

February 2019

Happy Valentine's Day!

Cooking Club's Southern Cuisine



Please join the Cooking Club as we kick it up southern style this month with fried chicken, country style green beans and biscuits. Oh, this is going to be so delicious. Make sure to get your seat at the table for this one!

Date: Wednesday, February 20th, 2:30 pm-4:30 pm.

Where: Independence, Inc. Training Kitchen

Menu: Fried chicken, green beans and biscuits. **PLEASE** bring a dessert or non-alcohol beverage of your choice to share.

RSVP with Ranita at 841-0333, ext. 115 by Feb. 15th.

Holiday Closing: We will be closed February 18 for Presidents' Day.

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

www.independenceinc.org

Connect with us on Facebook and Twitter

Movie Event



Four Jamaican bobsleighters dream of competing in the Winter Olympics, despite never having seen snow. Starring John Candy and Doug E. Doug.

“Cool Runnings”- Rated PG

Film viewing at the Cooking Club event

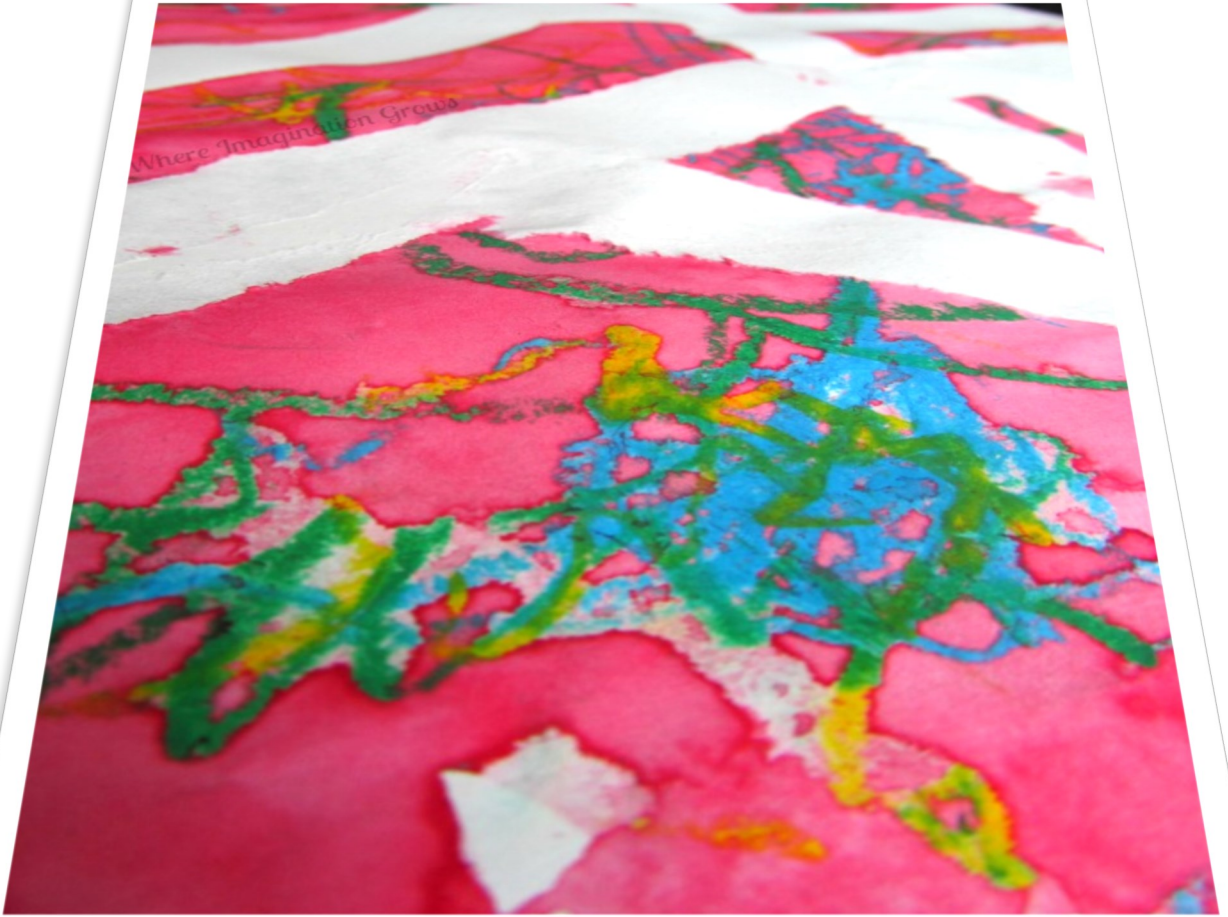
Wednesday, February 20th

3 pm– 4:30 pm

Independence, Inc. Large Conference Room



Arts & Crafts



Arts & Crafts Club Presents:
Tape Resist Art with Watercolors & Oil Pastels

Come explore your creative side! Craft materials provided.

Thursday, February 21st
3 pm– 4:30 pm
Independence, Inc. Training Kitchen
2001 Haskell Avenue

RSVP with Ranita at 785-841-0333, ext. 115 by Feb. 19th.

CREATIVE MUSIC JAMS!



AUMI JAM

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

RSVP with Ranita at 785-841-0333, ext. 115 by Feb. 15th

**TUES | , Feb 19, Mar 26,
Apr 30, May 28
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

COMMUNITY EVENT Pt. 1

Free

YES!

- Can my child with disabilities really work?
- Can my child keep Medicare or Medicaid benefits?
- Can my child keep Social Security benefits?

Family Employment Awareness Training

**LEARN
THIS AND
MORE!**

- What types of jobs can my child do?
- What programs are available for my child?
- Where do we begin?

Saturday, March 30th
& Friday, April 5, 2019

COMMUNITY EVENT Pt. 2

Family Employment Awareness Training

Day 1: Saturday, March 30, 2019

Day 2: Friday, April 5, 2019

9:00 a.m. - 4:00 p.m.

KU Edwards Campus

12600 S Quivira Rd,
Overland Park , KS 66213

Employment is possible for
young adults who have
disabilities!



Register online: <https://19kcfeat.eventbrite.com>



A FREE two-day training designed for families,
young adults who have significant support needs,
and the professionals who support them.



March 30 - Day 1: *Building the Dream of Employment*

- "Outside the box" job possibilities
- Transition from high school
- Meet individuals have disabilities who are successfully employed

April 5 - Day 2: *Identifying and Accessing Employment Resources*

- Services, programs, and information to support gaining and maintaining employment
- Antidiscrimination laws
- Visit with state and local adult service agencies who support individuals with disabilities

For more information: visit - www.familiestogetherinc.org, email - leia@familiestogetherinc.org
call - (785) 233-4777 or (800) 264-6343 (toll free number for Kansas parents and education advocates)



HEALTH PROGRAMS

Sponsored By: Kansas Disability & Health Program

Welcome to **NCHPAD's 14 Weeks To A Healthier You!**

What is the program?

A free, web-based physical activity program.

- Designed for people with mobility limitations, chronic health conditions and physical disabilities.
- The goal is to help you get moving and making healthy nutrition choices.
- The duration of the program is 14 weeks.

How does it work?

- You register online for the program and tell us a little about yourself.
- We take your information and provide you with resources and exercises that meet your needs over the course of 14 weeks.
- You receive new material each week that builds on the previous weeks.
- For best results, visit the 14 Weeks website at least once a week.
- The University of Kansas will contact you to see what you thought of the 14 weeks program.

What do I get throughout the program?

- Weekly exercises, recipes and nutrition tips.
- Motivational resources such as articles, tips, reminders and alerts.
- Features to help you track your activity and what you eat.

To participate: www.nchpad.org/14weeks/?f=KS



Voice & TTY: 800.900.8086
email@nchpad.org
www.nchpad.org



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

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!