

# Parent Outreach News Brief

Families helping families through information, support, and friendship

December/January 2008

Editor: Susan Lawrence



## 5th Annual Governmental Activities Symposium



Dear Families,

A part of advocating for our children with disabilities is learning how to "effect change" within our local & state government on their behalf. The Governmental Activities Symposium is a way to begin, and to meet other families and advocates who are making a difference through their efforts!

- **Topic:** Community Services and Supports: Options, Practices and Issues—Providing Care and Living in the Changing World of Medicaid
- **Date:** Friday, December 7, 2007, 9:00AM to 4:30PM
- **Place:** University of Louisville—Shelby Campus, 9001 Shelbyville Rd, Louisville, KY 40222
- **Call:** 502 584 1239 to request a registration form, or download from the web site: [www.councilonmr.org](http://www.councilonmr.org)
- **Scholarships:** A limited number of family scholarships are available

**From Leadership Director, Beth Richardson:** The developmental disabilities field today faces enormous challenges that will be difficult to solve. This year’s symposium will focus on key public policy trends, challenges, and opportunities that they present. There will be emphasis on the fact that programmatic realities present government, service providers, and families with the absolute need to build partnership with one another. As a family member, you can make a difference!

*Questions? Call Susan Lawrence at 584-1239*



### About Upcoming Parent Outreach Activities



#### Just Getting Started/The Second Step...

Especially for families of infants and children.

- No December meeting
- **Wed, Jan 16, 10:00-12:00,** Churchill Park School, 435 Boxley Ave.
- **Topic: To be Announced**

**Dream Catchers...** Families of children any age with disabilities.

- **Thurs, Dec 13, 11:00-100,** Fresco’s Restaurant, 2047 Lytle
- **Topic:** Holiday Celebration, Door Prizes, Small Gift Exchange
- **Thurs, Jan 10, 11:00-1:00,** Neighborhood House, 201 N. 25th St.
- **Topic:** Tentative, “The Explosive Child”

**Table Talk....**Families of older teens and adults

- **No December meeting**
- **Thurs, Jan 24, 11:30-1:00**
- **Topic:** “Overview of the New Supports and Services”

Education is not the filling of a pail,  
but the lighting of a fire. --W B Yeats

**Edna’s Place.....**A place to come, have a cup of coffee & discuss concerns and needs for your child/adult child with a member of the Council’s staff

**Location:** Council Office, 1146 South 3rd St.

**Time:** 11:00-1:00 on Tuesdays, or at your convenience.

Call the Council to set up another time to meet.

*\*\*Check calendar before coming on Tuesday, as on occasion Edna’s Place is not open.\*\**

#### Tell Us What You Want To Learn About!

Parent Outreach strives to offer a variety of opportunities and subjects for families and advocates. We are always interested in hearing from you about what you want to know more about and how you want to do it!

Would you like a lecture series, a “field trip” type activity, a book group? We are willing and ready to work with your suggestions!

**Call: Susan Lawrence or Abby Ramser at:**

**584-1239 or email at:**

**[slawrence@councilonmr.org](mailto:slawrence@councilonmr.org)**

**Or [aramser@councilonmr.org](mailto:aramser@councilonmr.org)**

# The Council On Mental Retardation invites you to join us for our annual Holiday Luncheon!



Thursday, December 12  
11 AM to 1 PM  
4th Ave United Methodist Church  
318 W. St. Catherine



The corner of 4th & St. Catherine (parking behind church)

*Enjoy good food, great company, and wonderful piano music by Stephen Corbett.*

*\*The church building is wheelchair accessible\**

## Planning For the Future of Our Children With Disabilities

Tues, Feb 5, Guardianship & the Paper Work

Tues, March 4, Waiver Programs, What Can They Pay For?

Tues, April 1, Resources: Residential, Day Programs, and More

Tues, May 6, Wills and Trusts, and the Record of Information

### All Meetings Will Be Held At:

Place: Neighborhood House

201 North 25th Street

Time: 6:30 PM to 8:30 PM

**Call to confirm attendance**

**584-1239**

Funded by a grant from Louisville/Jefferson County Metro Government

*As we enter into a new year, it might be timely to review these practical suggestions for being a parent of a child with disabilities:*

1. Take one day at a time, and take that day positively. You don't have control over the future, but you do have control over today.
2. Never underestimate your child's potential. Allow him, encourage him, expect him to develop to the best of his abilities.
3. Find and allow positive mentors: parents and professionals who can share with you their experience, advice, and support.
4. Provide and be involved with the most appropriate educational and learning environments for your child from infancy on.
5. Keep in mind the feelings and needs of your spouse and your other children. Remind them that this child does not get more of your love just because he gets more of your time.
6. Answer only to your conscience: then you'll

be able to answer to your child. You need not justify your actions to your friends or the public.

7. Be honest with your feelings. You can't be a super-parent 24 hours a day. Allow yourself jealousy, anger, pity, frustration, and depression in small amounts whenever necessary.

8. Be kind to yourself. Don't focus continually on what needs to be done. Remember to look at what you have accomplished.

9. Stop and smell the roses. Take advantage of the fact that you have gained a special appreciation for the little miracles in life that others take for granted.

10. Keep and use a sense of humor. Cracking up with laughter can keep you from cracking up from stress.

Author Unknown (but very wise!)

**Parent Outreach is a program of the Council On Mental Retardation.  
The mission of the Council is to be an advocate for children and adults who have mental retardation.**