



**Family Workshop Series for 2010-2011**  
**St. Louis Arc Family Center**  
**1177 N. Warson Road**  
**St. Louis, MO 63132**

<p>September 9, 2010 Thursday 7:00 pm – 9:00 pm</p>	<p align="center"> <b>Respite Care Options</b>            Even if you currently use respite care or in-home residential supports, there are many options available for families including medical respite, facility based respite and emergency respite. Come find out what services you and your family can benefit from.  <b>Panel Presenters: Rick Conaway - Children's Home Society</b>  <b>Taressa Hockaday, MA – St. Louis Crisis Nursery</b>  <b>Amanda Johnson – Edgewood Children's Center, Ann Mangelsdorf – St. Louis Arc</b>  <b>Vashiali Patel – TouchPoint Autism Services</b>  <b>Lynn Stonecipher – UCP/Easter Seals In-Home Residential Supports</b>  <b>Wendy Sherman – UCP/Easter Seals Marlborough Hall</b> </p>
<p>September 14, 2010 Tuesday 7:00 pm – 8:30 pm</p>	<p align="center"> <b>Preparing for Employment</b>            Get information about the four phases of employment. Find out more about competitive employment – what it is and how to get it. Why is a DMH - Regional Center Service Coordinator important? What transportation options are available? What skills are necessary for employment? This workshop will touch on resume writing, interviewing, appropriate attire and more.  <b>Presenter: Brian Hubler - Director of Supported Employment and Transition Services, St. Louis Arc</b> </p>
<p>September 16, 2010 Thursday 7:00 pm – 8:30 pm</p>	<p align="center"> <b>Metro's Travel Training and Call-A-Ride Programs</b>            Find out about Metro's free travel training program available to people with disabilities. This program provides a personal evaluation and instruction tailored to meet individual needs. Training includes paying fare, community safety skills, emergency procedures, how to safely cross the street, appropriate social behavior, recognizing bus numbers, determining the best route and more. You will also learn about Call-A-Ride, Metro's door to door services for people with disabilities. The workshop will cover who is eligible, cost and how to use this service.  <b>Presenter: Michael McDermott, M.Ed. - Metro Travel Training Specialist</b> </p>
<p>September 23, 2010 Thursday 7:00 pm – 8:30 pm</p>	<p align="center"> <b>Recognizing and Treating Depression</b>            Learn the basic signs and symptoms of depression, what steps to take and what resources are available to help.  <b>Presenters: Larry Daniels and Joyce Johnson – NAMI</b>  <b>(National Association of Mental Illness)</b> </p>
<p>September 24, 2010 Friday 9:00 am – 3:00 pm</p>	<p align="center"> <b>Understanding Your Child's Educational Rights</b>  <b>IDEA Boot Camp</b> – This training will cover special education law, understanding the IEP process and disagreement resolution. <i>RSVP required.</i>  <b>Presenter: Lisa Williams – Regional Facilitator, MPACT</b> </p>

Workshops are **free** and child care and respite care is **not provided** unless specifically noted.  
**Registration is required.** For more information or to register, please contact  
 Ann Mangelsdorf at [amangelsdorf@slarc.org](mailto:amangelsdorf@slarc.org) or call 314-817-2275.  
 You may also register online at [www.slarc.org](http://www.slarc.org)



**St. Louis Arc – Family Workshop Series**  
**OCTOBER 2010**

<p>October 5, 2010          Tuesday          7:00 pm - 8:30 pm</p>	<p align="center"><b>“What About the Siblings?”</b>          St. Louis area Sibshop facilitators will provide information about the national Sibshop model and strategies for helping parents successfully raise and understand issues that brothers and sisters of children with disabilities encounter through life.  <b>Presenters: Mark Keeley – St. Louis Arc and Sibling Panel</b></p>
<p>October 19, 2010          Tuesday          6:30 pm – 8:30 pm</p>	<p align="center"><b>Working Effectively with DMH - St. Louis Regional Center to Access Resources</b>          This workshop will cover the role of the service coordinator, understanding the DMH - St. Louis Regional Center process, programs and funding sources and how to understand the priority and funding process.  <b>Presenter: Kadesh Burnett, Educational Coordinator</b>  <b>Department of Mental Health - St. Louis Regional Center</b></p>
<p>October 26, 2010          Tuesday          7:00 pm – 9:00 pm</p>	<p align="center"><b>Special Needs Trusts</b>          How to plan for the financial security of an individual with developmental disabilities while preserving benefits such as Medicaid and Social Security Income.  <b>Presenters: Michael Chiodini – MetLife</b>  <b>Lavonne Daniels – Midwest Special Needs Trust</b>  <b>Bhavik R. Patel – Sandberg, Phoenix and von Gontard, P.C.</b></p>
<p>October 28, 2010          Thursday          6:30 pm – 8:00 pm</p>	<p align="center"><b>Understanding Epilepsy</b>          What is the difference between a seizure and epilepsy? Epilepsy is often misunderstood and under-diagnosed. Learn the myths and facts about epilepsy including the causes, types and treatment options for epilepsy. This program will also share what community supports and programs are available for people with epilepsy.  <b>Presenter: Kathleen Kaiman - Epilepsy Foundation of Missouri and Kansas</b></p>

Workshops are **free** and child care and respite care is **not provided** unless specifically noted.  
**Registration is required.** For more information or to register, please contact  
 Ann Mangelsdorf at [amangelsdorf@slarc.org](mailto:amangelsdorf@slarc.org) or call 314-817-2275.  
 You may also register online at [www.slarc.org](http://www.slarc.org)

# St. Louis Arc Family Workshop Series

## NOVEMBER 2010

<p>November 4, 2010 Thursday 6:30 pm – 8:30 pm</p>	<p style="text-align: center;"><b>Assistive Technology</b></p> <p>The Missouri Assistive Technology Center provides access to assistive technology for people in Missouri of any age with any type of disability. This program provides equipment loans, financial loans to purchase equipment, provides demonstrations, resources and publications related to assistive technology and more. Equipment includes switches and mounts, computer adaptations and access devices, environmental controls, hearing devices, home modifications, visual aids, augmentative communication devices, aids for daily living, recreation, sports and leisure, home access improvements, and vehicle access modifications. Find out about this program and the resources available.</p> <p style="text-align: center;"><b>Presenter: Brenda Whitlock, Training Coordinator Missouri Assistive Technology Center</b></p>
<p>November 9, 2010 Tuesday 6:30 pm – 8:30 pm</p>	<p style="text-align: center;"><b>Advocacy</b></p> <p>At a time when funding for services in Missouri continue to be at risk for cuts, it is vital that families advocate for the services they and their family need. This workshop will cover how to develop effective working relationships with your state legislators and how to using your personal story for effective advocacy.</p> <p style="text-align: center;"><b>Presenters: Representative Rick Stream Representative Jill Schupp - invited Kathy Meath, CEO and President – St. Louis Arc</b></p>
<p>November 16, 2010 Tuesday 6:30 pm – 8:30 pm</p>	<p style="text-align: center;"><b>Guardianship and Alternatives</b></p> <p>This workshop will focus on determining when guardianship is needed and who should be a guardian as well as alternatives to guardianship such as conservatorships, trustees, representative payees, advance directives, power of attorney, and living wills.</p> <p style="text-align: center;"><b>Presenter: Bhavik R. Patel – Sandberg, Phoenix and von Gontard, P.C.</b></p>
<p>November 17, 2010 Wednesday 6:30-8:30 pm</p>	<p style="text-align: center;"><b>Supporting Your Family Member to Develop Healthy Relationships</b></p> <p>The workshop will include basic concepts including teaching positive social skills, appropriate public and private behavior, appropriate sexual expression, and talking to your family member about protecting themselves from abuse. The format will be a combination of lecture and group discussion.</p> <p style="text-align: center;"><b>Presenters: Christina Meneses, Program Specialist – YWCA St. Louis Regional Sexual Assault Center and Jessica Naslund, MSW</b></p>
<p>November 18, 2010 Thursday 6:30 pm to 8:00 pm</p>	<p style="text-align: center;"><b>Fun and Accessible Recreation Opportunities for Families</b></p> <p>Learn what accessible resources, programs and playgrounds are available to families and children of all abilities throughout the St. Louis area. Presentation will include information about how to access the free adaptive recreation equipment loan program through the Recreation Council including adapted fishing rods, camera mounts, bowling ramps, large print playing cards, cycling, all terrain chairs, and more.</p> <p style="text-align: center;"><b>Presenter: Susan Fleming – Recreation Council of Greater St. Louis</b></p>

All workshops are FREE. **Registration is required. Child care and respite care is not provided.**

For more information or to register please contact

Ann Mangelsdorf at [amangelsdorf@slarc.org](mailto:amangelsdorf@slarc.org) or call 314-817-2275.

You may also register online at [www.slarc.org](http://www.slarc.org)



## St. Louis Arc – Family Workshop Series

### DECEMBER 2010

<p>December 2, 2010 Thursday 6:30 pm – 8:30 pm</p>	<p style="text-align: center;"><b>Community Residential Options</b></p> <p>This workshop will address a variety of residential options as well as how to emotionally prepare the adult in your home with developmental disabilities (and the rest of the family) for moving from family home to residential services. What choices are there? What positive steps can you take now to prepare for that next step?</p> <p style="text-align: center;"><b>Presenters: Nancy Fortune &amp; Mary Anne Tolliver, Co-Directors Residential Services – St. Louis Arc</b></p>
<p>December 8, 2010 Wednesday 6:30 pm – 8:00 pm</p>	<p style="text-align: center;"><b>“All About Me”</b></p> <p>Learn how to create a book about your child to share with teachers, caregivers and other professionals. Share what works, what doesn’t and what your youngster’s favorite things are. This book will be helpful as you begin to work with a new therapist, care giver or just to help family and friends better understand your son or daughter. The importance of focusing on positive strengths will be emphasized while discussing how to create a tool that will help people who care for your child to support them better.</p> <p style="text-align: center;"><b>Presenters: Julia Schaffner – St. Louis Arc Judy Presberg – St. Louis Special School District and parent</b></p>
<p>December 9, 2010 Thursday 6:30 pm – 8:00 pm</p>	<p style="text-align: center;"><b>State and Federal Benefits: What Are They and Who is Eligible?</b></p> <p>Medicaid, Medicare, Social Security, SSI – Find out who is eligible and how to access funding to support individuals with developmental disabilities.</p> <p style="text-align: center;"><b>Presenter: Bhavik R. Patel – Sandberg, Phoenix and von Gontard, P.C.</b></p>
<p><i>Date To Be Determined</i></p>	<p style="text-align: center;"><b>Health Insurance - Part I</b></p> <p style="text-align: center;"><b>Health Insurance Reform: What Does it Mean for People with Developmental Disabilities?</b></p> <p>The Federal Government has passed Health Insurance Reform Legislation that will affect many aspects of health insurance and health care over the next few years. How will it affect people with developmental disabilities? Come find out more about the new legislation.</p>
<p><i>Date To Be Determined</i></p>	<p style="text-align: center;"><b>Health Insurance – Part II</b></p> <p style="text-align: center;"><b>Autism Insurance Bill: What Does it Mean for People with Autism in Missouri?</b></p> <p>Missouri passed legislation that will go into affect January 1, 2011 that will mandate that private insurance companies cover certain therapies for people with Autism. Find out more about how this legislation will benefit people with autism.</p>

All workshops are FREE. **Registration is required. Child care and respite care is not provided.**

For more information or to register please contact

Ann Mangelsdorf at [amangelsdorf@slarc.org](mailto:amangelsdorf@slarc.org) or call 314-817-2275.

You may also register online at [www.slarc.org](http://www.slarc.org)



## **St. Louis Arc – Family Workshop Series**

### **Coming in 2011 . . .**

Understanding Applied Behavior Analysis: An Introduction for Parents and Caregivers

Transitioning from First Steps: What Happens Next?

Dealing with Infant/Toddler Feeding Issues

After High School: College Supports and Options

Genetic Disorders and Implications for Families

Diet and Autism

Oral Hygiene and Dental Care for People with Developmental Disabilities

Including Your Family in Menu Planning

Diabetes and Foot Care

Exercise for People with Limited Mobility

Alzheimer's and Developmental Disabilities

Heart Healthy Eating

Wellness and Exercise

Estate Planning

Guardianship

Aging Parents and Adult Children with Developmental Disabilities: Planning for the Future

Adult Siblings: Planning for the Future of My Sibling with a Developmental Disability

Getting Organized: How to Tame the Paper Monster

Summer Program Options

Using Support Dogs

Home Adaptation Resources