

# ProActive Caring e-News



November 2021

## ***New School & Home Transition Exchange webcasts coming up***

*The School & Home Transition Exchange* will host several special guests in November.

The first webcast, at 7 p.m. on Nov. 4, will feature Kathleen O'Keefe, a job readiness instructor in the Adult Center for Education at Northern Essex Community College in Lawrence, MA and the Assistant Registrar at Lasell University in Newton, MA. O'Keefe will speak on "The Power of Soft Skills: Tools and Resources" in transitioning from school to the world of work. O'Keefe, who holds a bachelor's degree from Siena College and a master's in counseling from Manhattan College, says she finds meaning and purpose seeing her students succeed with the skills she has helped them develop and their newfound confidence. She was named to the Irish Education 100 as a top educator in America by the Irish Voice newspaper in 2016. Prior to her current positions, O'Keefe was the Director of the Mount Saint Mary College Career Center, where she worked for over 15 years and was instrumental in transforming the co-op and internship office into a professional career center.

### ***About the School & Home Transition Exchange***

*The School & Home Transition Exchange* is a forum for family members and educators to discuss how to support students with intellectual and developmental disabilities as they prepare to live as adults. The Exchange is moderated by Lawrence Force, Ph.D., LCSW-R, and facilitated by parent/advocate Lisa Nathan and school psychologist/advocate Peggy Pisano. Each of the biweekly videocasts focuses on a different topic and generally runs for 45 minutes, including discussion with participants.

### **Upcoming Webcasts**

*Nov. 4: "The Power of Soft Skills: Tools and Resources,"* with guest presenter Kathleen O'Keefe (below)

The second program, "The Voices of Self-Advocates," at 7 p.m. Nov. 18, will feature two self-advocates who have successfully made the transition from school to work: Marcus Daitch and Joseph Munisteri. Daitch graduated with a bachelor's degree in history from Mount Saint Mary College. He works in the reference department of the college library, where he assists faculty developing research projects and programs. One of those projects has been the ProActive Caring Program (a program of the Center on Aging and Disability Policy), for which he has been summarizing literature and fitting his analyses to meet the needs of faculty.

Munisteri holds an associate's degree in human services and social work from Nassau Community College and has worked for a number of years as a Direct Support Professional (DSP) and support broker, caring for individuals with developmental and intellectual disabilities, while nurturing his creativity as a poet, blogger, and podcaster. His latest book, "A Pantheon of Poetry: Poems about Cryptozoology, Mythology, and Folklore" is available on Amazon and Kindle.

This is a webcast not to be missed!



**Nov. 18** "The Voices of Self-Advocates" with special guests (below) Joseph Munisteri, left, and Marcus Daitch.



*School & Home Transition Exchange* webcasts will be held at 7 p.m. every other Thursday through the fall semester. To participate, click the registration button below. Registrations are appreciated at least a day in advance so we have time to send you a Zoom link.

If you have registered for a previous *School & Home Transition Exchange* program, you need not register again. Those who have registered will automatically receive a reminder and a link for future programs. All are welcome, and the programs are free of charge.

[Click here to register](#)

**Mindfulness Family Stress Reduction**

# Series to wind up in November

The last session of the Mindfulness Family Stress Reduction series offered by Parent Network of Western New York (PNWNY) will be held at 7 p.m. Thursday, Nov. 11. The series offers families the opportunity to get together to learn and practice mindfulness-based stress reduction techniques, share and explore stressors and solutions, and connect with each other.

Some youth with disabilities participate on-screen, while others choose to simply be in the room while their parents participate. The goal is for families to learn and practice stress reduction together, with some parents learning how to introduce strategies to their children at a later time.

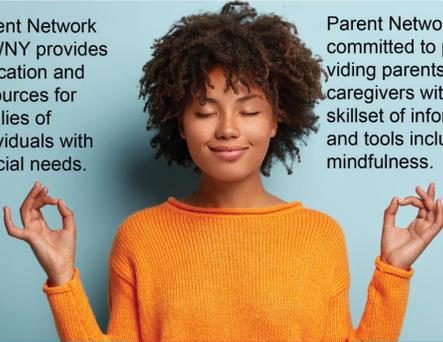
The final session, "Beginning Again," will provide an opportunity to review the strategies covered in this virtual series and focus on allowing participants to begin again.

All are welcome to attend, and there is no fee to participate.

To register for the program or obtain more information, [click here](#). You may also call PNWNY at 716.332.4170 or email [info@parentnetworkwny.org](mailto:info@parentnetworkwny.org).



Parent Network of WNY provides education and resources for families of individuals with special needs.



Parent Network is committed to providing parents and caregivers with a rich skillset of information and tools including mindfulness.



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**Developmental  
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The ProActive Caring Program is funded by a grant from the  
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