



**Trendline Consulting  
SPRING, SUMMER, AND FALL 2023 Course Registration Form**

We are pleased to announce the line-up for our 2023 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 2023 semesters are:

Spring 2023 Semester	Tuesdays, Thursdays	2/13/23 – 4/28/23
Summer 2023 Semester	Tuesdays, Thursdays, Fridays	6/5/23 – 8/31/23
Fall 2023 Semester	Tuesdays, Thursdays	10/2/23 – 12/22/23
Trendline “Power Hour”	Mondays, Wednesdays, Fridays	1/9/23 – 12/22/23

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 2023.

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	_____	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 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 2023 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.**

**SPRING 2023 Desired Classes**

**2/13/2023-4/28/2023**

**PLEASE REGISTER BY: 1/15/2023**

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"/> <b>“BOOK CLUB”</b> Consumers will choose books to read as a group. Participants and staff will talk about aspects of plot, setting, and character development. They will highlight things that they liked and did not like about each book and will explore alternative endings. The last 15 minutes of each session will be spent writing a story together.	TUESDAYS, THURSDAYS  2:45PM-3:45PM
<input type="checkbox"/> <b>“THEATER”</b> Sessions progress from an introduction to theater to the production of an actual play. Consumers will have opportunities to try their hands at set design, costume development, makeup, advertising and promotion, directing, and acting. The semester will end with a live performance of a play that is selected by the class.	TUESDAYS, THURSDAYS  2:45PM-3:45PM
<input type="checkbox"/> <b>“SELF-AWARENESS &amp; COPING”</b> Consumers will learn to better manage their emotional and mental health as they learn about themselves and practice valuable coping skills. They will learn about their rights, strengths and weaknesses, communication styles, learning styles, and self-talk tendencies while learning to manage stress, emotions, and difficult life events.	TUESDAYS, THURSDAYS  4:00PM-5:00PM
<input type="checkbox"/> <b>“COOKING”</b> Consumers will spend the first few weeks of class learning basic kitchen safety and cooking guidelines on their way to earning their “Food Safety” certification cards. They will then learn to make a different meal each week. Every Tuesday will include introductions to new recipes with high levels of support, while Thursdays will be test days for each cooking team.	TUESDAYS, THURSDAYS  4:00PM-5:00PM
<input type="checkbox"/> <b>“TRENDLINE POWER HOUR” (class starts on 1/9/2023)</b> 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 <a href="http://www.TrendlineConsulting.org">www.TrendlineConsulting.org</a>	MONDAYS, WEDNESDAYS, FRIDAYS 3:45PM-5:00PM

**SUMMER 2023 Desired Classes**

**6/5/2023-8/31/2023**

**PLEASE REGISTER BY: 5/5/2023**

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"/> <b>“CREATIVE WRITING”</b> Consumers will learn different genres of writing and experience samples of each. Sessions will include activities that promote brainstorming, collaboration, creative thinking, and story development. Consumers will write pieces on their own or in groups.	<b>TUESDAYS, THURSDAYS</b>  2:45PM-3:45PM
<input type="checkbox"/> <b>“GARDENING”</b> Consumers and team members will work together to plan, sow, and care for three gardening beds that contain flowers, fruits, and vegetables. Consumers will get to keep the items that they harvest.	<b>TUESDAYS, THURSDAYS</b>  2:45PM-3:45PM
<input type="checkbox"/> <b>“SUPER SLEUTHS”</b> Consumers will learn about mysteries and get experience searching for clues and drawing conclusions through a wide variety of board games, movies, online escape rooms, mock court cases, and real-life who-done-it mysteries. The semester will end with either a mystery dinner or a trip to an actual escape room.	<b>TUESDAYS, THURSDAYS</b>  4:00PM-5:00PM
<input type="checkbox"/> <b>“DESIGN PROS”</b> Consumers will learn to balance color, space, contrast, depth, and texture as they are exposed to basic aspects of interior and clothing design. Sessions will include hands-on experience making wall art, candles, flower arrangements, and body scrubs. Consumers will also pick paint, furniture, and accent pieces as they design a mock room.	<b>TUESDAYS, THURSDAYS</b>  4:00PM-5:00PM
<input type="checkbox"/> <b>“OUTDOOR ADVENTURES”</b> 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 local nature spot, a meal, and adventure.	<b>FRIDAYS</b> 9:00AM-2:00PM 5/5 5/12 5/19 5/26 6/2 6/9 (make-up day)
<input type="checkbox"/> <b>“TRENDLINE POWER HOUR” (class runs continuously)</b> 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 <a href="http://www.TrendlineConsulting.org">www.TrendlineConsulting.org</a>	<b>MONDAYS, WEDNESDAYS, FRIDAYS</b> 3:45PM-5:00PM

**FALL 2023 Desired Classes**

**10/2/2023-12/22/2023**

**PLEASE REGISTER BY: 9/1/2023**

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"/> <b>“LEGO MANIA”</b> Consumers will work together during each session to build a working Lego train and scene. This is a great opportunity to practice teamwork, visual-motor skills, sequential planning, and fine motor strength and coordination. The final product will be on display for all to see.	<b>TUESDAYS, THURSDAYS</b>  <b>2:45PM-3:45PM</b>
<input type="checkbox"/> <b>“HOLIDAY THEATER”</b> Consumers, staff, and local talent work together to bring to life a favorite classic just in time for the holidays. Participants will continue to learn about basic aspects of set design, staging, and acting and will produce a local performance that no one will soon forget. The stage awaits! What will your role be?	<b>TUESDAYS, THURSDAYS</b>  <b>2:45PM-3:45PM</b>
<input type="checkbox"/> <b>“STRANGE SCIENCE”</b> Consumers will take a dive together into the weird and wacky world of science as they answer questions like “how far can an egg drop without breaking?”, “can a potato really light up a lightbulb?”, “how do rockets work?”, and “who can build the best catapult?” Every few sessions will bring a new concept or challenge to explore within this hands-on course.	<b>TUESDAYS, THURSDAYS</b>  <b>4:00PM-5:00PM</b>
<input type="checkbox"/> <b>“GAMING”</b> 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.	<b>TUESDAYS, THURSDAYS</b>  <b>4:00PM-5:00PM</b>
<input type="checkbox"/> <b>“TRENDLINE POWER HOUR” (class runs continuously)</b> 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 <a href="http://www.TrendlineConsulting.org">www.TrendlineConsulting.org</a> .	<b>MONDAYS, WEDNESDAYS, FRIDAYS</b> <b>3:45PM-5:00PM</b>

### 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?

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## 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 2023 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 Cooking, Design Pros, and Strange Science 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 Cooking, Design Pros, Theater, and Strange Science courses 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 in the “Theater”, “Self-Awareness & Coping”, and “Creative Writing” courses may be discussing and exploring issues that may be sensitive to some. These include but are not limited to anxiety, past abuse, depression, stress, and relationships. 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 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!