

WAYLAND FREE PUBLIC LIBRARY

EXPLORE. LEARN. CONNECT.

An informational series to help adults with disabilities

When: The last Monday of each month, January-May 2012

Who: Speakers who have professional expertise in working with adults with disabilities

When: 7pm, Raytheon Room

Free Admission!

NAVIGATING THE PATH TO INDEPENDENCE: A Speaker Series for Adults with Disabilities and Their Families



Monday, 1/30
7pm

HOW TO FIND JOBS THAT WORK FOR INDIVIDUALS WITH DISABILITIES

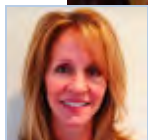
Barbara Bissonnette, C.E.C. will explain how long-term vocational success for individuals with disabilities, particularly disabilities that are not obvious to others, requires an atypical approach to career research and employment preparation. Bissonnette, who specializes in career development coaching for individuals with Asperger's Syndrome, as well as other disabilities. She will share examples from client cases that illustrate how careful career planning, self-awareness, and an understanding of the Americans with Disabilities Act can lead to sustained employment.



Monday, 2/27
7pm

SOCIAL SECURITY DISABILITY BENEFITS AND HEALTH INSURANCE IN MASSACHUSETTS FOR PEOPLE WITH DISABILITIES

Lee Rachel Jurman, M.M.H.S. will explain the different public cash benefits that exist for adults who have disabilities (SSI, SSDI, Disabled Adult Child benefits) and the eligibility and application processes for each. She will explain eligibility for MassHealth/Medicaid programs and Medicare, based on disability. She will discuss health insurance options based on Massachusetts health reform and changes in the national health care law. Jurman is a private disability advocate and case manager with more than 30 years of experience helping adults with disabilities and their families access services.



Monday, 3/26
7pm

HOUSING AND RESIDENTIAL SERVICES: What Was, What Is and What Will Be

Sandy Slavet, M.Ed. and **Katherine Provost, M.B.A.** Sandy will provide an overview of what parents can expect regarding housing opportunities for adult children with disabilities. She is the director of the Disabilities Resource Network of Jewish Family & Children's Service where she provides information and referral services for individuals, family members and providers of services for people with disabilities. Katherine, the Family Self Sufficiency Program Coordinator at the Wayland Housing Authority, will discuss affordable housing options for adults with disabilities living in Wayland and surrounding towns. She will outline the process, timeline and housing options available. Katherine works with individuals and families to achieve economic self-sufficiency through employment and financial literacy. She has worked in the affordable housing industry for twenty years, and is on the Executive Committee of The Friends of Boston's Homeless.



Monday, 4/30
7pm

THE ART OF COMBINING WESTERN MEDICINE AND COMPLEMENTARY MEDICINE FOR ADULTS WITH DISABILITIES

Gary Kracoff, R.Ph., N.M.D. will take a look at nutrition and its role in maintaining balance between the physical and emotional aspects of our well-being. When we are stressed or anxious, we do not eat well, leading to nutrient deficiencies which can contribute to increased stress, anxiety and lowering of the immune system. Gary is a registered pharmacist with a doctorate in Naturopathic medicine. He currently provides in-depth consultations at Johnson Compounding and Wellness Center in Waltham, a leader throughout the area and nation-wide at integrating Western and complementary services.



Monday, 5/21
7pm

TIME MANAGEMENT, ORGANIZATION AND COMMUNICATION SKILLS TRAINING FOR ADULTS WITH DISABILITIES

Deborah Harrison, M.A., CCC/SLP will take a look at the effectiveness of life skills coaching for adults with disabilities. As a life and career coach and case manager for adults with disabilities, she works with clients to explore options for feeling more effective in their personal and work lives. Important keys to successful independent living involve a certain level of self-awareness, self-motivation, and self-monitoring abilities for managing time, organizing one's life and using effective communication skills. Deb is a licensed and certified speech-language pathologist, with over 25 years of experience treating speech, language and communication disorders in a variety of clinical settings.