

### **MY Work Initiative**

The MY Work Initiative is a summer employment program created by the PA Office of Vocational Rehabilitation (OVR) with the goal of providing high school students with disabilities the opportunity to work for their local municipality.

Student employment is at no cost to the municipality, as OVR will cover the wages for all student workers participating in the program. Per federal guidance, OVR has been evaluating all services and programs to ensure we can serve the most students with disabilities as possible.

#### **Municipal Staff Members:**

We are looking to develop and strengthen this program! We need strong municipal partners who can help us provide these opportunities to students in our communities. If you represent a municipality and are interested in participating in the program, please contact the OVR staff member listed below to discuss how student workers may assist your community this summer. As an additional benefit, OVR will host virtual workshops for municipal staff to provide training regarding the Americans with Disabilities Act (ADA), which will include disability sensitivity and disability etiquette training for interested staff.

#### **School Staff:**

We work closely with school districts to help provide us with student referrals for this program. We are also interested in having you partner with us for outreach to municipalities to help generate interest in this program. Contact the OVR staff member listed below to discuss how we can partner!

#### **Interested Parents/Students:**

Please contact your OVR Counselor or your school's Transition Coordinator to apply for a position. Students \*MUST have an open case with OVR and be at least 16 years old. Students who are interested should be able to complete tasks with little supervision. The supervision is a 4 to 1 student to adult ratio. Applications should be returned to the OVR counselor assigned to your school for review to ensure the referral meets all requirements. \*Positions are not guaranteed

#### **About OVR:**

The Office of Vocational Rehabilitation is a state agency within the Pennsylvania Department of Labor & Industry. Our Mission: To assist Pennsylvanians with disabilities to secure and maintain employment and independence

For More Information, please contact: Kelly McKee | 717-857-4807 | [kemckee@pa.gov](mailto:kemckee@pa.gov)

### **Advocacy Talks!**

#### **Connections Conference**

March 16, 2024 | 8:30 A – 3:00 P | Carlisle United Methodist Church 333 S. Spring Garden Street Carlisle, PA 17013

**Deadline to Register is March 4<sup>th</sup>**

Resources Networking and Sessions

For Parents and Professionals of Individuals with Intellectual or Developmental Disabilities.

EXPERIENCE ADVOCACY TALKS! LIKE NEVER BEFORE! SAY GOODBYE TO VIRTUAL AND GET VARIOUS IN-PERSONS SESSIONS ALL IN ONE DAY!

Free Lunch, Opportunities to Network, and Meet New Vendors.

Breakout Sessions:

- Adult ID System and Advocacy
- School Advocacy 101
  - ABC's of IEP's
  - Sex Education
  - Transition
  - Job Coaching
- Evals and Reevals
- Special Needs Trust/Able Accounts

[CPARC.ORG/EVENT-REGISTRATION/](http://CPARC.ORG/EVENT-REGISTRATION/)

## **Intellectual/Developmental Disabilities Community Summits**

### **-Participant Directed Services-**

Using Waiver Services and Participant Directed Services to create the life YOU want. Join the PA Family Network and topic experts as we explore more about Participant Direction, find resources, and network with individuals and families.

Opening Keynote and Afternoon Keynote sessions will feature:

- Bill Sattler of Support Development Associates to discuss the role of Person-Centered Planning in Participant Directed Services and;
- Attorney David Gates will tackle Sustaining Participant Directed Services & Housing Models

Learn what to expect from a Supports Broker and how to find the right one and hear from Experts with lived experience – People with disabilities, their families, Common Law Employers, and Managing Employers will talk about their experiences, and will take questions.

Family Friendly Hours- 11:30am-7:30pm

Wednesday, March 20- Greater Philadelphia Area

Thursday, March 21- Allentown, PA

Thursday, March 28- Lancaster, PA

Wednesday, April 3- Cranberry, PA

Thursday, April 4- Altoona, PA

- Free to Attend
- Buffet Lunch and Dinner Provided
- Travel Stipend provided to families and self-advocates (limitations apply)
  - Your Support Staff are encouraged to join you!
  - Resource tables, Wellness Room and Networking
- There are three registration types to accommodate schedules. Each session will contain new information, nothing will be repeated.

Register for a Summit near you!

[www.pafamilynetwork.org/ce](http://www.pafamilynetwork.org/ce)

### **PaTTAN's 28<sup>th</sup> National Autism Conference**

Scholarships Opportunities Available to: Pennsylvania Residents with: School Aged Child or Children with an IEP or Receives Early Intervention Services

August 5<sup>th</sup> – 8<sup>th</sup> 2024

Scholarship Opportunities for Parents and/or Caregivers

**Disability Planning: What every caregiver needs to know**

Virtual Event | 3/6/24 @ 6PM EST

Host: Reach Cyber Charter School

Moderator: Jennifer Hottenstein, Transition Coordinator

**Panelist:**

**Joanna Craney, CHFC, CHSNC, WMCP**

Financial Advisor

Empowered Financial Strategies

**Randy Hope Steen, ESQ.**

Disability & Tax Planning Attorney

Law Office of Randy Hope Steen

**Adam Earl**

President

National Care Advisors

**Topics Covered:**

Legal Planning

Financial Planning

Three Person Retirement

Special Needs Trust Funding Strategies

Creating a Quality Life Plan

Care Management Considerations

Able Accounts

Maximizing and Protecting Government Benefits

**Registration in Advance Required**

**CRUNCH-ABILITIES: Special Needs Class**

Mechanicsburg CRUNCH is proud to feature CRUNCH-abilities, a fitness class that teaches individuals how to fuse fitness with fun and encourages a healthy lifestyle. CRUNCH certified

instructors will provide a weekly group class that will focus on Full Body workouts that can be modified if needed.

Dates: Saturdays starting February, 3<sup>rd</sup> through April, 6<sup>th</sup> 2024.

Time: 10:15 – 11:00 AM

Cost: Free of Charge

Ages: Grade 6- Adult

Individuals Served: Individuals with developmental disabilities such as Intellectual Disability and/or ASD, Specific Learning Disabilities, OHI, and TBI who benefit from differentiated, modified, and slower-paced instruction.

Parent Involvement: Parents can purchase a discounted day pass to utilize the facilities while their children are in class. \*Must sign waiver if they do not have CRUNCH membership.

Parents will NOT be involved in the group fitness room during the session, other than to give instructors specific information regarding their child. We are promoting independence for the individuals taking the class.

Reservation: Call CRUNCH at (717) 620-4642 to reserve a space or sign up in person at the front desk.

### **STRIKE UP SOME FAMILY BOWL TIME!**

Saturday, February 24 2024 1:00 PM – 3:00 PM

Trindle Bowl | 4695 E. Trindle Road, Mechanicsburg

Families of Children and Adults with Differing abilities are invited to join us for an afternoon of fun and socialization

Siblings are welcome

This event includes 2 games and shoe rental

\*A \$3.50 per player donation is suggested\*

Additional games can be purchased and is payable directly to Trindle Bowl upon completion

Snack bar will be open for food and beverage purchases.

### **Newport School District – Focus Group for Transition**

*We want to hear from our families and students whom have IEPs regarding their experience and needs with agency connections, employment opportunities and post-secondary resources. This is your time to express what transition services you want for your student. Your voice will impact the future of our IEP transition program.*

Monday, January 8 | Newport High School Media Center

4:30 PM Agency Meet & Greet

5-7:30 PM Focus Group – Food will be provided!!

Please R.S.V.P to Karen Smith at [ksmith@newportsd.org](mailto:ksmith@newportsd.org)

### **FAMILIES TO THE MAX and the PEAL CENTER are offering virtual family training courses in 2024**

#### **Presuming Competence**

Wednesday, 1/10/24 12:00 – 1:00 PM

Thursday, 1/11/2024 7:00 – 8:00 PM

#### **Access to the General Education Curriculum**

Thursday, 2/8/2024 7:00 – 8:00 PM

Wednesday, 2/14/2024 12:00 – 1:00 PM

#### **Collaborating on School Teams**

Wednesday, 3/13/2024 12:00 – 1:00 PM

Thursday, 3/14/2024 7:00 – 8:00 PM

**Maximizing Communication**

Wednesday, 4/10/2024 12:00 – 1:00 PM

Thursday, 4/11/2024 7:00 – 8:00 PM

**Leading Change**

Wednesday, 5/8/2024 12:00 – 1:00 PM

Thursday, 5/9/2024 7:00 – 8:00 PM

**Ready | Set | EXPLORE! Multilingual Literacy**

Free Family Event Designed for Ages 3 – 14

December 8 | 4:30 – 7PM

Capital Area Intermediate Unit – 55 Miller Street Enola, PA

- Connect with Teachers and Resources
- Enjoy Multilingual Story Times
- Get On-The-Spot Early Intervention Screenings
- Practice Literacy Skills Through Robotics

RSVP at [witf.org/R SXenola](https://www.witf.org/R SXenola)

**CPARC SENSORY-FRIENDLY PERFORMANCE The School of Rock**

Saturday Oct 28 | 1 PM | Hershey Area Playhouse – 830 Cherry Dr, Hershey, PA 17033

- Lights left low during performance
- Overall noise reduction
- Access to chill zone within theater
- Staffed quiet area in lobby for children
- Modified technical elements

Get Tickets!! [HAP.BOOKTIX.NET](http://HAP.BOOKTIX.NET)

### **West Shore's CRUNCH FITNESS**

#### **Crunch-abilities: SPECIAL NEEDS CLASS**

Mechanicsburg CRUNCH is proud to trial CRUNCH-abilities, a fitness class that teaches individuals how to fuse fitness with fun and encourages a healthy lifestyle. CRUNCH certified instructors will provide a weekly group class that will focus on Full Body workouts that can be modified if needed.

DATES: Saturdays start November 4<sup>th</sup> through December 23<sup>rd</sup>.

TIME: 10:15 – 11:00 AM

COST: Free of Charge

AGES: Grade 6 – Adult

INDIVIDUALS SERVED – Individuals with developmental disabilities such as Intellectual Disability and/or ASD, Specific Learning Disability, OHI, and TBI who benefit from differentiated, modified, and slower-paced instruction.

Parents can purchase a discounted day pass to utilize the facilities while their children are in class. \*Must sign a waiver if they do not have a crunch membership.

Parents will NOT be allowed in the group fitness room during the session, other than to give instructors specific information regarding their child. We are promoting independence for the individuals taking the class.



Requirements:

Individuals must be able to:

- Receive instruction in a group format
- Be ambulatory \*Note: there may be classes in the future for individuals who have mobility impairments.
- Attend to instruction for longer periods of time
- Exhibit appropriate behaviors that do not interfere with learning of others
- Session Cap: 10
- Medical Waiver: Individuals aged 18 and older, or Parents of individuals under the age of 18 or who have guardianship over their adult children, must sign a medical release prior to participating in classes.

**13<sup>th</sup> Annual Family Fun Fair!**

Sunday, September 24<sup>th</sup> 12-3PM

Pleasant View Park: 90 Pleasant View Drive, Mechanicsburg

RVSP by September 21<sup>st</sup>

\$5 donation per person suggested.

Moon Bounce | Music | Photo Booth | Games | Balloon Twisting | Petting Zoo | Characters |  
Face Painting | Craft | Food and More

Family activities are sponsored by UCP Central PA's Family Support Services and provide an excellent opportunity for families to get together for fun and fellowship in a relaxing atmosphere.

The PA Department of Education (PDE) has announced a major change in policy regarding the age of eligibility for students receiving special education services. In the past, students were eligible until age 21 (meaning the end of the school year in which they turned 21).

**Effective by September 5, 2023, all students receiving special education services under IDEA (Individuals with Disabilities Education Act) and Chapter 14 (PA Code) may remain in school**

**until they turn 22 years of age.** Students will be required to leave public education the day before their 22<sup>nd</sup> birthday *not at the end of the school year.*

**If your child exited public school this past year** because they turned 21 and they are not yet 22, **the school district will be contacting you** about this change in eligibility. PDE has also sent a letter to all students who are eligible from the 22-23 school year.

Students will have the option to re-enroll until their 22<sup>nd</sup> birthday. If your adult child has already made a successful transition to the adult world/adult services, you may not want to re-enroll. It is a choice.

This major change in age of eligibility due to a lawsuit settlement was a surprise to school districts who were only notified 8/30/23.

If you have questions, contact your school district or PDE at RA-PDESPECIALED@pa.gov or a CPARC Advocate.

**SAVE THE DATE for CPARC's Advocacy Talks Connections Conference on November 11th!**

**Watch for more information!**

### **Taking the SPOOKY out of Special Needs Planning**

Planning for the future can be scary, but it doesn't have to be. This workshop is designed to provide confidence and clarity for families and professionals in the special needs community on the topic of special needs planning.

Topics covered

- Why Plan?
- Nick's Personal Experience
- ABLE Accounts
- Special Needs Trusts

- Financial Strategies

- Open Q & A

October 5<sup>th</sup> at 12PM

October 17<sup>th</sup> at 12PM

October 26<sup>th</sup> at 6 PM

ZOOM workshop

Register for link: Text WORKSHOP to 859-446-4445 to register

### **The Arc of Cumberland and Perry Counties | Advocacy Talks!**

November 11, 2023 | 8:00AM – 2:00PM | 333 S. Spring Garden St, Carlisle, PA 17013

For parents and professionals of individuals with intellectual or developmental disabilities.

Experience advocacy talks! Like never before! Say goodbye to virtual and get various in-person sessions all in one day!

Hear ***keynote speaker, Robin Vaneerden*** on behavioral strategies, have lunch, opportunities to network, and meet new vendors!

**Registration required** | CPARC.ORG/EVENT-REGISTRATION/ | \$10 registration holding fee to be refunded upon arrival.

**CPARC Parent Support Group's next meeting is September 26th at 6pm at the CPARC Office.**

Come in person or meet virtually.

Contact Lissette Johnson for more information: [ljohnson@cparc.org](mailto:ljohnson@cparc.org)

### **CPARC MONTHLY PARENT GROUP**

This is a continuation of our in-person group at a new location, with a virtual option as well. New and old attendees are welcome! For dates and information keep an eye out on the group page or contact Lissette Johnson(ljohnson@cparc.org). The upcoming session is September 26<sup>th</sup> at 6:00PM. We will **NOT** be having sessions October-December for the holidays. Sessions will pick back up at the start of the new year, January 30<sup>th</sup> 2024.

Facebook.com/groups/cparcadvocacy

CPARC Main Office: 71 Asland Avenue Carlisle, PA 17013

For: parents of adults and children with intellectual/developmental disabilities or learning disorders.

Registration is not required!

### **It's time to celebrate Sibs!!**

**Who:** Siblings (aged 6 – 12) of children with any type of disability.

**What:** Activities, crafts, games, snacks and FUN!

**Why:** Sibshops knows that many children do well with the challenges that come with having a sibling with a disability. Sibshops events provide children the chance to meet other siblings who “get it” and give them the opportunity to share the good (and not-so-good) aspects of their lives in a supportive setting.

**When:** 2:00 PM – 4:30 PM

4 Sessions – Second Sunday of each month

Session 1: October-January

Session 2: February-May

**Cost:** \$25 per session – included all 4 events

**Where:** UCP Central PA

55 Utley Drive

Camp Hill, PA 17011

\*\*\*PRE-REGISTRATION IS REQUIRED\*\*\*

### **INCLUDI-CON**

2023 Summer Inclusion Institute

Reconnect to the Power of Inclusion and Educating

June 20-22, 2023 | Virtual Event | *More info coming soon!*

### **CPARC ADVOCACY'S 1<sup>st</sup> RESPONDER'S DAY!**

June 17<sup>th</sup> | 10 AM – 2 PM | Landisburg Fire Station 301 Faculty Ave, Landisburg, PA 17040

- Activities
- Demonstrations
- View the Vehicles
- Tour the Fire Station

Free inclusive event for everyone to get to know emergency responders and their practices, with a focus on children and adults with intellectual and developmental disabilities.

**No registration required.**

### **CPARC ADVOCACY Free Series | TEEN YOGA TIME**

Thursdays June 15, 22, 29 and July 6 from 11AM – 12PM

GB Stuart Community Center | 415 Franklin St. Carlisle PA 17013

For middle school and high school aged students with intellectual/developmental disabilities. Social get-together incorporated with beginner's yoga. Featuring, SLP & 200-hour registered yoga teacher, Chelsea Montagnese.

To register: <https://cparc.org/event-registration/>

**CPARC ADVOCACY | 2<sup>nd</sup> Breakfast Club**

**SUMMER BOOK CLUB: The Hobbit**

Starting June 2<sup>nd</sup> – August 18<sup>th</sup>

Weekly, every Friday 10 AM – 11:30 AM for ages 12-21

ALL Children Welcome with an Inclusive Focus for Children with Disabilities

Simpson Library in Mechanicsburg

To sign up: <https://cparc.org/event-registration/>