



QUARTERLY MEETING AGENDA
Tuesday, March 3, 2020
Fishers City Hall Auditorium
5:30 pm to 7:30 pm

March is ***National Disability Awareness Month***, and for the fourth year the Fishers Advisory Committee on Disability and the City of Fishers will host a month-long celebration to bring awareness to what life is like for those with physical and intellectual disabilities. With this year's theme, ***FOCUS 2020***, we will focus on the past, present, and future of disability inclusion in Fishers. Join us for **F**un events throughout March that celebrate the contributions and talents of those with physical and intellectual disabilities in our community. Discover **O**pportunities and resources for education, inclusion, employment, accessibility, and accommodations. Honor the role of our local **C**aregivers and those who serve as direct support providers. Explore how we **U**nite with community partners to advocate and support the needs of our residents. Help us acknowledge our **S**uccesses as a community dedicated to making Fishers an inclusive, accessible community for all abilities.

THE FISHERS ADVISORY COMMITTEE ON DISABILITY INVITE OUR CAREGIVERS, PARENTS, DIRECT SUPPORT PROVIDERS AND EDUCATORS TO OUR QUARTERLY MEETING FOCUSED ON CAREGIVER RECOGNITION AND WELLNESS.

The meeting will be livestreamed for those unable to attend.

5:30 PM to 5:45 PM

MARCH DISABILITY AWARENESS MONTH

- *Calendar of Events*
- *Introduction – Kelly Hartman, Co-Chair Fishers Advisory Committee on Disability*
- *Recognition of the March Disability Awareness Month Committee*

www.fishers.in.us/DisabilityAwareness

5:45 PM to 6:00 PM

RESOURCES/RESPIRE FOR CAREGIVERS

- **Parents Night Out for high school aged youth - Friday, March 6, 2020, 6:30 pm to 9:00 pm**
Hosted by Christ the Savior Lutheran Church in Fishers and Outside the Box

<https://www.christthesavior.org/event/1422041-2020-03-06-parents-night-out/>

- Fishers YMCA – Free March Passes
- Restaurant Discounts throughout March
- Caregiver Hotline:
Caregiver Action Network – 855-227-3640
Caregiveraction.org

6:00 PM to 7:00 PM

Kelly Fischer, MA, LMHC, Department of Psychological Science, Ball State University

Caregiver Stress Management and Burnout Avoidance – This presentation will focus on the caregiver. Attendees will learn about the nature of stress and its impact on the body, and acquiring skills on how to manage stress. Caregivers will learn about burnout and be able to recognize signs of burnout, and develop tools to avoid and/or recover from burnout.

Bio: Kelly Fischer holds a Master’s Degree in Counseling Psychology and has years of experience working with children and adults. She has trained law enforcement officers on mental health issues and has extensive experience conducting psychological testing.

6:30 PM to 7:00PM

Colleenia Korapatti, LMHC, The Anxiety Relief Center

Managing Caregiver Stress with Mindfulness – Learn how to use mindfulness to reduce caregiver burnout. Caregivers will understand how and why they need to incorporate mindfulness into their daily life.

Bio: Colleenia Korapatti is a Licensed Mental Health Counselor (LMHC) providing individual, group and Biosound Therapy. Her goal is to meet the urgent needs of the community by offering same-day appointments. She has provided her services in private practice, schools, homes and prisons prior to opening The Anxiety Relief Center. She understands the importance of integrative healthcare, community relationships and the various ways that each of us heal from illness.

7:00 PM to 7:20 PM

Chief Steve Davison and Lt. Joe Harding, Fishers Fire Dept. & Emergency Services

- Discussions and Q & A regarding Fishers first responders’ role to behavioral emergencies and mental health

7:20 PM to 7:30 PM

OTHER ANNOUNCEMENTS