

**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!**

<b>Exploration</b>	<b>Health</b>	<b>Life Skills</b>	<b>Social</b>
<b>Explore community locations</b>	<b>Relax, work out, eat healthy</b>	<b>Learn to cook and more</b>	<b>Share moments with others</b>

*All courses are designed to assist participants with developing Skills and achieving their*

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**  
**Wednesday, September 7th**  
**5-6P**

Learn how to make baked ziti!

[Preregister](#)



**Skill Chef**



Life Skills

Health



**Other Voices in the 607**  
**Thursday, September 8th**  
**6-7P**

Join our Self-advocacy Group for ages 16+!

[Preregister](#)

**Virtual Tours**  
**Friday, September 9th**  
**4-5P**

Join Becky to explore Bulgaria!

[Preregister](#)



# VIRTUAL TOURS



Exploration

Social



**Racker** 

INVITES YOU TO

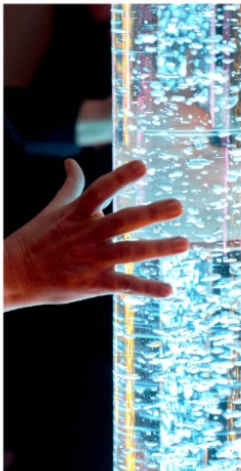
CORNELL JOHNSON  
MUSEUM OF ART'S

## ART & SENSORY ADVENTURES

SATURDAY, SEPTEMBER 17  
1-3P

114 CENTRAL AVE  
ITHACA, NY 14853

Email [Dustinz@racker.org](mailto:Dustinz@racker.org) to RSVP.



**Cornell Johnson Museum of Art's  
Art and Sensory Adventures  
Saturday, September 17th\*  
1-3P  
In-Person**

**This event is approaching quickly! 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!

**We'll also have some other surprises in store! Don't miss out!**



**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:

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

**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!](#)



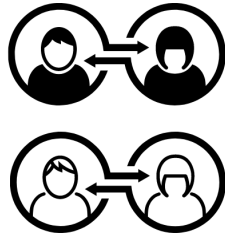
**My eVer0 Portal - Take Control of Your Services!**



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**



# 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 September - 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, September 14th:

Join us as we explore how relationships and boundaries may change with independence.

**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.

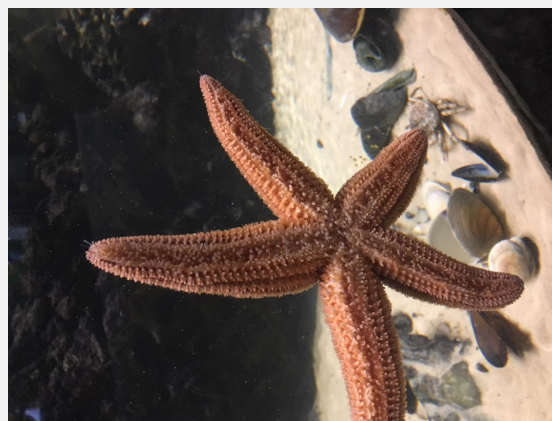
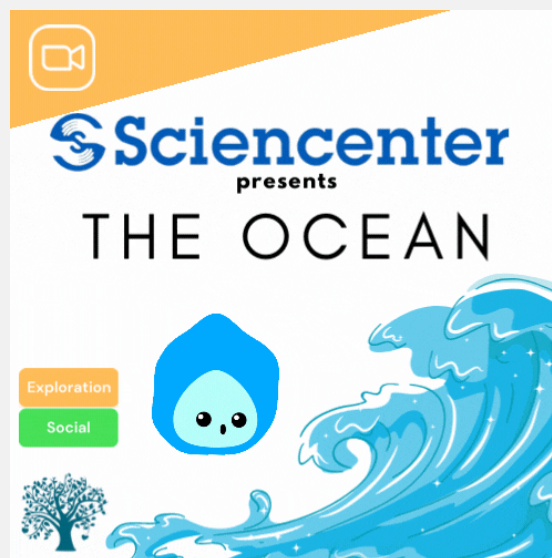
**Preregister  
now!**

**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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