



Newsletter

May 2021

Volume 10, Number 1

President's Thoughts

By Kate Dailey, MRC, CRC

Hello KY AHEAD Members,

It is with feelings of hope and optimism that I write this year's thoughts with you. This past year has been one of transformation as we have all navigated COVID-19 in higher education. Each day has brought new obstacles and challenges. I can honestly say that



after the trials of this past year, I have learned far more about myself and the importance of the work that each of us do. As more students are returning to campus for fall 2021, I am filled with excitement but also apprehension as campus and all of its characteristic activities and classes will be different. My continued hope is that students and staff alike will continue to grow and learn from one another as we navigate a "new normal."

Looking back at this time last year, we were all gearing up for the 2020 KY AHEAD Conference as we presented for the first time virtually. Last year's conference theme **2020 Vision** focused on the changes higher education underwent in light of COVID-19. With a total of 64 participants, we were all able to discuss the many changes all of us were experiencing daily. The comradery experienced during this conference was unlike anything I have experienced at a KY AHEAD conference. Despite the distance and chaos many of us were experiencing, we were all able to concentrate on one another and listen, even if only for a day. It truly reminds one of the importance of our group and the friendships that develop with colleagues across multiple states.

Similarly to last year, the KY AHEAD Executive Board made the decision to continue bi-weekly online gatherings via Zoom. We are continuing to call this gathering **Wind Down Wednesdays**. You are invited to bring your favorite beverage or snack and join us at 1:00 PM EDT every other Wednesday. These gatherings are meant to allow you to relax, laugh, share stories of success, raise concerns, and ask questions. It is also my hope that these gatherings remind you that you are not alone in your endeavors! It is wonderful to be able to encourage one another and simply spend time with colleagues! So, join us for **Wind Down Wednesday** on Wednesday, June 2nd at 1:00 PM. We hope to see you there!

Having been a member of KY AHEAD for 5 years, this time of year is when I look forward to seeing each and every one of you at our annual KY AHEAD Conference. However, like last years (2020) conference, we will be presenting it virtually. This year's conference theme, "**Set Sail - You Don't Control the Wind, But You Set the Sails**" will focus on resiliency. The conference will be on Thursday, May 20th on Zoom. Please visit [KY AHEAD - Events](#) for more information pertaining to the Keynote Speaker and other agenda items. You can also register at this website! In addition, on May 19th at 3:00PM- 4:00PM EDT, we will have a time for mingling with one another on Zoom. This will be a wonderful time to see one another in a relaxed environment!

I am delighted 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 20th. 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 cannot say thank you enough to the KY AHEAD Officers and Committee Chairpersons for their hard work, professionalism, encouragement and their capacity to continue to provide exceptional service for students with disabilities! This is a group like no other and being one small part of it is an incredible honor. COVID-19 has reminded me of the importance of asking for help and remembering that resources are available at your disposal should you need them.

To our membership, I appreciate your continued support to KY AHEAD. I encourage all of you to become more involved in KY AHEAD, whether it be on a committee or attending our biweekly gatherings. This organization has offered me so many opportunities over the years and each and every one of you have something to offer! It has been a pleasure to serve as President of KY AHEAD and I look forward to see the continued success and growth of KY AHEAD!

Sincerely,

Kate Dailey, MRC, CRC
KY AHEAD President

2021 KY-AHEAD Virtual Conference

Set Sail – You Don't Control the Wind, But You Set the Sails

Our Key Note Speaker is Dr. David R. Parker, who will present on the topic ***“Navigating the Storm: Using Self-Determination to Chart Greater Wellbeing and Academic Success.”***

May 19, 3:00 – 4:00 EDT:
***Preconference Mingling
Opportunity for Attendees***

May 20, 9:30:
Welcome and Introductions

10:00 – 11:30:
Keynote Presentation

11:45 – 1:00:
Breakout Sessions

1:30 – 2:00:
Business Meeting

2:00 – 4:00:
***Conference Debriefing
Discussion***



There is a \$35 registration fee for this virtual conference. Participants may register online at [KY AHEAD - Events](#). We will send a link to all registered participants.

We look forward to spending the day with you.

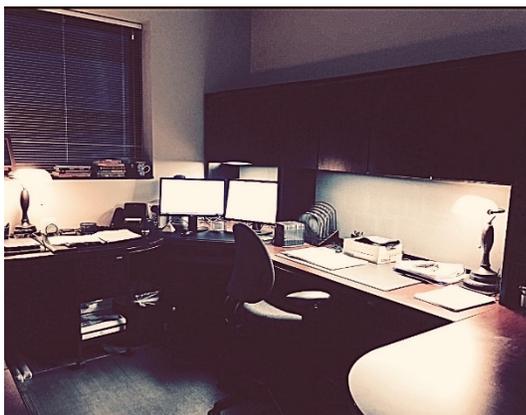
Scholarship Fundraising

This year we will not be able to host our Silent Auction to raise funds for the KY AHEAD student scholarships. Please consider a donation to KY AHEAD to help support our scholarships. Donations can be made online at [KY AHEAD - Events](#).

KY AHEAD Suggestions For Returning to Work Post-Pandemic

By Leisa Pickering

Many of us have been working from home most of this past year, following all the safety precautions of social distancing, washing hands, cleaning surfaces, wearing a mask when we are among others, avoiding crowds, and shopping on-line when possible.



We have become experts at virtual meetings on Zoom and managing schedules around the dogs needing to go out and the kids doing their virtual classes and homework.

Now, as more people are getting vaccinations and the COVID-19 positive rates are coming down, it's time to get back to the office. However, there are still questions about variants of the virus and how safe it is even though we are vaccinated. Some of us may be experiencing a bit of anxiety as we plan to return to the office.

Here is a running list of considerations as we return:

1. Shift your mindset. Embrace the new normal of commuting to the office, walking across campus, seeing coworkers, discussing issues and making decisions easily, being focused without distractions, enjoying the break from being home.
2. Continue the safety measures of social distancing of 6 feet, wearing masks, cleaning surfaces often, hand washing, avoiding hand shaking, etc.
3. Plan work from home days when you can to make the transition at a pace that feels comfortable to you.
4. Give students an option to come to the office or meet by Zoom. Some students really enjoy the convenience of not having to race across campus for a meeting. Continue to be creative with these technologies.
5. Bring some of the comforts of being home to the office, whether it's fresh cut flowers or an easy houseplant (i.e., cactus), scented diffusers, or a wonderful variety of teabags for an afternoon cup of tea. Think aromatherapy: lemon or orange citrus awakens; lavender calms anxiety; rose encourages contentment; cypress helps invigorate and energize; peppermint supports alertness. Some great teas include Earl Grey, Chamomile, Mint, Green, Lavender Herbal.
6. Take breaks. Take a brisk walk. Stretch. Take deep breaths. Be mindfully in the moment.



2020-2021 KY AHEAD Board

Board of Directors

Immediate Past President

Katherine S. Petot

Disability Services Counselor
University of Pikeville

katherinepetot@upike.edu

President

Kathleen Dailey

Disability Resources Counselor
University of Louisville

kathleen.donovandailey@louisville.edu

President Elect

Hayley Rigsby

Assistive Services Coordinator
Western Kentucky University

hayley.rigsby@wku.edu

Secretary

Victoria Slocum

Director of Academic Accessibility
Resources
Asbury University

victoria.slocum@asburykctcs.edu

Treasurer

David Beach

Director - Disability Resource Center
University of Kentucky

dtbeac1@uky.edu

Standing Committee Chairs

Conference Co-Chairs

Hayley Rigsby

Assistive Services Coordinator
Western Kentucky University

hayley.rigsby@wku.edu

Colleen Martin

Director - Disability Resource Center
University of Louisville

colleen.martin@louisville.edu

History Chair

Leisa Pickering

Learning & Behavioral Health Disorders
Consultant

University of Kentucky

leisa.pickering@uky.edu

Membership Chair

Julie Caudill-Clark

Disabilities Coordinator
Hazard Community & Tech College

jcaudill0129@kctcs.edu

Scholarship Chair

Matt Davis

Assistant Director
Student Accessibility Resource Center
Western Kentucky University

matt.davis@wku.edu

Website Chair

Colleen Martin

Director - Disability Resource Center
University of Louisville

colleen.martin@louisville.edu

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.

2 June 2021 and every other Wednesday:

Wind Down Wednesdays @ 1:00 PM Eastern Daylight Time.

Log in to <https://uky.zoom.us/j/82650312623>



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