

**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!



**Dance & Wellness**  
**Monday, September 19th 5:30-6:45P**

It's time to get dancin' with Akilah!

**Preregister**



## Dance & Wellness



Health

Social



## VIRTUAL TOURS



Exploration

Social

**Virtual Tours**  
**Wednesday, September 21st**  
**6:30-7:30P**

Explore the Yukon with Becky!

**Preregister**

**Other Voices in the 607**  
**Thursday, September 22nd**  
**6-7P**

Join our Self-advocacy Group for ages 16+!

Preregister



Racker

Life Skills

Social



## Skill Chef



Life Skills

Health

**Skill Chef**  
Friday, September 23rd  
5-6P

Learn how to make creamy vegetable soup!

Preregister



## 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!



## NEED HELP PAYING FOR THINGS?

Family Reimbursement Can Help!

### WE HELP WITH:

#### TRANSPORTATION

- Auto Repairs
- Transportation Expenses

#### CAMPS & RECREATION

- Dance Classes
- Karate Lessons
- Variety of camps
- Gymnastics
- New experiences
- Horseback lessons or therapeutic riding
- Balance bike

#### SENSORY ITEMS

- Body Socks
- Sensory Swing
- Fidgets
- Weighted Blankets
- Wiggle Seat & Feet

#### BASIC UNMET NEEDS

- Specialized clothing
- Special dietary needs

#### RESPIRE

Need a break or have an emergency?  
We can pay for temporary or emergency respite

#### CONFERENCES

Increase knowledge of your loved ones disability!

#### MEDICAL EXPENSES

- New or specialized therapies
- Co-pays
- Dietary supplements

#### EQUIPMENT

- Specialized
- Communication Devices

#### HOUSEHOLD ITEMS & EXPENSES

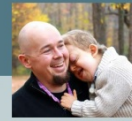
- Utilities
- Rent, Mortgage, Security Deposit
- Appliances
- Mattress, Box Spring & Frames

#### 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



### 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?

Learn about and apply for Racker Family Reimbursement!

Click here for more info!

Click here for the Application!



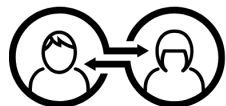
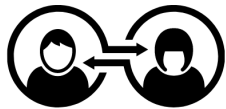
My eVer0 Portal - Take Control of Your Services!



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!

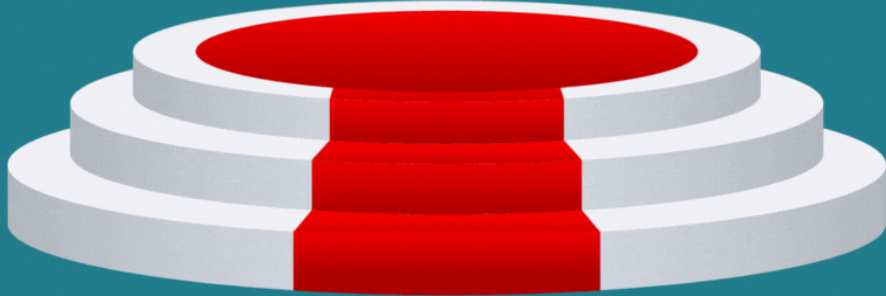
Make your profile today!

[Click here for more info!](#)

[Click to make a profile!](#)



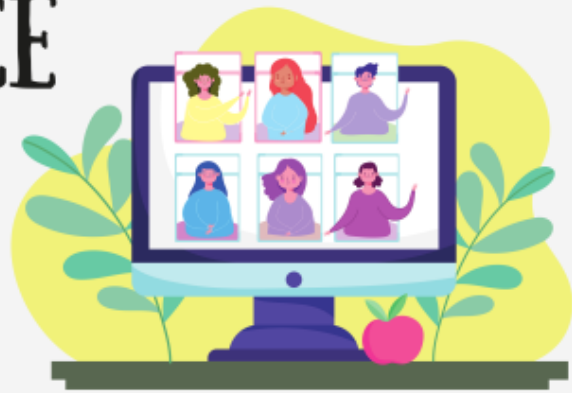
**COMING  
SOON**



# INDEPENDENCE WORKSHOPS

A ZOOM SERIES EXPLORING INDEPENDENCE AT HOME & IN THE COMMUNITY.

ALL ARE WELCOME TO JOIN!



WEDNESDAY SEPT. 14TH FROM 3PM-5PM  
JOIN US AS WE EXPLORE HOW RELATIONSHIPS & BOUNDARIES MAY CHANGE WITH INDEPENDENCE.

WEDNESDAY OCT. 12TH FROM 3PM-5PM  
DISCUSS THE DETAILS INSIDE A RENTAL LEASE & WHAT ARE YOUR RIGHTS AS A TENANT.

WEDNESDAY NOV. 9TH FROM 3PM-5PM  
EXPLORE WAYS TO USE TECHNOLOGY SAFELY & HOW IT CAN BOOST INDEPENDENCE SKILLS.

WEDNESDAY DEC. 14TH FROM 3PM-5PM  
LEARN HOW TO BE MORE FINANCIALLY INDEPENDENT & WAYS TO BUDGET & PRIORITIZE YOUR MONEY.

> REGISTER NOW



FOR MORE INFORMATION CONTACT [LYNDSEYP@RACKER.ORG](mailto:LYNDSEYP@RACKER.ORG)

Independence Workshop Series  
Wednesdays in October - December  
3-5P

Join us for a ZOOM series exploring independence at home and in the community.  
All are welcome to join!

Series Roadmap

Wednesday, October 12th:

Discuss the details inside a rental lease, as well as your rights as a tenant.

**Wednesday, November 9th:**

Explore ways to use technology safely and how it can boost independence skills.

**Wednesday, December 14th:**

Learn how to be more financially independence and ways to budget and prioritize your money.

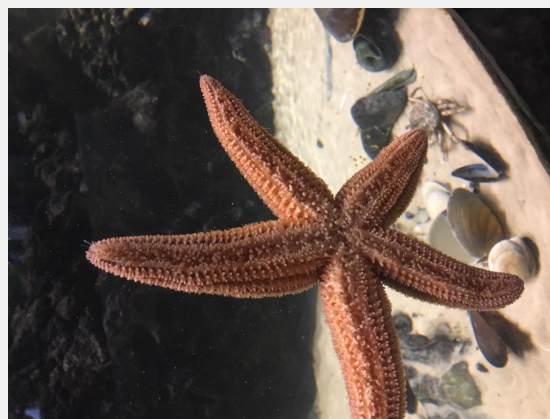
**Preregister  
now!**

**Sciencenter Presents  
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!**



*For more info about Racker's Virtual Activities, please email [Dustinz@racker.org](mailto:Dustinz@racker.org).*

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