

# Winter Webinar Series 2022

## JANUARY



### 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.\*\****

January 6

10 a.m. — Noon

[Click here to enroll.](#)



### Alzheimer's Disease in Down Syndrome (w/ Dr. Michael Rafii) — 1 hour

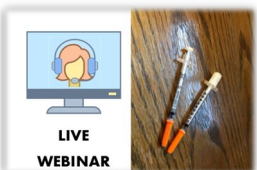
This lecture will cover our current understanding of Alzheimer's disease in persons with Down syndrome and the latest research findings towards finding treatments.

Michael Rafii is the Medical Director of the Alzheimer's Therapeutic Research Institute (ATRI) and Associate Professor of Neurology at the Keck School of Medicine. Dr. Rafii is a physician-scientist whose research focuses on clinical trials for Alzheimer's disease including a genetic form that occurs in people with Down Syndrome.

January 10

1 p.m. — 2 p.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

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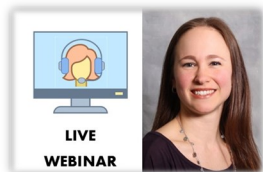
January 20

10 a.m. — Noon

[Click here to enroll.](#)

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## JANUARY



### 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 January: vegetarian pasta e fagioli soup, tossed spinach salad, and whole grain quick bread. ***\*\*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.

January 24

11 a.m. — Noon

To enroll, please call 724-283-0990.



### Epilepsy and Seizures (w/ Andrea Zonneveld) — 1 hour

This presentation will provide background information about epilepsy and prepare you to recognize and provide appropriate first aid for seizures. We will also discuss how to determine if a seizure is an emergency and the medications that are used when a seizure does not stop on its own.

Andrea Zonneveld is the Community Education and Events Coordinator for the Epilepsy Association of Western and Central PA. She has spent the last 11 years educating people on epilepsy and seizures.

January 26

10 a.m. — 11 a.m.

[Click here to enroll.](#)



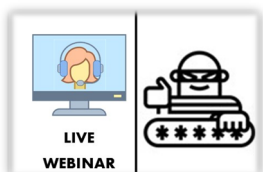
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February 3

10 a.m. — Noon

[Click here to enroll.](#)



### Social Engineering: Hacking Human Psychology (w/ Leslie Dollman) — 1 hour

DID YOU KNOW that 95% of successful cyberattacks are caused by human error? It's TRUE! Using social engineering, cybercriminals are easily able to convince people to divulge confidential information, send money, or download a file that installs malware on their organization's network. What is social engineering exactly, and how does it affect you? Join us for an informative and eye-opening webinar to learn about this threat to cybersecurity, what you need to know, and tips for protecting yourself, your organization, and your family. Don't become one of the 95%!

Leslie Dollman is the MIS Administrator at Milestone HCQU West. Leslie loves helping people overcome their fear of technology, and empowering them to use it safely, respectfully, and responsibly.

February 8

10 a.m. — 11 a.m.

[Click here to enroll.](#)



### Women's Health: What You Need! Gynecologic Care for Women with Intellectual and Developmental Disabilities (w/ Kate Nolan, NP) — 1 hour

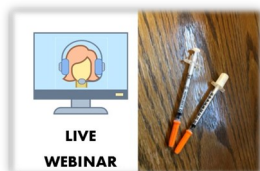
In this session Kate Nolan, Nurse Practitioner, will talk about what to expect during these changes in life; i.e., puberty, menstruation, as well as how to prepare for a gynecological exam, PAP smear guidelines, HPV vaccine and more for women with intellectual and developmental disabilities.

Kate Nolan, NP, is the Founder and Director of The KIND Clinic at Beth Israel Deaconess Medical Center in Boston, Massachusetts. The KIND Clinic specializes in gynecologic care for women, 21 years or older, with intellectual and developmental disabilities.

February 9

1 p.m. — 2 p.m.

[Click here to enroll.](#)



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February 17

10 a.m. — Noon

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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.

February 17

11 a.m. — Noon

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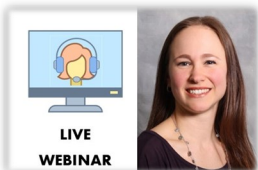
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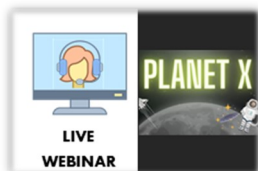
ingredient list and equipment list will be emailed a week prior to the class so you can be ready to cook. On the menu for March: sheet pan chicken fajitas and roasted corn and poblano pepper salad. ***\*\*This class is limited to 4 groups. Participants should be prepared to actively engage in activities and discussion by utilizing the webcam and audio features of the Zoom platform.\*\****

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March 8

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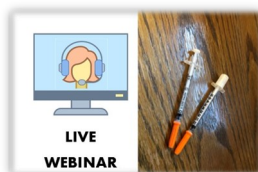


### Planet X (w/ TeamBuilding) — 1.5 hours

Astronauts have been sent by the Global Space Alliance to explore Planet X, then return home to report their findings. Or at least...that was the plan. Their ship has broken down! The astronauts must collaborate with GSA scientists through a remote video feed across galaxies in order to survive. You and your teammates—both virtual and next to you—will work together to solve puzzles, strategize, develop resources, and work as a collaborative group to explore space! 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 and speakers. 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.

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



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