

SFCB NEWSFLASH

NOVEMBER 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, thirdly with Respect.

Respect is more than just politeness; it's a foundational mindset that shapes how we engage with others and the world around us. At our agency, respect means valuing diverse perspectives, honoring each person's contributions, and fostering an environment where everyone feels seen, heard, and appreciated. It drives us to listen with intention, communicate with empathy, and act with consideration in every interaction. Respect strengthens our culture of collaboration and inclusion, reminding us that how we treat others is just as important as the work we do.

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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OCTOBER FLASHBACKS



Gateway Arch Riverboat Trip

It was a beautiful day to take a cruise on Mississippi on the Gateway Arch Riverboat. Then, we enjoyed a delicious meal at Fitz.



Tootsie Drive

Thank you to everyone who came to support us at Walmart while we participated in the Knights of Columbus Tootsie Roll Drive!



Halloween Party

Sunshine Ladies and Giving Crew frightfully enjoyed time with chili, hot dogs, yummy desserts, and wickedly good company.



Halloween

We had an absolute blast at our Halloween party filled with spooky fun and warm vibes!

Enjoyed some hearty chili, roasted marshmallows, and some fun games!



Service Coordination

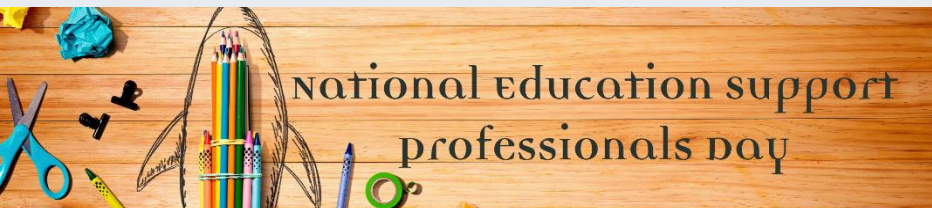
The Service Coordination team have been enjoying a week out amongst the community spreading great information! They joined MCII, Missouri Community Improvement Industries, at their sensory friendly indoor trunk or treat.

Educational Support

19th | National Education Support Professionals Day

On November 19th, we recognize Education Support Professionals Day, celebrating the profound impact support staff have on students, mainly individuals with developmental disabilities. Their work extends far beyond assisting in the classroom. They build meaningful relationships, offer encouragement, and help foster a sense of belonging for students facing significant challenges. Their dedication not only supports educational goals but also develops personal growth and self-confidence. By acknowledging and celebrating the contributions of these professionals, we emphasize the essential role they play in creating an inclusive educational system where every student, regardless of ability, can reach their full potential. This day serves as a vital occasion to honor the dedicated individuals who support students with developmental disabilities in our schools.

Education Support Professionals (ESPs), including paraprofessionals, special education aids, therapists, and other support staff, are key to creating a supportive and inclusive learning environment for all students, especially those with unique learning needs. These professionals provide tailored assistance that aid students with developmental disabilities thrive academically, socially, and emotionally. They assist in classrooms, support communication and behavioral needs, and ensure that each student receives the individualized attention necessary for success.



National Stress Awareness Day

On November 5th, let's unite to promote knowledge and strategies aimed at reducing stress for individuals with autism. By stressing the importance of routine, creating sensory-friendly spaces, and teaching coping strategies like mindfulness, we can truly make a difference. Promoting awareness fosters a culture of acceptance and support, ensuring everyone has the resources needed to manage stress effectively and thrive.

Stress can notably impact those on the spectrum, intensifying sensory perceptions and complicating social interactions. This heightened stress can lead to increased anxiety, meltdowns, or withdrawal, highlighting the need for supportive environments that prioritize understanding. Effective coping strategies, such as structured environments, visual support, and mindfulness techniques are crucial in alleviating stress. Ultimately, understanding the unique stressors faced by individuals with autism is vital for building resilience and enhancing their overall quality of life.

To learn more, please visit [Autism360](#), [Autism Central](#), and [National Autism Society](#).

Halloween Spirit Week

Monster Monday



Pumpkin Tuesday



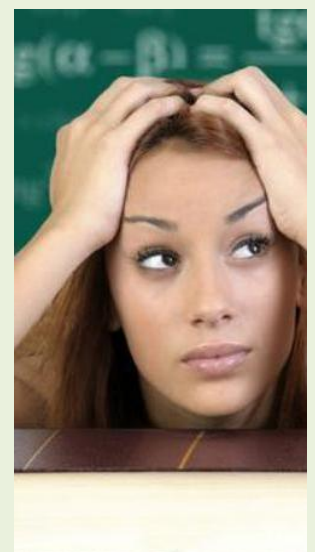
Spooky Sock Wednesday



Pajama Thursday



Costume Friday



Stay Connected!

