



Diabetic/Insulin Class — 2 hours

During this in-person, hands-on training, participants will gain knowledge of the diabetes disease process, complications that occur, and the American Association of Diabetic Educators (AADE7tm) management. In addition, this training will have hands-on instruction from a Certified Diabetic Educator (CDE) on insulin injections. Participants will gain valuable knowledge and tools

to assist someone with diabetes including: the importance of preventing hyperglycemia (high blood sugar), skin and foot care, lifestyle changes, and potential complications of poorly managed diabetes. This training discusses medication, lifestyle approaches that assist in attempting to prevent hyperglycemia, and the importance of following physician orders/recommendations. This training covers the signs and symptoms of low blood sugar and treatment options, including preferred treatments from the American Diabetic Association. **This training will take place at Milestone HCQU West (MHW)—1777 North Main Street Ext., Butler, PA. ***This training is limited to 4 participants. All attendees must wear a mask and follow MHW COVID-19 guidelines.*****

August 4

10 a.m. — Noon

[Click here to enroll.](#)



Diabetic/Insulin Recertification Class — 2 hours

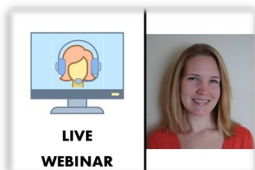
Has your Diabetic/Insulin certification expired or nearing expiration? If so, then you will want to take this interactive, recertification webinar. During this webinar participants will gain knowledge of the diabetes disease process, complications that occur, and the American Association of Diabetic Educators (AADE7tm) management. In addition, this webinar will have instruction from a

Certified Diabetic Educator (CDE) on insulin injections. Participants will gain valuable knowledge and tools to assist someone with diabetes including: the importance of preventing hyperglycemia (high blood sugar), skin and foot care, lifestyle changes, and potential complications of poorly managed diabetes. This webinar discusses medication, lifestyle approaches that assist in attempting to prevent hyperglycemia, and the importance of following physician orders/recommendations. This training covers the signs and symptoms of low blood sugar and treatment options, including preferred treatments from the American Diabetic Association. *****There are prerequisites for this class that must be completed prior to taking the webinar. This webinar is scheduled for 2 hours; however, it may take less time depending on the interaction between instructor and attendees. This class is limited to 4 participants.*****

August 18

10 a.m. — Noon

[Click here to enroll.](#)



An Overview of Legal Guardianship (w/ Sarah Stockey, DHCE, NCG) — 1 hour

This webinar will review how to identify the need for a guardian, an overview of the process for acquiring a guardian, and a summary of the role/responsibilities of the guardian.

Sarah Stockey has a Doctorate of Healthcare Ethics and is a certified guardian through the National Guardianship Association. She has been working as a guardian since 2018.

August 31

1 p.m. — 2 p.m.

[Click here to enroll.](#)



Diabetic/Insulin Class — 2 hours

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September 1 10 a.m. — Noon [Click here to enroll.](#)



High-Energy Fun Dance Class (w/ Chelsie Hill) (for Self-Advocates) — 1 hour

In a high-energy fun dance class environment, participants will learn an upbeat dance combination and practice the routine while strengthening and improving muscle memory and cardiovascular, all while creating a positive energy experience!

Chelsie Hill is a professional dancer, community leader, content creator, and Founder/CEO of the Rollettes, a Los Angeles based wheelchair dance team that's committed to education, disability representation, and female empowerment.

September 1 11 a.m. — Noon To enroll, please call 724-283-0990.



How to Discuss Sexuality (w/ Shawn McGill, MSW, LSW) — 1 hour

This training covers the five areas of sexual consent and discusses strategies for how to teach critical components related to legal vs. illegal sexual behaviors. The participants will also learn strategies for how to teach advanced skills related to understanding age discrimination, reading body language, and navigating the internet and social media. The training begins to explore components related to abuse prevention and safety.

Shawn McGill holds a certification in Quality Management, Counseling, Gerontology, and is a Certified Investigator under the Office of Developmental Programs. He received a BA in Psychology & Sociology from Carlow University and MSW from the University of Pittsburgh.

September 7 10 a.m. — 11 a.m. [Click here to enroll.](#)

Fall Syllabus 2022

SEPTEMBER



JEOPARDY! The Fatal Five Edition — 1 hour

Think you know the Fatal Five? Join other players and test your knowledge on the five top health concerns that are the leading causes of often PREVENTABLE death in people with intellectual disabilities. This interactive training game follows the classic rules and all the fun of America's favorite quiz show with rounds for JEOPARDY!, Double JEOPARDY!, and Final JEOPARDY! Plus "Daily Doubles". JEOPARDY! The Fatal Five Edition will be given once a month. Grab an early lunch and join in on the fun, all while you are still learning! ****Active participation is required. Individual players only. No groups please.****

September 9 11 a.m. — Noon [Click here to enroll.](#)



Adaptive Fitness (w/ Maria Rabaino) (for Self-Advocates) — 1 hour

A challenging adaptive fitness class that works for all abilities. This class will vary from strength training to cardio to mobility work. Any external cues or advice on the form is a goal for everyone to work towards, not a strict rule. The presenter, Maria Rabaino, says, *"In my classes, something is better than nothing. I just want everyone to move their bodies as best as they can."*

Maria Rabaino has an L1 Incomplete Spinal Cord Injury due to an alcohol related car crash. Five months later, when given the opportunity to dance with other women with similar experiences, she had no hesitation to join the Rollettes and became one of the original members. Maria found her passion of adaptive fitness and became a certified personal trainer specializing in Corrective Exercise and Exercise Therapy.

September 12 11 a.m. — Noon To enroll, please call 724-283-0990.



Diabetic/Insulin Recertification Class — 2 hours

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September 15 10 a.m. — Noon [Click here to enroll.](#)



Healthy Cooking Class (w/ Laura Yautz, RDN, LDN, NBC-HWC) (for Self-Advocates & Staff) — 1 hour

In this hands-on, virtual cooking class, participants will cook an entrée and side dishes from start to finish. Follow along as Registered Dietician, Laura Yautz, demonstrates each recipe. Laura will also share nutrition facts, kitchen safety, and explanations of cooking terminology. Gather your housemates, staff, and co-workers to cook a meal and then sit down and enjoy eating it together. The ingredient list, equipment list, and operation task flow will be emailed a week prior to the class so you can be ready to cook. On the menu for September: basil tomato chicken skillet over whole wheat pasta and simple Romaine side salad dressed with oil and vinegar. *****This class is limited to 4 groups. Participants should be prepared to actively engage in activities and discussion by utilizing the webcam and audio features of the Zoom platform.*****

Laura Yautz is a Registered Dietician and National Board Certified Health and Wellness Coach with over 15 years in the field. She is the owner of Being Nutritious, beingnutritious.com, a website featuring easy recipes and tips to help make cooking for a healthy heart easy and delicious for everyone.

September 21 11 a.m. — Noon To enroll, please call 724-283-0990.



Understanding Megan's Law: Freedom, Felony, or Folly? (w/ Bob Krome, MEd, CSOTP) — 1.5 hours

This course is designed to help caretakers, service providers, administrators, amongst others, begin to understand the sex offender registration requirements in Pennsylvania. Individuals with Intellectual and Developmental Disabilities have been impacted by this system since its inception. People supporting these individuals are often left perplexed about the procedure. This training will provide participants with a basic understanding of the current Megan's Law system. Current court proceedings, motions, and advocacies will also be discussed. This course will examine the history of sex offender registration in the United States and will examine the evolution of registration and notification to date. Attendees will be able to identify the original purpose, the problems, and the benefits of such a public system. The impact of the notification system on the community, risk levels of the individuals, quality of life of the individuals, and the family of the individuals will also be explored. The issues surrounding interstate travel may also be investigated. Through the use of quality illustration, multi-media methods, and years of experience within the field, the presentation will deliver a greater understanding. Persons working with individuals convicted of a sexual offense may gain knowledge to guide the individual in taking the appropriate measures and remaining cognizant of the consequences involved.

Bob Krome has worked in the field of therapy/behavior supports for the last 14 years with people with Intellectual Disabilities. He is a current member of the Association for the Treatment of Sexual Abusers (ATSA) and the Mid-Atlantic Region for the Treatment of Sexual Abusers (MARATSA). Bob is also a Certified Sex Offender Treatment Professional (CSOTP).

September 27 1 p.m. — 2:30 p.m. [Click here to enroll.](#)



Diabetic/Insulin Class — 2 hours

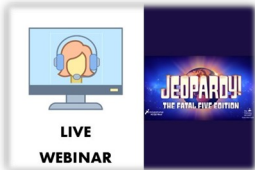
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October 6

10 a.m. — Noon

[Click here to enroll.](#)



JEOPARDY! The Fatal Five Edition — 1 hour

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"Daily Doubles". JEOPARDY! The Fatal Five Edition will be given once a month. Grab an early lunch and join in on the fun, all while you are still learning! *****Active participation is required. Individual players only. No groups please.*****

October 7

11 a.m. — Noon

[Click here to enroll.](#)



Staging Pressure Injury in Darkly Pigmented Skin (w/ Dr. Joyce Black, RN, FAAN) — 1 hour

This training will describe methods to improve early identification of pressure injury in patients with darkly pigmented skin. It will discuss alternations in healing full-thickness wounds in patients with darkly pigmented skin.

Joyce M. Black, PhD, RN is the Florence Niedfelt Professor in the College of Nursing at the University of Nebraska Medical Center in Omaha, Nebraska. She is the current co-chairman of the Public Policy section of the National Pressure Injury Advisory Panel, having previously served as President, Vice-President, and Secretary.

October 12

1 p.m. — 2 p.m.

[Click here to enroll.](#)

Fall Syllabus 2022

OCTOBER

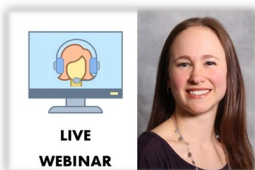


Beginner-Level Dance Class (w/ Conner Lundius) (for Self-Advocates) — 1 hour

A seated dance class for all abilities! This dance class is at a beginner level and is adapted in multiple different ways depending on the participants' injury/diagnosis. Dancing is fun, and that is the primary focus of the class, but dance also helps with range of motion, building core strength, coordination, and memory.

Conner Lundius has been a dancer since the age of 5 and danced her way through both high school and college. In 2015, two weeks after graduating college, she was involved in a car accident, leaving her with life-threatening internal injuries and multiple spinal fractures. Discovering the Rollettes after her injury was a defining moment, and cultivated a feeling in her that she could once again dance her way through life.

October 17 11 a.m. — Noon To enroll, please call 724-283-0990.

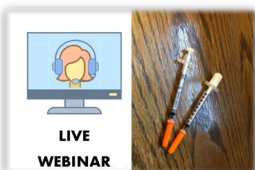


Healthy Cooking Class (w/ Laura Yautz, RDN, LDN, NBC-HWC) (for Self-Advocates & Staff) — 1 hour

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Laura Yautz is a Registered Dietician and National Board Certified Health and Wellness Coach with over 15 years in the field. She is the owner of Being Nutritious, beingnutritious.com, a website featuring easy recipes and tips to help make cooking for a healthy heart easy and delicious for everyone.

October 19 11 a.m. — Noon To enroll, please call 724-283-0990.



Diabetic/Insulin Recertification Class — 2 hours

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October 20 10 a.m. — Noon [Click here to enroll.](#)

Fall Syllabus 2022

OCTOBER

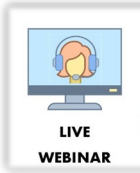


Fall Prevention: Considerations for Patients with Intellectual Disability (w/ Kaitlynn Shaffer, DPT) — 1 hour

This course will provide education on common risk factors causing falls in a variety of populations and how to screen for falls risk. Evidence-based intervention strategies will be provided with details on what you can do to prevent future falls and injury.

Kaitlynn Shaffer, DPT graduated from Gannon University with a Bachelors of Exercise Science in 2017 and a Doctorate of Physical Therapy in 2019. Since graduating she has taken many education courses focused on vestibular therapy and fall prevention. She currently works for Penn-Ohio Rehabilitation as a physical therapist.

October 25 10 a.m. — 11 a.m. [Click here to enroll.](#)

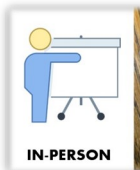


Navigating Sexuality (w/ Shawn McGill, MSW, LSW) — 1.5 hours

This training aids parents and professionals who are supporting people with disabilities to address sexuality in a healthy, safe, and useful way rather than dismiss or ignore it. Simple strategies and skills, as well as more complex and advanced strategies and skills, can be taught in order to support a person to wade through sexual feelings, build relationships, and navigate dating.

Shawn McGill holds a certification in Quality Management, Counseling, Gerontology, and is a Certified Investigator under the Office of Developmental Programs. He received a BA in Psychology & Sociology from Carlow University and MSW from the University of Pittsburgh.

November 2 10 a.m. — 11:30 a.m. [Click here to enroll.](#)

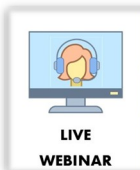


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November 3 10 a.m. — Noon [Click here to enroll.](#)



JEOPARDY! The Fatal Five Edition — 1 hour

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November 4 11 a.m. — Noon [Click here to enroll.](#)



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November 17

10 a.m. — Noon

[Click here to enroll.](#)



Healthy Cooking Class (w/ Laura Yautz, RDN, LDN, NBC-HWC) (for Self-Advocates & Staff) — 1 hour

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Laura Yautz is a Registered Dietician and National Board Certified Health and Wellness Coach with over 15 years in the field. She is the owner of Being Nutritious, beingnutritious.com, a website featuring easy recipes and tips to help make cooking for a healthy heart easy and delicious for everyone.

November 22

11 a.m. — Noon

To enroll, please call 724-283-0990.



Diabetic/Insulin Class — 2 hours

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December 1 10 a.m. — Noon [Click here to enroll.](#)

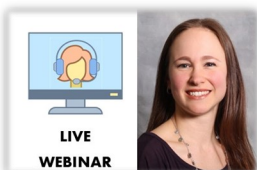


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"Daily Doubles". JEOPARDY! The Fatal Five Edition will be given once a month. Grab an early lunch and join in on the fun, all while you are still learning! *****Active participation is required. Individual players only. No groups please.*****

December 2 11 a.m. — Noon [Click here to enroll.](#)



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your housemates, staff, and co-workers to cook a meal and then sit down and enjoy eating it together. The ingredient list, equipment list, and operation task flow will be emailed a week prior to the class so you can be ready to cook. On the menu for December: roasted chicken and sweet potatoes sheet pan dinner, spinach salad with apples and bleu cheese (optional) with cider vinaigrette. *****This class is limited to 4 groups. Participants should be prepared to actively engage in activities and discussion by utilizing the webcam and audio features of the Zoom platform.*****

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December 13 11 a.m. — Noon To enroll, please call 724-283-0990.



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December 15

10 a.m. — Noon

[Click here to enroll.](#)