

To enroll, click the course title.

Diabetic/Insulin Class – 2 hours

10 a.m. – Noon



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****

January 4 (MHW)
February 1 (The Arc
Indiana)
March 7 (CCHS)

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

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

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

Diabetic/Insulin Recertification Class – 1.5 hours

10 a.m. – 11:30 a.m.



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). Following the lecture, a game of

JEOPARDY! will be played to increase your knowledge base on how to care for people with diabetes. ****There are prerequisites for this class that must be completed prior to taking the webinar. Active participation is required. Limited to 4 participants****

January 18
February 15
March 21

Location: Zoom

To enroll, click the course title.

Gynecologic and Women's Healthcare for People with Intellectual and Developmental Disabilities – 1 hour

10 a.m. – 11 a.m.



John Harris, MD MSc, will discuss approaching gynecologic and women's healthcare needs for people with intellectual and developmental disabilities. He will address how the menstrual cycle or menopause may affect quality of life for our clients and patients. If someone with intellectual and developmental disabilities is not sexually active, how should gynecologic health and preventive screening tests be addressed? He will discuss the challenges of safe relationship

counseling and the unfortunate need for constant vigilance against sexual abuse in this population.

January 17

John Harris, MD MSc, is an obstetrician-gynecologist and Director of the UPMC Magee-Womens Center for Women with Disabilities. He provides general women's health services for people with intellectual and developmental disabilities.

Location: Zoom

Healthy Cooking Classes (w/ Laura Yautz) (for Self-Advocates) – 1.25 hours

11 a.m. – 12:15 p.m.



In these hands-on, virtual cooking classes, 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 kitchen safety tips, nutrition facts, 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 operational flow will be emailed a week prior to the

class so you can be ready to cook.

January 24

January's menu: crispy chicken tenders, Dijon green beans, and zucchini fritters

February 13

February's menu: crab cakes with spring green salad, cheddar biscuits, and strawberry tartlets

March 14

March's menu: Irish chicken stew, smoky sauteed kale with garlic, and soda bread biscuits

*****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.*****

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

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.

Location: Zoom

To enroll, click the course title.

Let's Talk About Stroke for Everyone, Patients, Families, Caregivers (w/ Beverly Lawton) – 1 hour

1 p.m. – 2 p.m.



In this presentation, we will review the causes, signs and symptoms, and recovery from stroke. Available resources, to provide more education and support for stroke survivors and their families and caregivers, will also be discussed.

Beverly Lawton, RN, MSN, is the Stroke Coordinator at UPMC Northwest which is certified by The Joint Commission as an Advanced Primary Stroke Center and recognized by the American Stroke Association Get With the Guidelines for excellence in stroke care. She is passionate about providing education and support to the community as a stroke nurse and as a stroke caregiver.

January 31

Location: Zoom

One in 26: Epilepsy and Seizure (w/ Stacey Randall) – 1 hour

11 a.m. - Noon



This presentation provides an overview of epilepsy and seizures. Topics that are covered include seizure recognition, first aid, treatments for epilepsy, and how to manage seizures in a school, community, and home settings.

Stacey Randall is an educator. For the last two years she has worked with the Epilepsy Association of Western and Central Pennsylvania educating and advocating for those living with epilepsy. She has a 13-year old son who has had epilepsy since birth. This has motivated her to be his voice and help educate others on the stigmas associated with seizures.

March 20

Location: Zoom

To enroll, click the course title.

Talk Saves Lives: An Introduction to Suicide Prevention (w/ Jesse Putkoski) – 1 hour

11 a.m. - Noon



Talk Saves Lives is the American Foundation for Suicide Prevention's (AFSP) education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

March 12

Jesse Putkoski has been the Area Director for the Western PA Chapter of the American Foundation for Suicide Prevention since October of 2019, having been involved as a volunteer since 2016 and then as a board member. She is certified in SafeTALK suicide intervention and ASIST.

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.

January 23

March 26

Location: Zoom

To enroll, click the course title.

Understanding Gender Identity (w/ Shawn McGill) – 1 hour

10 a.m. – 11 a.m.



As a society, we are progressing in our comfort and ability to talk more about sexuality and gender identity, but there are still many taboos and misconceptions. This is particularly true for people who identify as transgender and those with disabilities who may fall within this. This training walks the participant through understanding the differences between gender identity and sexual identity, societal constructs related to both, and best practice standards, supports, and resources available to assist a person through transition if they identify as transgender.

February 7

Shawn McGill, Founder and CEO of Shawn McGill MSW Consulting, Inc, provides clinical expertise and consultation to various professional organizations. Shawn holds a master's degree in social work from the University of Pittsburgh and a bachelor's degree from Carlow University.

Location: Zoom

Understanding Megan's Law: Freedom, Felony, or Folly (w/ Bob Krome) – 1.5 hours

1 p.m. – 2:30 p.m.



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.

February 19

Bob Krome has worked in the field of therapy/behavior supports 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).

Location: Zoom