



Dear Parents/Grandparents/Guardians and Professionals,
The MSC Department at STIC invites you to a new round of Family Education and Training Sessions at **Southern Tier Independence Center, 135 East Frederick Street, Binghamton, NY 13904. Please see our website for directions: www.stic-cil.org**

Please note:

- Due to State Requirements, there are limited spaces available for each session, please call to register.
- For lunch or dinner time sessions you are welcome to bring a bag lunch/dinner. Due to budgetary constraints, no beverages or snacks will be provided. Please feel free to bring your own if desired.
- For questions or to reserve your space, please **contact Cynthia Meredith at Phone/TTY (607)724-2111 x349, fax 772-3602, or email cynthiam@stic-cil.org** (please put "FET" in subject line for faxes or emails).
- Please contact YOUR Medicaid Service Coordinator to let him/her know that you will be attending an FET at STIC, there is paperwork MSCs must complete in advance for your FET to count as a waiver service.
- If you do not need FET waiver credit, come anyway – parents, guardians, friends, professionals!
- If you need a sign language interpreter or other accessibility accommodations, please let us know in advance. Our building is accessible. This flyer is available in large print and by email. Please call, email, or fax us to request either.
- These classes are provided for parents/guardians and providers of people with disabilities. Due to insurance limitations, we cannot provide child care and the classes are for adults only. Thank you for your cooperation and understanding.

SDS: Self Directed Services

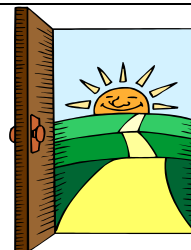
Presented by: Kathy Creagh, SDS Coordinator, Broome DDRO

Thursday, October 1, 5pm-7pm

We believe that all individuals have the right to direct their own lives
with the freedom to develop a personal life plan,
the authority to control a targeted amount of resources,
receiving the support needed to attain personal goals,
with the responsibility for contributing to one's community and using public dollars wisely.

One way to achieve this is through a program called Self Directed Services, where an individual (or designated representative) is empowered to choose a mix of services and supports that work best for him/her; how and when they are provided; and the staff or organizations who provide them; exercise control over and responsibility for their budget; and have employment authority to hire, schedule, and supervise staff; and choose the waiver supports, NYS funded supports and natural and community supports to help achieve personal goals.

Learn about SDS, and if it's right for you!



MORE ON THE NEXT PAGE!!!!!! ➡

*Southern Tier Independence Center
135 E. Frederick Street, Binghamton, NY 13904
Phone/TTY: (607)724-2111; Fax: (607)772-3602; Email: sc@stic-cil.org*



Planning for the Transition from School to Adult Services and Life

Presented by the Community Employment Specialists Department at STIC
(Karen Lawrence, Tara Ayers, Kim Luther)

Tuesday October 20, 10am-12am

Join us to discuss planning for this important transition, including work readiness, adult service agencies such as OPWDD and Access VR, and how to start preparing early for this transition. The Community Employment Specialists work with school districts to disseminate information on options for transition

Cooking Tools to Increase Independence and Safety for Your Loved One with Disabilities

Presented by Karen Warfle, and her son, Nick Warfle

Tuesday October 20, 5pm-7pm



If you or your loved ones enjoy cooking but have difficulty using certain tools safely, come to this FET for hands-on experience using kitchen tools to make delicious and healthy recipes. Karen Warfle and her son Nick invite you to try some of the Pampered Chef tools that have helped Nick become more involved in family cooking and more independent in preparing food. Nick also uses an iPad to communicate and will demonstrate some of the ways he uses it in their family business. We will then get to sample the recipes!

Karen Warfle has presented programs about education, disability, homeschooling, advocacy, AAC (Augmentative and Alternative Communication) to graduate-level students and community groups, and co-presented a poster session in Chicago at the 2009 ASHA (American Speech and Hearing Association) convention. Nick Warfle is currently working on transition skills and increasing his communication skills. He works for the Night Shift, volunteers in the community, and participates in cooking shows with Karen.

Note: There will be no selling of products, but information will be available to those who would like to know more about the products, free host benefits, or Pampered Chef business opportunity.



Guardianship, Trusts, and Future Planning

Presented by Jamye Lindsey, Esq.

Tuesday November 17, 12noon-2pm

Future planning for your loved one with disabilities can seem overwhelming. Come hear a straight forward presentation about your options, what they are and how to start the process of ensuring your loved one's future security and opportunities.

Opportunities through Southern Tier Alternative Therapies

Presented by Tina Caswell, SLP

Wednesday December 9, 5:30pm-7:30pm



The presentation will provide an overview of an alternative therapy program: Southern Tier Alternative Therapies (STAT). The organization offers unique and innovative programs to enhance a person's abilities, invite learning, enhance health and improve quality of life through animal-assisted and educational-based activities for individuals with special needs and other vulnerable populations. STAT serves Broome, Tioga, Chenango, Delaware, Otsego, Cortland, Tompkins and Chemung Counties in New York State, Susquehanna and Westmoreland Counties in the Commonwealth of Pennsylvania.