

CDCS (Consumer- Directed Community Supports) Training

The CDCS training sessions will be held on a **virtual/online** platform. *All sessions are the same so only one session needs to be attended.* Sessions are facilitated by two Community Services' staff.

If you are interested in attending, please contact your social worker to receive the training packet and email invite.

CDCS training sessions will be from 6-8 p.m. on the following dates:

Continued on page 2



Community Services
14949 62nd Street N.
Stillwater, MN 55082

[Intellectual and
Developmental Website](#)

Big Kudos to Sam B.

Samuel B. works at St. Therese Senior Living of Woodbury as a busperson in the dining area. He spent many months volunteering there a few days a week. His responsibilities included bussing tables and greeting guests. Sam had done so well that his volunteer work transformed into a part time job making \$13 an hour! A few months went by and St. Therese ended their contract with an outside management company that oversaw the cafeteria. While many employees were let go, Sam was retained and also received an \$8 raise! He is now making \$21 an hour!

28th Annual Minnesota State Autism Conference

April 26-28

This is an in-person conference offering all of the latest information on Autism, all in one place. This year's conference will feature keynote speakers Eric Garcia, Kari Zweber Palmer, and Dr. Mona Delahooke, as well as 28 breakout sessions tailored for all audiences including autistics, family members, educators, and professionals.

Visit the [AuSM website](#) to register and for more information.

Just Kids Autism Center

Little Steps, Big Moments

Whether expressing an emotion or learning a new skill, it's a meaningful achievement. At Just Kids Autism Center (JKAC), we celebrate every success and care about every individual as if they are a member of our own family.

JKAC renders early intensive developmental and behavioral intervention (EIDBI) services to children and adolescents between the ages of 18 months to 21 years who are diagnosed with Autism spectrum disorder (ASD). JKAC services are both in-home and center-based, utilizing various therapeutic modalities all based on the scientifically proven principles of applied behavioral analysis (ABA) therapy, to develop customized individual treatment plans (ITP) and family training and learning experiences on ASD with a licensed multi-disciplinary team of EIDBI professionals.

We provide:

- Diagnostic assessments;
- ABA therapy;
- Occupational therapy;
- Speech and language therapy; and
- Telehealth services.

Connect with us: 720-519-9476 / [Email Just Kids Autism Center](#)
[Visit the Just Kids Autism Center website](#)

Continued from
CDCS Training on page 1

- **Thursday, May 18**
- **Thursday, August 17**
- **Tuesday, November 14**

Community Activities

- **Alamo for All**
A sensory-friendly movie program for young families and guests with special needs. Lights are turned up, sound is turned down, and talking, noise, and moving around is allowed.
Tuesdays • 2 p.m.
Woodbury
- **AuSM Social and Recreation Programs**
AuSM offers year-round social skills classes and recreation programs for youth, teens, and adults with Autism. View AuSM's summer recreation catalog now available online.
- **Chuck E. Cheese's Sensory Sensitive Sundays**
Opens two hours early specifically for children with Autism and other special needs.

Continued on page 3

Saturday Fun/Respite Day

Time for Respite and Social Interaction

These events are designed to provide a few hours of respite for caregivers and social interaction for participants with intellectual and/or developmental disabilities. Adults and children ages five and older, with special needs, who live at home with their families are welcome to join for crafts, games, outdoor activities, and snacks.

Second Saturday of the month: May 13 • 1-5 p.m.

Laura Baker Services Association (LBSA), Northfield, MN

\$20 per person fee is charged for each event; fee waivers are available for those that qualify.

Sign-up for family support services on the [LBSA website](#)

**Pre-registration is required and families must complete an enrollment medical form prior to the event.*

For more information, visit the LBSA website or call 507-645-8866.

Public Health Emergency Ends May 11, 2023

May 11 will be the end of the waiver to pay parents of minors and spouses to provide personal care assistance. Please reach out to your case manager to begin service planning and discuss alternative options.

Caregiver Training Opportunities

MHS (Dialectical Behavior Therapy & Mental Health Services)
Caregiver Education Series

Caregiver Education Night is back and it is no longer exclusive to current MHS families. You will learn helpful strategies to support your loved one as well as effective techniques to enhance your own responsive caregiving skill sets from our extensively trained adolescent clinicians who have years of experience working with this population.

Monthly Series:

- **What is Typical and What is Not?**
Discuss the difference between normative adolescent behaviors and mental health symptoms that may be more concerning.
April 19 • 4:45-6 p.m.
- **Balanced Parenting During the Summer**
May 17 • 4:45-6 p.m.

\$20 per registered email/device per night.

Register today to save your virtual seat where you will join other parents/caregivers of teenagers in a safe, non-judgmental, and non-blaming space via Zoom.

To learn more about the [Caregiver Education Series](#) or MHS services and to register for trainings, visit the [MHS website](#).

Continued from
Community Activities
on page 2

Features reduced lighting and noise, food and games, and trained and caring staff.

First Sunday of every month
Woodbury

- **Northrup Theatre (U of M) Sensory-Friendly Matinee: Pilobolus**
Sensory-friendly dance performance of *Rules @ Play*. We usually view rules negatively, but *Rules @ Play* explores how rules actually provide opportunities to solve problems and overcome challenges. Fun, engaging, and accessible with lowered sounds, raised lights, accommodation for vocalizing and movement in the theatre, a relaxed atmosphere, trained volunteers on-site, access to live captioning.

Saturday, April 15
2 p.m.
Carlson Family Stage

Pay what you wish.
Pick your own price when ordering tickets.

Summer Program for Transition-Aged Students Who are Deaf, Hard of Hearing, or DeafBlind

Pathways to Life: Game of Life

Pathways to Life is a 10-day program for high school students in grade 9 through age 21 who are Deaf, Hard of Hearing, or DeafBlind. Students will learn about community transition resources, explore careers, and develop relationship skills. Extended School Year (ESY) students and non-ESY students are welcome!

June 20-30 (weekends included)
Minnesota State Academy for the Deaf (MSAD), Faribault

For more information and to fill out an online application, visit the [Minnesota State Academy for the Deaf's Summer Transition Program website](#).

[Email us](#) with your questions.

Fun in Washington County

- **Circus Manduhai - Mongolian Circus**
The circus is coming! Circus Manduhai is a four-person troupe that practices the traditional art of the Mongolian circus and spreads awareness of the Mongolian culture. This circus will feature dazzling feats of balance and flexibility with hula hoops, foot juggling, contortion, and audience participation. Suitable for all ages.
Saturday, April 22 • 10:30-11:30 a.m.
Stillwater Public Library - Margaret Rivers A&B, Stillwater
FREE but space is limited; no registration necessary.
For more information, visit the [Washington County Library website](#).
- **Family Swim**
Whether you want to help your children practice their swimming skills or your family needs some bonding time, a Family Swim is a great way to spend an afternoon. Enjoy your day or evening in our shiver-free pool that's heated to a pleasant 90 degrees.
Tuesdays: Noon-1 p.m. / Sundays: 12:30-1:30 p.m.
Goldfish Swim School, Oakdale
No membership required.
For more information, call 651-401-7264 or visit the [Goldfish Swim School website](#).
- **Madison's Place Playground**
An accessible, inclusive playground, with a rubber surface including fun play structures with slides, climbing surfaces, swings, seated zip lines, monkey bars, as well as a nearby splash pad. There's a large bathroom/changing facility with baby changing tables, picnic tables and benches around the park, large parking lot, and a drinking/water fountain. Next door is the Sports Center with more bathrooms and ice rinks.
M Health Fairview Sports Center campus, Woodbury
For more information, visit the [Madison's Place website](#).

Continued on page 4

Social and Friendship Clubs

- **Valley Friendship Club (VFC)**

Having Fun Making Friends with VFC!
Check out all that is happening this winter at Valley Friendship Club

NEW: Busing to the Hub from Stillwater schools.* If you go to a Stillwater district middle school, high school, or transition program and want to come to Hub Hangout on a regular basis, **please let us know and we can have a bus pick you up at school on Tuesday and drop you off at the Hub.

Check Out These Websites

- **Autism Speaks**
View the menu of online activities Autism Speaks has for adults and children.
- **Direct support Connect**
Minnesota’s dedicated job board for direct support workers

Continued on page 6

Continued from Outdoor Fun in Washington County on page 3

- **Woodridge Park**

An ADA accessible park on 50 acres of pristine park land. Includes an inclusive playground with tons of fun play structures, swings, slides, climbing structures, musical play elements, a tunnel to explore, and sitting zip lines. There’s also baseball fields, tennis courts, basketball courts, an ice skating rink, a sand volleyball court, a sledding hill, water fountain, trails, a covered picnic shelter with tables, a large parking lot, and nearby bathrooms.

Cottage Grove

For more information, visit the [Cottage Grove Woodridge Park website](#).

Advocacy and Leadership Training for Minnesotans with Disabilities and Parents Raising Children with Developmental Disabilities

[Partners in Policymaking®](#) comprehensive, no-cost, training in disability law and policies.

Comprehensive advocacy training course, [Partners in Policymaking®](#) is taking applications from Minnesotans with disabilities and parents of young children with developmental disabilities. *There is no cost for this program.* Starting September 15, the nationally recognized leadership training is presented in eight sessions over nine months.

“We help individuals be more effective in advocating for their needs. The result is self-confidence and understanding of disability law and policies,” said Dr. Colleen Wieck, executive director of the Minnesota Governor’s Council on Developmental Disabilities. “As they gain experience in speaking up for people with disabilities, many have become leaders in their own communities.”

National experts present and guide group participation exercises to emphasize learning. Over the 35-year history, more than 1,100 Minnesotans have become leaders in their own communities. Many have described it as “life changing.” Participants become effective advocates for themselves, their children, and others with disabilities.

Sessions cover the history of disability and self-advocacy movements, inclusive education, supported living, and competitive employment. Individuals consider how to influence county, state, and federal legislative processes.

“This program is based on the belief that systems change is best brought about through the efforts of those most affected by them, and we seek to arm these individuals with the tools needed to be successful in the public policy arena,” said Wieck.

Minnesota Governor’s Council on Developmental Disabilities introduced the Partners in Policymaking program in 1987, and, through expansion to other states and countries, has trained more than 27,000 people worldwide.

Limited to 35 Minnesotans, participants are selected by a panel of Partners graduates and representatives of the Minnesota Governor’s Council on Developmental Disabilities.

Continued on page 6



Join the Tree Trust Crew! Summer Youth Employment Program

Helping the Environment + Getting Paid = Best Summer Job!

- Ages 14-21
- Work outside, make friends, build skills and have fun
- Hourly wages
- 20 hours per week
- Earn school credits & career pathways credentials
- Work in crews with up to 8 other people

Scan to Apply



Spots are Limited. Apply Now!



Call/Text 612-297-1911

Continued from Check Out These Websites on page 4

and the people who hire them.

- **Disability HUB MN**
Get information regarding your health care options, your benefits when you earn money, and become more involved in your community.
- **Minnesota Attractions That Cater to Kids With Autism**

Contact Us for Article Submissions:

For questions or to submit articles, contact:

Denise Steans
651-430-4168
[Email Denise](#)

Sign Up for this Newsletter

Sign up to receive this newsletter via email or text through our [Notify Me system web page](#).

If you have a change to your email address, make sure to update the Notify Me system so you continue receiving your newsletters.

Continued from Advocacy and Leadership Training... on page 4

Applications are due by July 14, 2023. Those selected to participate in the program must attend all sessions and complete homework assignments.

Monthly two-day sessions: Fridays and Saturdays, from September to May (no session in December). **The first session is September 15-16.** The March session is on a Sunday and Monday, when participants prepare for and meet with legislators at the Capitol.

Costs for the Partners program are covered by a federal grant. Child care and respite allowances are given, and overnight accommodations are provided for those who travel from outside the metro area to attend. Mileage is reimbursed and meals are provided. Sessions are held at the Crowne Plaza Aire in Bloomington, near the Mall of America and the Minneapolis-St. Paul International Airport.

For further information on class expectations or to view an online application, visit the [Partners in Policymaking website](#) or contact Brenton Rice by calling 651-242-6589 or [emailing Brenton](#).

Home Delivered Meals

- **Asian Flame Catering:** Has a meals delivery option for individuals with a preference for Hmong food. This agency bills waivers.

St. Paul
651-235-6233 / [Email asianflamecatering@gmail.com](mailto:asianflamecatering@gmail.com)

Drive with Mobility4All!

What to Expect

- Competitive rates, mileage
- Team support and training
- Sign on Bonus: \$250
- Completing 10 WAV Rides: \$250
- Ongoing ride bonus: \$20/ride

Want to make a difference?

Mobility4All is hiring compassionate and friendly drivers with wheelchair accessible vehicles for Dakota County

Requirements

- Background check, vehicle inspection, in-person training
- Your own wheelchair accessible vehicle
- Apply from anywhere in the Twin Cities!

MObility 4All | Lyft | GO DAKOTA

Drivers incentives for this program are supported by a Minnesota Department of Human Services Innovation Grant

Apply Today!
call 612-412-4321 or visit mobility4all.com