



Newsletter

March 2020

Volume 9, Number 1

President's Thoughts

By Kathy Petot, MA

Greetings KY AHEAD Members,

The signs of Spring are everywhere. Trees and flowers greet us with a profusion of vibrant color on a backdrop of green, and a plethora of songbirds have returned to delight us with their distinctive greetings and colorful display.



Each year at this time, we look forward to celebrating our annual KY AHEAD Conference in one of our beautiful KY State Resort Parks. Last year's (2019) conference theme, ***Times They Are a Changin'***, seems somewhat prophetic in light of COVID-19 and the resulting transformative changes we are now experiencing. Despite all the turmoil this virus has caused, we are so blessed to have access to modern technologies that make it possible to stay connected in this time of social distancing. Maybe this is an opportunity to concentrate on those important aspects of our lives that we usually lay aside due to our busy schedules.

In order to better engage with our membership, the KY AHEAD Executive Board is excited to offer a weekly online gathering via Zoom. We are calling this gathering ***Wind Down Wednesdays***. You are invited to bring your favorite beverage or snack and join us at 1:00 PM EDT each Wednesday for the foreseeable future. It is our hope that this will be an inviting forum where you can feel free to relax, laugh, express your concerns, share your successes, ask questions, lend a compassionate ear, encourage a colleague or simply hang out with your DS friends in an atmosphere of comradery. So, join us for our inaugural ***Wind Down Wednesday*** in celebration of April Fool's Day on Wednesday, April 1st @ 1:00 PM by logging-in to <https://uky.zoom.us/j/2798061132>. We hope to see you there!

As you may already know, the 2020 KY AHEAD Conference originally planned for May 20-22, 2020 at General Butler State Resort Park has been cancelled due to the COVID-19 situation. Instead, our Conference Planning Committee is working on a low cost virtual professional development opportunity around the time of the originally planned conference. Our Key Note Speaker is Jane Jarrow, who will present on the topic ***"What Does It Mean to Provide Access in 2020?"***. We hope that you will participate in this virtual conference opportunity.

I am pleased to announce that the KY AHEAD Executive Board has one position that will be open for nominations for the coming year. The position is President Elect, which is a 3-year commitment. A detailed description of this position can be found on the [KY AHEAD](#) website. Nominations for President Elect are open, and ballots will be cast online during our business meeting in the virtual KY AHEAD Conference on May 21st. We will also be looking for a new conference planning committee for next year, so if you're interested in event planning, please consider volunteering for this committee. If you would like to nominate someone (or yourself), please contact me or any of the KY AHEAD Board members.

I would like to thank our KY AHEAD Officers and Committee Chairpersons for their guidance, professionalism, compassion, encouragement and their relentless tenacity to provide excellent service for Kentucky's post-secondary students with disabilities. I am humbled by their patience and flexibility in crisis.

To our membership, I thank you for the support you show your colleagues. I encourage you to become more actively involved in KY AHEAD. We all have something to bring to the table. Your opinions are important. Invite others in your institutions and across the state to join (strength in numbers). Stay connected. Keep the faith. You are the best!

Sincerely,

Kathy Petot, MA
KY AHEAD President



2020 KY-AHEAD Virtual Conference

By Hayley Rigsby

The 2020 KY AHEAD Conference originally planned for three days in May was cancelled in response to the COVID-19 need for social distancing.

Our theme this year is ***“20/20 Vision: A Focus on the Future for Disability Services in Higher Education”***.

While our plan was to focus our eyes and minds on the future, we had no idea the role that technology and social media would play. We are all learning about new accommodation needs and different ways to communicate with our students and with each other. Rather than learning together in person, we will be hosting a virtual conference this year.



On Thursday, May 21st, 2020 from 8:45 am to 2:00 pm EDT we hope you will join us beginning at 8:45 am.

Our Key Note Speaker is Jane Jarrow, who will present a two-hour session entitled ***“What Does It Mean to Provide Access in 2020?”*** There is a \$35 registration fee for the morning session. Participants may register online until May 19th at <http://kyahead.org/events.html#conference>. We will send a link for the morning session to all registered participants.

The afternoon session is open and free to participants. We will have our KY AHEAD business lunch from 12:00 to 1:00 pm where we review the past year, vote on new Board member openings, award scholarships, and plan for next year’s conference. Following lunch there will be a panel discussion from 1:00 to 2:00 pm to review topics discussed in the morning session, recent concerns some may be encountering, share solution ideas, and turn our focus to the future of disability services in 2020.

We ask everyone to join the afternoon session at 12:00 noon on May 21st by logging in to
<https://uky.zoom.us/j/2798061132>.

We look forward to spending the day with you through this new and innovative 2020 Vision.

Hayley M. Rigsby
Committee Chair



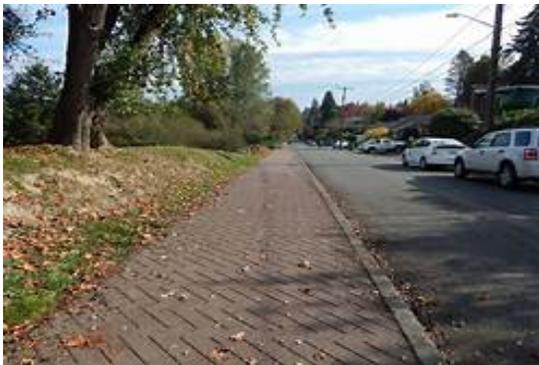
KY AHEAD TIPS For Working Remotely From Home

By Leisa Pickering



For many of us, this is completely new. We are a direct service office and much of our day is spent meeting face-to-face with students. How do we work from home? Here is a running list of tips I'm figuring out as we go:

1. Start with the same work day routines: shower, dress, breakfast, coffee.
2. Set up a work area / home office away from the daily home traffic, where a door can be closed and work can be left out without disruptions.
3. Keep a list of tasks and projects that need to be done, students who need emails and offer of zoom meetings, calendar of meetings, etc. Set priorities.
4. Work in blocks of time, whether it's 2 hour, 3 hour, or 4 hour blocks, focused on specific tasks.
5. Take breaks. Take a brisk walk, or just sit outside with a cup of tea for a few minutes. Stretch. Take deep breaths. Listen to quiet music. Be mindfully in the moment.
6. Communicate with coworkers. Set up weekly zoom meetings.
7. Reach out to students and let them know you are here. Become creative with these technologies. It's interesting to talk with students on zoom. We both seem to forget the format once we get started. It can be done.
8. Try to keep the same routine day to day.
9. At the end of the work day, get out of the house. Take a long walk, take the dogs to the dog park, or sit outside. It's important to set boundaries for time on work and off work.



Scholarship Committee

The KY AHEAD Scholarship Committee is now accepting applications for our 2020 scholarships. As a reminder, we offer both scholarships for students at Kentucky post-secondary institutions *AND* scholarships for professionals to attend the KY AHEAD Conference!

2020 KY AHEAD Student Scholarship

- Two students at Kentucky post-secondary institutions will be awarded \$500 scholarships for the 2020-2021 academic year.

2020 KY AHEAD Conference Scholarship

- Two professionals will be awarded registration for the 2020 KY AHEAD Conference
 - One conference scholarship is for a professional new to the disability field within the last 3 years.
 - The other conference scholarship is for a professional who would not otherwise be able to attend the conference due to financial constraints.

Application materials must be received by the Scholarship Selection Committee by **April 24, 2020**. **Incomplete applications *will not* be considered.**

For more information and to apply, visit the [KY AHEAD Scholarships](#) page. Questions may be directed to Matt Davis at matt.davis@wku.edu.



2019-2020 KY AHEAD Board

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Membership Benefits

The Kentucky Association on Higher Education and Disability (KY-AHEAD) professional membership cost is \$20.00 and is included in the conference registration fee. If you are not a member and cannot make it to this year's conference, please consider joining. The membership year is July 1 to June 30, and a form is available online on our website: <http://kyahead.org/application.html>.

Professional associations exist for the benefit of the individuals within that organization. Where do *you* get information about legal obligations, best practices and trends in serving students with disabilities in postsecondary education? By becoming a member of KY-AHEAD, you get these benefits and more. Also, membership provides individuals with a work-related venue in which to gain or demonstrate leadership skills. Support the only professional association in Kentucky that is solely dedicated to promoting full inclusion of students with disabilities in postsecondary education.

For more information please visit our website: <http://kyahead.org> and join us on Facebook.



Beginning April 1st:

Wind Down Wednesdays @ 1:00 PM Eastern Daylight Time.
Log in to <https://uky.zoom.us/j/2798061132>.

We hope you will take your coffee or tea break with us!