



Special needs,
extraordinary potential



March
Cerebral Palsy
Awareness

Utah Parent Center March eConnections



Meet Gina Pola-Money: UPC's Associate Director



Gina Pola-Money has been with the UPC for 30 years. She is currently the Associate Director of the Utah Parent Center and has served as the Director of Utah Family Voices, Family-to-Family Health Information Center at the UPC. Gina collaborates closely with various partners including the Utah Department of Health, Bureau of Children with Special Health Care Needs, University of Utah – Department of Pediatrics, and Utah State University - Center for Persons with Disabilities to expand family centered care, parent/professional partnerships, medical home and family leadership for children and youth with special healthcare needs. Gina is the proud mom of five children, two of which had a genetic rare disorder and have since passed away, which has led to her passion of

giving back in this field due to the expertise and experiences acquired throughout the last 32 years.

On a personal level, Gina can be found spending time with her family, specifically boating. This way, nobody can escape! She also has a passion for caring for and rescuing abused animals. Her fur babies at home are two yorkies, Addie and Luci and a Calico cat named Maya.



TRANSITION MENTORING EVENT

Wednesday, March 20, 2019
Goldman Sachs - Downtown SLC

Ages
14-21

Transition Mentoring Day introduces students and job seekers with disabilities to workplaces where they can learn about various career opportunities.

Through mentoring, students and job seekers visit a business to learn what it means to work in that field or occupation. Mentoring is beneficial for both the business mentors and students to advance their career development and personal growth.



First come, first serve. Space is limited. Application deadline - March 6, 2019.

Participants will:

- Observe a typical workday
- Identify necessary skills
- Learn about possible internships or employment prospects

For more information on how to participate,
contact Suzy Sanchez at
smsanchez@utah.gov or 801-887-9522.

Two locations still available for registration. Click [here](#) for registration.

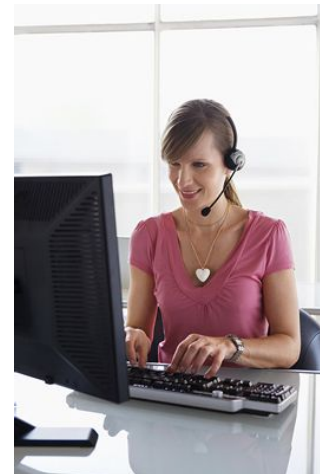


Free 2 Week Web Course: Understanding Social Security Disability Benefits

This two-week web course will provide you with an introduction to Social Security disability benefits and associated work incentives, as well as an overview of the field of work incentives planning. Date(s): March 18 - 29, 2019

During this training you will learn about:

- The Social Security disability benefits and associated healthcare programs (Medicare and Medicaid);
- The impact of employment on Social Security disability benefits and associated healthcare programs;
- How Social Security applies work incentives to ease the transition from dependence on public benefits to greater financial independence;
- The importance of work incentives planning and assistance in promoting employment and enhancing financial stability for Social Security disability beneficiaries; and
- The mission and goals of the WIPA program, the WIPA service model and beneficiary priorities, and strategies for working collaboratively with local



[Register by March 5th Here >>](#)



EMPLOYMENT AND DISABILITY:
YOUR RIGHTS

*Are you thinking of working?
Want to know what your rights are in employment?*

LEARN:
what a reasonable accommodation is and how to ask for it
how working might impact your Social Security benefits
to protect and empower yourself in the workplace

WED MARCH 13
6-8:00 PM



TRAINING: Wednesday, March 13
6:00-8:00 PM

LOCATION: Utah Parent Center
230 West 200 South, Suite 110
Salt Lake City, UT 84101

REGISTRATION: <https://conta.cc/2DaYAMy>

Accommodations? Katie Carroll at
kcarroll@disabilitylawcenter.org or 801-363-1347 x3201

 **DISABILITY LAW CENTER**
Your rights matter.

 **Utah Parent Center**
Special needs, extraordinary potential

[Register here >>](#)



Caregiver Fitness Opportunity

Has your general wellness and fitness been put on the "back burner" as you have been caring for an individual with special needs? Life is 4 Fun is a fitness program addressing exercise and general wellness for caregivers of special needs individuals. This program is for those new to exercise and for those who have been involved in fitness. Life is 4 Fun adds the connection with other families with similar challenges.



Address: Crossfit Spearhead: 4540 South Highland Drive, Salt Lake City 7pm.
Come 15 minutes early. Weekly workouts for Special Needs Caregivers are \$5 per workout.

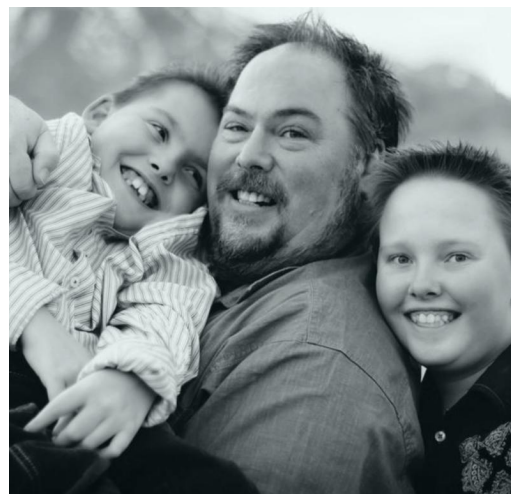
For more information you can call Coach Helene at 801-694-2741 or visit <http://www.lifeis4funutah.com/>



March is Cerebral Palsy Awareness Month

Cerebral palsy (CP) is a group of disorders that affect a person's ability to move and maintain balance and posture. CP is the most common motor disability in childhood. Cerebral means having to do with the brain. Palsy means weakness or problems with using the muscles. CP is caused by abnormal brain development or damage to the developing brain that affects a person's ability to control his or her muscles.

The symptoms of CP vary from person to person. A person with



severe CP might need to use special equipment to be able to walk, or might not be able to walk at all and might need lifelong care. A person with mild CP, on the other hand, might walk a little awkwardly, but might not need any special help. CP does not get worse over time, though the exact symptoms can change over a person's lifetime.

For links on additional information and foundations, click [here](#).



Color Coding to Support Executive Functioning Issues

Executive function is a set of mental processes that help us connect past experience with present action. These are skills and processes each of us use every day. Your child may lose track of main ideas, have difficulty checking their work and often forget to hand in completed work. If this sounds like your student or child, here are some organization ideas from [understood.org](#).



- **Assign a color to each child:** If you have more than one child, let each of them choose a color. Then stick to their colors when you buy everyday items like towels, toothbrushes, water bottles, laundry bags and even electronics chargers.
- **Use different color bags for different kinds of gear:** Try organizing your child's activities by color. Use large washable sacks in different colors. For example, you can keep all her soccer supplies in a yellow bag, her ballet gear in a red one, and so on.
- **Color code the family calendar:** Consider investing in a giant wall calendar. You can use a different color for each family member as you write in events. For example, your child's violin lessons and doctor's appointments could be marked in green. Your board meetings and exercise classes might be red, and so forth. This can make it easier for your child to focus on what she needs to know to keep her schedule straight.
- **Use different color of supplies for each school subject:** When each class has its own color, it can make it easier for your child to see if she has everything she needs in her book bag. Use red, say, for her reading folder, textbook cover and notebook. Blue could be for math, and so on.

For more ideas and the full article content, click [here](#)

Upcoming March Workshops and Events



[Click here for more information and to register to attend.](#)

- 03/05/2019- Davis Transition Fair - Layton
- 03/05/2019- Transitioning to Middle/High School Workshop - Sandy
- 03/11/2019- Transition to Adult Life Workshop - Price
- 03/12/2019- Vocational Rehabilitation and DSPD - Salt Lake City
- 03/13/2019- Employment and Disability: Your Rights - Salt Lake City
- 03/19/2019- Basic and Pro Se Guardianship Class - Vernal
- 03/19/2019- Parents as Partners in the IEP Process - Sandy
- 03/26/2019- Health Bodies - Maturation for Parents of Girls - Sandy

