



## Newsletter

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### **President's Thoughts**

By Leisa Pickering, Ph.D.

Dear KY AHEAD Members,

Happy New Year!

We've already been back for two months after the holidays and I'm sure everyone has been very busy with the rush of the new semester. Hope you can take a break to think about some very exciting news and events that are being planned this year.

Welcome to our first KY AHEAD Newsletter. We are planning to have a Quarterly Newsletter to update members about general news and upcoming important events. If members have ideas or events they would like to publish in the newsletter, please send them to Dorisa Slaughter, our Board Secretary, at [dorisa.slaughter@kctcs.edu](mailto:dorisa.slaughter@kctcs.edu).

KY AHEAD has a new website through the National AHEAD Affiliate links. Our new web address is [www.ahead.org/hyahead/index.php](http://www.ahead.org/hyahead/index.php). This will give us another medium to stay connected and bring our state membership closer through on-going updates and announcements, including our Quarterly Newsletter. This will also be a source of information about who we are, our By-Laws, and resource information.

Our Conference Committee has been busy with plans for the Spring Conference at General Butler State Park on May 20 and 21. The theme this year is "Retooling the Disability Services Toolbox." We will have some outstanding guest speakers and insightful sessions and discussions. They have really done

a wonderful job in planning an informative and meaningful event. There will be something for everyone. Hope all of our members can be there.

We have a subcommittee that is reviewing possible updates to our By-Laws and plan to have a number of topics for us to discuss and vote on about our membership benefits and dues, professional development opportunities throughout the year, and other important issues. Our business meeting at the Spring Conference will be an important meeting for all members to attend.

Hope everyone will think about silent auction items – we always have some creative and innovative items. We will also have a number of vendors available to demonstrate what's new in technology.

Have a great spring semester, and I hope to see everyone in May!!

Leisa Pickering, Ph.D.  
KY AHEAD President

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## **TRYING TO RECAPTURE BALANCE**

**By Bobby L. Plienis, President Elect**

It's 7:00 p.m. on a Thursday evening, and I'm still hard at work in the office. To make matters worse, I've been here since 7:00 a.m. this morning, and I'm not even working on disability support items at the moment. I have found myself here late attempting to meet a deadline for one of the many committees I serve on. Does this sound like you? Do you work more than 40 hours a week, wear multiple hats, or serve on too many committees to count? Have things become so bad that you are getting your students confused? Perhaps you sent a sign language interpreter to the classroom with a blind student, or delivered the book in Braille to the deaf student? There has to be a way to maintain our sanity and achieve balance between our work and our personal life, right???

First, let us think about some of the consequences we face when working too much:

- 1) Each hour after 40 in a work week is an hour never spent with your friends, your children, your partner, or your aging parent(s). You don't want to miss Sara's recital or Tommy's baseball game do you?
- 2) Working 50 hours a week, on average, for one year is over 500 hours never spent playing, relaxing with friends or family, or vacationing. Wow! Think how many times you could go to the beach, to Grandma's house, or to the stadium for your favorite game.

- 3) Working too much without allowing time for your self can lead to stress, depression, and even burnout. Our partners, friends, and relatives don't like us when we are crabby or sick. 😊

Most of us would agree that time with family, friends, and ourselves is important, but finding that time while balancing work can prove to be difficult. This begs the question, is balance possible? I believe balance can be achieved by changing the way we approach our work. Here are some tips you might find useful:

- 1) Delegate when possible! Utilize other staff, student workers, and fellow committee members to help you get the job done.
- 2) For meetings you control, schedule after 9:00 a.m. and before 4:00 p.m. Schedule non-work events for 5:30 p.m.
- 3) Use your vacation time, especially if you aren't able to carry it over from year to year. This benefit is for YOU, use it!
- 4) Go out for breakfast on Saturday or Sunday religiously.
- 5) Do less. Eliminate programs if possible.
- 6) Learn to say no every now and then. We can't possibly serve on every committee and get our job done too.
- 7) Promise your family, partner or yourself to be home by 6:30 p.m. at least three days a week.
- 8) Engage in a hobby you are passionate about with a group of non-work people. Hold yourselves accountable for staying involved!
- 9) Read for pleasure before going to bed each night.
- 10) If you don't like your job, search for a new one. You aren't doing yourself or those around you any favors by doing something you don't enjoy!

Is it possible to have balance 100% of the time? Perhaps in a perfect world we can have balance at all times. However, most of us don't live in a perfect world. There are going to be times when we must embrace imbalance to get us through. However, if we try hard enough and follow some of the tips listed above, we can begin living a life that is more balanced and enjoyable for not only us, but for those around us.

Sources: McDermott, L.C. (1992). Caught in the Middle. Englewood Cliffs, NJ: Prentice Hall.

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## UPCOMING EVENTS

- **March 5, 2008. State-Wide Web Accessibility Symposium at EKU.**  
The conference is open to anyone responsible for website accessibility. Topics include information of interest to educators, librarians, Kentucky lawmakers, and web developers. Skills levels include basic through advanced. Sessions will include: Training, awareness, assistive technology, KY overview (past, present, future), resources, Internet 2 accessibility, captioning video using Camtasia, CSS accessibility techniques, PDF accessibility, Blackboard usability and accessibility, troubleshooting accessibility, usability, faculty challenges, and using Dreamweaver for accessibility. Proposals accepted through February 11, 2008. Keynote Speaker: Norb Ryan, State ADA Coordinator. Fees: Individual/Institution= \$70; Individual/Private=\$50.00; Pay at the door=\$100; Presenter=free. Sponsored by EKU Office of Services for Individuals with Disabilities. Register on the EKU website at [www.accessibilikty.eku.edu/conference.php](http://www.accessibilikty.eku.edu/conference.php) with a link to the registration form at [www.accessibility.eku.edu/gbcf-v3/formwwas2.php](http://www.accessibility.eku.edu/gbcf-v3/formwwas2.php) or contact Park Owens or Teresa Belluscio at (859) 622-2933.
  - **April 22 - 23, 2008. Multiple Perspectives on Access, Inclusion, and Disability Annual Conference, Ohio State University.** For more information check the website [ada.osu.edu/conferences.htm](http://ada.osu.edu/conferences.htm) .
  - **May 20 - 21, 2008. 2008 KY AHEAD Conference at General Butler State Park.** Conference title: Re-tooling the Toolbox. Keynote Speaker will be Dr. David Parker. Presentations will include a model for LD programs, disability services interviewing, partnering with the KY Office for the Blind, university web accessibility challenges, and a historical perspective of postsecondary disability services. In addition, Dr. Laura Rothstein will present on legal updates, Steve Noble will present on current technology, and Dee Johnston will provide professional development for Interpreters. We will have a Silent Auction, and hope everyone will contribute. There will also be a number of vendors available to present their current innovative products. Registration forms have been posted on our KY AHEAD Listserv and are available on the KY AHEAD website at [www.ahead.org/kyahead/index.php](http://www.ahead.org/kyahead/index.php) . Please send the completed forms and payment to Valerie Wolf, Treasurer.
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## **STUDENT SCHOLARSHIP AWARDS**

KY AHEAD scholarship awards are available for students who are interested in learning more about postsecondary disability services. Students must be enrolled in a minimum of 6 credit hours and have at least a 2.75 cumulative GPA at the time of the award. The awards are open to undergraduate and graduate students. The deadline for receipt of the application is March 28, 2008.

Applications are available on the KY AHEAD website at [www.ahead.org/kyahead/index.php](http://www.ahead.org/kyahead/index.php) and have been posted on the KY AHEAD Listserv. For further information, please contact Bobby Plienis at [bobby.plienis@louisville.edu](mailto:bobby.plienis@louisville.edu)

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## **REGISTRATION STIPENDS**

Two \$85 registration stipends will be awarded to attend the 2008 KY AHEAD Conference at General Butler State Resort Park May 20-21 (includes dinner banquet on May 20 and breakfast on May 21)! Those eligible for the stipend include persons working in Disability Services at a KY institution of higher learning, OVR or OFB Counselors who have consumers at a KY institution of higher learning, and KY high school Special Education Teachers who work with transitioning students or are Transition Specialists. The deadline for receipt of the application is Monday, March 31, 4:00 p.m. EST. Applications have been posted on the KY AHEAD Listserv and are available on the KY AHEAD website at [www.ahead.org/kyahead/index.php](http://www.ahead.org/kyahead/index.php). For further information, please contact Colleen Kane at [colleen.kane@kctcs.edu](mailto:colleen.kane@kctcs.edu).

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## **REQUESTS FOR SILENT AUCTION DONATIONS**

In keeping with tradition, KY AHEAD Conference attendees are asked to bring a "Silent Auction" donation to the May Conference. Proceeds from the Silent Auction fund scholarships for post-secondary students with disabilities in Kentucky.

**CURRENT KY AHEAD BOARD MEMBERS:**

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**FOR MORE INFORMATION**

Website: [www.ahead.org/kyahead/index.php](http://www.ahead.org/kyahead/index.php)

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This newsletter is published quarterly. Please send newsletter information to [Dorisa.Slaughter@kctcs.edu](mailto:Dorisa.Slaughter@kctcs.edu).