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Get **SET...Support, Educate, Train for Success!**

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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Director's Corner

Hi, hope all is well. It can be overwhelming and rewarding all at the same time being a parent/caregiver. I can tell you I'm much better at caring for others than I am myself. We need to make ourselves a priority so we can continue to care for everyone else. You are not alone.

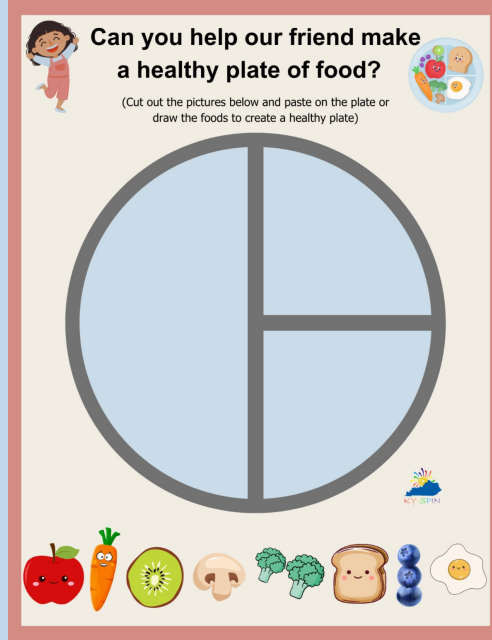
Wishing you each a peaceful and relaxing Holiday Season!

With Love,
Rhonda Logsdon

Holiday Wishes & Self Care



KY-SPIN
Helping Our Youth Eat Healthy



[Download Here](#)



Family Activities

December

Creating Healthy Eating Habits

There are so many different fruits and vegetables available now that it seems, we find something new every time we enter a grocery store. Here's a fun way to promote and educate our children on healthier eating decisions.

- When preparing meals try to introduce one new fruit or vegetable to your plates.
- Then make it fun by sharing a silly fact about that fruit or vegetable. This can help get those little minds turning!
- Make it a contest to see who can try it the fastest, adults be sure and make a big production out of this! The sillier the better!
- Once your child has tried the new food have a conversation about how that food nourishes their little bodies and what parts of the body it helps. Example: Blueberries help our memory and

can help protect our cells.

Fun/Educational websites to get you started on talks about fruits and vegetables:

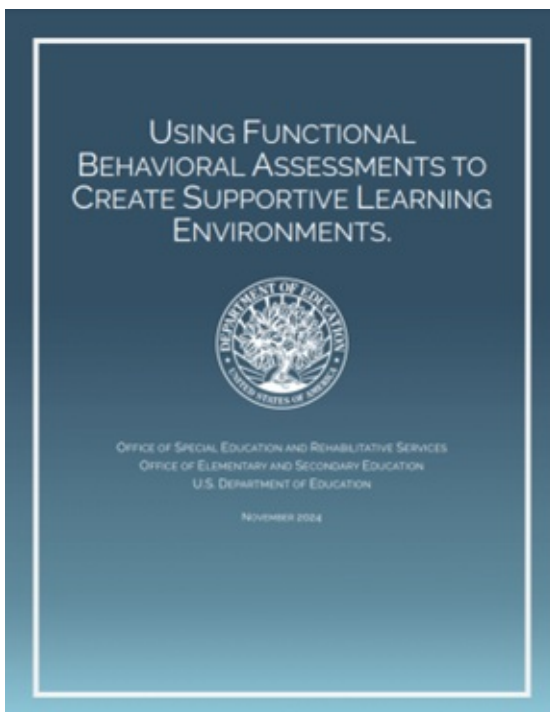
[KSPS PBS](#)

[Bright Horizons](#)



We are hard at work planning 2025 events, stay tuned for more information to come soon!

Resource Central



Using Functional Behavioral Assessments to Create Supportive Learning Environments

The Office of Special Education and Rehabilitative Services (OSERS) and the Office of Elementary and Secondary Education (OESE) with the U.S. Department of Education are jointly offering guidance on the use of functional behavioral assessments (FBAs) for all students whose behavior interferes with learning.

Excerpt from [Dear Colleague letter](#):

“A common response to student behavior that interferes with learning has been to remove the student from their learning environment through exclusionary discipline, such as through the use of suspensions, expulsions, or informal removals. When students are removed from their learning environments, students miss critical opportunities to receive the academic and behavior support they need. Exclusionary discipline can have long-lasting negative

impacts for students and their parents; and can lead to decreased academic achievement, absenteeism, not finishing high school, increased involvement in the juvenile justice system, and family stress.

These negative impacts affect some groups of students more than others. During the 2020-21 school year, Black boys and girls, white boys, boys of two or more races, and **students with disabilities** attending public schools were **overrepresented** in receiving suspensions and expulsions. This trend starts as early as preschool. **It is critically important to note that research demonstrates that one's perceptions about student behavior can be the result of implicit bias rather than the student's actual behavior. Therefore, addressing any implicit bias in how student behavior might be perceived and classified should be part of State and local efforts to create inclusive and supportive learning environments."**

[Download Guidance](#)

Additional Resources:

[Functional Behavior Assessment \(FBA\) & Behavior Intervention Plan \(BIP\) Infographic and worksheets](#)

[Functional Behavior Assessment \(FBA\) Video Behavior Intervention Plan \(BIP\) Video](#)

Inclusion



<https://youtu.be/kPSx2spB3j8>

You gotta know to grow... Inclusion



Inclusion is providing individuals with disabilities equitable access and participation in the same opportunities as their non-disabled peers.

Inclusion Is Not	Inclusion Is
Optional	Civil Rights
An event or gift	Embedded in everything
Deciding to invite	Already a part of it
Based on convenience, easy to do, tied to resource availability or goals	Regardless of program or resource capabilities
Taking away from others	All are valued contributing members
One size fits all	Individualized approach
Pointing out differences	Embracing and celebrating uniqueness
Deciding what someone is capable of	Assisting to reach full potential
Hard	Caring and wanting everyone involved



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Kentucky Double Dollars and SNAP



Kentucky families who receive the Supplemental Nutrition Assistance Program (SNAP) can maximize the use of their funds by purchasing Kentucky-grown vegetables, fruits, dairy, and meat products at [participating farmers markets](#) across Kentucky. Kentucky Double Dollars, funded by a grant from the U.S. Department of Agriculture (USDA), provides financial incentives to participants in the following programs: SNAP (Supplemental Nutrition Assistance Program), WIC (Women, Infants, and Children), and SFMNP (Senior Farmers Market Nutrition Programs). Incentives can be used to obtain fresh, Kentucky-grown food at the following sites, where participating: Farmers markets, Fresh stop and community markets, and Retail stores.

Learn More at <https://kentuckydoubledollars.org/>

THE LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM

WHAT INFORMATION DO I NEED TO APPLY?

YOU MAY NEED THE FOLLOWING:

- Recent copies of your utility bills.
- A recent payroll stub or other proof that shows your current gross income.
- Documentation showing income from Social Security, Unemployment Insurance, Pension Funds, disability, etc.
- Final Utility Termination Notice (if you've received a shut-off notice from your energy company).
- Proof of present address (e.g., rent receipt, lease or deed, property tax bill).
- Proof of total members living in your household (e.g., birth certificates, school records, etc.)
- Social Security cards (or numbers) for all persons living in your household.
- Proof of U.S. citizenship or permanent residence.

FOR MORE INFORMATION ABOUT LIHEAP AND WHERE TO APPLY

You can call the National Energy Assistance Referral (NEAR) project. NEAR is a free service providing information on where you can apply for LIHEAP. You can speak to someone at NEAR Monday through Friday, from 7 a.m. - 5 p.m. (Mountain Time).

Call the toll-free phone number at:
1-866-674-6327

or
send an e-mail to:
energy@ncat.org
or

you can contact your local LIHEAP office at:
www.acl.hhs.gov/programs/ocse/theap/grantees/states.html

This brochure is presented by:



Administration for Children and Families
Office of Community Services
Division of Energy Assistance

November 2009

YOU OR SOMEONE YOU KNOW MAY BE ELIGIBLE FOR HELP WITH HOME HEATING AND/OR COOLING BILLS.



THE LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP) MAY BE ABLE TO HELP KEEP YOU AND YOUR FAMILY SAFE AND HEALTHY.

WHAT IS LIHEAP?

LIHEAP is a Federally-funded program that helps low-income households with their home energy bills.

LIHEAP can help you stay warm in the winter and cool in the summer. By doing so, you can reduce the risk of health and safety problems (such as illness, fire, or eviction).

The federal government does not provide energy assistance directly to the public. Instead, LIHEAP operates in the 50 States, the District of Columbia, Indian tribes or tribal organizations, and the U.S. territories.

WHO IS ELIGIBLE TO RECEIVE LIHEAP ASSISTANCE?

The LIHEAP program in your community determines if your household's income qualifies for the program. The LIHEAP program may also require households to meet additional eligibility criteria to receive LIHEAP assistance.*

*NOTE: The availability of LIHEAP assistance is not guaranteed. Often most of the Federal LIHEAP funds are spent during the winter.

WHAT ASSISTANCE DOES LIHEAP PROVIDE?

Your LIHEAP program may be able to offer you one or more of the following types of assistance:

Bill payment assistance

Energy crisis assistance

Weatherization and energy-related home repairs



IF YOU CAN'T AFFORD TO PAY YOUR HOME ENERGY BILL, YOUR HOME MAY NOT BE SAFE, AND YOU MAY BE AT RISK OF SERIOUS ILLNESS OR INJURY.

STAY HEALTHY IN YOUR HOME

Energy assistance is important to all that receive it, but more so if someone in your home is **elderly, disabled or a young child** under 6 years old. These persons are especially at risk for **life-threatening illness or death** if their home is too cold in the winter or too hot in the summer.

BE SAFE IN YOUR HOME

You can face **safety risks** if you are unable to pay your home energy bills. Some people resort to unsafe methods to keep their homes warm or cool. These include the use of fireplaces, stoves, improperly vented portable heaters, barbecue grills, or overloading electrical circuits. These methods are not only fire hazards, but also create the risk of carbon monoxide poisoning.










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Early Childhood

Let's Help Our Littles Get Back On Track After The Holiday Break!

Ready, Set, Get Ready!

We all have to get ready before we go places, and who wants to hear grown-ups shouting at us? (**HAVE YOU BRUSHED YOUR TEETH?**) So, let's beat them to it! You have one hour to get ready for school. Can you make it in time?

 Make Bed :05	 Eat Breakfast :10	 Take Shower/Bath :15
 Brush Teeth :02	 Get Dressed :07	 Get Backpack Packed :05
 Put on Shoes :05	 Put on Coat/Jacket :03	<p>YES! I did it in 52 minutes! Cut pictures from this page, find new ones, or create your own. Using the chart on page 2, glue or draw pictures and write target time limits on the clock for your GET READY routine.</p> 


1-800-525-7746









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Ready Set! Get Ready!

 Cut out the pictures on page 1, find new pictures or create your own, and then write your own target times on the clocks.

		
		
		<div data-bbox="594 1577 732 1717" style="border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;">My Reward</div>

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Reward Example List

- 1 Pick my favorite dinner 
- 2 30 minutes of game time 
- 3 Help cook a meal 
- 4 Movie night with snack 
- 5 30 minutes extra play time 
- 6 30 minutes extra outside time 
- 7 Have a sleep over 
- 8 Check out a new library book 
- 9 Do a craft together 
- 10 Stay up 30 minutes late 

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If you need someone to talk to....

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (talk or text)
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)
- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers
- Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press “2” for 24/7 bilingual services. Website: <https://www.samhsa.gov/ddh>

Youth Connect:

Supported Decision Making (SDM)



<https://youtu.be/-AfBQV4Z3xk>



<https://youtu.be/fAZcMbnNbl>

Learn more about Supported Decision Making [here](#)



Learn more about us
[KY-SPIN Infographic](#)
[KY-SPIN Infosheet](#)

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REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com

[Contact Form \(www.kyspin.com/contact/\)](http://www.kyspin.com/contact/)

Download Printable [KY-SPIN Referral Form Here](https://tinyurl.com/4t2evb59)
(<https://tinyurl.com/4t2evb59>)

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