

## Family Health Checkup:

A Webinar Series to Keep Your Family Physically, Financially  
and Mentally Healthy During Challenging Times

### Agenda

#### Wednesday, September 9th - Medicaid: News You Can Use

6:30 - 6:45 p.m. *Welcome and Introductions:*

- ◆ Faye Manaster, Project Director, Family to Family Health Information Center/Family Voices of Illinois
- ◆ Rocio Perez, Bilingual Outreach and Information Specialist

6:45 - 7:45 p.m. - *“Navigating Your Options for Health Coverage”*

presented by Kristin Hartsaw, DuPage Federation on Human Services Reform and Stephanie Altman, Director of Health Care Justice and Senior Director of Policy, Shriver Center for Poverty Law

#### Thursday, September 10th - Family Finances & Private Insurance

6:30 - 6:45 p.m. *Welcome and Introductions:*

- ◆ Faye Manaster, Project Director, Family to Family Health Information Center/Family Voices of Illinois
- ◆ Rocio Perez, Bilingual Outreach and Information Specialist

6:45 - 7:45 p.m. *“Family Finances”* presented by Teresa Villalobos, Credit Union Manger, Unified Homeowners of IL Federal Credit Union

*“Private Health Insurance”* presented by Jose Mendez, US Department of Labor, Region 5

#### Thursday, September 17th - Evaluation & Census

6:30 - 6:45 p.m. *Welcome and Introductions:*

- ◆ Faye Manaster, Project Director, Family to Family Health Information Center/Family Voices of Illinois
- ◆ Rocio Perez, Bilingual Outreach and Information Specialist

6:45 - 7:45 p.m. - *“Your Voice Counts”*

presented by Leonor Vanik, The Arc of Illinois Evaluation Consultant

#### Wednesday, September 23rd - Self-Care & Mental Health

6:30 - 6:45 p.m. *Welcome and Introductions:*

- ◆ Faye Manaster, Project Director, Family to Family Health Information Center/Family Voices of Illinois
- ◆ Rocio Perez, Bilingual Outreach and Information Specialist

6:45 - 7:45 p.m. - *“Self-Care and Your Mental Health”*

presented by Rose Slaght, Parent, Educator and Certified Massage Therapist

## About the Presenters

**Stephanie Altman** Stephanie Altman directs the Shriver Center's work to uncover systemic inequities and create new pathways for opportunity through legislation and system changes. She also directs the organization's healthcare advocacy, representing clients in individual and class actions related to healthcare equity and advocating for accessible healthcare through administrative and legislative forums. Prior to working at the Shriver Center, she was the Programs and Policy Director at Health & Disability Advocates. Stephanie was also an Assistant Professor of Clinical Practice at the Chicago-Kent College of Law and worked as an attorney with the Legal Assistance Foundation. Stephanie was formerly on the board of and is the past Chair of Telligen, and was appointed to the National Quality Forum MAP Medicaid Child Task Force. She is also the past Chair of the Legal Aid Committee of the Chicago Bar Association. She was also on the Illinois Affordable Care Act Navigator Training Team and the Illinois Older Adult Services Advisory Committee. Stephanie earned her law degree from Loyola University School of Law and a B.A. from Grinnell College. She received the 2011 Loretta Lacey Child Health Advocacy Award, the Esther R. Rothstein Award in 2010 from the Lawyers Trust Fund of Illinois, and the Child Health Advocates Award in 2005 from the American Academy of Pediatrics. She was named a Trial Lawyer of the Year Finalist in 2006 by Trial Lawyers for Public Justice.

**Kristin Hartsaw**, MPH, MCHES is the Director of Training and Technical Assistance at the DuPage Federation on Human Services Reform. In this role, she conducts training on a variety of topics including *Navigating Public Benefits*, the *Influence of Culture*, *Mental Health First Aid*, and more. She has provided enrollment assistance to families applying for health coverage and served on the State of Illinois training team to deliver Health Insurance Navigator/Assister training. In addition to her work with the DuPage Federation, Ms. Hartsaw is an adjunct faculty member with the MPH Program at Benedictine University.

**Jose Mendez** a Benefits Advisor in the Chicago Regional Office of the U.S. Department of Labor's Employee Benefits Security Administration (EBSA). Mr. Mendez began his career with EBSA in 2010. Since then, he has assisted thousands of participants, beneficiaries, and benefit plan fiduciaries understand their rights and duties under the Employee Retirement Income Security Act (ERISA), ACA, COBRA, HIPAA which are the laws that protect the benefits of workers and retirees in private-sector pension and welfare plans. He also serves as the agency's liaison for several U.S Congressional Offices in Illinois. Mr. Mendez has a B.S. in Finance from Northeastern Illinois University.

**Rose Slaght** has worked in the Disability field for the past 25 years, in different capacities, but always bringing the Family perspective to Professionals, and the Professional perspective to Families. Rose also has extensive experience (over 53 years combined) in parenting her 2 adult sons, who have multiple sensory and developmental disabilities. Rose has been a direct service provider to children who are blind, visually impaired, have Autism, deafblindness, and have mental health needs, as well as physical disabilities for 27 years, in various capacities. She strives to implement best practices in Early Education as well as adult services to all persons who qualify. Rose guides and encourages Families to become their own case managers, build their skills and abilities to transform their loved ones lives, to improve quality and opportunity, and build the capacity of communities that can support these people.

**Leonor Vanik**, Ph.D. is a sibling, to Maria who is an artist at Arts of Life, and a Latinx disability rights advocate at the local, national and international level. Leonor is an evaluation management consultant and researcher focusing on the social production of disability and marginalized spaces in the built environment and is currently working on disaster disability mitigation and culturally competent engagement. She has extensive experience working with non-profits, government, and foundations, and is the co-editor of the [forthcoming] Latinx Disability Reader.

**Teresa Villalobos** Teresa Villalobos is the Credit Union Manager at Unified Homeowners of IL Federal Credit Union and one of its founders since 2003. She is a Certified Financial Counselor via CUNA since 2018. Her previous work was at Metropolitan Family Services where she worked for 12 years and was the Program Director of the Financial Literacy Initiatives. She has worked one on one with individuals and couples as well as on a bigger scale with families, groups and some media as well. She is also a successful entrepreneur in her own direct sales business at The Cocoa Exchange, for the last 6 years.

## Cost & Registration

### Webinar Series

6:30 - 7:45 pm

Wednesday, September 9th

Thursday, September 10th

Thursday, September 17th

Wednesday, September 23rd

Registration Fees for Participants are for the whole webinar series:

Arc Members: ..... \$25.00

Arc Non -Members: ..... \$35.00

Please complete the attached registration form and return it along with the appropriate fee to:

The Arc of Illinois  
9980 190th St, Suite C  
Mokena, IL 60448  
815-464-1832

Notice of any special accommodations is required two weeks prior to the event. Contact The Arc of Illinois at 815-464-1832.

### SCHOLARSHIPS AND FAMILY STIPENDS

We have two options for **family/self-advocate stipends** for this event. (Stipends are not available for professionals receiving CEUs.)

1. F2F stipends are available for families and youth up to age 21 with any type of special needs, disability and/or chronic illness. **Call 866-931-1110 to apply for this option.**
2. The Arc of Illinois Consumer Stipends are available for parents of adult children over age 21 with developmental disabilities only. **Call 815-464-1832 to apply for this option.**

**CANCELLATIONS & REFUNDS** Participants canceling their registration 72 hours in advance will be entitled to a credit or refund, less a \$50.00 administrative cost. No refund or credit will be given for cancellation less than 72 hours before the seminar.

## Registration Form

### “Family Health Checkup Webinar Series”

3370

Name: \_\_\_\_\_

Job Title: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

I will attend:  All

### Date

### Location

September 9th “Medicaid: News You Can Use”

September 10th “Family Finances and Health Care”

September 17th “Evaluation and Census”

September 23rd “Self-Care and Mental Health”

AMOUNT PAYABLE: \_\_\_\_\_

### METHOD OF PAYMENT:

\_\_\_\_\_ Fax form and mail check to The Arc of Illinois  
(815-464-5292)

\_\_\_\_\_ Check enclosed payable to The Arc of Illinois

\_\_\_\_\_ P.O. or State Voucher #

\_\_\_\_\_ Charge to my Credit Card

Name as it appears on credit card: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVV Code: \_\_\_\_\_

Billing Zip Code: \_\_\_\_\_

Card holder’s signature: \_\_\_\_\_