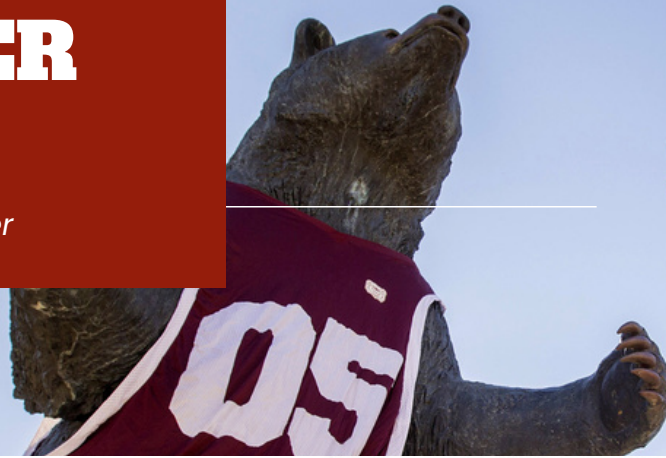


BEAR POWER

March 2024

Monthly Newsletter

MAKE YOUR MISSOURI STATEMENT™



20 Powerful Strategies

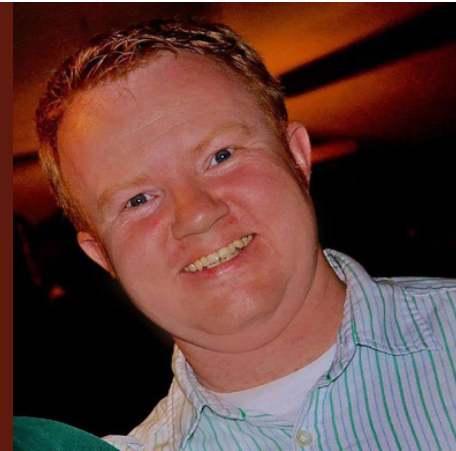
Prepare Your Child for Inclusive Post-Secondary Education

Make sure your child is a regular attendee at an over-night, sleep-away camp.	Have your child become comfortable with electronic communication, including email and attachments	Empower your child to manage a schedule using a cell phone (calendar, timers, reminders, etc)	Strategize a system for independent medication management	Help your child practice talking about disability characteristics, best learning styles, and needs.
Sign up for a drama or improv group	Have your child call and make appointments for doctor/dentist/advisor	Give your child a budget for clothing. Step back from the selection process.	Support choice-making.	Start a savings program for college.
Build expectations for postsecondary life (working, living independently)	Open a bank account with your child. Give your child the debit card and train responsible use of money.	Let your child fail, and talk through making a different choice next time.	Help your child become comfortable with down-time & using time constructively	Use public transportation, even if YOU don't live on the bus line.
Encourage moderation strategies around food and money	Fill your life with interest other than the social/sports/activity schedule of your child. (i.e. Get your own life)	Support your child in volunteering for a cause or organization. (Excellent work experience!)	Dignify your child's desires with high expectations.	Use Family Support dollars to pay for inclusive camping experiences and extend that use for post-secondary programs

<https://thinkcollege.net/sites/default/files/files/resources/20PowerfulStrategies.pdf>

New Staff Member!

We would like to introduce our new Administrative Specialist! CW Tillman has worked in mental health, Deaf services, and job supports for individuals with intellectual and developmental disabilities. He earned an Associates Degree in American Sign Language Interpreting from Northern Virginia Community College. He's currently a student at MSU pursuing a Bachelor of Psychology with a Minor in Disability Studies. Disability rights have been a large part of his professional and volunteer work. In 2015, CW volunteered with the ADA Legacy Tour helping raise awareness about the ADA during the 25th Anniversary of its signing. He served as the board president of the disAbility Law Center of Virginia. CW enjoys playing piano, kayaking, ocean sailing, reading, cycling, and visiting National Parks.



UPCOMING EVENTS

- Sign up for housing!
- April 1st - Register for Fall 2024 classes starts
- April 6th - Autism Blast at Battlefield Mall
- April 11th - Potter's House 5:30pm
- April 12th - Last day to drop classes
- April 13th - Lunch at PSU
- April 17th - Bring favorite snack night
- April 26th - Leadership Retreat!!!!
- April 26th - Lunch @Garst 11:45 am



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ACADEMIC SUPPORT AND INTERNSHIP SEMINAR

Students have been focusing on a variety of topics for this Spring semester. Cohorts have been discussing and learning about self-care, consent, interpersonal communication, cover letters, networking, references, and interview skills.

We are lucky to have Missouri State University Occupational Therapy students helping to facilitate equitable lectures for our students. For a few weeks, they have been working within our class on the following topics: emotional, intellectual, physical, environmental, financial, occupational, and social skills.

We also have been able to partner with MSU Career Center to have experts facilitate conversations regarding "Transition to Employment". As we wind down the semester, students will be working on their various projects/presentations for Academic Support/Internship Seminar.

Autism Blast event

Bear POWER is proud to be a part of "Autism Blast". This event will be at the Battlefield Mall in Springfield, MO on April 6th from 10:00 am - 3:00 pm. This is a great way for you to get engaged with the long list of resources in our area to support individuals on the autism spectrum! In the past there have been vendors from: Christian County links, Center for Music Therapy, Champion Athletes, Springfield Regional Office, Empower: Abilities, NOVA, and many more! This event is hosted by Arc of the Ozarks.

SUPPORT BEAR POWER

We couldn't help support students and give them opportunities to engage on campus without donor's financial support. If you can help support our program, please scan the QR code or go to <https://securelb.imodules.com/s/1691/foundation/interior.aspx?sid=1691&gid=2&pgid=1053&cid=1991> to make a donation!



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FALL 2024

Financial Resource: <https://choosework.ssa.gov/library/faq-plan-to-achieve-self-support>

Financial Resource: ARC of the Ozarks will have a scholarship available in May - watch your emails!

Financial Resource: Make sure you've completed the FAFSA if you have an Intellectual Disability - you could get a Pell Grant!