The St. Louis Arc Family Workshop Series is designed to provide in-depth information on topics related to supporting family members with intellectual and developmental disabilities.

Unless otherwise noted, workshops are free, open to everyone, and take place at the St. Louis Arc Centene Family Center located at 1177 North Warson Road, St. Louis, MO 63132. Childcare and respite care are not provided unless specifically noted in the workshop description.

For more information, to register, or to receive our weekly email newsletters, please email Brianne Smith at bsmith@slarc.org or call 314-817-2216.

ADVANCE REGISTRATION IS REQUIRED AND WORKSHOPS WITH FEW RSVP’S MAY BE CANCELLED. Please plan to arrive 15 minutes before the workshop starts to sign-in and collect handouts.

### Addressing Caregiver Stress

Join us for any or all of our Addressing Caregiver Stress workshops, which will give you tips on how to improve your physical and emotional health. Make yourself a priority this year!

**Presenter:** Connie Fisher, L.C.S.W., Director, Mental Health Promotion, Mental Health America of Eastern Missouri

- **Power Up Productivity:** Wednesday, September 21 from 6:30 - 8:30 p.m.
  Learn to manage your energy instead of time, in order to improve productivity.

- **Care of Self, Care of Others:** Wednesday, October 19 from 6:30 - 8:30 p.m.
  Learn ways to reduce caregiver stress, replenish energy, enrich your experience, and distinguish between grief and depression.

- **Mindfulness:** Wednesday, November 16 from 6:30 - 8:30 p.m.
  Learn strategies to strengthen your ability to regulate emotions, build attention to detail, and enhance problem-solving skills.

### Securing Medicaid Waiver Funding - Tuesday, October 11 6:30 - 8:30 p.m.

This workshop will discuss approaches to planning a meaningful life and how waivers such as Partnership for Hope, Autism, Lopez, Community, and Comprehensive Waivers can be used to support this process.

**Presenter:** Kadesh Burnett, MA, Family-Autism Resources Coordinator, Department of Mental Health, St. Louis County Regional Office

### Chair Yoga - Thursday, October 20 6:30 - 7:30 p.m.

Does sitting in your office chair every day leave you tense and stiff? Is it difficult for you to find the time to relax and take a yoga class? Chair yoga will teach you stretching exercises that can be done from an office chair to alleviate tension and increase flexibility. Chair Yoga is a great option for people with limited mobility or injuries, and people of all ages. This workshop is appropriate for participants of all abilities.

**Presenter:** Nancy Le Claire, Certified Yoga Teacher, certified in Chair Yoga, certified Pilates Instructor
Children

When an individual with a disability turns 18, they are legally an adult. This workshop is designed to help families understand the options they have to assist their loved one in making good decisions, without removing their rights through guardianship. You will learn how to assess the decision making skills your family members have and the supports they already use to assist them when making decisions. Legally binding tools that can be created with the person and their family without seeking guardianship will be shared and discussed.

Presenters:
Sharon Spurlock, Director of Family Support, St. Louis Arc

Supported Decision Making: An Alternative to Guardianship

When an individual with a disability turns 18, they are legally an adult. This workshop is designed to help families understand the options they have to assist their loved one in making good decisions, without removing their rights through guardianship. You will learn how to assess the decision making skills your family members have and the supports they already use to assist them when making decisions. Legally binding tools that can be created with the person and their family without seeking guardianship will be shared and discussed.

Presenters:
Sharon Spurlock, Director of Family Support, St. Louis Arc

Unplugged Your Child: Making the Most of Your Minutes

What is the recommended amount of “plugged in” technology time for your child’s age? Technology is wonderful, but no substitute for YOU. We’ll discuss how technology can enhance the many responsibilities of parenting. You’ll discover wonderful apps to share with your child and also learn how to balance technology with face-to-face time. It all has its place in your family’s busy schedule!

Presenters:
Tina Crosson, Early Learning Specialist, Belle Children’s Services of St. Louis Arc
Claudia Orf, Speech and Language Therapist, Belle Children’s Services of St. Louis Arc

State and Federal Benefits

Do you have questions about what benefits your family member is eligible for when they turn 18? Are you worried about the impact of work on your family member’s benefits? Medicaid, Medicare, Social Security, SSI – find out who is eligible, what the differences are between the programs, and how to access the appropriate contacts in order to apply for services. Information about working while receiving benefits will also be covered.

Presenter: Bhavik R. Patel, Attorney, Sandberg Phoenix & Von Gontard P.C.

Preparation for Employment

This workshop will provide information about preparing for employment, funding options available, and services in the community to help support individuals with developmental disabilities in the workforce.

Presenters:
Brian Hubler, Director of Supported Employment and Transition Services, St. Louis Arc
Kathleen Kopriva, LPC, Vocational Rehabilitation

Supported Decision Making: An Alternative to Guardianship

When an individual with a disability turns 18, they are legally an adult. This workshop is designed to help families understand the options they have to assist their loved one in making good decisions, without removing their rights through guardianship. You will learn how to assess the decision making skills your family members have and the supports they already use to assist them when making decisions. Legally binding tools that can be created with the person and their family without seeking guardianship will be shared and discussed.

Presenters:
Sharon Spurlock, Director of Family Support, St. Louis Arc

Special School District, Parent Educator

Unplugged Your Child: Making the Most of Your Minutes

What is the recommended amount of “plugged in” technology time for your child’s age? Technology is wonderful, but no substitute for YOU. We’ll discuss how technology can enhance the many responsibilities of parenting. You’ll discover wonderful apps to share with your child and also learn how to balance technology with face-to-face time. It all has its place in your family’s busy schedule!

Presenters:
Tina Crosson, Early Learning Specialist, Belle Children’s Services of St. Louis Arc
Claudia Orf, Speech and Language Therapist, Belle Children’s Services of St. Louis Arc

State and Federal Benefits

Do you have questions about what benefits your family member is eligible for when they turn 18? Are you worried about the impact of work on your family member’s benefits? Medicaid, Medicare, Social Security, SSI – find out who is eligible, what the differences are between the programs, and how to access the appropriate contacts in order to apply for services. Information about working while receiving benefits will also be covered.

Presenter: Bhavik R. Patel, Attorney, Sandberg Phoenix & Von Gontard P.C.
Anyone can be a victim or a target of an attack by someone in the community. Being aware of your surroundings and knowing how to defend yourself are important skills for everyone to know. This workshop is for people of all abilities and ages and will discuss risk reduction strategies, awareness, mental preparation, physical techniques, and teaching your loved one about personal safety. People with disabilities are encouraged to attend with their family.

**Presenter:** Detective Joseph Mayberry,  
*St. Louis Metropolitan Police Department, Owner of Systema St. Louis*

- **Basic Self-Defense Skills for Anyone**  
  - Wednesday, October 26  
  - 6:30 - 8:30 p.m.

When a caregiver retires, this can change SSI and Social Security benefits for your family member with disabilities. This workshop will cover what changes take place and how to plan for those changes.

**Presenter: Debra Schuster, Attorney, Debra K. Schuster & Associates**

- **Retirement and the Impact on Benefits**  
  - Thursday, October 27  
  - 6:30 - 8:30 p.m.

This workshop is designed for people with disabilities ages 13 and older, their families, or other individuals who support them. This presentation will cover how to effectively use the internet and programs such as Facebook and Twitter while considering safety, bullying, and how postings may affect your safety and reputation.

**Presenters:**  
Andrew Evans, Coordinator of Community Living, CONNECT, St. Louis Arc  
Kory Wagner, Information Systems Manager, St. Louis Arc

- **Internet Safety for Teens, Adults, and Families**  
  - Thursday, November 3  
  - 6:30 - 8:30 p.m.

This workshop will address residential options, with two concurrent sessions being held to provide information for:
- Individuals who will need 10 hours or less of staff support per week (St. Louis County funding/Private Pay)
- Individuals who will need more than 10 hours per week of staff support (Department of Mental Health funding)

**Presenters:**  
Kelly Griffon, Community Living Coordinator, St. Louis County Regional Office  
Beth Moeller, Director of CONNECT, St. Louis Arc  
Bradley Peters, Community Living Coordinator, St. Louis Tri-County Regional Office

- **Residential Options**  
  - Tuesday, November 15  
  - 6:30 - 8:30 p.m.

- **Home Alone Skills**  
  - Thursday, December 1  
  - 6:30 - 8:30 p.m.

How do you know if your family member with a developmental disability is safe to be alone at home? How can you increase their skills so that they are able to spend more time being safely alone in their home? This workshop will help you determine if your family member can be on their own, for how long, and what areas to focus on to help your family member increase their independent living skills.

**Presenter: Tracy Thomas, Coordinator of Residential Services, St. Louis Arc**

- **Adult Day Options**  
  - Tuesday, December 6  
  - 6:30 - 8:30 p.m.

When your family member with a developmental disability completes high school, what is available if they are not going to participate in a sheltered workshop, employment, or college? Come learn about adult day service options, funding sources, and how to determine the best fit for your family member. This workshop is geared toward individuals caring for an older teen, or an adult with a developmental disability.

**Presenter: Megan Favazza, Director of Community Integration, St. Louis Arc**

- **Planning Ahead: Estate Planning - Tuesday, December 13**  
  - 6:30 - 8:30 p.m.

You may unintentionally disqualify your loved one from receiving public benefits, or not be able to support their future financial needs by having no financial plan. Learn how to plan financially for your family. Topics will include avoiding probate, estate tax planning, creditor protection, wills, and planning for the distribution of property and assets, including charitable giving. This workshop is for anyone who is caring for a family member with a developmental disability of any age.

**Presenter: Bhavik R. Patel, Attorney, Sandberg Phoenix & Von Gontard P.C.**
New Website!
This past summer the St. Louis Arc debuted a new and improved website! The website address is the same (www.slarc.org), but the look, feel, and information is new and up-to-date. Check it out!

Special Needs Trust

Find out how to plan for the financial security of an individual with intellectual and developmental disabilities, while preserving benefits such as Medicaid and Social Security Income. Two locations and dates are available:

- **Tuesday, November 8 from 6:30 - 8:30 p.m. in South County (9876 Watson Road, Crestwood, MO 63126)**
- **Thursday, December 8 from 6:30 - 8:30 p.m. in Creve Coeur (1177 North Warson Road, St. Louis, MO 63132)**

Presenters:
- Dana Katherine Birkes, Executive Director, Midwest Special Needs Trust
- Michael E. Chiodini, Financial Advisor
- Bhavik R. Patel, Attorney, Sandberg Phoenix & Von Gontard P.C.

How to Choose a Special Needs Trustee - Wednesday, December 14 6:30 - 8:30 p.m.

What qualifications, duties, and responsibilities does a person need to have to oversee a Special Needs Trust? This workshop will cover the basic qualifications and what is needed to step into this important role.

Presenter: Debra Schuster, Attorney, Debra K. Schuster & Associates

Support, Networking, and Meet Up Groups

**Capable Kids and Families® Playgroup**
- **1st Friday of the month** 10:00-11:30 a.m.
- **3rd Saturday of the month** 10:00-11:30 a.m.

The playgroups are open to any families with children ages birth - seven years of age, but older siblings are also welcome. For more information or to RSVP for playgroup, please contact Julia Schaffner at capablekids@slarc.org or 314-817-2247.

**Launch**
- **9/28, 11/16** 6:30-8:30 p.m.

A support group for families of young adults who have the potential to live and work in the community, but who face barriers to success. For more information, please contact Sharon Spurlock atsspurllock@slarc.org or 314-817-2222.

**Caregivers of Girls with Autism**
- **2nd Saturday of the month** 9:00-11:00 a.m.

Join caregivers of girls who have an autism diagnosis to share your unique parenting experiences and gain valuable connections and resources. For more information, please contact Ann Mangelsdorf at amangelsdorf@slarc.org or 314-817-2275.

**Adults with Asperger Syndrome Meet Up Group**
- **2nd Friday of the month** 6:30-8:30 p.m.

Meet other adults with Asperger Syndrome and their friends and allies for monthly social activities. Locations vary. For more information, please contact Beth Moeller at 314-817-2271 or bmoeller@slarc.org.

**Adult Siblings**
- **Quarterly - 10/13** 6:30-8:30 p.m.

A group for siblings of individuals with disabilities to get information, support, and tools to advocate with their brothers and sisters. For more information, please contact Sharon Spurlock atsspurllock@slarc.org or 314-817-2222.

**Dads Group**
- **9/13, 10/11, 11/9, 12/13** 5:30-7:30 p.m.

Get together in an informal setting with other dads who understand the unique challenges of raising a child with a disability. Location varies. For more information, please contact Mark Kleeley at mkeeleley@slarc.org or 314-817-2280.

**Caregivers of People with Asperger Syndrome**
- **3rd Saturday of the month** 9:00-11:00 a.m.

This group is open to caregivers who have a person with Asperger Syndrome or a similar diagnosis. For more information, please contact Sharon Spurlock atsspurllock@slarc.org or 314-817-2222.

**Caregivers of Adults Who Are 40-years-old and Older**
- **3rd Friday of the month** 10:00-11:30 a.m.

Meet caregivers supporting a person with a disability who is 40-years-old or older, and get resources for changes that may occur as you and your family member age. For more information, please contact Sharon Spurlock atsspurllock@slarc.org or 314-817-2222.

**Launch**
- **9/28, 11/16** 6:30-8:30 p.m.

The St. Louis Arc offers a series of family-friendly activities on a Friday night, once per month. For more information, please contact Bre Ward at bward@slarc.org or 314-817-2226.

**Caregivers of Girls with Autism**
- **2nd Saturday of the month** 9:00-11:00 a.m.

Join caregivers of girls who have an autism diagnosis to share your unique parenting experiences and gain valuable connections and resources. For more information, please contact Ann Mangelsdorf at amangelsdorf@slarc.org or 314-817-2275.

**Support, Networking, and Meet Up Groups**

Unless otherwise noted, all groups meet at the St. Louis Arc Centene Family Center located at 1177 North Warson Road, St. Louis, MO 63132. Advance registration is required.

**Friday Family Fun Nights**
- **9/30, 10/28** 6:00-8:00 p.m.

The St. Louis Arc offers a series of family-friendly activities on a Friday night, once per month. For more information, please contact Bre Ward at bward@slarc.org or 314-817-2226.

**Dads Group**
- **9/13, 10/11, 11/9, 12/13** 5:30-7:30 p.m.

Get together in an informal setting with other dads who understand the unique challenges of raising a child with a disability. Location varies. For more information, please contact Mark Kleeley at mkeeleley@slarc.org or 314-817-2280.

**Caregivers of People with Asperger Syndrome**
- **3rd Saturday of the month** 9:00-11:00 a.m.

This group is open to caregivers who have a person with Asperger Syndrome or a similar diagnosis. For more information, please contact Sharon Spurlock atsspurllock@slarc.org or 314-817-2222.

**Caregivers of Adults Who Are 40-years-old and Older**
- **3rd Friday of the month** 10:00-11:30 a.m.

Meet caregivers supporting a person with a disability who is 40-years-old or older, and get resources for changes that may occur as you and your family member age. For more information, please contact Sharon Spurlock atsspurllock@slarc.org or 314-817-2222.

**Adult Siblings**
- **Quarterly - 10/13** 6:30-8:30 p.m.

A group for siblings of individuals with disabilities to get information, support, and tools to advocate with their brothers and sisters. For more information, please contact Sharon Spurlock atsspurllock@slarc.org or 314-817-2222.

**New Website!**
This past summer the St. Louis Arc debuted a new and improved website! The website address is the same (www.slarc.org), but the look, feel, and information is new and up-to-date. Check it out!