

May 18th 2010

The TALL INSTITUTE
Thomas Adventures in Lifelong Learning
and
Barbara J. Thomas, Executive Director and Director of Education
are pleased to announce that we are embarking on a brand new
Adventure in Lifelong Learning:

WALL: Weekend Adventures in Lifelong Learning!

One weekend per month we will be offering classes on:

- *Fridays 4:30-9:30pm*
- *Saturdays 4:30-9:30pm*
- *Sundays 12noon-5:00pm*

*Students can join us for 1, 2 or all 3 days of each weekend.
Please see the attached calendar for exact dates.*

*As part of The TALL INSTITUTE (day array program)
IO/Level One Waivers/Private Pay is accepted.
Non-Medical / Private Pay Transportation is available.*

PLEASE talk to your clients/families/service facilitators to determine whether these weekends might be able to fit into YOUR schedule.

*You MUST be 21 years of age AND have accepted your high school diploma to be a registered member of The TALL INSTITUTE and to join us for classes at WALL.
Please call for an application and to set up an interview.*

Mission of The TALL INSTITUTE

...to design and offer classes, in collaboration with community organizations, that will enable adults with intellectual and developmental challenges to assess and achieve progress towards realistic goals and/or opportunities. This progress will affirm to each individual that they can succeed in academic, social and vocational goals and/or opportunities that will help them to become independent, happy, healthy and safe.

NOW, to the good part!!!!

Below are the names and goals for each Adult Lifelong Learning class. Because each class meets only 1x per month the TALL Staff and Students have developed activities for the 1st several months that will go along with the goals of each class. Our hope, once each class is at capacity, is to have the students be the designers of the classes and vote on which activities would best serve all of the students' personal likes, goals and needs.

Fridays: 4:30-9:30pm /June 18th July 9th Aug.20th Sept. 10th Oct.8th Nov. 19th Dec. 10th

Fabulously Free (or almost Free!) Fridays

Goal:

To learn about and then access/attend activities in the community (or that can be done at TALL) that will assist in having a typical Friday night “out” with friends but that will have little to no cost involved.

Activities:

- 1.) *Discuss what kinds of activities we, as a group, enjoy doing and determine (according to the following) what we might decide to do:*
 - a. *likes/dislikes/appropriateness*
 - b. *ability to compromise*
 - c. *cost*
 - d. *time/location/logistics*
- 2.) *Research via magazines, newspapers and the internet social opportunities that we could attend as a group.*
- 3.) *Invite organizations to come talk to us about opportunities they may have for us in our leisure activities with WALL, with a friend outside of WALL or by oneself.*
- 4.) *Attend activities during WALL class time. Evaluate whether the activity is one we would do again or not.*

Saturdays: 4:30-9:30pm/June 19th July 10th Aug.21st Sept.11th Oct.9th Nov. 20th Dec. 11th

*Steppin’ Out Saturdays**

Goal:

To plan, organize and budget for one activity per month that would be affordable, age appropriate and fun to do with others.

Activities:

- 1.) *Discuss what kinds of activities we, as a group, enjoy doing and determine (according to the following) what we might decide to do:*
 - a. *likes/dislikes/appropriateness*
 - b. *ability to compromise*
 - c. *cost*
 - d. *time/location/logistics*
- 2.) *Research via magazines, newspapers and the internet social opportunities that we could attend as a group.*
- 3.) *Having had prior discussions with family and/or staff that assist you with your personal budget, determine how much you can afford for a Saturday evening out (including meals, drinks and fee involved in activity).*
- 4.) *Attend and evaluate activity for value and fun and determine whether we would attend this activity again in the future.*

** See note further down about another opportunity on Saturdays!*

Sundays: 12Noon -5pm/ June 20th July 11th Aug. 22nd Sept.12th Oct.10th Nov. 21st Dec. 12th
Smart and Smooth Sundays

Goal:

To organize oneself so that a sense of readiness for the upcoming week (in the areas of time and money management and personal goals) helps you to start your week on a positive note.

Activities:

- 1.) *Discuss personal goal setting and determine what needs to happen to achieve that goal.*
- 2.) *Time Management class (TBD)*
- 3.) *Money Management class (TBD)*
- 4.) *Menu Planning class (TBD)*
- 5.) *Exercise Class (TBD)*
- 6.) *Determine how to put appropriate leisure time activities in your schedule so that your days are fulfilling, healthy and fun.*
- 7.) *Design with Staff and students a weekly/monthly self-evaluation form that can be used as a tool to attain the goal of the class.*
- 8.) *Assess when (and in what format) family/staff/provider might be invited into our class to assist in our reaching the Goal of the class (i.e. share evaluation form in a workshop type setting; initiate a question/answer time when issues that are particularly challenging for an individual or the class might be addressed, etc.)*

NOTE: This class will be determined by the make-up of the final class list and the needs/goals of each student.

*** Steppin' Out Saturdays (optional program)**

On each Saturday of WALL we will be holding our TALL INSTITUTE sponsored:

People First Meeting from 3:30-4:30pm.

All are invited to attend prior to the start of class.

*Individuals may choose to attend the People First meeting ONLY
(and not join us for our Steppin' Out class).*

There are monthly \$5.00 dues that will be put into the People First treasury and used for People First activities. Anyone that would like to pay their fee on an annual (\$60.00) or semi-annual (\$30.00) basis can do so if it makes it easier for budgeting purposes. Please contact us if there is a problem with paying dues and we will work together to figure out how you can still be a member!

People First for Education

Sponsored by The TALL INSTITUTE

Long Term Goals:

1. *To be an organization that will assist us in attaining our vocational, social and personal goals.*
2. *To be a part of an organization that sees EDUCATION as an integral part of the lives of its members.*
3. *To determine ways to fund and access appropriate adult education.*
4. *To educate others about different ability levels, needs and potential.*

How to get started in joining WALL at TALL:

- 1. If you are already a member of The TALL INSTITUTE go to #2. If you are NOT a member of TALL you need to call and set up an interview with Barb Thomas at 513-731-7077. If you are accepted into The TALL INSTITUTE you will then be asked to fill out an application form and will be able to sign up for classes at TALL or WALL!**
- 2. Discuss with your client / family / service facilitator how YOUR schedule might match up to what we are offering one time per month (remember, as a day array program you can use your waiver dollars if you get creative with how you plan out each week. You need to be certain that you stay within your budget and your service facilitator will be able to assist you with that process). Private pay is \$42.25 per day.**
- 3. If you are interested in transportation as either waiver/non-medical or as private pay you will need to call and discuss payment and scheduling of the service.**
- 4. Please contact us as soon as you make a decision to join us for a WALL class. We are hopeful that a lot of individuals will want to join us and don't want YOU to miss out on this educational and fun opportunity once a month!**
- 5. You will also be receiving a 2010 TALL/WALL calendar. Classes are scheduled through December 31st 2010. You will be encouraged to sign up for a particular class through the end of 2010. We will send out the 2011 calendar as soon as it is available.**

If you have any other questions about our class offerings; your personal schedule; transportation or payment options at TALL OR WALL please feel free to contact:

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