

2016 Options CIL Empowerment Seminar

*for Health Care Providers,
Students and the Public*

Thursday, April 21, 2016 • 8 a.m. - 4 p.m.
Iroquois Room at Kankakee Community College



Co-sponsored by:



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HLTH 574A.A16 - \$60 for CEU & CPDU attendees;

HLTH 574A.A26 - \$30 for the general public;

HLTH 574A.A36 - \$15 special student rate

**Special accommodations will be provided upon request. Please request by March 31.
Registration fee includes materials, light morning refreshments & box lunch.**

Co-sponsored by:



This empowering seminar will offer tips, tools, techniques and the latest information on how to promote an accessible society.

All of the presenters have an intimate understanding of the needs and solutions to advance the lives of people with disabilities. You will also have a chance to visit informative exhibit booths with knowledgeable staff to answer all of your needs and questions.

Whether you are a health care provider needing continuing education hours, a caregiver, student or a person with a disability, this seminar is for you!

Seminar Objectives

Upon completion, attendees will be able to:

- Recognize what abuse, neglect and financial exploitation looks like, and how to report it.
- Understand how to establish a personal connection with the people/staff who submit reports on abuse.
- Recognize ways to improve services for people with disabilities who have been victims of sexual violence.
- Provide attendees with tools to teach empowerment to self-advocate on ending sexual violence.
- Understand what therapeutic riding is and how participants can benefit from it.
- Discuss and share successes of the therapeutic riding program.
- Understand different types of blindness and hearing loss.
- Recognize types of communication modes and the technology they use.

Meet the Presenters

Joann Rushing has served as the program director for the Deaf-Blind Program at the Chicago Lighthouse for the Blind for 13 years. Rushing provides independent living skills training, advocacy, telecommunications equipment assessment and training, communications assessment and appropriate referral services. She also manages the Deaf-Blind Training/Retreat and the Deaf Blind Club. Prior to joining The Lighthouse, she served as program manager at a center for independent living for 12 years.

Mary Ann Dowding is an adult protective service supervisor for Catholic Charities. Dowding is a graduate of Kankakee Community College and St. Mary-of-the-Woods College. While at Catholic Charities she has worked as a child welfare worker and currently works with aging and disability in the Elder Abuse Program.

Marge Parker has a Bachelor of Science degree in business/computer management and a master's degree in clinical psychology. She has been asked to join the Illinois Imagines statewide team as a self-advocate. She also volunteered with several Peoria organizations, the Mental Health Association of Illinois Valley, the Center for the Prevention of Abuse, and the National Alliance of Mental Illness. Parker recently participated in rolling out Illinois Imagines' book, "Guide for Starting Empowerment Groups" to state collaboratives. Parker is a spokeswoman raising awareness and reducing stigma on many subjects including mental illness and sexual abuse.

Sean Black has served as communications coordinator for the Illinois Coalition Against Sexual Assault for 14 years. His roles include overseeing production of ICASA's publications, facilitating media coverage and maintaining the organization's website, www.icasa.org. Among the projects Black has played a lead role in are the evaluation and creation of ICASA's prevention education curriculum "Inside the Classroom"; the Your Voice, Your View video creation contest; the prevention program evaluation project; and the Illinois Imagines project, which works to improve service to women with disabilities.

Karen Hemza has been teaching riding classes to students with various abilities for more than 20 years as well as competing at numerous English equestrian events. Hemza collaborates with River Valley Special Recreation annually to train riders in preparation for state competition at the Special Olympics. Hemza is the owner of Sunrise Farms in St. Anne.

Heather Long Heather Long started riding at Sunrise Farms' Therapeutic riding program in 1995. She has experienced first-hand the benefits of therapeutic riding. In addition to riding, Long is very passionate about working with people with disabilities. She currently works at Options CIL as an Independent Living Advocate/Transition Coordinator.

Agenda

- 8-8:30 a.m.** **Registration/Exhibit Booths Open/Networking**
- 8:30-8:45 a.m.** **Welcome & Explanation of Options CIL Services and Programs**
Presenter: Therese Cardosi, Options CIL
- 8:45-10:15 a.m.** **“What Does DeafBlind Mean and How Do They Communicate”**
Joann Rushing, Chicago Lighthouse for the Blind
Mindy Joy Mayer and Kelly Medina
- 10:15-10:45 a.m.** **Exhibit booths/networking**
- 10:45 a.m. - 12:15 p.m.** **“Can We Talk About This?”**
Mary Anne Dowding, Catholic Charities – Adult Protective Services
- 12:15-12:45 p.m.** **Lunch, exhibit booths/networking**
- 12:45-2:15 p.m.** **“Illinois Imagines – Moving Services Forward”**
Marge Parker, Illinois Imagine
Sean Black, Illinois Coalition Against Sexual Assault
- 2:15-3:45 p.m.** **“Therapeutic Riding and Its Benefits”**
Karen Hemza, Sunrise Therapeutic Riding
Heather Long, Options Center for Independent Living
- 3:45-4 p.m.** **Wrap-up**

Continuing Education: Seven (7) contact hours will be awarded to nurses, professional counselors/clinical counselors, social workers, occupational therapists, physical therapist, respiratory therapists, nursing home administrators and qualified intellectual disabilities professionals. KCC is an approved provider through the Illinois Department of Financial and Professional Regulation. Seven (7) CPDUs will be awarded to Illinois school teachers.

Disclosures: Criteria for judging successful completion of the seminar are attendance at the entire activity and submission of a completed evaluation tool. Be sure to check-in before the workshop begins at the registration counter inside the Workforce Development Center entrance.

Please refrain from wearing perfume, cologne, or any scented products. Room temperatures vary. Dress accordingly.



OPTIONS CENTER FOR INDEPENDENT LIVING

Options CIL is a non-residential, not-for-profit, community-based organization that partners with people with disabilities who want to live independently and participate fully in society. Our primary service area includes Kankakee and Iroquois counties.

Options is guided by the independent living philosophy that people with disabilities have the right to control and direct their own lives, to have choices and options, and to actively participate in all aspects of society.

Options receives the majority of its funding from state and federal grants. In addition, Options utilizes funds raised from several other mission-focused annual events. These grants and the proceeds from our fundraising events enable us to provide much-needed programs and services to people with disabilities in our service area. Below are Options CIL annual fundraising events:

1. Options CIL Membership Drive – Membership supports our mission and entitles members to vote for our board of directors. Other benefits are available according to the level of membership. Contribution levels range from \$10 to \$300 and can be made anytime during a calendar year.
2. *Reference Guide to Independence* – This informative booklet is published each year in June. It explains the programs and services that we provide to the community and contains articles that provide tips and tools for people with disabilities. Publication is made possible by advertisements from businesses and organizations in our community that support Options CIL and our mission. Half-page and full-page advertisers are welcome to submit an article about their business. The booklet is distributed throughout the year to all Options' consumers and at numerous community events in Kankakee and Iroquois counties.
3. Wheel-a-thon/Walk-a-thon Events – These are wonderful disability awareness and fundraising events. The Iroquois County Wheel-a-thon will take place on Saturday, Oct. 15, 2016 at Watseka Community High School. The Kankakee County Wheel-a-thon will take place in Fall of 2016 (location to be announced). A team of 4 people is only \$100; individuals are \$25. There are many levels of sponsorships from \$100 on up, each with wonderful benefits. Every pre-registered participant receives a goodie bag with their event T-shirt and other free items!

For more information on how you can support Options CIL or for more information on the above events and opportunities, please contact Therese.Cardosi@optionscil.org or call 815-936-0100 (voice) or 815-936-0132 (TTY).

Registration information

Pre-registration

Pre-registration is required. Registrations are processed on a first-come, first-served basis. Due to minimum enrollment requirements, you are encouraged to sign up at least seven business days before the seminar. **If special accommodations are needed, please register by March 31 and indicate request at time of registration.**

Registering a friend or co-worker

You may register yourself and others. A separate form must be submitted for each person. Information required for each person – such as address and birth date should be included.

Cancellation policy

If a workshop must be canceled by KCC, those who have enrolled will receive full refunds. The college will make every attempt to notify participants in advance of cancellations. Refunds from credit card payments will be made in the form of a credit to the cardholder's account.

Withdrawal policy

Participants may withdraw and receive full refunds, minus a \$3 service fee, until two working days before the workshop. After that point, no more refunds will be given. Withdrawals are accepted by phone at 815-802-8200, 8 a.m. - 5 p.m. Monday through Friday. The office is closed most Fridays in June and July.

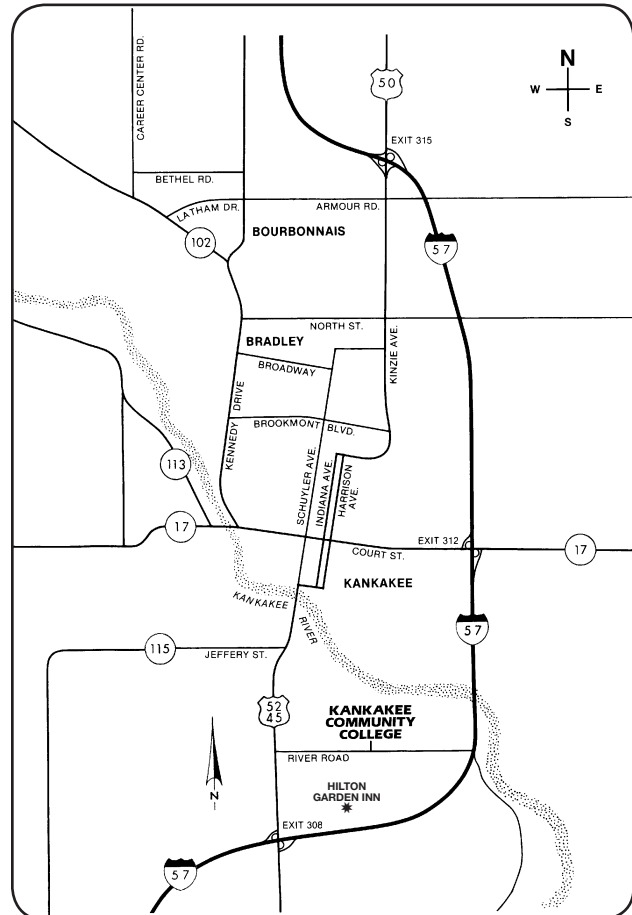
Accommodations

A recommended hotel near KCC is the Hilton Garden Inn Kankakee, 455 Riverstone Parkway Kankakee, Illinois 60901. Phone 815-932-4444 and fax: 815-928-8175.

Questions?

If you have questions about this seminar, please phone 815-802-8207 or email dhenson@kcc.edu.

MAJOR ROUTES TO KANKAKEE COMMUNITY COLLEGE



Pre-registration is underway

Registration

Four ways to register

1. Go to <http://kcc.edu/comejoinus>; choose your class, click submit and follow the instructions. If you register online, you must pay by credit card (Visa, MasterCard and Discover accepted).
2. Fax your completed registration form to 815-802-8201, ATTN: Continuing Education and Career Services.
3. Mail your completed registration form to Kankakee Community College, Continuing Education and Career Services, 100 College Drive, Kankakee, IL 60901.
4. Call 815-802-8200. Have the course number and your credit card number or a purchase order number ready.

Options CIL Empowerment Seminar 2016

Registration form

Options CIL Empowerment Seminar 2015

HLTH 574A.A16	
CEU registration	\$60
HLTH 574A.A26	
General public	\$30
HLTH 574A.A36	
Student rate	\$15

Name _____

Street address (please indicate home business)

City _____ State ____ ZIP _____

Home phone (____) _____

Business phone (____) _____ Birth date ____ / ____ / ____

Company name _____

Are you a legal resident* of KCC District 520?

Yes No

*Consult current KCC catalog for residency policy

U.S. citizenship status (Choose only one.)

U.S. citizen

Not U.S. citizen, but permanent resident

Provide home country of origin _____

Please attach a photocopy of your Alien Registration Card.

Not U.S. citizen, but in U.S. on a visa

Provide home country of origin _____

Please attach a photocopy of your Alien Registration Card.

Not U.S. citizen, not in U.S. on a visa

Provide home country of origin _____

Last semester/term at KCC (include year)

Fall ____ Spring ____ Summer ____ Never attended

REQUIRED DATA INFORMATION

This information is required so that KCC may demonstrate compliance with federal and state requirements.

Educational intent

Complete one or several courses – not pursuing a certificate or degree

Complete a certificate

Complete an associate degree

Highest degree previously earned _____

Employment status _____

Are you Hispanic or Latino? (or, are you of Spanish origin?)

Yes, Hispanic or Latino Not Hispanic or Latino

Are you from *one or more* of the following racial groups?

(Select all that apply.)

American Indian or Alaskan Native

Asian

Black or African-American

Native Hawaiian or other Pacific Islander

White

Choose not to respond

Please identify your primary racial/ethnic group. (Select one.)

American Indian or Alaskan Native

Asian

Black or African-American

Hispanic or Latino

Native Hawaiian or other Pacific Islander

White

Choose not to respond

Gender: Male Female

Do you have a disability?

Yes No

Are you economically disadvantaged?

Yes No

Are you academically disadvantaged?

Yes No

Do you speak English fluently?

Yes No

Are you a single parent?

Yes No

Are you a displaced homemaker?

Yes No

Are you a veteran of active duty military service?

Yes No

Are you concurrently enrolled at another college? Yes No

In emergency, contact _____

Phone _____

Enclose a check in the appropriate amount made payable to KCC or charge to Master Card® Visa® Discover®

Acct. # _____ Exp. date _____

Three-digit security code from back of card _____

Signature _____

Learn it today. Use it tomorrow.

Objective and up-to-date information

Additional reasons to attend

\$60 is a very reasonable cost to earn 7 CEUs in one day!

Invest a day in your professional career! This informative workshop offers many ways to help your patients, your family members and yourself! You will have a rare opportunity to learn from speakers who have an intimate understanding of the needs and solutions to advance the lives of people with disabilities.

Where else can you go for a full-day seminar and receive materials, continuing education units, continuing professional development units, lunch, and a certificate of completion, while avoiding the stress of heavy traffic and parking fees? Make this valuable investment in your career.

