

April 2018

Welcome Spring!

## Cooking Club *Springs* into *Spring* with *Spring Rolls!* (try saying that three times!)



Join the Cooking Club this month as we learn how to prepare Thai spring rolls and Chinese egg rolls with dipping sauces. Feel free to bring a dessert to share.

### EVENT DATE

Monday, April 16th

4:30 pm– 6:30 pm

Independence, Inc. Training Kitchen  
2001 Haskell Ave

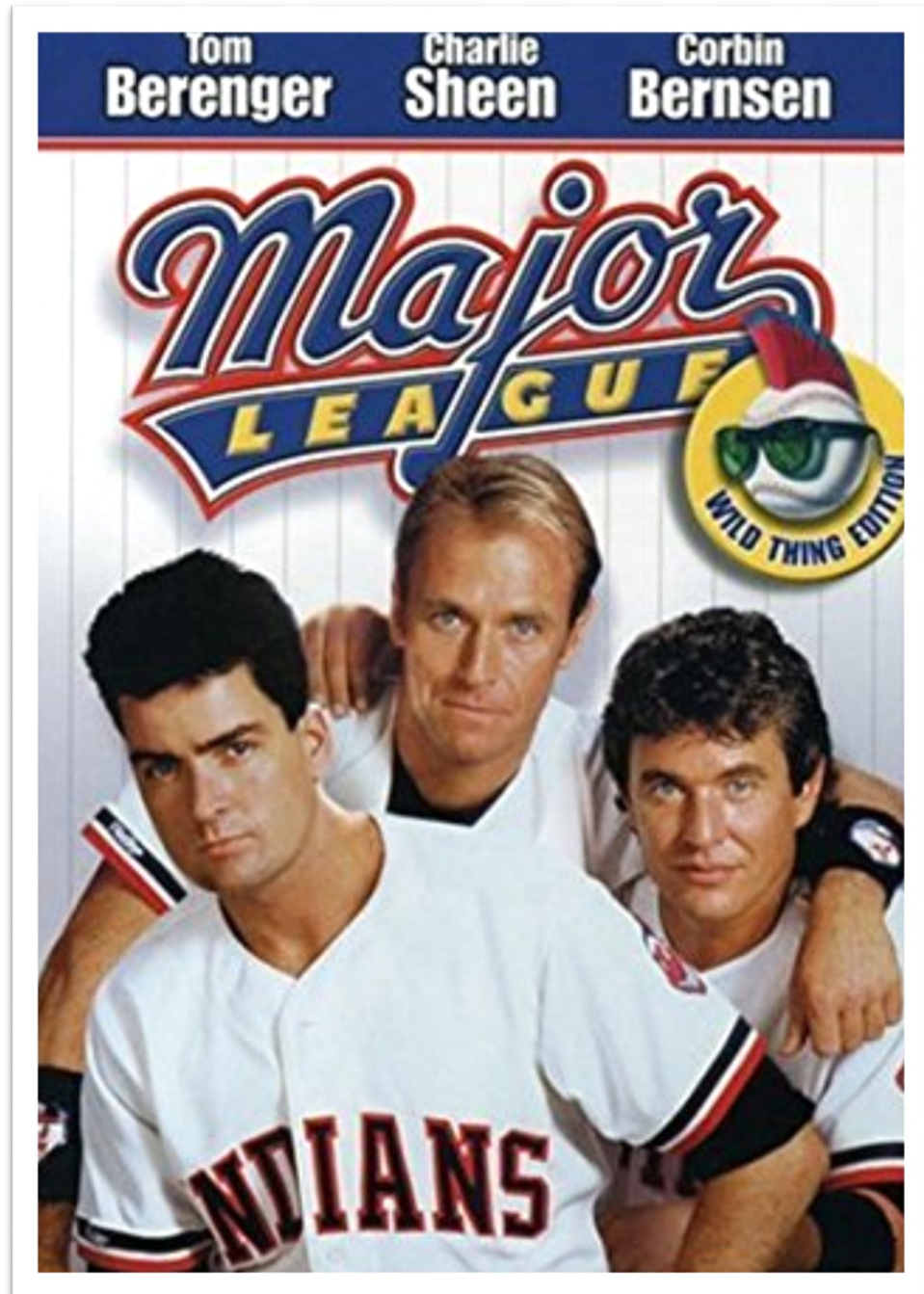
Please RSVP w/ ranita by April 13th at 785-841-0333, ext. 115

2001 Haskell Avenue, Lawrence, KS 66046/ 785-841-0333

[www.independenceinc.org](http://www.independenceinc.org)

Connect with us on Facebook and Twitter

# DINNER & A MOVIE NIGHT



Another *Charles Kelly* Movie Pick

## “Major League”

Non-stop laughter about a hopeless baseball team that hits a winning streak.

Rated R

Monday, April 16th

*(At the Cooking Club Event)*

5 pm—6:45 pm

Independence, Inc. Large Conference Room

RSVP with Ranita by April 13th at 785-841-0333, ext. 115

# 2018 Community Resource Expo

**16<sup>TH</sup>** | **APRIL 11<sup>TH</sup>**  
**COMMUNITY** | **FREE STATE HIGH SCHOOL**  
**RESOURCE** | **4700 Overland Dr, Lawrence**  
**EXPO** | **4:30 - 6:00pm**

## Building Bridges

AREA SERVICE PROVIDERS, ORGANIZATIONS, & SUPPORT GROUPS

Door Prizes &  
Refreshments  
available

EMPLOYMENT  
HOUSING  
ADVOCACY  
GUARDIANSHIP  
PERSONAL CARE SERVICES  
HEALTH SERVICES

EARLY CHILDHOOD  
DAY SERVICES  
RESIDENTIAL SERVICES  
MENTAL HEALTH  
LEISURE, LEARNING, RECREATION  
SOCIAL OPPORTUNITIES

Individuals needing accommodations such as sign language interpreter, material in alternative print format, or language translator should contact: Liz Crnkard (785) 330- 4996 or [ecrnkard@usd497.org](mailto:ecrnkard@usd497.org) by March 26, 2018.



**Transition  
Council of  
Douglas  
and  
Jefferson  
Counties**



# *KU Recreational Event*

# INCLUSIVE RECREATION EXTRAVAGANZA

Featuring a Bench Press demo by Brady Tanner,  
Special Olympics 3x Gold / 1x Silver Medalist.

- Accessible equipment and information tables will be available.
- Event is open to everyone!
- Come dressed to play!

## SCHEDULE

- 4:30 GOAL BALL - 1920 COURT  
WHEELCHAIR BASKETBALL - 1929 COURT  
UNIFIED SOCCER - OREAD ARENA
- 4:45 MIXED ABILITY DANCE - AEROBICS ROOM
- 5:30 SIT VOLLEYBALL - 1920 COURT
- 5:30 THERAPY DOGS - UNTIL 7:30PM
- 6:00 UNIFIED BASKETBALL - 1929 COURT  
WHEELCHAIR TEAM HANDBALL - OREAD ARENA
- 6:30 FLOOR HOCKEY - 1920 COURT

**TUESDAY  
APRIL 17  
4:30 - 7:30 PM**

**AMBLER STUDENT  
RECREATION  
FITNESS CENTER**

*If you require a reasonable accommodation in order to participate in this event, please contact Bobby Arnold by 4.16.18 at 785.864.1372.*

# *MUSIC JAM SESSION!*



## AUMI JAM

What is AUMI? The Adaptive Use Musical Instruments app enables you to play sounds and musical phrases through movement and gestures. We focus on improv techniques using the synth-like technology, rather than traditional musical phrasing and notes. The more you move, the more music you can make!

Jim's got info: [jbarnes@lplks.org](mailto:jbarnes@lplks.org)

**TUES | April 24**  
**4:30-6 PM | SOUND + VISION Studio**

A Project of AUMI-KU InterArts, Independence Inc., and Lawrence Public Library, with support from the KU Department of American Studies, and the KU School of Music.



707 Vermont Street | Lawrence, KS 66044 | 785-843-3833

**[lplks.org](http://lplks.org)**



# ***PEER SUPPORT GAME NIGHT***



**Monopoly!**

**Connect Four!**

**Pictionary!**

**Scrabble!**

Do you love games? What's your favorite? Monopoly? Scrabble?  
Join members of the Peer Support Group for some game-tastic FUN!  
Feel free to bring your favorite game to share.  
We'll provide games, too!

## **GAME NIGHT EVENT!**

Thursday, April 26th

4:30pm-6:30 pm

Independence, Inc. Large Conference Room

RSVP w/ ranita by April 24th at 785-841-0333, ext. 115. You  
can leave your RSVP on the voice mail.

# ARTS & CRAFTS GROUP

## R U CREATIVE?

LET'S HAVE SOME FUN W/ YARN!



### Crocheting 101

Do you love to crochet?  
Are you interested in learning how to crochet ?  
We've got the yarn...if you've got the time.

The group would like to say thank you to Kody for being our leader and teaching us —*with patience*—how to crochet. We will miss you.

### EVENT DATE & TIME

Tuesday, April 30th  
4:30 PM– 5: 30 PM  
Independence, Inc.

RSVP by April 13th with Ranita at 785-841-0333, ext. 115  
You can leave your RSVP on the voice mail.



# ***VOLUNTEER PEER MENTORS***



Do You Like Making New Friends?  
Are You a Good Listener?  
Are You a Person with a Disability?

Ever Thought About Being a Peer Mentor?  
If So, We're Looking For YOU!

The Volunteer Peer Counseling Program Matches People with Disabilities with People Who Understand What It's Like to Have a Disability. Our Volunteers Are Not "Professional Counselors"—We Don't Have a Couch Or Walls—We Are Peers Who Share Our Personal Experiences or Listen and Provide Support.

Interested in Being a Peer Mentor?  
Contact Ranita at 785-841-0333, Ext. 115



# *COMING IN MAY!*

## **LUKE'S AWESOME SHOW INFORMATIONAL MEETING**



Luke is a new consumer who would like to discuss some ideas he has for a new group. Do you like on-line games? Or other fun things for youth? Join us for an informational meeting in May. We'll discuss meeting dates during the April Cooking Club.

## **ACCESSIBLE GARDENING GROUP FIELD TRIP**

Spring is here! Stayed tuned for a possible field trip to the Sunrise Project Center . Did you know they have a worm farm?! Amazing! And to top it off they have a coffee shop. Gardening and coffee?? What could be better?!



# ***RULES OF RESPECT***



**Give respect Get respect**

In 2003, members of the Peer Support Groups of Independence, Inc. developed some basic *Rules of Respect*. These rules help to provide guidance on how we are to treat one another within the groups.

## **PEER SUPPORT GROUPS RULES OF RESPECT**

Members of the Peer Support Groups Agree to.....

Not interrupt our friends when they are speaking.

Not make fun of, bully, or tease our fellow peers.

Not yell or be rude to our peers.

Not hit, or cause physical harm to our peers.

Not physically touch our peers without permission.

Not use rude, vulgar, racist or hateful language.

Be respectful of each other.

Be helpful to each other.

Be understanding of one another's differences & views.

Participate to the best of our abilities within the group.

Apologize when we are disrespectful to one another.

**THANK YOU TO EVERYONE WHO RESPECTS THE RULES!**