



Winnemago, Boone and Ogle Counties

We serve people with intellectual and developmental disabilities through advocacy and support.

Project Art

Beadware

An opportunity to create jewelry and home goods in the company of friends.

Mondays, 1:00—4:30 pm

Open Studio*

A unique space for adult participants interested in exploring art and their creativity.

Wednesdays or Thursdays, March 2nd—April 21st

Wednesdays

**June 15th—August 3rd
1:00—4:00 pm**

Art at The Arc*

Artists will learn a new skill to try out each week, as well as create their own art piece with proper supplies and facility.

Wednesdays or Thursdays, March 2nd—April 21st

4:00—5:30 pm

*To attend call Rockford Park District at 815-987-8800



Second Quarter 2016 

Spring Into Fun... "Spark of Creation"



Cabaret style production featuring the Usual Suspects. Proceeds go towards The Arc.

Thursday, April 28th

The Nordlof Center

6:00—8:00 pm

Cost: \$10 (Must be purchased at The Arc)

Life Skills Classes

Each four week session is \$20.

Social Media Safety:

Topics include: social media pitfalls, safeguarding personal information, computer protection, and strangers on the internet. **Wednesdays, April 6th — April 27th, 4:30—5:30 pm**

Emotional Regulation:

Topics include: anger and aggression, identifying triggers, problem solving, feelings, and relaxation techniques.

Wednesdays, May 11th — June 1st, 4:30—5:30 pm



Do you like to read or socialize?

We have two book clubs meeting the

second and fourth Mondays of the month: 2:30 pm and 6:30 pm. Both hour long meetings are at Panera Bread off of Route 173. New members must call to register.

March 14th, 28th; April 11th, 25th; May 9th, 23rd; June 13th, 27th.

Planning for the Future: Rubin Seminar

A comprehensive seminar on planning for the future for children and adults with intellectual and/or developmental disabilities. **Monday, May 23, 2016 (9:00 am—12:30 pm) at RMTD's East Side Transfer Center Community Room—725 N. Lyford Rd. See registration form on back or call The Arc at 815-965-3455 to register .**

Rec Night

Hang out with friends, listen to music, dance, play board games or make crafts. Snacks provided.

**Thursday, April 21st at 2nd/1st of Rockford—318 N. Church St., Rockford, 6:00—8:00 pm
Cost: \$5**

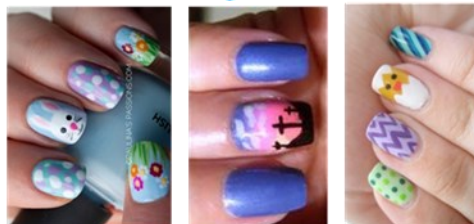
Open Gym

A variety of recreational activities to promote health and wellness.

**Thursday, May 19th at 2nd/1st of Rockford—318 N. Church St., Rockford 6:00—7:00 pm
Cost: \$3**

Zumba is Back

Holiday Nails!



One hour nail appointment for you and a friend.

Monday, March 21st

Cost: \$20 for 2 people and receive at \$10 gift credit towards a Beadware purchase (min. \$15) R.S.V.P. today

Planning for the Future for Children and Adults with Intellectual and/or Developmental Disabilities

Presented by
Brian Rubin, Attorney/Parent
Sherri Schneider, QIDP/Parent
Benjamin Rubin, Attorney/Sibling



AGENDA

- 8:30 - 9:00 a.m. • Registration and Coffee
- 9:00 - 9:05 a.m. • *Welcome and Introductions*
- 9:05 - 10:20 a.m. • *Government Benefits, presented by Sherri Schneider*
 - ▼ The who, what, where, when, why and how of Government Benefits, including SSI, SSDI, Medicaid and Medicare
- 10:20 - 10:30 a.m. • *Break*
- 10:30 a.m. - 12:15 p.m. • *Special Needs Estate & Future Planning presented by: Brian Rubin and Benjamin Rubin*
 - ▼ The who, what, where, when, why and how of:
 - PUNNS;
 - Special Needs Estate Planning including: types of and appropriate uses of Special Needs Trusts, Gifting by Grandparents and extended family members, the impact of divorce and child support on government benefits, determining the appropriate amount to leave;
 - Children's Waiver for children under 18;
 - Guardianships and Alternatives;
 - Planning for when school years are over, when the bus stops coming and navigating the maze of Adult Services (Adult Waiver, In-Home, Residential, Supported Employment, Sheltered Employment, Developmental Training);
 - The impact of the Ligas Class Action Law Suit and Affordable Care Act;
 - The new "ABLE" Account;
 - Providing guidance, education and information for the "Future Team";
 - The "sibling" perspective.
- 12:15 - 12:30 p.m. • *Questions and Answers*

COST & REGISTRATION

Families and staff of the host agencies must register directly with their host agency.

Registration fees for other participants are:

Parent/Family Member \$35.00
 Professional \$50.00

All members of The Arc of Illinois receive a 10% discount

The registration fee covers the cost of materials. Please complete the attached registration form and return it along with the appropriate fee to:

The Arc of Illinois
20901 S. LaGrange Rd., Suite 209
Frankfort, IL 60423

Registrations may also be faxed to: 815-464-5292. The registration fee and form must be received before the event.

If financial restrictions prevent you from paying full registration, consumer stipends are available through The Arc of Illinois at 815-464-1832 or thearc.org. The Consumer Involvement Fund Program is funded by the Illinois Council on Developmental Disabilities.

CANCELLATIONS AND REFUNDS

Participants canceling their registration at least 72 hours in advance will be entitled to a refund, less a \$25.00 administrative cost. No refund or credit will be given for cancellations of less than 72 hours before the workshop or for notification of non-attendance after the workshop.

ADDITIONAL INFORMATION

Please contact your local Arc if you will need respite care or transportation in order to attend the training. If you have any special needs or any questions, please contact Sarah at The Arc of Illinois (815)464-1832. Notice of any special accommodations is required two weeks prior to the event.

Accommodations needed:

- Accessible parking
- Large print materials
- Sign Language Interpreter
- Braille materials
- Other (please explain)

REGISTRATION FORM

Planning for Children and Adults

Name: _____

Agency: _____

Address: _____

City: _____

State: _____

Zip: _____

Phone: _____

E-Mail: _____

I will attend:

Date _____ Location _____

November 20, 2015 3350 Blue Island, IL

March 18, 2016 3361 Freeport, IL

May 23, 2016 3362 Rockford, IL

June 10, 2016 3366 Lansing, IL

AMOUNT OF PAYMENT:

Fax form and send check to The Arc of Illinois
 20901 S. LaGrange Rd., Suite 209
 Frankfort, IL 60423

FAX (815-464-5292)

Check enclosed payable to The Arc of Illinois

P.O. or State Voucher # _____

Charge to my Credit Card

Name as it appears on credit card: _____

Credit Card #: _____

Expiration Date: _____

Card holder's signature: _____