

## SEPTO Meeting 9-11-19

7:00 Welcome & Board Introduction: Lauren Longo, Mary Ackman, Dee Graves

Things to share:

- Preview of upcoming SEPTO meeting plans:
    - Tuesday, November 12th “Gut to Brain” Whole Body Health
    - Wednesday, January 15th “Planning for the Future”
    - Tuesday, March 10th “Planning for Summer and New School Year”
  - NEXT STEPS TRANSITION MEETINGS:
    - 9/17 Latonya Anderson, PUNS
    - 10/15 Disability Service at JJC
    - 1/21 Damien McDonald, DRS
    - TBD Sherri Schneider, Family Benefit Solutions
    - 4/21 Mary Ann Ehlert, Protected Tomorrows
  - CONCERTS:
    - PEHS Music Concert for Everyone/SCORE Concert on November 21st
    - NORTH CENTRAL COLLEGE “Chords for Kids” on March 28th
  - Special Product Finds from Lauren
    - Lauren combined some resources to make a parent IEP packet for notes or the start of an IEP binder
    - The Irish Fairy Door No More Worries Kit
    - No tie shoelaces:
    - Inexpensive rings for social stories or visuals: spiral chicken leg bands at Farm & Fleet
    - “Calm” supplement Natural Vitality from Amazon
  - Celebrating that Bonnie McBeth has created “Core Boards” Communication Station built for students who are non verbal or struggle with communication to be posted on the playground and in gym class.
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PRESENTERS:

7:20 **Kaden Dolbee, NHS Officer: Plainfield Suicide Awareness**

- Lauren shared that research shows that for individuals on the Autism Spectrum
  - 66% contemplate suicide and 35% make a plan
- Plainfield Suicide Awareness Walk to be held on Saturday, September 14th 6-9pm on the track at Plainfield Central High School Football Stadium
- Mrs. Henderson from Edgewood will be coming to make a presentation

- [Elyssa's Mission](#) will receive proceeds - established in honor of a girl who passed in 2006
- This is the first year the district is implementing a program
- 900 T-Shirts were sold! Eicha may still be willing to make you a t-shirt
- \$1 yellow bracelets will be sold
- Plainfield Central Athletic Boosters will run concessions
- Facebook Group: Plainfield Suicide Awareness Group
  - Link for the event is in the bio
- Twitter: @PfieldSuicAware
- Instagram page: @Live More\_Stress Less
  - Planning to post motivational messages weekly

7:35 **Sandy Tannheimer Adaptive** [Crossfit Plainfield](#) [sandy@crossfitplainfield.com](mailto:sandy@crossfitplainfield.com)

- Crossfit coach for 5 years, Formerly teacher in Plainfield
- Adult, Kids, and Adaptive
- Constantly
  - Teaching how to move properly using everyday movements
  - Community - very supportive environment - easy to build friendships
  - Scalable - works for all ages and all abilities
  - Measurable - increasing stamina, strength, capacity
- Adaptive Program
  - Work with Easter Seals, LCSRA & Special Olympics
  - Adults and Kids (ages 9 and up)
  - Meeting individual needs - allows people to see what they can do
  - Building confidence
  - Making friends
  - Work on gross motor skills
  - Physical exercise has a positive effect = better learning
  - 4:30 class on Wednesdays - parents have reported students go home and have an easier time getting focused on homework
  - "Enable, Educate, Empower"
  - Meet once per week - six week sessions \$110
  - Located in downtown Plainfield Rte 59 & Riverwalk Court
  - Volunteers welcome
  - First class is free - welcome to try a class during an existing session

7:55 **Cindi Swanson,** [ARC of Illinois](#) [cindi@thearcofil.org](mailto:cindi@thearcofil.org)

- Recent seminar for aging adults with disabilities discussed how valuable healthy living
- A lead agency in supporting people with developmental disabilities
- Supports policy and legislation supporting people living in the community
- Fairly small group
- Multiple programs
  - Illinois Lifespan Program
  - PUNS: Prioritization of Urgency Unmet of Needs of Services

- Call Cindi or Services Inc
- You're placed on the list for the medical disability waiver
- Family Support Network
- Family to Family Health Care Center
- Webinars - second Tuesday of each month <https://www.thearcofil.org/monthly-webinars/>
  - Recently the topic was aging adults with disabilities
  - In October, the topic is working with the police/first responders (Adults with developmental disabilities have a 7x more likely to have a negative experience with police because they are often misunderstood)
- Recommends that we reach out to our state senators to increase awareness of needs
- Join the ARC of Illinois
  - Regular emails about state and federal legislation
  - Trainings are offered - October 3rd "Living with Autism"
  - Convention in April with speakers
  - Supportive Decision Making Speaker (avoiding guardianship)

Respectfully Submitted by Mary Ackman 9-11-19