

Racker's Virtual Activities are Skill-building opportunities powered by ZOOM. Tours of community locations, cooking courses, exercise classes, and much more occur throughout each week. Courses are developed and hosted by partnering organizations, Virtual Volunteers, and the Family Resource Program's Community Support Professionals. Apart from offerings on ZOOM, in-person events occurring in the community are also included in our schedule! Those eligible to attend include Racker Service recipients, their family and friends, Racker staff, preschool affiliates, and friends of Racker! Come join us in an environment where people can learn and succeed together! For more info, click below:



[Virtual Activities Info](#)

[What if I'm not eligible?](#)

Some Activities occur on the same day and time each week!* Registration can be completed in advance!

**All scheduled days and times for Virtual Activities are subject to change at any time. If changes to a Virtual Activity occur, notification will be provided to registrants via the email used in registration.*



Take a look at the middle of the calendar!
Get the latest updates from Racker's Community Support Services and info about organizations we work with in **Additional Info and Resources!**

Exploration

Explore community locations

Health

Relax, work out, eat healthy

Life Skills

Learn to cook and more

Social

Share moments with others

Goals. Our **Activity Themes** will help you determine if an Activity is right for you or someone you support. Look for these in each Activity's graphic to find out more about a course's content!



Skill Chef



Life Skills

Health

Skill Chef

Monday, July 11th

4:30-5:30P

Learn to cook mini-pizzas and honey butter corn!

[Preregister](#)



Dance & Wellness



Health

Social

Dance and Wellness

Monday, July 11th

5:30-6:45P

Learn to dance with Akilah!

[Preregister](#)





RELAX



Health
Social

Relax
Tuesday, July 12th
5:30-6:30P

Relax with Becky!

Preregister

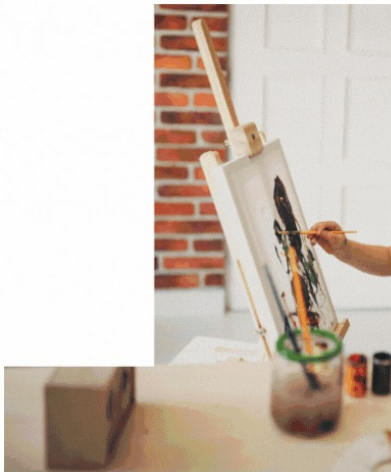
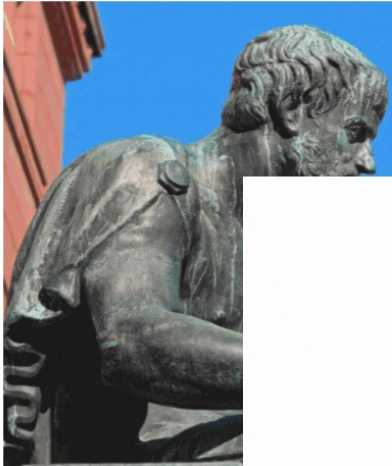


Racker
Life Skills
Social

Other Voices in the 607
Thursday, July 14th
6-7P

Join our Self-advocacy Group for ages 16+!

Preregister



Racker 
INVITES YOU TO

CORNELL JOHNSON
MUSEUM OF ART'S

AUGUST ART ADVENTURES

AUGUST 12TH
1-3P

114 CENTRAL AVE
ITHACA, NY 14853

Email Dustinz@racker.org to RSVP.

Cornell Johnson Museum of Art's
August Art Adventures

**August 12th
1-3P
In-Person**

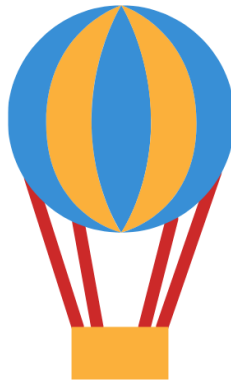
August Art Adventures is a month away! RSVP now!

Come explore the amazing creations inside and outside the Johnson Museum of Art! We'll take a look at masterpieces of all kinds, including sculptures and irresistible paintings.

We'll even delve into an art installation made of light bulbs, and travel through another world by visiting a hidden garden. Also, come make your own works of art by creatively experimenting with a variety of materials!



**Email Dustin Zimmer to
RSVP**



Additional Info and Resources

David's Refuge - Providing Caregivers the Breaks They Deserve!

David's Refuge provides respite opportunities, support, and other resources to parents and guardians of children affected by disabilities.

Apart from many other benefits, David's Refuge offers 400 weekend getaways to

caregivers annually. 120 remain for this year!

David's Refuge will be presenting for Racker's Parent Network in October. Stay tuned for more info!

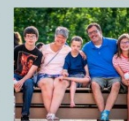


Click here to find out more!



Join our community

At David's Refuge, our goal every day is to help prevent caregiver burnout. We are a community of compassion, understanding and inclusion. We are the community that comes alongside caregivers on their journey to offer encouragement, grace and strength. We live out our values with love, hope and joy. We are always excited to welcome new families to our community and we encourage you to engage with all of the programs that feel right for you!



Our Mission

To provide respite, resources and support to parents and guardians of children with special needs or life-threatening medical conditions where they will be refreshed, restored and renewed in their roles as caregiver.



Respite

Restoring balance to the lives of caregivers by offering time to rejuvenate, relax and renew



Weekend Respite

Our respite weekends encourage couples and single parents to take a breath and pour into themselves. This restorative time, helps caregivers to develop stronger relationships, families and communities.

- **Group Weekend** - Couples or single parents go away for two nights with other caregivers. The weekend offers time on their own as well as time to connect with others who share a similar journey.
- **New in 2022 - Respite Stay Reimbursement** - Couples or single parents can go away on their own and be reimbursed up to \$400 for lodging and meals.

Caregiver Night Out

Once per year David's Refuge will reimburse up to \$50 for caregivers to have a night out...or take-out in! It is an opportunity for unplug for a few hours and enjoy time together.



NEED HELP PAYING FOR THINGS?

Family Reimbursement Can Help!

WE HELP WITH:

TRANSPORTATION <ul style="list-style-type: none"> • Auto Repairs • Transportation Expenses 	CAMPS & RECREATION <ul style="list-style-type: none"> • Dance Classes • Karate Lessons • Variety of camps • Gymnastics • New experiences • Horseback lessons or therapeutic riding • Balance bike 	SENSORY ITEMS <ul style="list-style-type: none"> • Body Socks • Sensory Swing • Fidgets • Weighted Blankets • Wiggle Seat & Feet
BASIC UNMET NEEDS <ul style="list-style-type: none"> • Specialized clothing • Special dietary needs 	RESPITE <p>Need a break or have an emergency? We can pay for temporary or emergency respite</p>	CONFERENCES <p>Increase knowledge of your loved ones disability!</p>
MEDICAL EXPENSES <ul style="list-style-type: none"> • New or specialized therapies • Co-pays • Dietary supplements 	EQUIPMENT <ul style="list-style-type: none"> • Specialized • Communication Devices 	HOUSEHOLD ITEMS & EXPENSES <ul style="list-style-type: none"> • Utilities • Rent, Mortgage, Security Deposit • Appliances • Mattress, Box Spring & Frames

Eligibility:
Just be caring for a loved one at home with a Developmental Disability and live in Broome, Cortland, Chenango, Delaware, Otsego, Tioga or Tompkins County

For more information contact:
Marlene Tagliavento
(607)220-8763
marlenet@racker.org

Need Help Paying for Things?

Learn about and apply for Racker Family Reimbursement!

Click here for more info!

Click here for the Application!



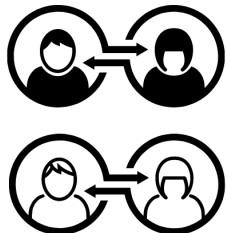
My eVer0 Portal - Take Control of Your Services!



Information about your/your loved one's Community Habilitation Services at your fingertips!

Get access today!

[Click here for more info!](#)



StaffMatch - Take Control of Your Staffing!

Find staff near you, that meet your schedule and interests!

Make your profile today!

[Click here for more info!](#)

[Click to make a profile!](#)



**COMING
SOON**

FOUNDER'S WAY



IN
PARTNERSHIP
WITH
INHS

We invite you to join us on
June 29th 4-5pm or July 11th 6-7pm
for virtual Info sessions about "Founder's Way",
a new housing project available at Racker in early 2023.
Registration is open and all are welcome to join!

SESSIONS WILL INCLUDE:

> REGISTER NOW



- Project details
- Costs
- Who qualifies
- How to get started
- and more.



FOR MORE INFORMATION, CONTACT:

(607) 220-4806

@ housing@racker.org

3226 Wilkins Rd Ithaca NY 14850

**Founder's Way Info Sessions
Monday, July 11th from 6-7P**

Learn more about Founder's Way, a new housing project available at Racker
in early 2023!

Preregister

More
Info

Racker 

INDEPENDENCE WORKSHOPS

A ZOOM SERIES EXPLORING
INDEPENDENCE AT HOME AND IN THE
COMMUNITY. ALL ARE WELCOME TO JOIN!



6/16

**DISCUSS HOW TECHNOLOGY
CAN INCREASE
INDEPENDENCE & HOW TO
KEEP INFORMATION SAFE.
THURSDAY JUNE 16TH
4-6PM.**

7/14

**EXPLORE HOW
RELATIONSHIPS &
BOUNDARIES MAY CHANGE
WITH INDEPENDENCE.
THURSDAY JULY 14TH
4-6PM.**



> REGISTER NOW



FOR MORE INFORMATION, CONTACT
LYNDSEYP@RACKER.ORG OR (607) 220-4806

Independence Workshops Thursday, July 14th from 4-6P

Learn more about Founder's Way, a new housing project available at Racker in early 2023!

Preregister



TIME TO SPARE?

STRIKE UP CONVERSATION AND CONNECT WITH OTHER PARENTS!



JOIN US FOR SOME FRAMES WITH FRIENDS!



BOWL WITH PARENT NETWORK

**Saturday, August 13th
4:00PM-6:00PM**

***Cort-Lanes Bowling Alley
928 NY-13, Cortland, NY 13045***

Scan below to RSVP to [Dianag@racker.org!](mailto:Dianag@racker.org)



This is an event funded by Family Support Services.

Bowl with Parent Network! Saturday, August 13th from 4-6P

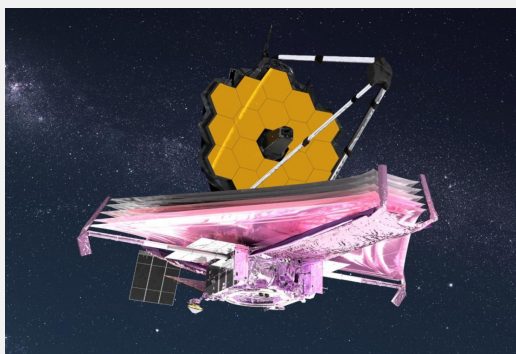
Time to **spare**? **Strike** up some conversation and connect with other parents!
Join us for some **frames** with friends!



**Email Diana Gallagher to
RSVP**

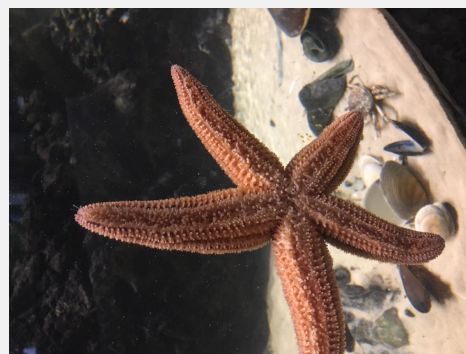
Sciencenter

2022 SERIES



**The Sciencenter's
Out of This World
Friday, August 5th
4-5:15P**

Enter outer space with The Sciencenter. Take a tour of the solar system, discover the James Webb telescope, and imagine life on other worlds!



**The Sciencenter's
The Ocean
Friday, October 7th
4-5:15P**

Visit The Sciencenter's Tide Pool Touch Tank and make a mini tide pool sensory bin*!

*A supply list will be available soon.

Preregister
now!

Preregister
now!



Interactive Hands Premiere



Social



Interactive Hands (premiere)
Friday, August 26th
7-8P

We proudly present the second premiere of the American Sign Language Group, Interactive Hands. Come together and watch their August 2021 performance!

Preregister
now!

For more info about Racker's Virtual Activities, please email Dustinz@racker.org.

Racker | 1277 Taylor Road, Suite 33, Owego, NY 13827

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