



MD Community of Practice for Supporting Families Webinar Series

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# Webinar #15 – December 16, 2020

## *HOLIDAY CHEER –ING UP*



Hosted by the Developmental Disabilities Administration

Facilitated by Mary Anne Kane-Breschi

*Director of Family Supports*



# Special Guests

**Bernard Simons, DDA**

Deputy Secretary

**Karyn Harvey, PhD**

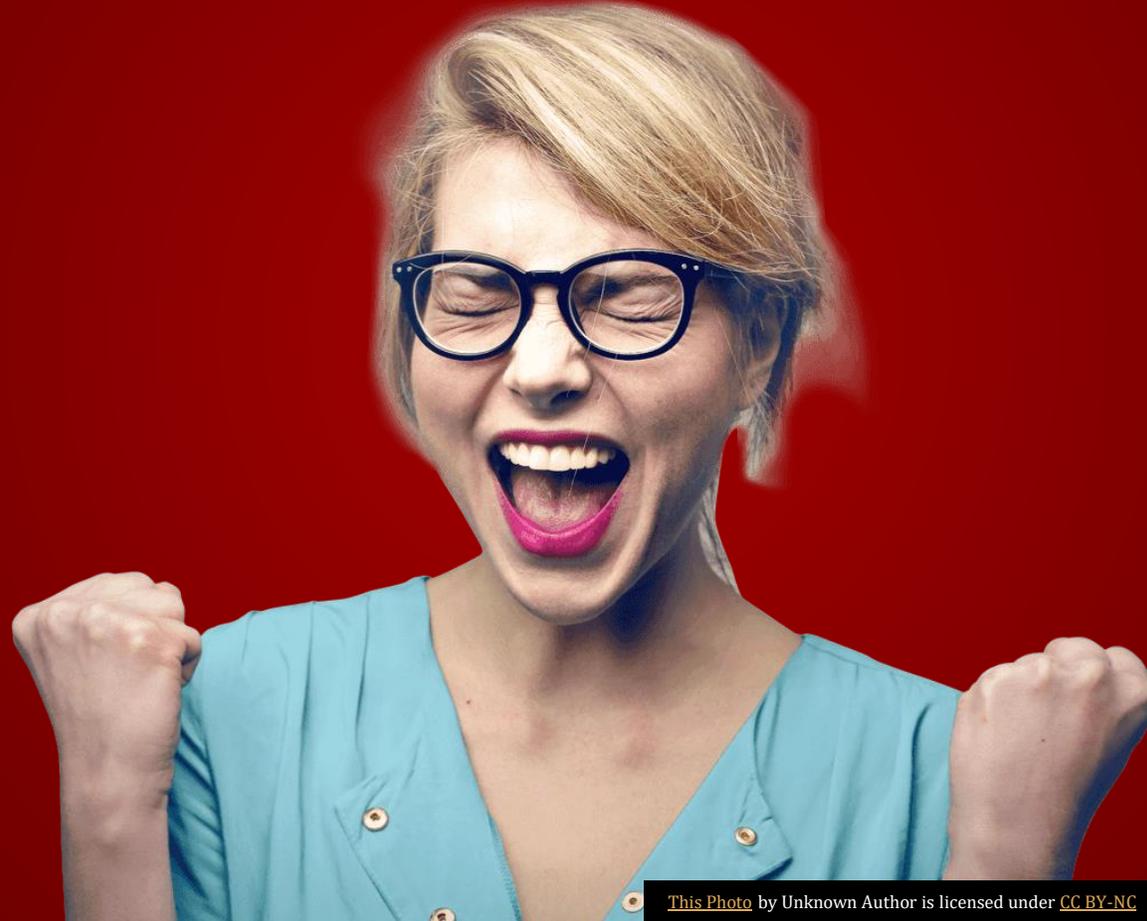
Psychologist, Author, Trainer, Speaker

HOLIDAY CHEER-  
ING UP

GRAB A PEN A PAPER – IF YOU WANT



MAKE A LIST OF ALL THE THINGS YOU DON'T  
HAVE TO DO



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MAKE A LIST OF WHAT YOU ARE GOING TO DO  
FOR YOU- JUST YOU!!



BUY YOURSELF A GIFT

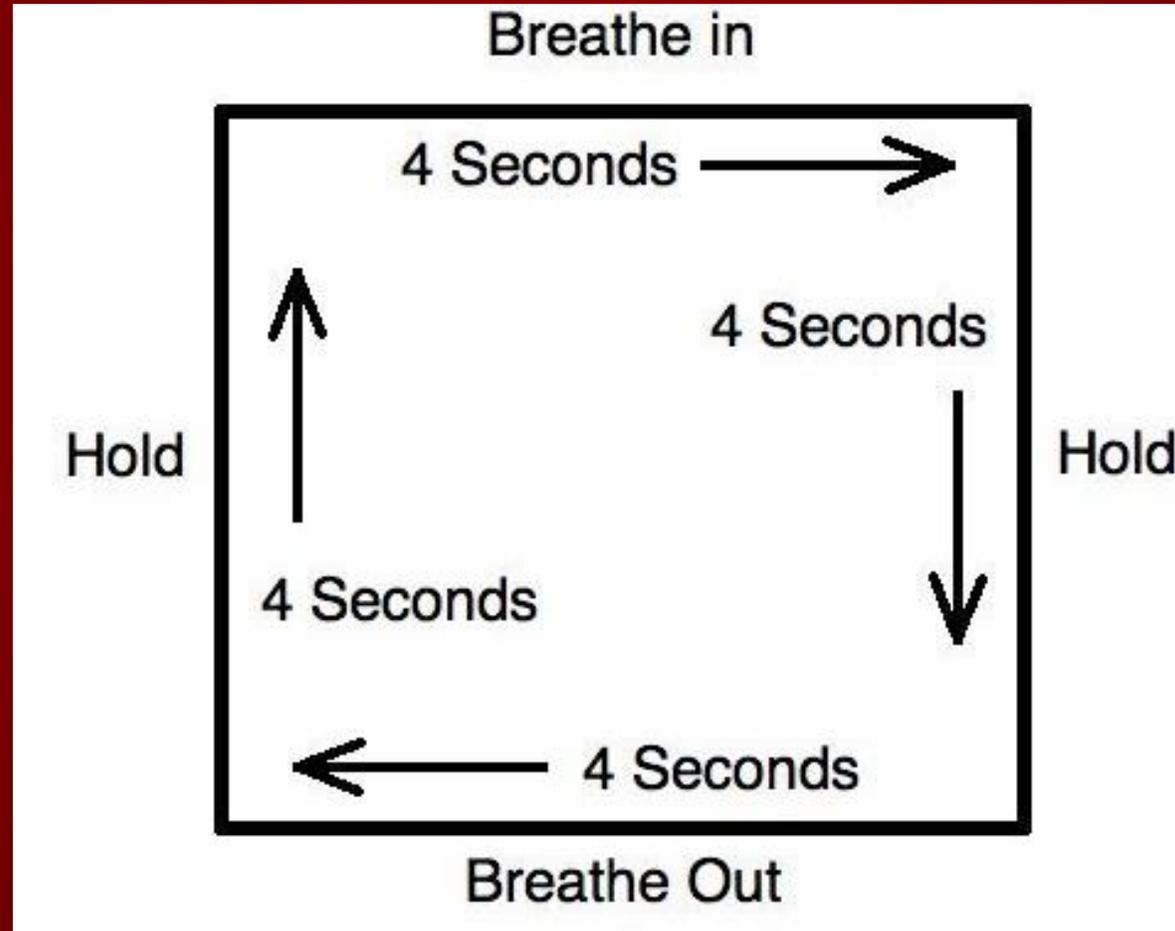


THINK OF THE STRESS YOU ARE MISSING!



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# DON'T STRESS – TRY SQUARE BREATHING



# WATCH YOUR FAVORITE HOLIDAY VIDEOS

- <https://youtu.be/s1LUXQWzCno>
- <https://youtu.be/3Hj3U18FHgQ>

MAKE A LIST OF WHO YOU DON'T  
HAVE TO DEAL WITH

(Don't show anyone!)

# MAKE A LIST OF WHAT YOU APPRECIATE IN 2020

( might not be that long but that's okay!)

# GRATITUDE STUDIES – EMMONS LAB

**Robert Emmons Ph.D. studied  
Gratitude with Collaborators**

- **Journal – daily gratitude journal produce higher levels or optimism – alertness- energy and enthusiasm.**
- **Others journaled events – less optimism**
- **Others journaled problems – high pessimism**



# THINK ABOUT A YEAR FROM NOW



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**WRITE DOWN 5 THINGS YOU ARE  
GOING TO DO WHEN THE WORLD  
OPENS UP**



**CONGRATULATE YOURSELF!!!**



## Opportunity to share.....

Share your ideas, reflections and or plans – Chat /Question Box



# Resources

## Technology

### Connect Using

- ZOOM Call/Web Conferencing
- Google Hangouts
- Messenger
- Portal
- Facebook
- Gaming

Virtual Holiday Celebrations

Virtual Holiday Games

Virtual Holiday Crafts

## Community Based

Charting the LifeCourse (CtLC) Learning Tools  
<https://www.lifecoursetools.com/learning-materials/>

Radio Station Listings...

MD On-Line Worship Services

Community Activities

Local Parks & Recs

Outdoor Concerts

Christmas Tree Farm

Local Holiday Light Exhibits

Local Parks & Recs

Holiday Caroling

Outdoor Gatherings – Safe Outdoor Heaters

Holiday Free Audible Books On-Line

- MD Public Libraries (check out online learning through local libraries)
- Online Library
- Google Bookstore
- Operation ASL Story time

## Eligibility Specific

- MD Developmental Disabilities Administration (DDA)
- DDA Regional Offices
- DDA Coordinators of Community Services (CCS)
- DDA Central Region Providers
- DDA Eastern Shore Providers
- DDA Southern Region Providers
- DDA Western Region Providers



Thank You!

Please join us on ***January 6<sup>th</sup>***  
***at Noon*** for our next webinar:

*Electronic Visit Verification (EVV) Check-in*



## Contact Info

Mary Anne Kane Breschi, DDA  
Director of Family Supports  
[mary.kane-breschi@maryland.gov](mailto:mary.kane-breschi@maryland.gov)