



Summer 2010

COMPASS



The JCFS Services for People with Disabilities Newsletter



Jewish Child
& Family Services

Welcome to COMPASS!

Your guide to JCFS' Services for People with Disabilities

Over the past year JCFS has expanded services for people with disabilities and their families. Hence, *the* creation of *Compass*, your quarterly guide to what is happening in and around JCFS for and with people with disabilities and their families. We are also debuting during a very busy time. July 2010 marks the 20th anniversary of the passage and of the Americans with Disabilities Act, which provides comprehensive civil rights protection for people with disabilities. It is often described as the most sweeping disability rights legislation in history. As we commemorate this landmark event, we hope you join us or stop by and visit JCFS at one of the community events in July.

July 9-11 - Abilities Expo, Schaumburg Convention Center

This is a free event. For more information and to see all the activities planned, please visit <http://www.abilitiesexpo.com/chicago/index.html>.

July 15 - Access Chicago, Navy Pier

There are activities for the entire family, and you don't want to miss the 3-on-3 wheelchair basketball tournament! For more information visit: <http://www.cityofchicago.org/city/en/depts/mopd/provdrs/accesschicago.html>.

Last, but not least...

July 24 - The 7th Annual Disability Pride Parade, Daley Plaza Come March with JCFS!

JCFS is supporting the Disability Pride Parade. We will be marching in the parade along with Yad B'Yad and have a booth at the festivities in Daley Plaza. The mission of the Disability Pride Parade is to change the way people think about and define disability, to break down and end the internalized shame among people with disabilities and to promote the belief in society that disability is a natural and beautiful part of human diversity in which people living with disabilities can take pride.

There are many ways you can support this year's parade:

1. March with us! If you would like to part of the JCFS contingent, contact Meredith Sices at 773-467-3813 or via e-mail at meredithsices@jcfs.org.
2. You can also register to march independently; visit the parade website at www.disabilityprideparade.org.
3. Watch and cheer the parade! It starts at 11:00 am on the dot! The parade route begins at 401 S. Plymouth Ct, and turns north on Dearborn to Daley Plaza.
4. Join the celebration in Daley Plaza after the parade for food, music and dancing.



Community Education

SEXUALITY & DATING, PART II

Part two will address:

- Sexuality, dating and the Internet
- Helping your loved one understand their body
- How to start the conversation
- Safety Issues
- Resources for further information

Tuesday, July 13, 2010

6:00-8:00 pm

JCFS, 5150 Golf Rd, Skokie

MANAGED CARE FOR MEDICAID BENEFICIARIES: WHAT DOES THIS MEAN FOR PEOPLE WITH DISABILITIES

The state of Illinois has proposed a pilot program potentially affecting Medicaid eligible adults in various counties

throughout the state. The goal of this pilot program is to improve health care quality and outcomes of Medicaid recipients with disabilities, while increasing the efficiency of state resources. There are serious concerns that this pilot will limit options for people with disabilities. If you are interested in learning more about how you might be affected by this pilot program please join us.

Tuesday, August 10, 2010

6:00-8:00 pm

JCFS, 5150 Golf Rd, Skokie

Presentations are free of charge, but registration is required. CEUs are available.

Information or registration: Jessica King, 773-467-3741 or JessicaKing@jcfs.org.

Services

Parenting an Adult with a Disability: A Parent Group

Parenting an adult child with disabilities often presents unique and challenging circumstances. This group provides parents a place to share their difficulties and successes, support one another and gain feedback from other parents. Topics may include encouraging healthy risk taking, gaining independence, transitioning into adulthood, and managing familial and social relationships.

4th Tuesday of each month, beginning in August

6:30-8:00 pm

JCFS, 5150 Golf Rd, Skokie

Fee: \$15 per session

Jessica King, 773-467-3741

Services

THE FUTURE IS NOW! Futures Planning Group for Families and their Youth or Adult Relatives with Disabilities

Without adequate planning, adults with disabilities often face disruptive transitions when families can no longer serve as case managers, advocates and/or caregivers. This workshop will help your family complete a Letter of Intent, which describes desired future living arrangements, community role and lifestyle preferences. It will include practical directions and information for maintaining continuity in your loved one's daily life and needed supports to achieve these outcomes. Pre-registration is required.

WHO SHOULD ATTEND: Parents, siblings, relatives who have a loved one with a disability. A group for adults with disabilities to assist with discerning their hopes and wishes for the future will be offered concurrently.

Sundays, July 18 & 25
1:00-5:00 pm
JCFS, 5150 Golf Rd, Skokie
Fee: \$200 per family
(Scholarships available)

Jessica King, MSW, 773-467-3741
Meredith Sices, LSW, 773-467-3813

Sibshops, for Children Ages 6-12

Sibshops offer brothers and sisters of children with special needs an opportunity to meet other siblings in a relaxed supportive and recreational setting. They are able to discuss their shared joys and concerns, learn how to handle common situations and have fun!

Sundays, 7/18 & 9/12
2:30-5:30 pm
JCFS, 255 Revere Dr, Ste 200,
Northbrook *(may register for one or both sessions)*

Fee \$25 per Sibshop
(Scholarships available)
Tamara Besser, LCSW, 773-467-3751 or TamaraBesser@jcfs.org for a registration packet.

Parenting a Child with Special Needs: A Parent Support Group

Parents of children with special needs often experience a roller coaster of emotions. Parents can support one another as they discuss the stresses and challenges involved in parenting children with special needs. Topics include: parent's grieving process; strategies for coping with multiple demands, roles, and stresses; managing family and social relationships; & the transformative experience of parenting a child with special needs.

Wednesdays, each week
7:00-8:30 pm
JCFS, 1156 W Shure Dr,
Arlington Heights
Fee: \$15 per session

Pamela Kaplan, LCSW,
224-625-2804

Glick Family Camp

For children diagnosed with developmental disabilities and their families. Relax with your family, mingle with other families and enjoy the outdoors on 181 acres of Illinois countryside at Camp Henry Horner/Camp Red Leaf in Ingleside, IL. Camp staff will lead children and adults in a variety of creative, stimulating and fun activities.

Sept 24-26, 2010
JCYS, Camp Red Leaf, Ingleside
Fee: \$110 per person, children under 3 are free. Fee includes 6 meals, snacks, lodging and activities. *(Partial scholarships available.)*

Tamara Besser, LCSW,
773-467-3751

Adults In Transition

A social support group for adults with disabilities who are in their 20's to mid 50's. The group provides social support, conversation, and a safe environment to explore issues.

2nd and 4th Thurs. each month
5:45-7:00 pm
JCFS, 5150 Golf Rd, Skokie
Fee: \$7 per session

Sheri Fox, LCSW, 847-412-4356



Family Bridges Program Spotlight



As a parent, family member or caregiver of a person with a developmental or intellectual disability, chronic mental illness or physical impairment, managing everyday life is complicated. Each day is filled with managing service providers, arranging transportation or dealing with bureaucracies. And planning for the future can become low priority.

Our new *Family Bridges* program designed to help families manage day-to-day care of their loved one, as well as help them prepare for the future. Our staff will assist families and their loved one with a disability in creating a vision for the future.

Navigating legal, financial, and other professionals, can be daunting, so we will link you with them and can act on your behalf when social services decisions are beyond their expertise.

The Family Bridges program can be your partner in planning for the future. If it becomes evident that JCFS is your best option for successor guardian or power of attorney, we are available.

WE WORK WITH FAMILIES TO:

- Provide case management and coordinate services
- Help with decision-making regarding service providers
- Link to services
- Plan for the future and develop a Letter of Intent
- Act as power of attorney or be named as successor guardian, if needed
- Serve as a monitor or second set of eyes

Please call Brenda Nemeth at 773-467-3727 or email FamilyBridges@jcfs.org for more information.

Kshet Speakers Forum: What Every Parent Needs to Know
October 13, 2010 - Northbrook, IL

Family Siday
October 24, 2010 - Northbrook, IL

Come in October: Getting What you Want Out of Life
October, 2010

Linkages Resource Fair
October 19, 2010 - West Rogers Park

Transportation Rights for People with Disabilities
November 9, 2010

Coming Soon! Sibshops in Hyde Park!
We are planning to offer Sibshops in Hyde Park this fall. If you are interested, please contact Tammy Besser at Tamarabesser@jcfs.org or 773-467-3751.

Help JCFS Go Green
We would like to email you this newsletter. Please send your email to: DisabilityHelp@jcfs.org.

Save the Dates!



NON-PROFIT
U.S. POSTAGE
PAID
CHICAGO, IL
PERMIT NO. 9286