



January 2012 – November 2012

Louisville Lecture Series for Direct Support Professionals

This is an opportunity for continuing education for Direct Support Professionals to enhance their knowledge and skills in innovative approaches and best practice in the support of people with developmental disabilities. All lectures will be held at The Council's office at 1151 South Fourth Street, Old Louisville, 40203.

First Quarter

January 26, 2012

Date and Title: January 26: *Fundamentals of Alzheimer's*

Time: 9:30 AM – 12:30 PM

Location: The Council on Developmental Disabilities

1151 South Fourth Street (Parking on street, across the street lot -look for Family Dollar Store Signage) or at the corner of Fourth and St. Catherine- just a hop, skip and a jump to the new office) Louisville 40203

Description: *Fundamentals of Alzheimer's*

This session will explore the progressive, degenerative disease of the brain and the stages of Alzheimer's that consists of loss of memory, judgment and reasoning, and changes in mood, behavior and communication abilities.

Presenter: *Carlene Daley*

For 25 years Carlene has spent every day working in the world of Alzheimer's disease. She has had the opportunity to create Alzheimer's specific *adult day programs*, lead staff of Alzheimer's units in assisted living, facilitate Alzheimer's support groups as well as working with families in the Early Stage Support Group sponsored by the Alzheimer's Association. In *residential settings* Carlene has educated families, staff and community groups. Currently Carlene is counseling individual families as they begin to accept and adjust to a diagnosis of Alzheimer's for a family member

February 15, 2012

Date/Title: 15 February: *Alzheimer and Dementia Support*

Time: 9:30 AM – 12:30 PM

Location: The Council

*1151 South Fourth Street (Parking on street, across the street lot or at the corner of Fourth and St. Catherine- just a hop, skip and a jump to the new office)
Louisville 40203*

Description: *Alzheimer and Dementia Support*

This session will explore the treatment and support of those with Alzheimer's disease, a challenging journey, not only for the person diagnosed but also for the direct support professional, circle of support and loved ones. Each day can bring new demands and opportunities as the person with Alzheimer's try to cope with changing levels of ability and new patterns of behavior. The participant will explore ways to support the person with Alzheimer's disease, as well as where to find support, and how to determine the long-term options.

Presenter: *Carlene Daley*

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March 22, 2012

Date/Title: 22 March: *Because we all Need a Laugh: A session for DSPs by DSPs*

Time: 9:30 AM – 12:30 PM

Location: The Council

1151 South Fourth Street *(Parking on street, across the street lot or at the corner of Fourth and St. Catherine- just a hop, skip and a jump to the new office)*
Louisville 40203

Description: Somewhere under the stress is a sense of humor. Humor is sometimes the only thing that keeps us balanced and able to handle impossible situations. Laughter, humor, and play can become an integrated part of your life. Your creativity will flourish and new discoveries for playing with friends, coworkers, acquaintances, and loved ones will occur to you daily. Humor takes you to a higher place where you can view the world from a more relaxed, positive, creative, joyful, and balanced perspective. Humor can help each of us physically and spiritually, it can help us get through life and even help us get through the day! Come and share in our daily humor as DSP's with Vicki, Tracy, Enola, and Debbie.

Presenter: Enola G. Santana

Enola is a Direct Support Professional and has an associate's degree in Criminal Justice and has worked with juveniles in a group home. She has worked for Apple Patch as a Direct Support Professional and moved on to Seven Counties where she worked as a Community Coach. Presently, Enola works in the PASRR division that provides individuals who reside in nursing facilities support and access to the community. At this time Enola works with five different nursing homes supporting nine individuals with developmental disabilities.

Tracy Brundage-Williams

Tracy is a Direct Support Professional and has been employed by Seven Counties Services for almost five years and worked in the healthcare field for more than fifteen years. In addition, she enjoys teaching a therapeutic craft class at Active Day each month. She has received outstanding recognition awards for two years, DSP of the year, and has attended countless SPEAK trainings. Tracy's motto is "Make it a point to find humor in each and every day."

Vicki L. Walker

Vicki is a Direct Support Professional and has been employed by Seven Counties for 12 years and is also Family Home Provide with Pathforward. She has worked in many areas within Seven Counties Services including CLS, Impact Plus and presently with the PASRR department. Vicki has been affiliated with SPEAK since its inception in 2005. She is a SPEAK trained peer mentor; and facilitated realistic job previews for SPEAK for over two years. In addition, Vicki has completed certification with the State of Kentucky foster care for medically fragile children.

Deborah Johnson

For the past sixteen years Debbie has been employed by Seven Counties Services. She began her employment with SCS as a DSP and has worked her way up to Community Habilitation Manager in which she supervises three DSPs in its PASRR Specialized Services that assist individuals that resided in nursing facilities.

Second Quarter

April 11, 2012

Date/Title: April 11: 101 Ways to Make Friends

Time: 9:30 AM – 12:30 PM

Location: The Council

**1151 South Fourth Street (Parking on street, across the street lot or at the corner of Fourth and St. Catherine- just a hop, skip and a jump to the new office)
Louisville 40203**

Description: 101 Ways to Make Friends

This session will explore a demonstration project through the Community Living British Columbia that focused on expanding the networks of people with disabilities that are shared in the book: 101 Ways to Make Friends this session will offer those interested in how to support folks to develop real, lasting relationships. ***This session is limited to 24 people. A workbook will be provided. Registration will be required. First come, first serve!***

Presenter: Beth C Richardson, MEd

Beth is the Director of Training and Leadership with The Council and the Training and Leadership Coordinator for SPEAK. Beth began her career working as a direct support professional in a state institution pre- institutional reform followed by over 30 years of experience working with people with disabilities and their families, direct support professionals and other professional and management level employees. Before coming to the CMR, Beth worked as a CEO to several non-profits that provided services and supports to people with disabilities in Ohio and Kentucky.

May 8, 2012

Date/Title: May 8 : Stress Management and you!

Time: 9:30 AM – 12:30 PM

Location: The Council

1151 South Fourth Street (Parking on street, across the street lot or at the corner of Fourth and St. Catherine- just a hop, skip and a jump to the new office) Louisville 40203

Description: *Stress management and you!*

This session will explore stress, how it impacts health and offer strategies to manage stress in the workplace. Highly interactive, this session will focus on taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun – plus the resilience to hold up under pressure and meet challenges head on.

Presenter: *Speaker pending*

June 7, 2012

Date/Title: June 7: *DSP Resource Fair*

Time: 9:30 AM – 12:30 PM

Location: The Council

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Louisville 40203

Description: *DSP Resource Fair*

Brought back by popular demand, this four hour “idea feast” will showcase multiple DSPs and others ideas through presentations and/or exhibits their unique ways in providing services and supports to people with D/ID. Presentations will include: supported employment; meaningful days; psycho-social opportunities, assisted technology and more!

Presenter (s): *Direct Support Professionals from SPEAK partner agencies.*



Summer Break... See you in August

Third Quarter

August 23

Date/Title: August 23: *Avoiding Burnout through Personal Energy Management*

Time: 9:30 AM – 12:30 PM

Location: The Council

1151 South Fourth Street *(Parking on street, across the street lot or at the corner of Fourth and St. Catherine- just a hop, skip and a jump to the new office)*
Louisville 40203

Description: Most Direct Support Professionals and the agencies they are working for are experiencing financial strain. That means almost everyone is called upon to do more with less—less money, less help, and if we aren't careful, less enthusiasm. We don't have much control over the daily demands and stressors. Our only area of control is how we will personally respond to those demands. The phrase stress management can be misleading because it implies that we can somehow control the stressors coming at us. The fact is, we usually can't. We can't control the economy, or the political climate or the families of our consumers. The fact is we cannot control anything but ourselves—on a good day. That is why it is preferable to think in terms of personal energy management.

This session will take Mark Berman's, PhD. 13 keys to managing personal energy through intellectual, emotional and physical energy.

Presenter: Beth is the Director of Training and Leadership with The Council and the Training and Leadership Coordinator for SPEAK. Beth began her career working as a direct support professional in a state institution pre "institutional" reform followed by over 30 years of experience working with people with disabilities and their families, direct support professionals and other professional and management level employees. Before coming to the CMR, Beth worked as a CEO to several non-profits that provided services and supports to people with disabilities in Ohio and Kentucky.

September 18

Date/Title: 18 September: *Caring Partners: Families and DSPs*

Time: 9:30 AM – 12:30 PM

Location: The Council

1151 South Fourth Street *(Parking on street, across the street lot or at the corner of Fourth and St. Catherine- just a hop, skip and a jump to the new office)*
Louisville 40203

Description: Have you ever asked yourself? "What role does the family play in the life of the person or persons you support?" "Or am I supposed to work with the family, too?" "How do I do that?" "What does the family have to offer?" "What should I do if I don't agree with the family and what they want me to do?" If so, bring your questions and comments about working with families and talk with those who will share what they have learned over the years about strategies that will help you succeed with families and consumers.

Presenter (s): *DSPs with families and individuals that they work with.*

Fourth Quarter

October 31

Date/Title: 31 October: *End of Life: How It Affects the People We Support*

Time: 9:30 AM – 12:30 PM

Location: The Council

1151 South Fourth Street *(Parking on street, across the street lot or at the corner of Fourth and St. Catherine- just a hop, skip and a jump to the new office)* Louisville 40203

Description: *End of Life: How It Affects the People We Support*

The end of life is a very scary and challenging time for anyone. For people with Intellectual and Developmental Disabilities, it is even more so. How can we help them through this process? How can we make those around them more aware of the situation and how to be more supportive? What about their housemates and other friends? This session will provide some examples and guidance that may help any direct support professional that becomes involved with someone going through this in their life.

The presenter participated in the Life Passages project. The purpose of the Last Passages project is to share information and promising practices to enhance end-of-life care for persons with developmental disabilities. End-of-life care refers to the plans, preferences, and expectations that an individual envisions for his or herself with the realization that life does not go on forever. It is not necessarily initiated by any medical or health event, condition, or consequence but simply by the common understanding that life ends and we should be able, to the best of our ability, with support, to have a say in its actualization.

Presenter: Larry Weishaar, V. P. for Customer Relations/Quality, ResCare, Inc.

Currently the Vice President of Customer Relations -Quality for ResCare, Inc. This team coordinates ResCare's Quality Management Systems, Customer Satisfaction and Critical Incident Management. Assist in the coordination of newly acquired operations, as we grow our company. Prior to ResCare position, was the Vice President for Development of Normal Life from February 1992 until Normal Life was purchased by ResCare in March of 1998. Prior to that, Larry served as Regional Vice President for DDMS, formerly known as Medical Services Corporation, supervising the operations in Florida and Louisiana.

He is currently on the Board of Directors of ANCOR, helping with Professional Development Services. I also co-chair our Performance Excellence team that is responsible for the Quality Benchmarking system that ANCOR has developed to help all providers increase the quality of supports being provided.

November 13

Date/Title: 13 November: *Physical and Mental Health Needs of People with Intellectual and other Developmental Disabilities*

Time: 9:30 AM – 12:30 PM

Location: The Council

1151 South Fourth Street (*Parking on street, across the street lot or at the corner of Fourth and St. Catherine- just a hop, skip and a jump to the new office*)
Louisville 40203

Description: Caring for the Physical and Mental Health Needs of People with Developmental and Intellectual Disabilities. I am looking for someone who can talk about: common physical health issues and secondary conditions often found in people with DID; and problems including mental health issues such a depression, bipolar disorder, anxiety, sleeplessness; and common practices used to manage such issues. It is my hope that such training would include some discussion on the medication(s) often prescribed for the treatment of such issues.

Presenter (s): To Be Announced

Wishing you all a Happy Holiday's

See you in 2013!