

Ms. Stockmann's Community Resource Updates



October 9, 2020


We have updates!

As quickly as our world changes, so do resources. In looking for the most effective way to reach out and highlight upcoming events and resources, I will be sending this newsletter out biweekly. We are updating the [MRH Community Resource Document](#) regularly as soon as new information is available to be a real time resource for families. If you are in need and do not see what you are looking for please let me know!

THIS WEEK'S TOP STORIES

Recreation Council Extended Funding

For Working Parents of Students with Intellectual and Developmental Disabilities during the COVID Pandemic



Students Must:
Have an Intellectual or Developmental Disabilities
Have a School IEP
Must be between the Ages of 15-21 and attending School through Virtual Learning
Live in St. Louis City or St. Louis County



The Recreation Council of Greater St. Louis' Extended-Fund Program is available for the first semester, and possibly for the second semester (depending on availability of funds), of the 2020-2021 school year. These funds are intended to address the extended day crisis that parent(s) have faced as a result of the COVID 19 pandemic. For example, if the parents are working and their child with a developmental disability is home in a school virtual program and parents cannot continue to work and assist their student with learning during the day.

The funds/application are available for parents of children who will be attending school in the fall of 2020 virtually rather than in-person and whose parents are employed during school days only. Funds are limited and based on a first-come, first serve basis.

Applications and more information can be found on the Recreation Council's website at www.RecreationCouncil.org under the *Applications* tab at the top of the home page. If needed, a copy of the application can be mailed to you.

Questions? Call . . .
Peggy Welker, St. Louis County Coordinator, at (314)726-6044, ext. 103
Mindy Davis, St. Louis City Coordinator, at (314) 726-6044, ext. 105

This program is funded in part by the Productive Living Board for St. Louis County Citizens with Developmental Disabilities & the Saint Louis Office for Developmental Disability Resources.



Students with an Intellectual or Developmental Disability and an IEP who are attending virtual school may qualify for support with PLB.

Need ideas for fun, free virtual and in person activities for all ages? [Check out their site](#) - I highly recommend signing up for their newsletter!

Contact Peggy to find out more about possibly funding to assist with daycare or support during virtual learning. **(314) 726-6044 ext 103**

[St. Louis Regional Center](#) is also a great resource for funding for students with developmental disabilities. To check on eligibility and services call **(314) 587-4800**



[TASK](#) is adding options often! [Subscribe](#) to their newsletter for the most up to date events!

Let me know if you have any questions or if I can help connect you with these agencies.

As we continue virtual learning and the newness wears off...

Here are some tips for continuing a encouraging environment for learning from home:

- Establish a dedicated learning space but be flexible. If Wifi allows movement in the home go for it! I try to go outside to my patio table often! Some kids love to sit on the floor. In our classroom we have flexible seating - Let's try it at home now too.
- Encourage activity and minimize screen time.
- Establish schedules. If you need help with creating a schedule with Zoom links please reach out to your child's teacher. Many are already creating them and would be happy to help. We want to see their smiling faces!
- Allow your student voice in the learning process when possible.
- Take breaks. This is a marathon not a sprint...we will get there together.
- Don't try to power through frustration. Contact your teacher if your child is having difficulty practicing a newly acquired skill or even past work that "should" be easy. All kids and families are processing in a new way.
- Praise and celebrate growth. Celebrate the little things any chance you can!

Mindful Moments For Kids and Adults

Each newsletter I will add a few ideas for families to use to take a moment and breathe. In this stressful time we may miss opportunities to relax which can lead to burnout. This is a marathon not a sprint...we will get there together.

Worry Time- All kids worry... but some certainly do worry A LOT.

What children worry about depends on their age, stage of development, and environment. Most kids worry about things like grades, friendships, fitting in, being teased, and so on. Sometimes their worries might consume them and take over their whole day and even prevent them from having a restful sleep. If that's the case, here's the strategy that might help.

Create a "WORRY TIME" for your child.

Set aside 15-20 minutes a day (or you can have two time slots a day of 10 minutes each) during which your child can worry about anything and everything, in any way they want. There should be no limitations during this time. You will just listen and validate their emotions, be there for them, give them hugs if needed. But once the time is up—no more worrying until the next "worry time"! Adjust the duration for the "worry time" based on your child's needs.

Ok, but what to do if they *still* worry outside of their "worry time"?

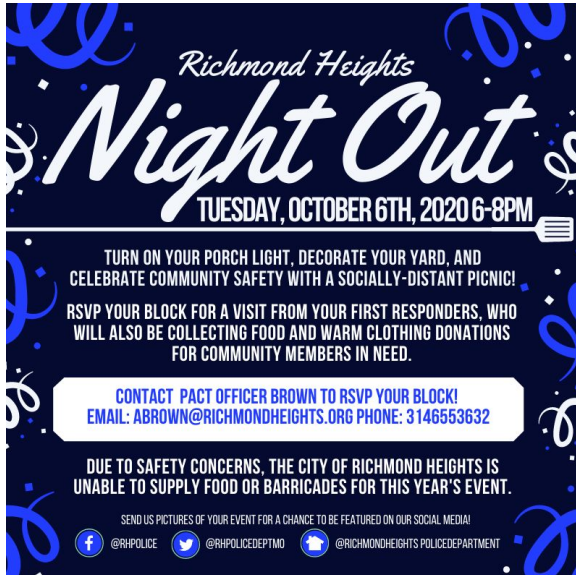
Ask them to write down (or draw) their worries that pop up during the day to worry about during the "worry time". This way **they don't feel like they are not being heard**—they know they have a special time during the day when they worry about everything they need to worry about.

This technique is helpful because it helps children get control of their worries and not let them consume their day (and their healthy sleep).

Don't forget your

Rose, Thorn, and Bud daily gratitude practice from the last newsletter.

Ongoing Community Resources and Future Events



From Maplewood City Hall:

Due to COVID-19, we are not able to hold our traditional block parties for St. Louis Regional Night Out.

As an alternative plan, the Maplewood Police Department has teamed up with Boardwalk Waffles & Ice Cream to provide a FREE sweet treat to our Maplewood residents this week.

October 6 – 9 from 5:30 PM to 7 PM the Boardwalk Waffles & Ice Cream truck will set up in various locations around Maplewood. Details can be found at <http://mo-maplewood.civicplus.com/.../St-Louis-Regional...>

It's important to wear a mask and abide by social distance guidelines while waiting in line. Boardwalk Waffles & Ice Cream will be following the CDC COVID-19 guidelines for food handling.

We look forward to celebrating community safety while enjoying a sweet treat together!



Free Community Flu Shots Available Some of the region's largest health care providers are offering free community flu shots this season, with no appointments required, and the nursing staff of MRH urges you to take advantage of the opportunity.

October 10 and 17 at SSM

[SSM Free Drive-Thru Flu Shot Opportunities](#)

October 24 and 25 with BJC

[BJC HealthCare Free Flu Shot Opportunities](#)

Ongoing updates are always available here -

Newly added Free Covid-19 testing at St. Vincent's Home

[MRH Community Resources: Covid 19](#)



Youth Connection Helpline

The BHR Youth Connection Helplines provide 24/7 crisis intervention including mobile outreaches to home and/or community agencies to provide emotional support, referral information and linkage of services for children, youth and their families



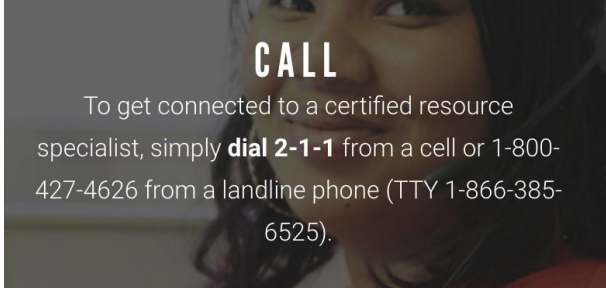
BHR
Youth Connection Helpline

call. TOLL FREE 1-844-985-8282 LOCAL 314-819-8802

chat. get help now chat online at www.bhrstl.com

text. BHEARD to 31658

go. to your local Safe Place site



CALL

To get connected to a certified resource specialist, simply dial **2-1-1** from a cell or 1-800-427-4626 from a landline phone (TTY 1-866-385-6525).

United Way 211

Whether you're looking for a childcare provider, hoping to make a food donation, searching for job training, or in need of shelter, United Way 2-1-1 is your go-to resource for all non-emergency needs.

Maplegood.com A locally-based citizens' group continue their amazing mission to offer to help with various needs including [student and family support](#) during virtual learning, neighbor buddy program and referrals for resources. On Facebook, email MapleGOODmo@gmail.com and (314) 301-9685. [Mask Trees and 8 Mini-Food and Hygiene pantries](#) are located at various locations throughout Maplewood and Richmond Heights. Here is a link to the [MAP](#)

MapleGOOD runs on the motto
Take what you need, leave what you can.

MapleGOOD

Student & Family Support Project

MapleGOOD, an all-volunteer mutual aid organization providing resources to local residents, is offering **free community support to K-12 students in Maplewood and Richmond Heights**. If a child in your care is living or receiving schooling in the 63143 or 63117 zip codes (regardless of which school they attend), please complete an intake form at maplegood.org/sfs to help us understand their needs.

We are offering in-person (socially-distanced) and online:



Services are free and confidential, and adults involved in the project have received a background check. Sign up at maplegood.org/sfs | 314-529-1340

Want to volunteer? Let us know at maplegood.org/sfs



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