



**Trendline Consulting
SPRING, SUMMER, AND FALL 2024 Course Registration Form**

We are pleased to announce the line-up for our 2024 LSU (Life Skills University) courses. They represent a mix of self-improvement, leisure, social, fine arts, fitness, and employment-related opportunities. Dates for the three 2024 semesters are:

Spring 2023 Semester	Tuesdays, Thursdays	1/9/24 – 4/23/24
Summer 2023 Semester	Tuesdays, Thursdays, Fridays	5/7/24 – 8/20/24
Fall 2023 Semester	Tuesdays, Thursdays	9/3/24 – 12/19/24
Trendline “Power Hour”	Mondays, Wednesdays, Fridays	1/9/24 – 12/22/24

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 an LSU class.

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 Lacie Tiehes at TrendlineLT@gmail.com or at 573-517-8987. Thank you for your interest. We look forward to seeing you in 2024.

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 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	_____	-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 consumer need transportation to class? Yes No

Does the consumer need transportation home after class? Yes No

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

Who can drop off and pick up the consumer? (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 2024 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 the consumer chooses to not participate than it is to not register now and later decide to attend additional classes. Please also note that class times and formats have changed. We are offering three classes per semester with the summer semester being an exception. In addition, many class times have changed to 3:15PM-5PM.

SPRING 2024 Desired Classes

1/9/2024-4/23/2024

PLEASE REGISTER BY: 12/15/2023

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"/> “DESSERT MAKING” Consumers will learn kitchen and oven safety while demonstrating knowledge of the variety of baking tools, ingredients, and baking substitutions. Consumers will vote on delicious dessert recipes to make for themselves and their families.	TUESDAYS, THURSDAYS 3:15PM-5PM
<input type="checkbox"/> “MOVIE REVIEW” Consumers will analyze films to identify main characters, settings, plots, and hidden meanings woven into movies. Students will use their knowledge as the semester progresses to create their own movie.	TUESDAYS, THURSDAYS 3:15PM-5PM
<input type="checkbox"/> “TRENDLINE POWER HOUR” (class starts on 1/9/2023) Consumers and Trendline team members meet at pre-determined locations to engage in a variety of exercise activities. The locations and activities are set within a monthly calendar that is mailed to consumers and is also available at www.TrendlineConsulting.org	MONDAYS, WEDNESDAYS, FRIDAYS 4:15PM-5:15PM

SUMMER 2024 Desired Classes

5/7/2024-8/20/2024

PLEASE REGISTER BY: 4/1/2024

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"/> “OCEAN STUDIES” Consumers will learn about ocean life, habitats, animals, and how to play a role in preserving and protecting oceans. Consumers will identify each ocean and what makes them special and different from each other all while learning about famous shipwrecks, expeditions, and voyages. At the end of the semester, consumers will build a boat and take it to a lake to test buoyancy.	TUESDAYS, THURSDAYS 3:15PM-5PM
<input type="checkbox"/> “PET CARE” Consumers will learn about a variety of animal species, their habitats, and what they need to live a healthy life. Consumers will have the ability to visit different animal shelters, sanctuaries, and petting zoos. Consumers will interact with a professional in pet care to gain information and ask questions.	TUESDAYS, THURSDAYS 3:15PM-5PM
<input type="checkbox"/> “OUTDOOR ADVENTURES” Consumers will learn camping basics as they set up camp, cook outdoors, hike, kayak, and fish. Each of 5 Fridays will include transportation to and from a nature spot, a meal, and an adventure.	FRIDAYS 9:00AM-2:00PM 5/3 5/10 5/17 5/24 5/31 (6/7)
<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. Consumers who already have their permits or earn them during this course will be moved on to driving lessons. The dates and times of lessons will be determined by matching students’ schedules with instructors’ schedules.	FRIDAYS 2:00PM-5PM DRIVING LESSONS TBD
<input type="checkbox"/> “TRENDLINE POWER HOUR” (class runs continuously) Consumers and Trendline team members meet at pre-determined locations to engage in a variety of exercise activities. The locations and activities are set within a monthly calendar that is mailed to consumers and is also available at www.TrendlineConsulting.org	MONDAYS, WEDNESDAYS, FRIDAYS 4:15PM-5:15PM

FALL 2024 Desired Classes

9/3/2024-12/29/2024

PLEASE REGISTER BY: 8/1/2023

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"/> “GAMING”
From board games to video games; playing the winning hand to trying your hand at virtual reality...there is something for everyone in this class. Exploding Kittens? Unstable Unicorns? Mario and Bowser? Quest Beat Saber? Join your peers for lots of fun and good sportsmanship as you learn to play at least 20 different board games, card games, and video games. | TUESDAYS,
THURSDAYS

3:15PM-5PM |
| <input type="checkbox"/> “HOLIDAY COOKING”
Consumers will learn how to cook delicious holiday-themed foods such as mashed potatoes, gravy, and turkey. Each week consumers will demonstrate their knowledge in cooking tools, measurement, and substitutions while making great food and learning skills that will allow them to assist their friends and families in the kitchen during the holiday season. | TUESDAYS,
THURSDAYS

3:15PM-5PM |
| <input type="checkbox"/> “TRENDLINE POWER HOUR” (class runs continuously)
Consumers and Trendline team members meet at pre-determined locations to engage in a variety of exercise activities. Monthly calendars about locations and activities will be mailed to each consumer and can also be found at www.TrendlineConsulting.org . | MONDAYS,
WEDNESDAYS,
FRIDAYS
4:15PM-5:15PM |

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 2024 Life Skills University Courses that I have indicated above.

____ All classes except “Trendline Power Hour” 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 “Dessert Making” and “Holiday Cooking” courses will use common appliances such as ovens, stove tops, plastic knives, microwaves, etc. They might also use household cleaning chemicals. 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 Trendline Power Hour courses will be encouraged to engage in light or moderate physical activity that could include stretching, walking, jogging, swimming, twisting, rowing, moving on uneven terrain, and lifting weights. Although these activities will be supervised, they include some risk of injury that could include falling, twisting ankles, bruising, general muscle soreness, etc. I certify that I will encourage the consumer to wear appropriate footwear and clothing, that the participant has been cleared by a doctor to participate in these activities, and that I 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 also set up and take down tents, help make campfires, and use outdoor cooking devices like kerosine-powered stoves. Precautions that will be taken will include encouraging common kitchen safety steps, requiring that consumers wear Trendline flotation vests when kayaking, and maintaining at least one Trendline Consulting staff in the water at all times. Kayaks can tip over or capsize, students could have to walk or float to shore, and I accept this risk.

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 “Dessert Making”, “Holiday Cooking”, “Outdoor Adventures”, “Pet Care”, and “Power Hour” classes might be 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 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 consumer to participate in these Life Skills University classes. This means that Trendline Consulting staff will be allowed to read the consumer’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 Lacie Tiehes at 573-517-8987 or TrendlineLT@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: TrendlineLT@gmail.com
- Mailing or Delivering it To: Trendline Consulting
1404 Corporation Lane, Suite 40
Perryville, MO 63775
- Calling to Request Trendline
to Make Arrangements for Pickup: (573) 517-8987

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!