

### FROM SOUTH OF HAWTHORNE

Sprain Brook Parkway North to second Hawthorne exit (141/Route 9A). Off exit ramp make left to traffic light. At traffic light make left, at next traffic light bear to right and bear left following road to 9A South. Off of exit ramp stay straight on Route 9A and you will quickly come to 245-265 Saw Mill River Road (Route 9A) on your right.

### FROM WEST OF HAWTHORNE

Saw Mill Parkway North to exit 26, Taconic State Parkway North. Off of the exit ramp stay to the right and get off the Pleasantville exit. Off the exit ramp make left onto 117. Stay straight on 117, pass the traffic light and make first left onto Route 9A South. Stay on Route 9A South until you come to 245-265 Route 9A, it will be on your right.

### FROM EAST OF HAWTHORNE

287 West to exit 3 Taconic State Parkway North (short strip of Sprain Brook Parkway North) to second Hawthorne exit (141/Route 9A). Off exit ramp make left to traffic light. At traffic light make left, at next traffic

light bear to right and bear left following road to 9A South. Off of exit ramp stay straight right on Route 9A and you will quickly come to 245-265 Saw Mill River Road (Route 9A) on your right.

### FROM NORTH OF HAWTHORNE

Route 9 South to Route 9A /South stay on Route 9A South all the way until you come to 245-265 Route 9A, it will be on your right

or

Taconic Parkway South to the Hawthorne (100) exit. Off the exit ramp follow signs for Route 9A South. Off the ramp on 9A South stay straight until you come to 245-265 Route 9A, it will be on your right.



MARCH 6, 2010  
FAMILY RESOURCE DAY

Westchester Arc  
265 Saw Mill River Road  
Hawthorne, NY 10532  
Gleason-Israel Gateway Center

Come and join us for a day filled with information and resources.

FAMILY RESOURCE DAY  
MARCH 6, 2010

Careers • Self Advocacy • Recreation • Educational Services

Westchester Arc's Family Resource Day for people with developmental disabilities

SEMINARS • CHILDCARE AND SIBSHOPS • VENDOR RESOURCE FAIR

# FAMILY DAY RESOURCE

MARCH 6, 2010



Come join us on Saturday, March 6, 2009 for a day filled with information and resources for people with developmental disabilities of all ages and their families. This is an opportunity to attend presentations of interest, network with other families and browse our vendor fair of information and services throughout the county and state.

This FREE event will take place at the Gleeson-Israel Gateway Center and art gallery—Gallery265.

Space is limited. Pre-registration is encouraged so we can plan for the day. Childcare and Sibshop Session are provided with pre-registration only. See below to register.

## SCHEDULE OF THE DAY

|                            |                       |
|----------------------------|-----------------------|
| Registration and Breakfast | 8:30 a.m.             |
| Vendor Resource Fair       | 9:00 a.m. - 1:30 p.m. |

Spend time at our resource fair and explore opportunities available to your family.

- Educational Services
- Careers
- Self Advocacy
- Financial and Legal Planning
- Recreation
- Health and Wellness
- Music Therapy
- Autism Resources
- Mental Health Information and much more...

## SIBSHOP SESSION: 11:00 a.m. - 12:30 p.m.

### Peer Support in a Game-Filled Setting

A fun-filled setting for brothers and sisters of individuals with developmental disabilities to come together and share experiences. This is intended for ages 7-12.

Spanish Speaking individuals will be available.

PRE-REGISTER ONLINE AT  
[www.westchesterarc.org](http://www.westchesterarc.org)

To register by phone or for additional information call Fran Higgins, 914.495.4536  
[fhiggins@westchesterarc.org](mailto:fhiggins@westchesterarc.org)

## SEMINAR #1 9:15 a.m. - 10:00 a.m.

### High School Transition: Planning the Path to Adult Services

This session will focus on the valuable process of transitioning a high school student with a developmental disability to adult services.

#### Topics will include:

- Navigation-eligibility for OMRDD, SSI, Medicaid Service Coordination
- Career preparation—job readiness training, internship
- Life skills-community participation, survival skills
- Recreation/respite-socializing, having fun
- Life planning-putting it all together

**Westchester Arc Presenters:** David Gasparri, Director, Recreation and Independent Living; Mashal Gonzalez, Director, Transitional Services; Ralph Szur, Director, Life Planning Center; Mary Ann Shelton, Family Outreach Coordinator/Navigation

## SEMINAR #2 10:15 a.m. - 11:00 a.m.

**What Do You Do When the School Day is Done?** An overview of after school and vacation recreation, respite and other services for your child age 5-15.

**Panel of Presenters:** Jody Campbell, Senior Program Manager, Recreation, Respite & Independent Living, Westchester Arc; Mindy Cohen, Director of Special Services, JCC on the Hudson; Tara Klein, Westchester & Eastern Putnam Regional SEPTA & Pleasantville SEPTA co-chair, & Parent Advocate, Westchester Arc; Claudia Spaziante, OMRDD/Hudson Valley DDSO Family Support Services Coordinator

## SEMINAR #3 11:15 a.m. - 12:00 p.m.

### Transitioning without Tears

Learn how you and your child can make the jump into preschool or kindergarten. Activities to reduce stress will be discussed, including story books, suggestions for field trips and ways to answer questions in a non-threatening manner. The nuts and bolts of the Committee on Special Education and its difference from the preschool system will also be discussed.

**The Children's School for Early Development Presenters:** Kathy Higgins, R.N., Educational Advocate; Dr. Vicki Mast, School Psychologist

## SEMINAR #4 12:15 p.m. - 1:00 p.m.

### Planning for the Future...Estate Planning & Guardianship

**Panel of Presenters:** Bernard Krooks, Esq., Littman Krooks, LLP; Sheryl Frishman, Esq., Frishman and Faber; Fran Pantaleo, Esq., Walsh and Amicucci LLP; Nancy Succoso, Assistant Executive Director, Westchester Arc; Anne Sweazey, Executive Director, Westchester Arc Foundation