

### Healthy Cooking Class (w/ Laura Yautz) (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 and trivia, how to read nutrition labels, 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 and equipment list will be emailed a week prior to the class so you can be ready to cook. On the menu for April: apple chicken skillet, cauliflower and white bean soup, and a simple green salad with homemade dressing. ***\*\*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](http://beingnutritious.com), a website featuring easy recipes and tips to help make cooking for a healthy heart easy and delicious for everyone.

April 5      11 a.m. — Noon      To enroll, please call 724-283-0990.

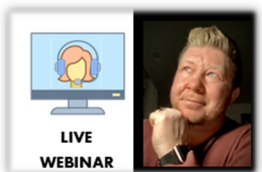


### Diabetic/Insulin Class — 2 hours

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.\*\****

April 7      10 a.m. — Noon      [Click here to enroll.](#)

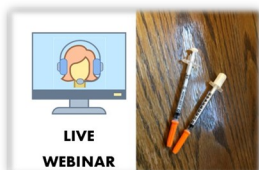


### Managing Risk for Problematic Sexual Behaviors (w/ Shawn McGill) — 1.5 hours

This training reviews the process of risk management related to problematic sexual behaviors and/or sexual offending behaviors. It focuses on how to best identify risk for a person who has sexually offended, or who is at risk for sexual offending, as well as some suggestions for team support and strategies.

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.

April 19      10 a.m. — 11:30 a.m.      [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.\*\****

April 21

10 a.m. — Noon

[Click here to enroll.](#)



### Skin Pigment and Pressure Injury (w/ Dr. Joyce Black) — 1 hour

Early identification of pressure injury is hampered when the skin tones are dark because visual inspection of erythema and blanching cannot occur. This presentation will address how the nurse can examine darkly pigmented skin for all stages of pressure injury. COVID skin changes and moisture damage in the skin will be addressed. Alterations in healing due to hyperpigmentation and abnormal scarring will also be discussed.

Joyce M. Black, PhD, RN is the Florence Neidfeldt 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.

May 11

1 p.m. — 2 p.m.

[Click here to enroll.](#)



### Diabetic/Insulin Class — 2 hours

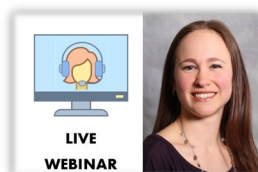
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May 12

10 a.m. — Noon

[Click here to enroll.](#)



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ingredient list and equipment list will be emailed a week prior to the class so you can be ready to cook. On the menu for May: blackened salmon (with a non-spicy option), pineapple avocado salad, and cilantro lime quinoa. ***\*\*This class is limited to 4 groups.***

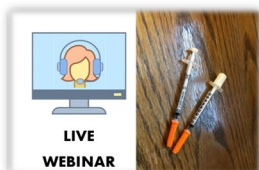
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Laura Yautz is a Registered Dietician and National Board Certified Health and Wellness Coach with over 15 years in the field. She is the owner of Being Nutritious, [beingnutritious.com](http://beingnutritious.com), a website featuring easy recipes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

May 12

11 a.m. — Noon

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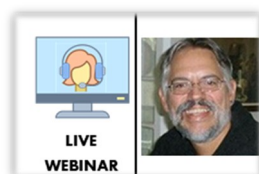
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May 19

10 a.m. — Noon

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### Neurobiology of PTSD/Traumatic Exposure (w/ Dr. Craig Strickland) — 2 hours

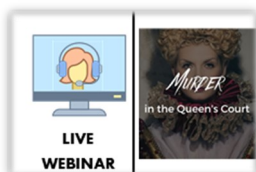
According to the Diagnostic and Statistical Manual of Mental Disorders, 4<sup>th</sup> Edition, sampling individuals at risk for the development of trauma related symptomology may produce prevalence rates of up to 58%. In addition to significant prevalence rates, PTSD is very often difficult to diagnose as evidenced by the number and variation of other disorders from which PTSD must be distinguished. For these reasons it is important to study PTSD and to try and understand why some individuals will develop the disorders and others, also exposed to specific traumatic events, do not. Neuroscience may hold the key to these answers.

Dr. Strickland graduated from Bryn Mawr College in 1993 with a Doctorate in Psychology and a focus on experimental research and neuroscience. He is the owner of Biobehavioral Education and Consultation, LLC.

May 25

9:30 a.m. — 11:30 a.m.

[Click here to enroll.](#)



### Murder in the Queen's Court (w/ TeamBuilding) — 1.5 hours

The apprentice of the famous magician John Dee has died under mysterious circumstances, practically outside the Queen's door! You'll be transported back in time to the royal court of Queen Elizabeth I in order to investigate. Teams must work quickly to decipher codes and puzzles hidden in diaries and letters. In addition to the puzzle-solving, there will be quick-fire mini challenges against a backdrop of politics, alchemy, and mayhem.

Warning: This game contains murder, magic, political intrigue, learning, and fun! This event is designed for

hybrid remote teams and emphasizes tools for working together, whether you're face to face in an office, or through a computer screen. ***\*\*This class is limited to 30 participants; register yourself or your team today. Participants will need an internet connected device with a microphone, speakers, and webcam. Participation is key to get the most out of this event; therefore, participants should be prepared to actively engage in activities and discussion by utilizing the webcam and audio features of the Zoom platform. Cell phones should be kept handy as some activities may utilize a second device.\*\****

TeamBuilding is an online platform for team building. They lead virtual team building activities through the use of games and activities.

June 7      10 a.m. — 11:30 a.m.      [Click here to enroll.](#)

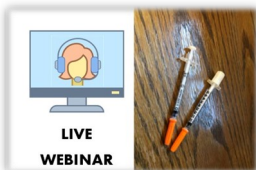


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June 9      10 a.m. — Noon      [Click here to enroll.](#)



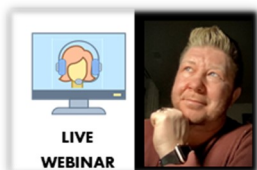
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June 16      10 a.m. — Noon      [Click here to enroll.](#)





### Supporting People with IDD Through the Criminal Justice System (w/ Shawn McGill) — 1 hour

Supporting people with intellectual and developmental disabilities has changed and continues to change. Having a disability does not make a person exempt from facing the natural consequences of the criminal justice system. However, this is a unique and vulnerable population of people that requires specialized treatment and support.

This training will discuss how the planning and support of the offender with a disability can begin and what tools and strategies are most beneficial in reducing the risk of re-incarceration. The training will also help the participant learn more about specialized court systems, working with the criminal justice system, and various laws and bills specific to the USA and PA that govern successful community integration.

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.

June 22

10 a.m. — 11 a.m.

[Click here to enroll.](#)



### Triggers and Boundary Crossings (w/ Dr. Lori Schlosser) — 2 hours

When we work with other human beings, it is inevitable that we will be triggered at one time or another. A trigger has been likened to “emotional shrapnel”, and can serve as a guidepost to what still needs healing within us. They are our personal “check engine light”. Being triggered also leaves us more vulnerable to crossing professional boundaries. It is important for helping professionals to recognize when they are being triggered in order to be effective in the therapeutic relationship with clients and to become clear when self-care is required.

This webinar will review how triggers are activated and why, provide a list of somatic clues that will help to identify when we are being triggered, and supply a set of resources to use when we have identified we are triggered to ensure that we stay attuned to our clients. Participants will be given the opportunity to practice some of these techniques. A discussion of common boundary crossings and techniques to stay in boundaries will also be included.

Lori R. Schlosser has over 25 years of administrative and policy related experience in the public mental health field. She has a doctorate and Master's degree in Social Work from Rutgers University. Dr. Schlosser has a certificate of specialization in gerontology and special expertise in wellness, recovery, self-care, and resilience. She is a Certified Rubinfeld Synergist, as well as a Certified Laughter Leader.

June 27

9:30 a.m. — 11:30 a.m.

[Click here to enroll.](#)



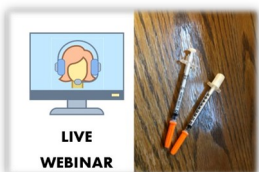
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July 7

10 a.m. — Noon

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July 21

10 a.m. — Noon

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