

Family Workshop



Spring 2018
January - May

Series

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.**

ADVANCE REGISTRATION IS REQUIRED AND WORKSHOPS WITH TOO FEW RSVP'S WILL BE CANCELLED.

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.

Aaron Likens

Wednesday
April 11
6:30 - 8:30 p.m.

Understanding Autism from the Other Side of the Wall

Aaron Likens was diagnosed with Asperger Syndrome at the age of 20. Over the past nine years, Aaron has become a published author, accomplished public speaker, and avid blogger. He has given over 900 presentations to more than 85,000 people. He uses these avenues to share what it is like to have autism. This is a unique opportunity to get a better understanding of how it feels to have autism, what types of issues and challenges people with autism face, and how to interact with someone on the autism spectrum.

Presenter: Aaron Likens, *Easter Seals National Autism Ambassador*

Children (Central West End)

Thursday
March 29
4:30 - 6:00 p.m.

Tiny Baby, Small Budget, Smart Mama

Do you know your annual budget for diapers? What about formula? Or kids clothing? Do you want to lower those expenses? At this workshop you will learn easy and practical ways to save money on all things related to raising young children, with a particular emphasis on how you can save as a St. Louis parent! You will learn how to find good quality used clothing and toys, which can easily save you hundreds of dollars each year. You will also learn how to save money on St. Louis kid-related activities like the Magic House and Zoo, and how to sell your used children's items to make the most profit.

Presenter: Sarah Luderer, *Author and parent of two children at Childgarden*

This workshop will be held at:
Childgarden Early Childhood Center in the Central West End
4150 Laclede Avenue, St. Louis, MO 63108.

Childcare is available for this workshop only. An RSVP for childcare is required by March 22.

Benefits Blueprint

Thursday
February 15
6:30 - 8:30 p.m.

State and Federal Benefits

Do you have questions about what benefits your family member is eligible for when they turn 18? 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.

Thursday
March 1
6:30 - 8:30 p.m.

Save with Missouri ABLE Accounts

Missourians with disabilities are now able to sign up for tax-advantaged savings accounts without having to risk losing federal benefits. This tool can help people save, without penalties to their Medicaid benefits. With these accounts, individuals in the disability community will be able to save money for things like education, medical expenses, housing, and more. This workshop will answer all of your questions about Missouri ABLE (Achieving a Better Life Experience) accounts.

Presenter: Andrew Dziedzic,
ABLE Policy Coordinator, Missouri State Treasurer Eric Schmitt's Office

Thursday
March 22
6:30 - 8:30 p.m.

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.

Presenters:
Michael E. Chiodini, *Financial Advisor, Investment Advisor Representative of SII, Chiodini Financial Group, LLC*
Bhavik R. Patel, *Attorney, Sandberg Phoenix & Von Gontard P.C.*
Casie Stephens, *Trust Specialist III, Midwest Special Needs Trust*

Wednesday
May 2
6:30 - 8:30 p.m.

Planning Ahead: Estate Planning

Learn how to plan financially for your family, and avoid unintentionally disqualifying your loved one from receiving public benefits.

Topics will include estate tax planning, creditor protection, wills, avoiding probate, 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 intellectual and developmental disabilities of any age.

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

Thursday
May 3
6:30 - 8:30 p.m.

How to Choose a Special Needs Trustee

What qualifications, duties, and responsibilities does a person need to have in order 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 K. Schuster,
Attorney/Elder and Adult Mediator, Paule, Camazine & Blumenthal, P.C.

Thursday
May 10
6:30 - 8:30 p.m.

Financial Literacy

More people with disabilities live in poverty than any other group of people. Families who are caring for someone with a disability often have expenses beyond the average family. This workshop is designed to help participants become aware of the range of financial responsibilities, choices and opportunities that will present themselves over the course of their lives and to provide them with the knowledge and tools that will enable them to make wise choices, build wealth, and achieve financial security. This workshop is for caregivers and adults with disabilities who are interested in working towards their own financial security.

Presenter: Michael E. Chiodini,
Financial Advisor, Investment Advisor Representative of SII, Chiodini Financial Group, LLC

Teens - Adults

Wednesday
January 31
6:30 - 8:30 p.m.

Summer Recreation Programs

The Recreation Council is the central resource for leisure, recreation, and camps for people with developmental and intellectual disabilities of all ages. The St. Louis Arc offers summer volunteer/work programs for teens and young adults ages 13-21 with a developmental disability. Find the right opportunity for your family member!

Registration for summer programs begins soon and fills up quickly! Don't miss this chance to find the right summer program.

Presenters:

Susan Fleming, *Executive Director, Recreation Council of Greater St. Louis*
St. Louis Arc Leisure Staff

Thursday
March 15
6:30 - 8:30 p.m.

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. 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*
Debra Fiasco, *Administrator, Parent Education and Diversity Awareness, Special School District*

Wednesday
April 18
6:30 - 8:30 p.m.

Guardianship and Alternatives for Adults

At age 18 your child becomes a legal adult and has the legal ability to sign a contract, make decisions about their education, and decide who can be present in their IEP meeting.

This workshop will help prepare you to assess your family member's decision-making skills, their circle of influence, and answer questions about pursuing legal representation on their behalf.

Presenter: Misty Watson, *Attorney, Danna McKittrick, P.C.*

Wednesday
April 25
6:30 - 8:30 p.m.

Journey Towards Independence: A Personal Narrative

Get tips from five young people with disabilities about their personal journeys towards independence. Barbara Stewart will moderate this group of young adult panelists with disabilities.

Facilitator: Barbara Williams

Stewart, MA, MSW, Individual and Family Counselor, St. Louis Arc

Tuesday
May 15
6:30 - 8:30 p.m.

Duties of Guardians and Conservators

If you find that your family member needs a guardian, who is the best choice to fill that role? Guardianship can be one of the most important decisions you make for your family. Once someone has a guardian, they are no longer legally able to make medical or financial decisions for themselves. This becomes the responsibility of the person who is appointed to become their guardian. Find out what qualities and qualifications are the best match for fulfilling the role of a guardian for your family member.

Presenter: Debra K. Schuster, *Attorney/Elder and Adult Mediator, Paule, Camazine & Blumenthal, P.C.*

Wednesday
May 16
6:30 - 8:30 p.m.

Residential Options

This workshop will address residential options with two concurrent sessions being held to provide information for:

- Individuals who will need 12 hours or less of staff support per week (St. Louis County funding/private pay)
- Individuals who will need more than 12 hours per week of staff support (Department of Mental Health funding)

Presenters:

Carl Hoening, *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*

All Ages

Wednesday
February 21
6:30 - 8:30 p.m.

Charting the LifeCourse - Concepts and Tools to Achieve a Good Life

Wouldn't it be great if we all started from a common understanding of how to best support people? What if we had simple tools to capture our creativity and ideas that would be recognized by individuals with disabilities, their families, and the professionals that provide support? For the past five years, the state of Missouri has led the movement to implement the Charting the LifeCourse model that does just that! Learn how to create your vision for a good life and develop meaningful steps to move in the right direction. This workshop is ideal for individuals with disabilities and their families.

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

Wednesday
March 21
6:30 - 8:00 p.m.

Pause for Inspiration

Enjoy learning a simple Pause Practice that you can apply in the midst of everyday life - wherever you are, whatever you are doing, and whomever you are with. Slow down your mind to connect with the LOVE and WISDOM within, for help connecting with your child, and for Self-Care.

Presenter: Mary Lenihan, MS, OTR/L, Co-founder and President of Pause for Inspiration

Tuesday
April 10
6:30 - 8:00 p.m.

Finding and Keeping Caregivers

Many people with physical, sensory, or cognitive disabilities hire a personal attendant or paid caregiver to assist with day-to-day tasks. Finding a qualified caregiver can be challenging, but not impossible. The relationship between those who need help and those who provide it can be difficult to balance, but it can be maintained, and even fun at times. The speaker will cover how to successfully find, interview, hire, train, and supervise paid caregivers.

Presenter: Katie Rodriguez Banister, Author and co-founder of Access-4-All, LLC

Thursday
April 19
6:30 - 8:30 p.m.

How Genetics Affects Medication and Treatment

How do you know whether or not a particular medication is going to be effective? Genetic testing can help determine how a person metabolizes certain medications such as anti-psychotic and anti-seizure medications as well as many others. This workshop will cover how to access this genetic testing, how it's paid for and provide specific examples of how it works to determine what medications are best for each individual.

Presenter: Mele Luana Manning, RN, CDDN, Health Care Specialist

Thursday
April 26
3:00 - 7:00 p.m.

Family Resource Market

At this free event, families schedule 15 minute appointments for one-on-one discussions with representatives from various agencies and organizations, to learn more about how to access the services they provide.

Advance registration is required for one-on-one appointments and some agencies have limited availability.

Participating agencies include:

- Medicaid
- Vocational Rehabilitation
- St. Louis Regional Office
- Social Security and SSI

Tuesday
May 8
6:30 - 8:30 p.m.

Quality of Life - I Know It When I See It

Hear from Victoria McMullen, founder of the St. Louis Self-Directed Supports Peer Group and annual SDS conference, and mother to Ron, about strategies to create a meaningful day for her adult son with significant disabilities. Starting with goal development, Victoria will walk the attendees through a process to engage direct support staff and create seamless communication between a group of staff. This workshop will be highly engaging and thought provoking.

Presenter: Victoria McMullen, Ph.D., Department of Teacher Education, Webster University

Joyzen Power House Parent Workshops

Joyzen uses experiential learning, easy adaptable skills, and emotional intelligence to create a collaborative environment between parents, young adults, and support staff. Joyzen teaches parents to change roles from “caretaker” to “advisor” by giving workable skills through hands-on exercises. Joyzen teaches parents self-advocacy skills that they can then teach to their child so that they can practice self-advocacy independently. Joyzen emphasizes common language and creates a shared picture of independent success.

Upcoming Saturday Sessions:

Parents of middle schoolers – January 20, 9:00 a.m. -3:00 p.m.
Parents of high schoolers – February 10, 9:00 a.m. -3:00 p.m.
Parents of young adults – February 17, 9:00 a.m. -3:00 p.m.

For more information and to RSVP, contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Dad's Support Group

Tuesdays - 2/6, 3/6, 4/3, 5/1 5:30 p.m. - 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. Locations vary.

For more information, please contact Mark A. Keeley at mkeeley@slarc.org or 314-817-2280.

Meetup Groups

Meetup.com is an online social networking website that facilitates group meetings world-wide. Meetup makes it easy to find and join groups by common interests and causes. Creating an account on Meetup is easy and free. Meetups through the St. Louis Arc are all free to attend. Unless otherwise noted, all groups meet at the St. Louis Arc Centene Family Center located at 1177 North Warson Road, St. Louis, MO 63132.

Families of Children - Birth to Middle School

Dates and times to be determined by group

This group is for families with children birth through middle school. Appropriate chronological groupings will be identified based on family interest. This group will provide ongoing opportunities to share with each other concerns, ideas, successes and helpful resources, both formal and informal, that will assist family members to thrive with increased confidence and knowledge. These ideally result in helping each other make informed decisions with families having informed control over the resources and supports they prefer. Please contact Kate Hannon at khannon@slarc.org to express your interest.

Families with Children with Significant Disabilities

Second Saturday of the month 9:30 a.m. – 11:00 a.m.

This group is for families of individuals of any age who need additional supports to achieve their dreams due to medical, behavioral or learning challenges. The group provides opportunities to share concerns, ideas and resources that will assist family members with significant disabilities to thrive and to build relationships with other families for support and advocacy.

To RSVP, join our Meetup group at: www.meetup.com/St-Louis-Arc-Community-Connections/

For more information, contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Capable Kids and Families® Playgroup

First Friday of the month 10:00 a.m. - 11:30 a.m.

Third Saturday of the month 10:00 a.m. - 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.

To RSVP, join our Meetup group at: www.meetup.com/St-Louis-Arc-Community-Connections/

For more information please contact Julia Schaffner at capablekids@slarc.org or 314-817-2247.

Meetup Groups (continued)

LifeCourse Planning Group

Fourth Friday of the month 10:00 a.m. – 11:30 a.m.

The LifeCourse Planning Group is for families who are looking for connections and resources to help lay out a plan for the future. This can include families of individuals of any age who are trying to plan ahead. Using the LifeCourse framework and toolkit, we will work individually, and as a group, to create a vision for the future, steps towards making that vision a reality and address potential roadblocks.

To RSVP, join our Meetup group at: www.meetup.com/St-Louis-Arc-Community-Connections/
For more information, contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Launch

Third Monday of the month 6:30 p.m. - 8:00 p.m.

Launch is for families of young adults who are preparing to leave school or who are already out in the adult world but still moving towards independence. The group provides opportunities to share concerns, ideas and resources to assist young adults to graduate from school to transition services, and then into a successful life in the community with other families that are having similar experiences.

To RSVP, join our Meetup group at: www.meetup.com/St-Louis-Arc-Community-Connections/
For more information, contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

CONNECT Meetup Groups

This Meetup group connects people who are interested in living, working, or hanging out in various neighborhoods throughout St. Louis County. Dates, times, and locations vary.

Current groups and neighborhoods include:

Adults with Asperger Syndrome	Maplewood - Richmond Heights	North County
South Central	Webster Groves - Kirkwood	West County

To view all upcoming events and to RSVP, join our Meetup group at: www.meetup.com/CONNECT-at-St-Louis-Arc/
For more information, please contact Beth Moeller at 314-817-2271 or bmoeller@slarc.org.

Joyzen Alumni Group

Quarterly

This group is reserved for any family member who has completed a Joyzen Intensive class. Joyzen graduates will work with Liz Fuchs and members of the St. Louis Arc Family Supports team to share parenting successes and struggles, and apply Joyzen techniques as we problem solve together.

To RSVP, join our Meetup group at: www.meetup.com/St-Louis-Arc-Community-Connections/
For more information, contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Friday Family Fun Nights

1/26, 2/23, 4/27 6:00 p.m. - 8:00 p.m.

The St. Louis Arc offers a series of family-friendly activities for families of all ages and abilities to get together for fun at the St. Louis Arc Family Center.

To RSVP, join our Meetup group at: www.meetup.com/St-Louis-Arc-Community-Connections/
For more information and to RSVP, please contact Bre Ward at bward@slarc.org or 314-817-2226.



Visit Our Website: www.slarc.org