cardinal Trip this year! Not only did we get to eat at Cardinal nationals and watch the Cardinals take on Cincinnati Reds but also met the great David Freese!

Down Syndrome

Down Syndrome Awareness Month

Let's raise awareness and celebrate the strengths of people with Down Syndrome. They have dreams, talents, and the ability to learn, work, and live semi-independently with the right support—just like anyone else. Why exclude them when they have so much to offer?

Down Syndrome is a genetic condition caused by an extra copy of chromosome 21, leading to 47 chromosomes instead of 46. It affects about 1 in 775 babies in the U.S., with varying degrees of impact.

Learn more at the National Down Syndrome Society and World Down Syndrome Day.



Disability Employment

October is National Disability Employment Awareness Month, a time when the U.S. Congress honors the contributions of workers with disabilities and highlights the importance of inclusive employment practices.

At the St. Francois County Board for the Developmentally Disabled, we proudly celebrate the achievements of individuals with disabilities who are making a difference in our community every day.

We also extend our sincere gratitude to the local businesses that partner with our Supported Employment Program. Your commitment to inclusive hiring helps create meaningful opportunities and empowers individuals to thrive in the workplace.

Thank you for being part of this important mission.

Unique and United

World Cerebral Palsy Day | October 6

Cerebral Palsy (CP) is a neurological condition that affects movement, muscle tone, and posture. Caused by damage to the developing brain, often before birth. Cerebral Palsy can lead to a wide range of physical and developmental challenges, but it does not define a person's potential.

That's why each year on October 6, World Cerebral Palsy Day brings people together across the globe to celebrate achievements, advocate for inclusion, and challenge the barriers faced by individuals with Cerebral Palsy. This year's theme, Unique and United, reminds us that every journey with cerebral palsy is different and every voice matters.

To learn more please visit [Get Involved – World Cerebral Palsy Day National Institute of Neurological Disorders and Strokes](#) and [CDC | Cerebral Palsy](#).

*"In
diversity,
there is
beauty, and
there is
strength."*

Maya Angelou

Stay Connected!

