

# Family Workshop



Fall 2016

September - December

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.**

For more information, to register, or to receive our weekly email newsletters, please email Brianne Smith at [bsmith@slarc.org](mailto: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

**Tuesday  
September 27  
6:30 - 8:30 p.m.**

### **Uncovering Your Child's Sensory Needs at Home**

Our sensory system helps us process incoming information and organize it to make sense of the world around us, but many children have difficulty organizing and regulating sensory input. In this workshop we will explain sensory processing, address how sensory processing difficulties affect behavior, and discuss ways to set up your home to meet your child's sensory needs.

**Presenters:**

**Joy Bender, MOTR/L, Occupational Therapist, Belle Children's Services of St. Louis Arc**

**Anna Fahs, MOTR/L, Occupational Therapist, Belle Children's Services of St. Louis Arc**

## Children (*Central West End Workshops*)

**Positive Parenting Interventions  
and Supports  
Tuesday, October 25  
5:00 - 6:00 p.m.**

Come learn new ways to set up the many environments of your child's life for success! We invite you to consider changes that will increase your child's success and decrease your own frustration. We'll discuss effective ways of setting limits and creating manageable household rules that will lead to building more positive interactions and loving relationships within your family. Join us for this positive approach to meeting the challenges of everyday life.

**Presenters:**

**Krystal Jimerson, RBT, Belle Children's Services of St. Louis Arc**

**Andrea Seper-Roper, MSW, BCBA, LBA, Belle Children's Services of St. Louis Arc**

**Unplug Your Child:  
Making the Most of Your Minutes  
Wednesday, November 2  
5:00 - 6:00 p.m.**

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 Closson, 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**

The two workshops above will be held at:

**Childgarden Early Childhood Center in the Central West End -  
4150 Laclede Avenue, St. Louis, MO 63108.**

**Childcare is available for these two workshops only. An RSVP for childcare is required one full week prior to each workshop date.**

## Teens - Adults

**Tuesday  
October 4  
6:30 - 8:30 p.m.**

### **Preparing 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**

**Thursday  
October 6  
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. 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**

**Thursday  
October 13  
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? 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.**

Wednesday  
October 26  
6:30 - 8:30 p.m.

**Basic Self-Defense Skills for Anyone**

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*

Thursday  
October 27  
6:30 - 8:30 p.m.

**Retirement and the Impact on Benefits**

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*

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

**Internet Safety for Teens, Adults, and Families**

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*

Tuesday  
November 15  
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 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*

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

**Home Alone Skills**

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*

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

**Adult Day Options**

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.*

## 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

*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.*

### 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](mailto: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 at [sspurlock@slarc.org](mailto:sspurlock@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](mailto: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](mailto: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 at [sspurlock@slarc.org](mailto:sspurlock@slarc.org) or 314-817-2222.

### 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](mailto: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 Keeley at [mkeeley@slarc.org](mailto:mkeeley@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 at [sspurlock@slarc.org](mailto:sspurlock@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 at [sspurlock@slarc.org](mailto:sspurlock@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](http://www.slarc.org)), but the look, feel, and information is new and up-to-date. Check it out!