



**Perry County Life Skills University
SPRING, SUMMER, AND FALL 2022 Course Registration Form**

We are pleased to announce the line-up for our 2022 LSU (Life Skills University) courses. They represent a mix of leisure, art, fitness, service, and employment-related opportunities. Dates for the three 2022 semesters are:

Spring 2022 Semester	Every Weekday	2/1/22 – 4/29/22
Summer 2022 Semester	Tuesdays, Thursdays, Fridays	6/6/22 – 8/26/22
Fall 2022 Semester	Tuesdays, Thursdays	10/4/22 – 12/23/22

Our Life Skills University program is designed for individuals who have learning, social, physical, and/or developmental delays. Courses are funded through Medicaid Waivers, county-based Senate Bill 40 Boards, private-pay arrangements, and scholarships. It is very rare that a consumer or family would ever have to pay money to participate in LSU classes.

Students who plan to receive funding through county board monies or Medicaid-Waiver services must be approved for courses by their Support Coordinators. Trendline Consulting staff will contact Support Coordinators when we receive this completed packet. Contact phone numbers for Support Coordination agencies are:

County Disability Resources	Perry County	573-547-6639
Catholic Charities	Cape County	573-339-0905
Strides	Ste. Genevieve County	573-880-7250

Class sizes are limited. Actual class assignments will be made in the order that registration forms are received and based on the match between the student's skills and the course's demands. If you have questions about these classes or the registration process, please contact Rylie Roberts at TrendlineRR@gmail.com or at 573-318-1133. Thank you for your interest. We look forward to seeing you in 2022.

As you are completing this form, please note:

1. You can write on this form and submit it or can download it from our website (TrendlineConsulting.org) and type into it if you would prefer.
2. The registration form must be completed entirely even if you are currently enrolled in Trendline services. This is to ensure that we have updated information for our records and so that LSU staff can quickly contact people in case of emergency.

Participant Information

Participant	_____	Participant Date of Birth	_____
Phone Number	_____	Street Address	_____
Cell Phone	_____	City, State	_____
E-Mail Address	_____	Zip Code	_____

Parent/Guardian	_____	Street Address	_____
Phone Number	_____	City, State	_____
Cell Phone	_____	Zip Code	_____
Home Phone	_____	E-Mail Address	_____

Emergency Contact Information

Name of Contact #1	_____	Relationship	_____
Home Phone	_____	E-Mail Address	_____
Cell Phone	_____		

Name of Contact #2	_____	Relationship	_____
Home Phone	_____	E-Mail Address	_____
Cell Phone	_____		

Support Coordinator Information

Name of Coordinator	_____	Service Coordination Organization	_____
Phone Number	_____		
E-Mail Address	_____		

Transportation

Does the student need transportation to class? Yes No

Does the student need transportation home after class? Yes No

What activity (if any) does the student have before his/her LSU courses?
(This could be school, PA Session, UEI, Life Enrichment Center, etc.)

Who can drop off and pick up the student? (Please list specific names)

Individual/Agency 1 _____ Phone/Cell Phone # _____

Individual/Agency 2 _____ Phone/Cell Phone # _____

Individual/Agency 3 _____ Phone/Cell Phone # _____

LSU Class Selection

On the following page you will find a variety of classes to choose from for the upcoming 2022 year. They are divided into three semesters: Spring, Summer, and Fall.

To properly register for a class, simply mark the small check box on the left-hand side of the class.

Please note that it is much easier to sign up now and withdraw later if you or your student chooses to not participate than it is to not register now and later decide to attend additional classes.

SPRING 2022 Classes

2/1/2022-4/29/2022

Please mark the classes that you would like to register for. You can register for as many classes as you would like but cannot sign up for two classes that meet on the same day and same time.

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- “Beginner’s Crossfit” MONDAYS, WEDNESDAYS, FRIDAYS 4:00PPM-5:00PM**
Students AND Trendline staff will participate together in a fitness class at Perryville Crossfit. A licensed instructor will create a daily workout and will then modify it to meet the specific needs and abilities of each person. We will all celebrate together as we start getting more active and fit. This is a very unique opportunity for the entire Trendline family to strive to live healthier.
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- “Personal Finance” TUESDAYS, THURSDAYS 2:45PM-3:45PM**
Students will learn important skills and concepts that will help them better manage their money. Concepts that will be covered include taxes, savings, methods of payment, insurance, interest, credit card debt vs debit card use, and budgeting. Students will learn to write checks, to analyze pay stubs, and to budget and track finances.
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- “Life in Pictures” TUESDAYS, THURSDAYS 2:45PM-3:45PM**
This is a “week-in-my-life” scrap-booking course within which students will be given cameras to use to take pictures of things that are important to them. They will then use boarders, designs, stickers, picture cropping, and captions to create a one-of-a-kind scrapbook.
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- “Sign Language 101” TUESDAYS, THURSDAYS 4:00PM-5:00PM**
Students will be exposed to a variety of helpful lessons and activities that will teach a number of basic signs. Activities will include demonstration videos, flashcard sets, and engaging games. An emphasis will be placed on learning functional signs the communicate everyday ideas, concepts, and needs.
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- “Dinner Chefs” TUESDAYS, THURSDAYS 4:00PM-5:00PM**
Students will work together to create well-balanced dinners. Students will learn kitchen safety, cooking utensils, and cooking techniques that they can use at home or when working in restaurant settings. They will learn proper food-handling and clean up while making at least 10 different foods.
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- “Book Club” FRIDAYS 10:00AM-12:00PM**
Students will choose a book to read as a group and will take turns (along with instructors) reading during class. Students will be assisted by the instructors when needed, will discuss aspects of the book that they liked and did not like, and will brainstorm alternative endings. It is hoped that this course will foster a love and appreciation for reading.
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SUMMER 2022 Desired Classes

6/7/2022-8/26/2022

Please mark the classes that you would like to register for. You can register for as many classes as you would like, but cannot sign up for courses that happen at the same time on the same day.

<input type="checkbox"/> “Driver’s Education” Students who have not yet earned their Learner’s Permits will study relevant material such as road signs, rules of the road, and common driving situations. They will travel to and take the actual Learner’s Permit test, and the goal is that each student will pass the exam.	TUESDAYS, THURSDAYS 2:45PM-3:45PM
<input type="checkbox"/> “Wood Shop” Students will learn woodwork basics such as measurement, layout, identification of tools, functions of tools, and safe tool use. Each student will complete an actual wood-working project that they can then take home.	TUESDAYS, THURSDAYS 2:45PM-3:45PM
<input type="checkbox"/> “Gardening” Students will learn gardening basics such as plant growth stages, photosynthesis, plant types, and garden arrangements. Students will gain hands-on experience with raising their own plants from the seed to ripening stage. Each sets of two students will plan and manage their own 4’ x 8’ gardening bed.	TUESDAYS, THURSDAYS 4:00PM-5:00PM
<input type="checkbox"/> “Sign Language 102” Students will use a variety of tools to build on the sign language that they learned in Sign Language 101. They will add additional vocabulary, expand their knowledge, and begin signing sentences.	TUESDAYS, THURSDAYS 4:00PM-5:00PM
<input type="checkbox"/> “Great Outdoors” Trendline staff and students will explore a different local natural area each Friday. Lessons will emphasize family-friendly outdoor activities including hiking, kayaking, and fishing. Snacks will be provided each day by Trendline Consulting. May 6 May 13 May 20 May 27 June 3 June 10 (make up session)	FRIDAYS 12:30PM-5:30PM

FALL 2022 Desired Classes

10/4/2022-12/23/2022

Please mark the classes that you would like to register for. You can register for as many classes as you would like, but cannot sign up for courses that happen at the same time on the same day.

<input type="checkbox"/> “Healthy Lifestyle” Consumers and staff will work together to design, create, and eat one balanced meal each Tuesday. They will learn about food groups, portion sizes, and healthy alternatives for ingredients. Kitchen safety and safe food storage will also be emphasized. Students will enjoy a leisure activity that includes movement each Thursday.	TUESDAYS, THURSDAYS 2:45PM-3:45PM
<input type="checkbox"/> “Holiday Crafts” Students will create unique crafts celebrating the holidays. They will use a wide variety of materials and techniques including paper mâché, weaving, found objects, and papers of differing thickness and texture. Students will take home their completed projects to spread holiday cheer throughout their rooms or homes or through presents.	TUESDAYS, THURSDAYS 2:45PM-3:45PM
<input type="checkbox"/> “Gaming” Instructors will teach consumers to play a number of electronic games, board games, and card games. Student will visit the local Gaming Center once each month to try their skills on a variety of gaming systems and in a different setting.	TUESDAYS, THURSDAYS 4:00PM-5:00PM
<input type="checkbox"/> “Homemade Living” Students will learn to better manage their homes and lives through lessons about laundry, shopping, cleaning, and meal-planning. There will be hands-on experiences, tools to take home, personal goals and tracking systems, and a monthly raffle for increasing independence.	TUESDAYS, THURSDAYS 4:00PM-5:00PM
<input type="checkbox"/> “Community Outreach” Students will join staff in giving back to their communities through 15 hours of volunteering. Opportunities will each last between 1 and 2 hours (plus travel time) and will target a variety of locations, activities, and ages. Specific dates and times will be determined later.	FRIDAYS 10:00AM-1:00PM

Health/Safety Questions

These questions identify any health and safety issues that we should be aware of when teaching the student. Does the student have any of the following conditions? If so, please describe them.

	Yes	No	Description or Additional Notes
Diabetes?	<input type="checkbox"/>	<input type="checkbox"/>	
High Blood Pressure?	<input type="checkbox"/>	<input type="checkbox"/>	
Heart Condition?	<input type="checkbox"/>	<input type="checkbox"/>	
Asthma?	<input type="checkbox"/>	<input type="checkbox"/>	
Environmental Allergies?	<input type="checkbox"/>	<input type="checkbox"/>	
Allergic to Bee Stings?	<input type="checkbox"/>	<input type="checkbox"/>	
Food Allergies/Limitations?	<input type="checkbox"/>	<input type="checkbox"/>	
Seizure Disorder?	<input type="checkbox"/>	<input type="checkbox"/>	
Significant Arthritis?	<input type="checkbox"/>	<input type="checkbox"/>	
Heat Stroke or Fainting?	<input type="checkbox"/>	<input type="checkbox"/>	
Difficulty Walking or Using Legs?	<input type="checkbox"/>	<input type="checkbox"/>	
Difficulty Using Arms or Hands?	<input type="checkbox"/>	<input type="checkbox"/>	
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	

What else might we need to know in order to best support this student within these classes?

Consent to Participate

A signature of a parent or legal guardian is required for the consumer to participate. If the student is his/her own guardian, then he/she must complete this consent form.

Write your initials on each line and then sign the end of the consent form.

I agree that _____ can participate in the 2022 Life Skills University Courses that I have indicated above.

_____ All classes except “Beginner’s Crossfit” will begin and end at the Trendline Consulting office at 1404 Corporation Lane, Suite 40 in Perryville, MO.

_____ Students might be transported to various locations as part of their courses. They will be driven in cars by Trendline Consulting staff. I agree to allow this transport.

_____ Some courses include internet-based activities, and students will have access to search engines like “Google Chrome.” I agree to allow this internet access with supervision.

_____ In some courses students will have opportunities to make and eat snacks or meals. Trendline Consulting staff will encourage healthy choices and portion control but cannot ensure that students will eat responsibly. I accept this risk.

_____ Students in the Dinner Chefs, Wood Shop, Healthy Lifestyles, Gaming, Homemade Living, Holiday Crafts, and Community Outreach courses will use common appliances such as ovens, stove tops, plastic knives, washing machines, etc. They will also use household cleaning chemicals and detergents. Students will be taught to follow basic safety precautions, but could incur minor injuries. I understand and accept this risk.

_____ Students in the Great Outdoors and the Beginner’s Crossfit courses will be encouraged to engage in light or moderate physical activity that could include stretching, walking, jogging, twisting, rowing, moving on uneven terrain, and lifting weights. Although these activities will be supervised and will be modified by a trainer and by Trendline staff, they include some risk of injury that could include falling, twisting ankles, bruising, general muscle soreness, etc. I certify that the participant has been cleared by a doctor to participate in these activities and accept the associated risks.

_____ Students in the “The Great Outdoors” course will spend time using fishing gear, hiking, and kayaking in calm bodies of water. They will be required to wear flotation vests that are provided by Trendline staff, and there will be at least one Trendline Consulting staff in the water at all times during kayaking. Students can choose a single kayak or a two-person kayak to ride in along with a staff member. Although it is not likely, kayaks can tip over or capsize, and students could have to walk or float to shore with assistance. I understand and accept the associated risks.

Consent to Participate (cont.)

- ____ I have listed all known environmental allergies and health concerns in prior portions of this packet. In cases of severe allergies such as to bee stings, the student will bring appropriate medication and instructions with him/her to class each week.
- ____ Students in the Homemade Living, Wood Shop, Holiday Crafts, Gardening, The Great Outdoors, Dinner Chefs, and Healthy Lifestyles classes will be using or exposed to materials that could stain or damage their clothing. Trendline staff will take steps to limit this as much as is possible. I understand and accept this risk.
- ____ Students in the “Healthy Lifestyle” courses may be discussing and exploring issues that may be sensitive to some. These include but are not limited to abuse and neglect, exploitation, and social media scams. I understand this and have expressed to the LSU program coordinator any limits that I would like imposed on what this consumer encounters.
- ____ Students might come home with supports to use, projects, foods that they prepared, and lots of interesting stories. I will help support their independence and new-found interests to the extent that is possible and is healthy.
- ____ I agree to allow Trendline Consulting staff to communicate with this participant’s Support Coordinator and/or representatives of his/her Support Coordination Agency in order to seek authorizations and funds for this student to participate in these Life Skills University classes. This means that Trendline Consulting staff will be allowed to read the student’s ISP, and that the Support Coordinator will have access to session notes and monthly reports about Life Skills University.
- ____ I agree not to hold either Trendline Consulting (or its employees) responsible for any injuries or damages that occur during or as a result of these classes.
- ____ I have considered potential risks and I understand that I can contact Rylie Roberts at 573-318-1133 or TrendlineRR@gmail.com with any questions or concerns that I have.

Signature of Student/Parent/Guardian

Date



You may submit this Registration and Consent Form packet by:

- E-Mailing it To: TrendlineRR@gmail.com
- Delivering it to: Trendline Consulting
1404 Corporation Lane, Suite 40
Perryville, MO 63775
- Calling to Request Trendline
to Make Arrangements for Pickup: (573) 318-1133

Thank you very much for registering for Life Skills University courses. We are looking forward to serving this participant and helping him/her learn new skills and enjoy new adventures. Please do not hesitate to contact us at any time that you have questions, comments, ideas, or concerns. Your input is unbelievably valuable to our team!