

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

11 a.m. - Noon



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."*

September 12

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.

**To enroll, please call
724-283-0990.**

Location: Zoom

Cybersecurity and Online Safety (w/ Trooper James Long) – 1 hour

11 a.m. - Noon



This training will touch upon three topics: cybersecurity, cyberbullying, and sexting. We will discuss current trends in social media and technology and how to protect ourselves from online predators. An overview of laws that pertain to online activity will be outlined with examples for a better understanding of what is illegal. Statistics and case studies will be used to further illustrate how online usage can potentially be dangerous and illegal. This training will list a number of

methods that can be used to report suspicious and illegal activity. Discussion is encouraged throughout the presentation and time will be reserved for Q & A.

August 31

Trooper James Long has been with the Pennsylvania State Police since 2005. Throughout his career he has spent time working as a patrol trooper in Franklin, Dauphin, and Butler counties. In 2016, he became the Public Information Officer/Community Services Officer (CSO) for a five-county area in western PA. As a CSO he is committed to informing, educating, and promoting safety in the communities where he lives and works.

Location: Zoom

Diabetic/Insulin Class – 2 hours



During this in-person, hands-on training, participants will learn about the diabetes disease process, complications that occur, and the Association of Diabetic Care and Education Specialists (ADCES) 7TM management, as well as hands-on instruction on insulin injections from a Certified Diabetes Care and Education Specialist (CDCES).

****Limited to 6 participants****

10 a.m. – Noon

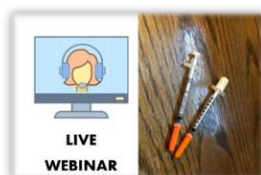
August 3 (MHW)
September 7 (CCHS)
October 5 (The Arc
Indiana)
November 2 (MHW)

Locations: Milestone HCQU West (MHW) – 1777 North Main Street Ext., Butler, PA

Crawford County Human Services (CCHS) - 18282 Technology Dr., Meadville, PA (Presentation Room)

The Arc of Indiana County (The Arc Indiana) – 120 North 5th Street, Suite 2, Indiana, PA

Diabetic/Insulin Recertification Class – 1.5 hours



Has your Diabetic/Insulin certification expired or nearing expiration? If so, then you will want to take this interactive, recertification webinar. Participants will learn about the diabetes disease process, complications that occur, and the Association of Diabetic Care and Education Specialists (ADCES) 7TM management, as well as hands-on instruction on insulin injections from a Certified Diabetes Care and Education Specialist (CDCES). ****There are prerequisites for this class that must be completed prior to taking the webinar. Limited to 4 participants****

10 a.m. – 11:30 a.m.

August 17
September 21
October 19
November 16

Location: Zoom

JEOPARDY! The Diabetic/Insulin Edition – 1.5 hours



JEOPARDY! The Diabetic/Insulin Edition is a fun, educational way to learn about Diabetes and insulin during Diabetes Awareness month. Before we begin, there will be a short lecture on diabetic pathophysiology, insulin injection and glucometer techniques, as well as discussing the Association of Diabetic Care and Education Specialists (ADCES) 7TM. Following the lecture, a game of JEOPARDY! will be played to increase your knowledge base on how to care for people with diabetes. ****Active participation is required. Individual players only. No groups please.****

10 a.m. – 11:30 a.m.

November 8
November 29

Location: Zoom

Journey Through the GI Tract: Part 1 & 2 (w/ Barb Bancroft) – 1.5 hours

10 a.m. – 11:30 a.m.



Part 1 will discuss clinical implications of vitamin and mineral deficiencies of the mouth, the importance of saliva, the causes of transit and transfer dysphagias, esophageal disorders, GERD, and gastric issues including gastric ulcers and the four major causes...two of which are *Helicobacter pylori* and NSAID gastropathy.

Part 2 will begin with the three parts of the small intestine and the various disorders, including celiac disease, the many causes of gastroenteritis including food-borne illness, and Crohn's disease. The large intestine follows with issues related to appendicitis, ulcerative colitis, diverticulosis, colon cancer, and constipation. Barb discusses disease presentations as well as the newest treatment modalities for the above clinical conditions. The journey is entertaining, enlightening, and educational.

October 26 (Part 1)

November 9 (Part 2)

Barb Bancroft, RN, MSN, NP, has provided more than 3,000 continuing education events on clinical topics pertaining to pathophysiology, physical assessment, and pharmacology to health care professionals throughout the United States and Canada. Barb is a fascinating, highly informative speaker whose dynamic and humorous presentation style makes learning enjoyable. She provides a wealth of clinical information that can be applied to everyday practice.

Location: Zoom

The Diet Constipation Connection (w/ Laura Yautz) – 1.5 hours

1 p.m. – 2:30 p.m.



Constipation is the most common GI complaint in the United States, affecting about 4 million people and resulting in 2.5 million doctor visits annually. While there are many factors that can cause constipation, including medications, other medical conditions, and the inability to be active, diet is one of the most modifiable. In this class, you will learn about dietary changes that can help prevent or alleviate constipation, as well as simple strategies for maintaining a healthy bowel.

October 10

Laura Yautz is a Registered Dietician with over 15 years of experience. Her passion is helping others find their way to better health through good nutrition and lifestyle habits. She is the owner of Being Nutritious, a website featuring easy recipes and tips to help make cooking for a healthy heart easy and delicious for everyone.

Location: Zoom

The Fatal Five – 1 hour

11 a.m. - Noon



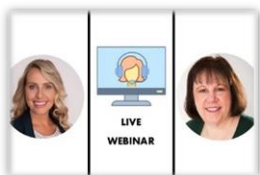
There are five top health concerns that are the leading causes of often PREVENTABLE death in people with intellectual disabilities. Through this training we will look at these five conditions, and what we, as supporters, can do to reduce risk and possibly save lives.

August 22
October 17

Location: Zoom

Unlocking the Potential of the HRST: Mitigate Risk, Improve Quality, and Reduce Costs (Daleigh Tallent & Tammy Armstrong) – 1 hour

10 a.m. – 11 a.m.



This presentation focuses on how to gather, organize, and utilize the data produced through the validated HRST screening process to better support people in your services. We will discuss ways to use the Report Suite and Considerations to individualize supports, allocate resources, and identify people at risk for adverse health events.

Daleigh Tallent began a second career as a Registered Nurse in 2013. She has worked in various settings including ambulatory, acute, and long-term care, as well as nursing education. Her passion for patient advocacy, caring for vulnerable populations, and staff development led her to a career in Intellectual and Developmental Disabilities. Daleigh joined IntellectAbility as a Clinical Support Service Rep in April 2021.

September 28

Tammy Armstrong has over 40 years of rich work history serving people with Intellectual and Developmental Disabilities. She has compassionately served as a special educator, case manager, and Program Director in both residential and Community Day Services programs. Tammy enjoys and is skilled in the areas of leadership, outcomes, and advocacy. Tammy joined IntellectAbility in April 2019.

Location: Zoom