

Join us next month!



**Building Connections Between Healthcare Professionals,
Individuals/Families, and Support Professionals**

Wednesday, April 24
12:00 - 1:00 PM EST

At times, people with Intellectual and developmental disabilities may require support during medical appointments. Taking an inclusive approach and building collaborative relationships between the person, their family, support professionals, and healthcare providers may lead to better outcomes. This presentation will provide guidance on best ways to remain involved in your loved one’s medical care, even though they may no longer live within the family home.

Speakers:

Jennifer LeComte, DO, FACP, FAAP
Founder, Rowan-Virtua Regional Integrated Special Needs Center
Associate Professor of Internal Medicine & Pediatrics
Rowan-Virtua School of Osteopathic Medicine

Andrea Iannuzzelli, DO, FACOI, CMD
Rowan-Virtua Regional Integrated Special Needs Center
Assistant Professor of Internal Medicine
Rowan-Virtua School of Osteopathic Medicine

[Register](#)

**This webinar is being offered as a part of the
series,**



**Prioritizing Your Health and Well-Being:
A Webinar Series for People with Intellectual and Developmental
Disabilities, Caregivers, and Support Professionals**

You can't pour from an empty glass! We invite you to spend some time focused on optimizing your health and taking better care of yourself in 2024. Already familiar with some of these concepts? A refresher can help keep you on track. Either way, make your health and well-being a priority. Mark your calendar and plan to join us!

Save the Dates
for these additional Webinars in the Series:



Caregiver Stress & Burnout:
How to Regain a Sense of Balance in Your Life

Tuesday, March 19
12:00 - 1:00 PM EST

Long-term caregiving can be a fulfilling experience, but it can also be challenging and emotionally taxing. If left unmanaged, the stress of caregiving can lead to burnout, which can affect your physical and mental health, relationships, and overall well-being. This can also impact the person you're caring for, making it crucial to prioritize your own self-care. This session will cover the common and uncommon signs of caregiver stress and burnout, along with tips to lighten the load, avoid burnout, and find balance in your life.

Speaker: Jannell Wilson, MSW, LSW
Community Educator, Project Lifesaver & PASP Coordinator, Somerset County Office on Aging & Disability Services

[Register](#)



Optimizing Health Outcomes for Individuals with
Intellectual and/or Developmental Disabilities

Wednesday, May 15
12:00 - 1:00 PM EST

According to the Surgeon General's call to action to improve the health and wellness of people with disabilities, "Good health means the same thing for everyone and that the best possible health status and quality of years of life should be a goal for everyone, whether experiencing a disability or not." This interactive webinar will address ways to break down barriers to healthcare, optimize preventive screenings, and boost overall health and wellness.

Speaker: Laura O'Reilly-Stanzilis, RN
Health and Disabilities Advocate

[Register](#)

We hope to see you there!

[Click here to download a flyer for the series](#)

The Rutgers Community Living Education Project (CLEP) presents

Prioritizing Your Health and Well-Being:
A Webinar Series for People with Intellectual/Developmental Disabilities, Caregivers, and Support Professionals

TUES.
MAR 19
12 - 1 PM

REGISTER

Caregiver Stress & Burnout: How to regain a sense of balance in your life

Long-term caregiving can be a fulfilling experience, but it can also be challenging and emotionally taxing. If left unmanaged, the stress of caregiving can lead to burnout, which can affect your physical and mental health, relationships, and overall well-being. This can also impact the person you're caring for, making it crucial to prioritize your own self-care. This session will cover the common and uncommon signs of caregiver stress and burnout, along with tips to lighten the load, avoid burnout, and find balance in your life.

Jannell Wilson, MSW, LSW | Somerset County Office on Aging & Disability Services

WED.
APR 24
12 - 1 PM

REGISTER

Shared Care, Shared Impact: Building Connections Between Healthcare Professionals, Individuals/Families, and Residential Providers

At times, people with intellectual and developmental disabilities may require support during medical appointments. Taking an inclusive approach and building collaborative relationships between the person, their family, support professionals, and healthcare providers may lead to better outcomes. This presentation will provide guidance on best ways to remain involved in your loved one's medical care, even though they may no longer live within the family home.

Jennifer LeCompte, DO, FACP, FAAP | Rowan-Virtua Regional Integrated Special Needs Center
Andrea Iannuzzelli, DO, FACOI, CMD | Rowan-Virtua Regional Integrated Special Needs Center

WED.
MAY 15
12 - 1 PM

REGISTER

Optimizing Health Outcomes for Individuals with Intellectual and/or Developmental Disabilities

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Laura O'Reilly-Stanzilis, RN | Health and Disabilities Advocate

Community Living Education Project
Rutgers University

Part of the
Rutgers School of Public Health

Learn more about the Community Living Education Project at
clep.rutgers.edu



Let's continue the conversation! Follow us on social media and let us know how we can best be of assistance to you and your loved ones.

Please forward this email to your friends, colleagues, and families, and encourage them to [subscribe](#) and [visit our website](#). Together we can make New Jersey a vibrant place for people with disabilities to live, work, and thrive!

