

SFCB NEWSFLASH

FEBRUARY 2026



2068 N WASHINGTON ST. FARMINGTON
WWW.STFRANCOISCOUNTYBOARD.ORG



Inside Our Doors

Over the next several months, we're excited to take you on a journey inside our organization through a new **Spotlight Series**. Each installment will shine a light on a different part of the work we do and the wonderful people who make it happen. We're kicking things off with a closer look at our **Service Coordination Services**. Through these spotlights, we hope to share more about what we do, why we do it, and how every part of our organization works together to make a meaningful difference in our community.

St. Francois County Board for the Developmentally Disabled is proud to partner with the Missouri Department of Mental Health to provide Service Coordination for individuals in the St. Francois County area. Our Service Coordinators work closely with each person and their family or responsible party, as well as with community agencies, to identify needs, set goals, and create a helpful plan to access important resources. Support can include yearly face-to-face meetings, quarterly check-ins, school advocacy, help navigating community services, or assistance securing funding through various Division-supported programs. With our person-centered and collaborative approach, we strive to ensure every individual receives the support, tools, and opportunities they need to thrive.

Our Service Coordination team also enjoys connecting with the community throughout the year. These networking opportunities give us a chance to participate in outreach, share/receive helpful information, and build relationships with the many agencies that work hard to make our community a better place for everyone.

Special Olympic Basketball

We want to invite everyone to come to Mineral Area College on Wednesday, February 25th, to watch not only the Mineral Area College Cardinals play, but also our amazing Special Olympics basketball teams play! The Knights, Squires, All Stars, and Saints will play at the half time of the Women's 5:00pm game. We are so proud of our athletes, please come out and show your support!

Mark your calendars! Our Special Olympics Basketball teams will be travelling to Cape Girardeau to play in a tournament on Sunday, February 15h.

JANUARY FLASHBACKS

Basketball Tournament

Congratulations to our 4 awesome Special Olympics Teams for bringing home a Gold, 2 Silvers, and a Bronze at the Wentzville tournament! We are so proud of you!



Recreational Therapy

Recreational therapy is a specialized practice that engages individuals in structured activities designed to enhance their physical, emotional, cognitive, and social skills. By addressing these areas, it aims to improve the quality of life for individuals with developmental disabilities. Recognizing each person's unique needs and abilities is essential, as personalization allows therapeutic activities to deliver the greatest possible benefits.

Therapeutic recreation offers a wide range of benefits that address multiple aspects of an individual's well-being. For instance, participating in physical activities, such as swimming or adapted sports, promotes physical health by improving coordination, balance, and overall fitness. Cognitive development is another significant advantage, achieved through engaging activities like puzzles, board games, and computer-based challenges, which enhance problem-solving skills, memory, and decision-making abilities. Additionally, creative outlets such as crafts, music, art, and drama provide opportunities for emotional expression, stress management, and self-esteem building, all of which contribute to improved emotional well-being. Group activities further support social development by fostering communication, building friendships, encouraging teamwork, and nurturing meaningful connections.

When selecting the most suitable therapeutic approach, it is crucial to recognize everyone's unique needs and abilities. With a wide variety of therapies available, activities can be customized and tailored to meet diverse requirements. Key considerations include identifying activities that align with the individual's interests and abilities, determining how these activities can be adapted to address specific challenges, and clarifying personal goals to ensure the therapy is both meaningful and effective.

If you would like to learn more, please visit [US VA Rehab & Prosthetic](#) and [New Concepts for Living](#).

Service Coordination



Random Acts of Kindness

As we celebrate Random Acts of Kindness Week, an annual event held in February that encourages people to perform thoughtful, unexpected acts to brighten someone's day, we are reminded of the power of simple gestures. During the week of February 14th through 20th, let's remember that kindness does not have to be planned or grand; small, genuine actions can have a lasting impact and help make the world a more caring place. Kindness is the intentional choice to treat others with care, respect, and understanding, recognizing that everyone faces challenges that may not be visible. Sharing kindness matters because even small acts, such as listening, helping, or offering encouragement can make people feel valued and supported, strengthening relationships and building positive communities. When kindness is shared, it often spreads, inspiring others to act with compassion as well. What acts of kindness are you planning to brighten someone's day?



Stay Connected!

