

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
A Day's Adventure	Jennifer Hunt	2/16/2018	Jennifer Hunter is a DSP and shares how she works in planning time with Emily. Trips to the library, out to lunch, and the grocery store all encourage independence and strengthen their relationship. Do you have ideas you'd like to share? Email support@myquillo.com or upload your own video with your ideas.	ideas, idea, outing, activity, activities, independence, relationship, plans, planning, plan, Jennifer Hunter, Jenny, Emily, Emily Gordon, Gordon, community, library, lunch, adventure, shopping	Adulthood	Community Living	
Meet Cierra - Working to Prevent Violence	Cierra Olivia	2/16/2018	Meet Cierra Olivia Thomas-Williams, a Prevention Specialist with the Indiana Coalition Against Domestic Violence. Her speciality is working with and for marginalized people. In future videos with Cierra, she will talk about violence prevention, building environments of safety and trust, and the role of DSPs in addressing tough topics. For more on the Indiana Coalition Against Domestic Violence, visit <a href="http://www.icadvinc.org">http://www.icadvinc.org</a> .	Cierra Olivia Thomas-Williams, Cierra, prevention specialist, prevention, violence prevention, violence, domestic violence, domestic abuse, abuse, trauma, environment, safety, trust, DSP, tackling tough topics, Indiana Coalition Against Domestic Violence, ICADV	Adulthood Aging	Safety & Security	
A Different Way of Seeing the World	Cody Clark	2/16/2018	Meet Cody Clark, a professional magician who is also on the autism spectrum. See if you can keep an eye on the coin rolling across his fingers as he encourages us to see autism as just a different way of seeing the world! For more information on Cody visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a>	Cody Clark, Cody, Clark, magic, magician, Taylor Martin, Taylor, Martin, autism, spectrum, autism spectrum, perspective, different way, seeing the world, viewpoint	All	Daily Life & Employment	
Discovering people's strengths	David Mank	2/16/2018	Our assumptions about people with disabilities getting a job has continued to change. David Mank's career has experienced the mindset change that has evolved about employment for people with intellectual and developmental disabilities. Hear his perspective and reflect on our own as we work with this special group of people. David Mank started his career as a DSP. Now, David Mank, Ph.D. is recognized worldwide as one of the most important leaders in the field on the employment of people with intellectual and developmental disabilities. His work spans four decades and includes leading the Institute on Disability and Community at Indiana University for 20 years.	jobs, job, open doors, new opportunities, David, David Mank, Indiana Unviersity, employment	All	Daily Life & Employment	
Be amazed	De'Amon Harges	2/16/2018	What words inspire you? De'Amon Harges from the Learning Tree shares a quote from poet, Mary Oliver, "Be astonished, tell about it." His challenge, how are you being amazed and telling the stories. To learn more about De'Amon and The Learning Tree visit <a href="http://thelearningtrees.com/">http://thelearningtrees.com/</a>	Mary Oliver, joy, amazed, astonished, pay attention, happy, excited, change lifes, poem, De'Amon Harges, discovery, learning tree	All	Social & Spirituality	
Coffee with Pete: Calm Down!	Peter Leidy	2/16/2018	"Hey, CALM DOWN!" In this episode of Coffee with Pete, Pete encourages us to think about strategies for calming down...and it usually doesn't include yelling "Calm down!" For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit his website: <a href="https://peterleidy.com/">https://peterleidy.com/</a>	Coffee with Pete, coffee, Peter, Pete, Peter Leidy, Leidy, calm, calming, strategies, strategy	All	Social & Spirituality	
Cody's introduction to magic	Cody Clark	2/16/2018	Cody Clark, professional magician, reminisces about his introduction to magic at age 11. His enthusiasm for magic is sure to bring a smile to your face! For more information on Cody visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a>	Cody Clark, Cody, Clark, magic, magician, Taylor Martin, Taylor, Martin, autism, spectrum, autism spectrum, childhood, influence, introduction, dreams, hobbies, new hobbies	School age Transition Adulthood Aging	Daily Life & Employment	
A little magic goes a long way	Cody Clark &	2/16/2018	Cody Clark, a professional magician who is on the autism spectrum, shares how magic tricks are a way to tell his story, to practice conversations, and to form relationships. In this video, we also meet Cody's mentor, Taylor Martin. Do you support people who have found a unique way to learn something about themselves or share their skills? For more information on Cody visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, Cody, Clark, magic, magician, Taylor Martin, Taylor, Martin, autism, spectrum, autism spectrum, magic tricks, autistic, relationship, relationships, mentor, mentors, being yourself, be yourself, learn, learning, personal growth	School age Transition Adulthood Aging	Advocacy & Engagement	

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A photographer's eye	John Dickerson	2/16/2018	Quillo founder, John Dickerson, introduces us to Brandon Boas, a photographer who shares his amazing talents through his skills as an artist and photographer. To view Brandon Boas' photography, visit his website at <a href="http://www.bblovephotos.com">http://www.bblovephotos.com</a> . To reach John Dickerson, email <a href="mailto:john@myquillo.com">john@myquillo.com</a> .	Amaze, Brandon Boas, photography, photograph, art, beauty, share, accomplishing, astonishing, accomplish, Down syndrome, John, John Dickerson, Dickerson	School age Transition Adulthood Aging	Daily Life & Employment	
What's there to do on a snowy day?	Quillo	2/16/2018	Stuck inside on a cold or rainy day? Check out this video for some ideas of free or inexpensive activities to do indoors. What do you do on days like these? Email <a href="mailto:support@myquillo.com">support@myquillo.com</a> with ideas you'd like to share!	idea, ideas, activity, activities, bored, outside, snow, cold, indoors, free, cheap, inexpensive, what to do	School age Transition Adulthood Aging	Daily Life & Employment	
Being Person-Centered	John Raffaele	2/16/2018	In a system with a lot of rules, what does it mean to be "person-centered"? John Raffaele, Director of Education Services with the National Alliance for Direct Support Professionals (NADSP), shares his perspective. To learn more about NADSP, visit <a href="https://www.nadsp.org/">https://www.nadsp.org/</a> .	John Raffaele, John, Raffaele, NADSP, National Alliance for Direct Support Professionals, person-centered, person centered, person, people first, people-centered, person centered support, person centered planning, person-centered support, person-centered planning	Transition Adulthood	Advocacy & Engagement	
Encouraging healthy lifestyles	Sue Gordon	2/16/2018	Sue Gordon, parent of an adult daughter with Down syndrome and COO of Quillo, appreciates ways that support staff can encourage healthy habits with her daughter, such as eating well and exercising. Check out her perspective as a parent! To reach Sue directly, email <a href="mailto:sue@myquillo.com">sue@myquillo.com</a>	Sue Gordon, Sue, Gordon, parent, adult child, Down syndrome, health, healthy, lifestyle, healthy eating, eating, food, exercise, park, activity, community	Transition Adulthood	Healthy Living	
When people want to take risks	Tiba Walters	2/17/2018	Sometimes, taking risks is part of life. Tiba Walters, a DSP in Indiana, shares how she strives to encourage the people she supports.	Tiba, Tiba Walters, Walters, risk, risk-taking, learning, failure, win, success, winning, struggle, growing, growth, I can do it, choice, choices	Adulthood	Daily Life & Employment	
Safety, trust, and collaboration to create a nurturing environment	Cierra Olivia	2/17/2018	Cierra Olivia Thomas-Williams, Prevention Specialist with the Indiana Coalition Against Domestic Violence, discusses how trauma-informed care and approaches help create a safe, stable, and nurturing environment. For more on the Indiana Coalition Against Domestic Violence, visit <a href="http://www.icadvinc.org">http://www.icadvinc.org</a> .	Cierra Olivia Thomas-Williams, Cierra, Prevention, Indiana Coalition Against Domestic Violence, domestic violence, violence, trauma, safe environment, ICADV	Adulthood Aging	Safety & Security	
Having high expectations	David Mank	2/17/2018	What expectations do we have of people? Set the expectation, provide help and people will find it. David Mank started his career as a DSP. Now, David Mank, Ph.D. is recognized worldwide as one of the most important leaders in the field on the employment of people with intellectual and developmental disabilities. His work spans four decades and includes leading the Institute on Disability and Community at Indiana University for 20 years.	Expectations, high expectations, help, employment, David Mank, careers, Institute on disability and community, Indiana University, Mank	All	Daily Life & Employment	
Gifts of the Head, Hand and Heart (previous title Gifts, talents, and being present)	De'Amon Harges	2/17/2018	Be present with others and we will find their gifts. De'Amon Harges of The Learning Tree shares what gifts he discovers in people by being present. He discovers their gifts of the Head, Hand and Heart. What are the gifts we will find in others when we are present? To learn more about De'Amon and The Learning Tree visit <a href="http://thelearningtrees.com/">http://thelearningtrees.com/</a>	Gifts, Caring, Talent, Head, Heart, Hand, De'Amon Harges, Learning Tree	All	Social & Spirituality	
Looking Back 01: Early days of the disability rights movement	MN Governor	2/17/2018	Interested in learning more about the history of the disability rights movement? This footage from a 1981 documentary introduces us to what it was like to be a person with a disability at the University of Berkeley. This clip is made available with permission from The Minnesota Governor's Council on Developmental Disabilities. Quillo is grateful for their contribution and for their efforts to preserve and share this history. To see this video in its entirety, along with other content, please visit <a href="http://mn.gov/mnddc/ed-roberts/wontgoaway1.html">http://mn.gov/mnddc/ed-roberts/wontgoaway1.html</a>	History, Minnesota Governor's Council on Developmental Disability, archives, disability history, disability rights, protest, protests, Berkeley, 1960s, ADA, Americans with Disabilities Act, past, history, looking back	All	Advocacy & Engagement	

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Guy Talk #1: Meet Dr. Robert Naseef	Robert Naseef	2/17/2018	Robert Naseef, a clinical psychologist and father of an adult son with autism, knows firsthand the challenges of talking with parents - especially fathers - about their involvement with their children with disabilities. His video series, "Guy Talk," will offer his perspective and tips on how to start meaningful conversations with fathers who want to be more engage in the everyday lives of their children. To learn more about Dr. Naseef and his practice, Alternative Choices, visit <a href="http://www.DrRobertNaseef.com/">http://www.DrRobertNaseef.com/</a> .	Robert, Naseef, Robert Naseef, psychology, psychologist, autism, adult with autism, children, parents, fatherhood, father, dad	All	Daily Life & Employment	
Finding places of acceptance	Cody Clark	2/17/2018	Have you or someone you support ever heard "You'll never amount to anything!"? Cody Clark, a professional magician who also is on the autism spectrum, shares where he has gone to find places of acceptance. To Cody, "You've got to show up!" For more information on Cody visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a>	Cody Clark, Cody, Clark, magic, magician, Taylor Martin, Taylor, Martin, autism, spectrum, autism spectrum, acceptance, never, inclusion, being part of something, showing up, failure, clubs, groups	School age Transition Adulthood Aging	Social & Spirituality	
The magic of failure	Cody Clark &	2/17/2018	Cody Clark, professional magician, and his mentor in magic, Taylor Martin, have a few tricks up their sleeve. In this case, trying new things may be a win or a fail, and both are important. For more information on Cody visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, Cody, Clark, magic, magician, Taylor Martin, Taylor, Martin, trick, coin, fail, failure, win, winning, success, disappointment, try, trying, mentor, mentoring, autism, autistic, spectrum	School age Transition Adulthood Aging	Advocacy & Engagement	
Sharing a work experience with friends or neighbors	David Mank	2/17/2018	Explore the possibilities! People with disabilities may not have had the opportunity to really see what is available for work. In this video, David Mank suggests connecting with friends or neighbors to explore the possibilities. David Mank started his career as a DSP. Now, David Mank, Ph.D. is recognized worldwide as one of the most important leaders in the field on the employment of people with intellectual and developmental disabilities. His work spans four decades and includes leading the Institute on Disability and Community at Indiana University for 20 years.	approach, adults, older adults, work, job, possibility, visit, neighbor, friend, relative, explore, interest, opportunity, David, David Mank,	Transition Adulthood	Daily Life & Employment	
Wanting a job: a universal wish	David Mank	2/17/2018	David's experiences in working with people with disabilities has taken him around the world and the message he hears is often the same: people with disabilities want jobs. How are we helping to meet that need? David Mank started his career as a DSP. Now, David Mank, Ph.D., is recognized worldwide as one of the most important leaders in the field on the employment of people with intellectual and developmental disabilities. His work spans four decades and includes leading the Institute on Disability and Community at Indiana University for 20 years.	work, employment, support, job, community, travel, world, David, David Mank, Mank, Indiana University	Transition Adulthood	Daily Life & Employment	
Using community support to prevent violence	Cierra Olivia	2/19/2018	Tackling Tough Topics. Dear Quillo viewers: the subject of this video is an important but difficult topic. If today is a day when you need something a little more uplifting, consider adding this to your Favorites playlist, check out the Take a Moment videos, and come back to this one when you're ready. Thank you. Cierra Olivia Thomas-Williams, Prevention Specialist with the Indiana Coalition Against Domestic Violence, expresses how essential the role of community support and connectedness is to help protect against violence. Support staff - like you - are a key part of this connectedness! For more on the Indiana Coalition Against Domestic Violence, visit <a href="http://www.icadvinc.org">http://www.icadvinc.org</a> .	Cierra Olivia Thomas-Williams, Cierra, Prevention, Indiana Coalition Against Domestic Violence, domestic violence, violence, trauma, safe environment, ICADV, tackling tough topics, community support, power, abuse, connectedness	Adulthood Aging	Safety & Security	
What is a violence preventionist?	Cierra Olivia	2/19/2018	Tackling Tough Topics. Dear Quillo viewers: the subject of this video is an important but difficult topic. If today is a day when you need something a little more uplifting, consider adding this to your Favorites playlist, check out the Take a Moment videos, and come back to this one when you're ready. Thank you. Cierra Olivia Thomas-Williams explains what her role as a violence preventionist is, from educating people on warning signs of abuse to looking at how power and violence go together. For more on the Indiana Coalition Against Domestic Violence, visit <a href="http://www.icadvinc.org">http://www.icadvinc.org</a> .	Cierra Olivia Thomas-Williams, Cierra, Prevention, Indiana Coalition Against Domestic Violence, domestic violence, violence, trauma, safe environment, ICADV, tackling tough topics, community support, violence preventionist, power, abuse	Adulthood Aging	Safety & Security	
Community connections	Lisa Wadley	2/19/2018	Making community connections can be a challenging but essential process. Lisa Wadley, a DSP, discusses why she feels these connections are essential and how she works with the people she supports to build those community relationships.	Lisa Wadley, Lisa, Wadley, community, connection, connect, relationship, relationships, new challenges, new, challenge, challenge, opportunity, society	Adulthood Aging	Community Living	

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Dreams, one step at a time	Lisa Wadley	2/19/2018	How do you talk about dreams with individuals who maybe have never been asked? Talking about future wants and inspirations may be difficult, but Lisa Wadley, DSP, works hard to encourage the people she supports to find their own voice, one small step at a time.	Lisa Wadley, Lisa, Wadley, community, connection, connect, relationship, relationships, future, goals, wish, inspiration, goal, desire, dream, dreams	All	Advocacy & Engagement	
Looking Back 02: Judy Heumann, disability rights leader	MN Governor	2/19/2018	The challenges and struggles are a reality for people with a disability. In this video, Judy Heumann, a rights activist and leader in the disability community, explains why she gets actively involved in the movement when she can not accept not being seen as an equal person. This clip is made available with permission from The Minnesota Governor's Council on Developmental Disabilities. Quillo is grateful for their contribution and for their efforts to preserve and share this history. To see this video in its entirety, along with other content, please visit <a href="http://mn.gov/mnddc/ed-roberts/wontgoaway1.html">http://mn.gov/mnddc/ed-roberts/wontgoaway1.html</a> .	History, Minnesota Governor's Council on Developmental Disability, archives, disability history, disability rights, protest, protests, Berkeley, 1970s, ADA, Americans with Disabilities Act, past, Judy, Heumann, Judy Heumann, rights, activist, movement	All	Advocacy & Engagement	
Looking Back: The Rolling Quads join a movement for independence	MN Governor	2/19/2018	Strong role models, such as the Rolling Quads, who originated the Center for Independent Living influenced and helped people with disabilities find their identity. The movement is calling for action to get people out of institutions, find equal opportunity in jobs, housing, medical funding and services and have a fighting chance to be useful members of society. This clip is made available with permission from The Minnesota Governor's Council on Developmental Disabilities. Quillo is grateful for their contribution and for their efforts to preserve and share this history. To see this video in its entirety, along with other content, please visit <a href="http://mn.gov/mnddc/ed-roberts/wontgoaway1.html">http://mn.gov/mnddc/ed-roberts/wontgoaway1.html</a>	History, Minnesota Governor's Council on Developmental Disability, archives, disability history, disability rights, protest, protests, Berkeley, 1970s, ADA, Americans with Disabilities Act, past,	All	Advocacy & Engagement	
Looking Back: Perspectives on disability with Ed Roberts	MN Governor	2/19/2018	Ed Roberts, who was a visionary leader, activist, and advocate for people with disabilities, shares the fundamental beliefs that have changed resulting in people with disabilities, once considered to be the absolute weakest, are now discovering they are the strongest in their own ways. This clip is made available with permission from The Minnesota Governor's Council on Developmental Disabilities. Quillo is grateful for their contribution and for their efforts to preserve and share this history. To see this video in its entirety, along with other content, please visit <a href="http://mn.gov/mnddc/ed-roberts/wontgoaway2.html">http://mn.gov/mnddc/ed-roberts/wontgoaway2.html</a>	History, Minnesota Governor's Council on Developmental Disability, archives, disability history, disability rights, protest, protests, Berkeley, 1970s, ADA, Americans with Disabilities Act, past,	All	Advocacy & Engagement	
Advice from Cody: Goalsetting	Cody Clark	2/19/2018	Cody Clark, a professional magician, is a very motivated person. In order to stay focused, Cody is a proponent of setting goals - even if that means saying 'no' to certain opportunities. Do you talk about goal setting with others? What are your goals, personally or professionally? For more information on Cody visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, Cody, Clark, magic, magician, autism, spectrum, autism spectrum, autistic, goals, goal, setting goals, future, planning, learning to say no	School age Transition Adulthood Aging	Advocacy & Engagement	
Learning from Temple Grandin	Cody Clark &	2/19/2018	Cody Clark, professional magician, and Taylor Martin, Cody's mentor in magic, discuss the influence Temple Grandin has had on them - both personally and for the broader autism community. For more information on Cody visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a>	Cody Clark, Cody, Clark, magic, magician, Taylor Martin, Taylor, Martin, autism, spectrum, autism spectrum, mentor, Temple Grandin, Temple, Grandin, role model, influence, woman, women, discrimination, bias	School age Transition Adulthood Aging	Social & Spirituality	
Talking employment with families and parents	David Mank	2/19/2018	In this video David provides some very valuable insight about the important conversation about employment for people with intellectual and Developmental Disabilities. He offers some good tips on questions we should ask. David Mank started his career as a DSP. Now, David Mank, Ph.D. is recognized worldwide as one of the most important leaders in the field on the employment of people with intellectual and developmental disabilities. His work spans four decades and includes leading the Institute on Disability and Community at Indiana University for 20 years.	Employment, Familiy, Discussion, Safe, Safety, Parent, Adult, Working, Program, Conversation, Job, Concern, Welcome, Talking	Transition Adulthood	Daily Life & Employment	
Why was he running?!	John Dickerson	2/20/2018	When one individual was repeatedly running AWAY from his house, his staff came to find out he wasn't trying to leave...he just wanted to run! From there, a new hobby and a new friendship blossomed. Running doesn't always mean someone is running away! To reach John Dickerson, CEO/Founder of Quillo, email <a href="mailto:john@myquillo.com">john@myquillo.com</a> .	relationship, relationships, lives, running, run, health, house, home, behavior, learning, staff, support, staff support, behaviors, John Dickerson, John, Dickerson	Adulthood	Daily Life & Employment; Advocacy & Engagement; Social & Spirituality; Safety & Security	

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Coalitions Against Domestic Violence: a resource in your state	Cierra Olivia	2/20/2018	Tackling Tough Topics. Dear Quillo viewers: the subject of this video is an important but difficult topic. If today is a day when you need something a little more uplifting, consider adding this to your Favorites playlist, check out the Take a Moment videos, and come back to this one when you're ready. Thank you. Cierra Olivia Thomas-Williams introduces viewers to the sexual assault and domestic violence coalitions that are present in every state. Cierra, a Prevention Specialist with the Indiana Coalition Against Domestic Violence, is an example of a resource and expertise that is available nationwide. If you or someone you know is experiencing domestic violence and needs assistance, find the coalition in your state here: <a href="https://ncadv.org/state-coalitions">https://ncadv.org/state-coalitions</a> .	Cierra Olivia Thomas-Williams, Cierra, prevention, prevention specialist, Indiana Coalition Against Domestic Violence, domestic violence, violence, violent, trauma, assault, sexual assault, safe environment, ICADV, tackling tough topics, community support, resource, nationwide resource, coalition	Adulthood Aging	Safety & Security	
In honor of Black History Month	Betty Williams	2/20/2018	In honor of Black History Month, Betty Williams, past-President of SABE, Self Advocates Becoming Empowered, shares why she thinks recognizing and celebrating black history is important. For more information on SABE, visit <a href="http://www.sabeusa.org">www.sabeusa.org</a> .	Betty Williams, Betty, Williams, SABE, self-advocates, self advocates becoming empowered, black history month, black, history, African American, celebrate, recognize, appreciate, historical, past, Rosa Parks, Martin Luther King Jr, African American History Month	All	Advocacy & Engagement	
Three strikes	Betty Williams	2/20/2018	As a person with a disability, a woman, and a black person, people have told Betty she has "three strikes" against her. She discusses the impact that has had in her life and how it has encouraged her to grow. Betty Williams is the past-President of SABE, Self Advocates Becoming Empowered. For more information on SABE, visit <a href="http://www.sabeusa.org">www.sabeusa.org</a> .	Betty Williams, Betty, Williams, SABE, self-advocates, self advocates becoming empowered, mentor, mentorship, college, dream, goals, goal, dreams, Black History Month, African American history month, African American, black, history	All	Advocacy & Engagement	
Hiring Joe	David Mank	2/20/2018	How should we engage with a potential employer about hiring people with disabilities? In this video, David shares his perspective and approach. We can all learn from his experience. David Mank started his career as a DSP. Now, David Mank, Ph.D. is recognized worldwide as one of the most important leaders in the field on the employment of people with intellectual and developmental disabilities. His work spans four decades and includes leading the Institute on Disability and Community at Indiana University.	employment, hire, employer, employee, work, interest, business, company, working, David, David Mank, Indiana University	Transition Adulthood	Daily Life & Employment	
The risk of silence	Cierra Olivia	2/21/2018	Tackling Tough Topics. Dear Quillo viewers: the subject of this video is an important but difficult topic. If today is a day when you need something a little more uplifting, consider adding this to your Favorites playlist, check out the Take a Moment videos, and come back to this one when you're ready. Thank you. Cierra Olivia Thomas-Williams, a Prevention Specialist with the Indiana Coalition Against Domestic Violence, discusses silence and privacy, a social norm that can make it more difficult to notice if somebody is experiencing domestic violence. Cierra offers suggestions on how to support and approach individuals, whether it is a co-worker, someone you support, or others in your life. If you or someone you know is experiencing domestic violence and needs assistance, find the coalition in your state here: <a href="https://ncadv.org/state-coalitions">https://ncadv.org/state-coalitions</a> .	Cierra Olivia Thomas-Williams, Cierra, prevention, prevention specialist, Indiana Coalition Against Domestic Violence, domestic violence, violence, violent, trauma, assault, sexual assault, safe environment, ICADV, tackling tough topics, silence, privacy, signs, warning signs	Adulthood Aging	Safety & Security	
Trauma-informed care to create supportive environments	Cierra Olivia	2/21/2018	Tackling Tough Topics. Dear Quillo viewers: the subject of this video is an important but difficult topic. If today is a day when you need something a little more uplifting, consider adding this to your Favorites playlist, check out the Take a Moment videos, and come back to this one when you're ready. Thank you. Cierra Olivia Thomas-Williams, a Prevention Specialist with the Indiana Coalition Against Domestic Violence, explains how sometimes people's behaviors may be a response to our environment. The impact of violence and trauma can affect our brain, making it even more important to establish a safe and trusting environment. If you or someone you know is experiencing domestic violence and needs assistance, find the coalition in your state here: <a href="https://ncadv.org/state-coalitions">https://ncadv.org/state-coalitions</a> .	Cierra Olivia Thomas-Williams, Cierra, prevention, prevention specialist, Indiana Coalition Against Domestic Violence, domestic violence, violence, violent, trauma, assault, sexual assault, safe environment, ICADV, tackling tough topics, behavior, safe, safety	Adulthood Aging	Safety & Security	

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Warning signs of domestic violence	Cierra Olivia	2/21/2018	Tackling Tough Topics. Dear Quillo viewers: the subject of this video is an important but difficult topic. If today is a day when you need something a little more uplifting, consider adding this to your Favorites playlist, check out the Take a Moment videos, and come back to this one when you're ready. Thank you. Cierra Olivia Thomas-Williams, a Prevention Specialist with the Indiana Coalition Against Domestic Violence, introduces warning signs of domestic violence. If you or someone you know is experiencing domestic violence and needs assistance, find the coalition in your state here: <a href="https://ncadv.org/state-coalitions">https://ncadv.org/state-coalitions</a> .	Cierra Olivia Thomas-Williams, Cierra, prevention, prevention specialist, Indiana Coalition Against Domestic Violence, domestic violence, violence, violent, trauma, assault, sexual assault, safe environment, ICADV, tackling tough topics, community support, resource, nationwide resource, coalition, warning signs, warning	Adulthood Aging	Safety & Security	
The importance of mentors	Betty Williams	2/21/2018	Who do you look up to? Betty Williams, past-President of SABLE, Self Advocates Becoming Empowered, talks about a mentor who had a big impact on her: one of her college professors who encouraged his students to dream big. For more information on SABLE, visit <a href="http://www.sabeusa.org">www.sabeusa.org</a> .	Betty Williams, Betty, Williams, SABLE, self-advocates, self advocates becoming empowered, mentor, mentorship, college, dream, goals, goal, dreams, Black History Month, African American history month, African American, black, history	All	Social & Spirituality	
Looking Back 04: Ed Roberts, pushing for independence	MN Governor	2/21/2018	Change could not happen without making certain the social systems were working for people with disabilities not against them. Steps were taken with CA State Legislature to change laws that promoted independence and not maintenance and dependence. In 1975, Ed Roberts, who was a visionary leader, activist, and advocate becomes the Director of CA Department of Rehabilitation. This clip is made available with permission from The Minnesota Governor's Council on Developmental Disabilities. Quillo is grateful for their contribution and for their efforts to preserve and share this history. To see this video in its entirety, along with other content, please visit <a href="http://mn.gov/mnddc/ed-roberts/wontgoaway1.html">http://mn.gov/mnddc/ed-roberts/wontgoaway1.html</a>	History, Minnesota Governor's Council on Developmental Disability, archives, disability history, disability rights, protest, protests, Berkeley, 1970s, ADA, Americans with Disabilities Act, past, government, leader, Ed Roberts, Ed, Roberts, rehabilitation, rehabilitation act	All	Advocacy & Engagement	
Looking Back: Getting to the 1973 Rehabilitation Act	MN Governor	2/21/2018	On September 23, 1973 Nixon signs the Rehabilitation Act. However, learn from this video what took place prior to him signing the Act. This clip is made available with permission from The Minnesota Governor's Council on Developmental Disabilities. Quillo is grateful for their contribution and for their efforts to preserve and share this history. To see this video in its entirety, along with other content, please visit <a href="http://mn.gov/mnddc/ed-roberts/wontgoaway1.html">http://mn.gov/mnddc/ed-roberts/wontgoaway1.html</a>	History, Minnesota Governor's Council on Developmental Disability, archives, disability history, disability rights, protest, protests, Berkeley, 1970s, ADA, Americans with Disabilities Act, past, rehabilitation act, law, legislation, legal, president, government	All	Advocacy & Engagement	
Looking Back: Disability rights activists and the 1977 protests	MN Governor	2/21/2018	This video recalls a time in history when in April 1977, a group of roughly 150 disability rights activists took over the fourth floor of a federal building in San Francisco. They would not leave, they said, until President Jimmy Carter's administration agreed to implement a four-year-old law protecting the rights of people with disabilities. This clip is made available with permission from The Minnesota Governor's Council on Developmental Disabilities. Quillo is grateful for their contribution and for their efforts to preserve and share this history. To see this video in its entirety, along with other content, please visit <a href="http://mn.gov/mnddc/ed-roberts/wontgoaway1.html">http://mn.gov/mnddc/ed-roberts/wontgoaway1.html</a>	History, Minnesota Governor's Council on Developmental Disability, archives, disability history, disability rights, protest, protests, Berkeley, 1970s, ADA, Americans with Disabilities Act, past,	All	Advocacy & Engagement	
What Color Is Your Pee?	Quillo	2/21/2018	Meet Peabody, the spunky character who wants us to sing along, have some fun, and learn a catchy tune to remind us to drink more water! The inspiration? When nurses were asked, "What is the number one message you would want to share with the disability community to support all-around health?", their answer was simple: drink more water! Share this with others and remind each other to opt for H2O.	What Color is your pee, pee, health, healthy, nutrition, active, reminder, remind, song, sing, Peabody, nurse, doctor, H2O	All	Healthy Living	
The process of discovery: what are people's talents?	David Mank	2/21/2018	Have we ever heard someone comment, "some people can't be productive?" In this video David Mank challenges our assumption by having us reflect on the intersection of the job and the person. Think about using the process of discovery. David Mank started his career as a DSP. Now, David Mank, Ph.D. is recognized worldwide as one of the most important leaders in the field on the employment of people with intellectual and developmental disabilities. His work spans four decades and includes leading the Institute on Disability and Community at Indiana University for 20 years.	job, jobs, employment, discovery, process, capabilities, productive, unproductive, intersection, David, David Mank, Indiana University,	School age Transition Adulthood	Daily Life & Employment	

Quillo Connect Videos (Public Library_As of August 2023)							
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Opening Night at the Fringe Festival	Cody Clark	2/21/2018	On opening night at an Indianapolis theater festival, Cody Clark, professional magician, wanted to be sure his act made a good first impression. His mentor, Taylor Martin, adds his observation that Cody has grown from being "an autistic magician" to "a magician who also has autism." For more information on Cody visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, Cody, Clark, magic, magician, Taylor Martin, Taylor, Martin, autism, spectrum, autism spectrum, theater, stage, act, perform, performance, dreams, more than your disability	School age Transition Adulthood Aging	Advocacy & Engagement	
Self-advocacy and Magic Tricks	Cody Clark &	2/21/2018	Do you or people in your life advocate for themselves? Cody Clark, a professional magician who is on the autism spectrum, talks about how he uses magic as a form of self-advocacy. His mentor, Taylor Martin, join him as they share Cody's journey to be a motivational speaker. For more information on Cody visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, Cody, Clark, magic, magician, Taylor Martin, Taylor, Martin, autism, spectrum, autism spectrum, autistic, motivational speaker, speaker, self-advocate, self-advocacy, self advocacy, self advocate	School age Transition Adulthood Aging	Advocacy & Engagement	
Two ways to be wrong about people with disabilities	David Mank	2/21/2018	Listen closely to this video as David Mank shares introspective assumptions about how we might look at people with disabilities. Watch it and check our own assumptions. David Mank started his career as a DSP. Now, David Mank, Ph.D. is recognized worldwide as one of the most important leaders in the field on the employment of people with intellectual and developmental disabilities. His work spans four decades and includes leading the Institute on Disability and Community at Indiana University for 20 years.	Inspire, capable, capabilities, successful, success, discover, David, David Mank, Indiana University	Transition Adulthood	Daily Life & Employment	
Responding to our environment	David Mank	2/21/2018	Listen to more insight from David Mank about how the environment can set the stage for appropriate behavior in the work environment. Our environments do matter. David Mank started his career as a DSP. Now, David Mank, Ph.D. is recognized worldwide as one of the most important leaders in the field on the employment of people with intellectual and developmental disabilities. His work spans four decades and includes leading the Institute on Disability and Community at Indiana University for 20 years.	Difficult, behavior, difficult behavior, expectations, stories, job, working, work, co-workers, environment, respond, employed, response, David, David Mank, Indiana University	Transition Adulthood	Daily Life & Employment	
Opening doors, not closing them	David Mank	2/21/2018	Our conversation about work should not be a debate to close anything! Hear David Mank's viewpoint about creating new job opportunities because we are asking people what kind of job they would like. David Mank started his career as a DSP. Now, David Mank, Ph.D. is recognized worldwide as one of the most important leaders in the field on the employment of people with intellectual and developmental disabilities. His work spans four decades and includes leading the Institute on Disability and Community at Indiana University for 20 years.	jobs, job, open doors, new opportunities, David, David Mank, Indiana University, sheltered work shop, work shops	Transition Adulthood	Daily Life & Employment	
Catch your Breath: Timelapse	Patrick Gordon	2/26/2018	Passing clouds, water falling, a sunset... Sometimes, you just need to catch your breath. This series of timelapse videos invites you to do just that. Whether you have had a difficult day or just need to relax, Quillo invites you to take a minute. Enjoy yourself or share with someone else who may need to Take a Moment. This video was created by Patrick Gordon, timelapse photographer. To contact Patrick, email <a href="mailto:pgordon24@gmail.com">pgordon24@gmail.com</a> .	timelapse, nature, breath, breathe, break, relax, soothe, trees, clouds, cloud, tree, waterfall, water, relaxing, Patrick Gordon, Patrick, Gordon, photos, photo	All	Healthy Living	
Using "discovery" to promote person-centered planning	De'Amon Har	2/26/2018	Person-centered planning opens the door to discovery. De'Amon Harges of The Learning Tree challenges us to use discovery by observing and asking what is working and what is not. De'Amon's job is a Roving Listener, where finding the joys and gifts of each person is part of what he does every day. For more information on De'Amon and The Learning Tree, click here ( <a href="http://thelearningtrees.com/">http://thelearningtrees.com/</a> ).	person centered planning, discovery, working, not working, fun, De'Amon Harges, Learning Tree	School age Transition Adulthood	Community Living	
Pancakes with Chef Emily	Sue Gordon	2/26/2018	When Sue learned that her daughter, Emily, was interested in being a chef, they turned their kitchen into a place for Emily to practice her skills! Join Sue and Emily for their Saturday morning pancake routine. How can day to day activities and tasks support career goals? Sue Gordon is the parent of an adult daughter with Down syndrome and COO of Quillo If you would like to reach Sue, email her at <a href="mailto:sue@myquillo.com">sue@myquillo.com</a> .	career, job, careers, jobs, aspirations, goal, goals, cook, cooking, activity, activities, parent, child, ideas, idea, Sue Gordon, Sue, Gordon	Transition Adulthood	Daily Life & Employment	
The R-Word	Mollie Noble	3/6/2018	What does the "r-word" mean to you and others in your life? Mollie Noble shares her thoughts on use of the word "retarded" and how hurtful it can be. Sponsored by Special Olympics ( <a href="https://www.specialolympics.org">https://www.specialolympics.org</a> ) and Best Buddies ( <a href="https://www.bestbuddies.org">https://www.bestbuddies.org</a> ). "Spread the Word to End the Word" Day takes place each March. Go to ( <a href="https://www.r-word.org">https://www.r-word.org</a> ) the R-word website to learn more, share your story, or pledge to use words of respect!	Mollie Noble, Mollie, Noble, r-word, r word, retard, retarded, pledge, Special Olympics, Best Buddies, respect, March 7	All	Advocacy & Engagement	

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Just being there	Cierra Olivia	3/12/2018	Tackling Tough Topics. Dear Quillo viewers: the subject of this video is an important but difficult topic. If today is a day when you need something a little more uplifting, consider adding this to your Favorites playlist, check out the Take a Moment videos, and come back to this one when you're ready. Thank you. Cierra Olivia Thomas-Williams, prevention specialist, has more advice for us on how to be supportive of people who are experiencing domestic abuse. Sometimes just being there to listen is a place to start. If you or someone you know is experiencing domestic violence and needs assistance, find the coalition in your state here: <a href="https://ncadv.org/state-coalitions">https://ncadv.org/state-coalitions</a> .	Cierra Olivia Thomas-Williams, Cierra, prevention, prevention specialist, Indiana Coalition Against Domestic Violence, domestic violence, violence, violent, trauma, assault, sexual assault, safe environment, ICADV, tackling tough topics, community support, resource, nationwide resource, coalition	Adulthood Aging	Safety & Security	
Parent's Perspective: What respite care means for me and my son	Carole Guess	3/12/2018	As Carole explains, respite care has a positive impact on both her and her teenage son. Thank you for the work that you do!	respite, respite care, parent, parents, child, children, impact, teenage, thank you, thanks, appreciate	All	Community Living	
Coffee with Pete: A Poem by Christine Mayer	Peter Leidy	3/12/2018	Coffee with Pete - and Christine! Pete introduces you to his late friend and poet, Christine Mayer. Christine's poem encourages us to listen not just with our ears, but with our whole body. For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit his website: <a href="https://peterleidy.com/">https://peterleidy.com/</a>	Coffee with Pete, coffee, Peter, Pete, Peter Leidy, Leidy, poem, poet, listen, listening, heart, support, Christine, Christine Mayer	All	Advocacy & Engagement	
Guy Talk #2: Talking with fathers	Robert Naseef	3/12/2018	Robert Naseef, a clinical psychologist and father of an adult son with autism, shares his perspective on ways to start a productive conversation with fathers. He has an interest in the psychology of men and fatherhood and has found that asking about the experience and then listening is a good way for parents to start to open up. To learn more about Dr. Naseef and his practice, Alternative Choices, visit <a href="http://www.DrRobertNaseef.com/">http://www.DrRobertNaseef.com/</a> .	Robert, Naseef, Robert Naseef, psychology, psychologist, autism, adult with autism, children, parents, fatherhood, father, dad, listen, listening	All	Daily Life & Employment	
The Rising Star of Magic Award	Cody Clark	3/12/2018	Congratulations, Cody! Cody Clark, a professional magician who happens to be on the autism spectrum, was recently awarded The Rising Star of Magic Award. Cody uses his talents to share his story and raise awareness about people on the spectrum. For more information on Cody visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, Cody, Clark, magic, magician, Taylor Martin, Taylor, Martin, autism, spectrum, autism spectrum, congratulations, award, celebrate, goal, goals, achievement	School age Transition Adulthood Aging	Daily Life & Employment	
The Magic of Firsts	Cody Clark	3/12/2018	Cody Clark is a professional magician who also has autism. Named as one of the top five rising magicians in America, Cody includes his story as part of his act to help people better understand individuals. For more information on Cody, his magic act and his public speaking, click here ( <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> ). You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	magic, first day on the job, what i expect of you, Cody Clark, Cody, Clark, magician, expectations	School age Transition Adulthood Aging	Daily Life & Employment	
A meaningful mentor	Cody Clark &	3/12/2018	Cody Clark, a professional magician who is on the autism spectrum, is joined by his mentor, Taylor Martin, share how they first met. For both Taylor and Cody, being a mentor/mentee has opened up some wonderful opportunities! Who would you consider your mentor? And who looks up to you as a role model? For more information on Cody visit Cody Clark Magic. You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, Cody, Clark, Taylor Martin, Taylor, Martin, magician, magic, autism, autistic, autism spectrum, mentor, mentoring, mentee, role model, relationship	School age Transition Adulthood Aging	Social & Spirituality	
Ask people what brings them joy	De'Amon Har	3/14/2018	"What brings you Joy?" De'Amon Harges of The Learning Tree suggests that every person in our field should ask those they work with, those they support and those they manage; "What brings you Joy?". De'Amon's job is a Roving Listener, and in his neighborhood finding the joys and gifts of everyone is part of what he does every day. It all starts with finding out what brings people Joy! For more information on De'Amon and The Learning Tree click here ( <a href="http://thelearningtrees.com/">http://thelearningtrees.com/</a> ).	joy, asking people, what brings you joy, De'Amon, De'Amon Harges, Harges, remembering community, community, watching people light up, relationships, positive, smile	All	Social & Spirituality	
Memaw's Velveeta	Cody Clark &	3/14/2018	In his favorite magic trick, Cody's Memaw somehow manages to never run out of mac and cheese! Cody Clark is a professional magician who is on the autism spectrum and is joined by his mentor, Taylor Martin, to talk about what this trick means to him. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, Cody, Clark, magic, magician, Taylor Martin, Taylor, Martin, autism, spectrum, autism spectrum, mentor, trick, favorite, skill, goals	School age Transition Adulthood Aging	Daily Life & Employment	



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The World through their eyes	Sue Gordon	3/14/2018	As a parent, it is important to understand what activities your loved one enjoys doing. In this video, Sue Gordon, aka "Emily's Mom," provides a tip on how she works with Emily's DSP to get a sense of what they are doing when they are out and about. Using her phone to take snapshots of the day, Emily and her mom have an ongoing conversation about Emily's experiences. Sue Gordon is the parent of an adult daughter with Down syndrome and COO of Quillo. If you would like to reach Sue, email her at <a href="mailto:sue@myquillo.com">sue@myquillo.com</a> .	using your phone, communicating, mom's view, parent advice, keeping parents connected, connection, parent, mom, self-advocates using phone, Sue Gordon, Sue, Gordon, Down syndrome, parenting, story, self-advocate, self-advocacy	Transition Adulthood	Advocacy & Engagement	
Coffee with Pete: Breathe	Peter Leidy	3/15/2018	"Just breathe." When we're feeling stressed, anxious, or hurt, sometimes focused breathing can help. Here, Coffee with Pete puts down the coffee cup and gives a strategy to help us catch our breath. Stressed? Try this technique for yourself or others. For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit his website: <a href="https://peterleidy.com/">https://peterleidy.com/</a>	Coffee with Pete, coffee, Peter, Pete, Peter Leidy, Leidy, Coffee with Pete, strategy, cope, breath, breathe, stress, anxiety, anxious, deep breath, tip, tips	All	Healthy Living	
The Magic of Hard Tricks	Cody Clark &	3/15/2018	Cody Clark is a professional magician who also happens to have autism. Along with his mentor, Taylor Martin, they discuss some of the most difficult tricks and how lots of practice has paid off. You can reach Cody by email at <a href="mailto:codyclarkmagic@gmail.com">codyclarkmagic@gmail.com</a> or click here to visit his website.	magic, mentor, dreaming, performing, believing, Cody Clark, Cody, Clark, Taylor, Taylor Martin, Martin, difficult, practice, commit, commitment	School age Transition Adulthood Aging	Daily Life & Employment	
Following your dreams leads to meeting new people	Cody Clark &	3/15/2018	Cody Clark and his mentor in magic, Taylor Martin, share the story of how Cody became a professional magician and met some of the most famous magicians in the world. Cody, who was diagnosed with autism, has used his love of magic to overcome many of the things his parents were told he would never achieve. Cody not only is an accomplished magician he also is a tremendous motivational speaker, using his personal story to inspire and engage others. For more information on Cody click here ( <a href="http://codyclardmagic.com/">http://codyclardmagic.com/</a> ). You can email Cody at <a href="mailto:CodyClarkmagic@gmail.com">CodyClarkmagic@gmail.com</a>	magic, Cody Clark, overcoming obstacles, following your dream, autism, autistic, Clark, Cody, magician	School age Transition Adulthood Aging	Daily Life & Employment	
More warning signs of domestic violence	Cierra Olivia	3/16/2018	Tackling Tough Topics. Dear Quillo viewers: the subject of this video is an important but difficult topic. If today is a day when you need something a little more uplifting, consider adding this to your Favorites playlist, check out the Take a Moment videos, and come back to this one when you're ready. Thank you. Following up on her initial video about warning signs of domestic violence, Cierra Olivia Thomas-Williams, a Prevention Specialist with the Indiana Coalition Against Domestic Violence, discusses other indicators that an individual is experiencing abuse. If you or someone you know is experiencing domestic violence and needs assistance, find the coalition in your state here: <a href="http://www.in.gov/indianacoalition/">http://www.in.gov/indianacoalition/</a>	Cierra Olivia Thomas-Williams, Cierra, prevention, prevention specialist, Indiana Coalition Against Domestic Violence, domestic violence, violence, violent, trauma, assault, sexual assault, safe environment	Adulthood Aging	Safety & Security	
Meet Cody Clark	Cody Clark	3/17/2018	Cody Clark and his parents were often told what he could not do because of his autism diagnosis. Today Cody is a professional magician and motivational speaker. Throughout his career he has found the secret to relationships is respect. In this video Cody shares what has helped him build those relationships as well as his career - one that many would never have imagined for him when they only looked at his autism diagnosis. For more information on Cody visit his website click here ( <a href="http://codyclardmagic.com/">http://codyclardmagic.com/</a> ). You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a>	magic, relationships, respect, Cody, Cody Clark, Cody, parents, autism, autistic	All	Social & Spirituality	
Coffee with Pete: Butterfly Hug	Peter Leidy	3/17/2018	Pete shares advice for catching your breath when we're anxious or stressed. Watch this video for a demonstration of a "butterfly hug," a strategy to calm down or relax that may be useful for you or others. For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit his website: <a href="https://peterleidy.com/">https://peterleidy.com/</a> .	Coffee with Pete, coffee, Peter, Pete, Peter Leidy, Leidy, Coffee with Pete, strategy, cope, tip, tips, coping, stress, anxiety, anxious, butterfly hug, breath	All	Healthy Living	
Book Club	Mollie Noble	3/17/2018	What are you reading these days? Mollie Noble talks about her book club and how much she enjoys reading and discussing books. Are you interested in a book club? After a visit to the library or bookstore for books (including audiobooks!) consider starting a book club with people in your life: roommates, friends, neighbors, people you support, colleagues - anybody is welcome! Stuck for what to read next? Take turns picking a book or make a list of favorites and draw one out of a hat. Have any tips or favorites from your book club experience? Email Rebecca with details ( <a href="mailto:rebecca@myquillo.com">rebecca@myquillo.com</a> ).	book, books, book club, what to do, to do, activities, activity, read, reading, Mollie Noble, Mollie, Noble	School age Transition Adulthood Aging	Social & Spirituality	

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Coffee with Pete: "Let Me Run Your Life"	Peter Leidy	3/18/2018	Coffee with Pete gets his guitar out for this message about autonomy, independence, and respect. How do our actions encourage people, rather than make them feel like someone is trying to run their life? For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit his website: <a href="https://peterleidy.com/">https://peterleidy.com/</a>	Coffee with Pete, coffee, Peter, Pete, Peter Leidy, Leidy, let me run your life, song, music, guitar, independence, decision-making, self-advocacy, self-advocate, boss, bossy	Adulthood Aging	Community Living	
The gift of kindness	Dan McQuilken	3/18/2018	Dan McQuilken, parent of a son with Fragile X, thinks that a perspective of kindness makes all the difference. Something as simple as holding a door or picking up something somebody has dropped goes a long way. What act of kindness have you seen today? Where can you try to share that smile with someone else?	Dan McQuilken, Dan, McQuilken, Fragile X, parent, parents, kind, kindness	All	Social & Spirituality	
A lightbulb and new conversation	Cody Clark	3/18/2018	Cody Clark, professional magician who is on the autism spectrum, has named his magic show, "A Different Way of Thinking." In this video, Taylor Martin, Cody's mentor, explains how this "different way of thinking" is not about Cody...but about how the people watching the magic show often gain a new perspective. For more information on Cody visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, Cody, Clark, magic, magician, Taylor Martin, Taylor, Martin, autism, spectrum, autism spectrum, different way, thinking, perspective, lightbulb, changing attitudes, new perspective, perspectives	Transition Adulthood Aging	Advocacy & Engagement	
Guided meditation	Emily Smith	3/19/2018	Join Emily as she guides us through a seated meditation. This video invites you to relax, breathe, and calm your mind. Consider trying this on your own, or share it with others. Everyone deserves to Take a Moment! Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram @yogamamam. Special thanks to YogaFit studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, Quillo offers all new students a free week of classes.	Emily, Smith, Emily Smith, yoga, stretch, breathe, breath, relax, anxiety, calm, stretch	All	Healthy Living	
March 21 - World Down Syndrome Day	Kelly Schreiner	3/21/2018	March 21 is World Down Syndrome Day ( <a href="https://worlddownsyndromeday.org/">https://worlddownsyndromeday.org/</a> )! In this video, Kelly Schreiner, a self-advocate and leader from Indiana, shares why the day is important to her. The 2018 theme is "What I Bring to My Community." If you or someone in your life has Down syndrome and wants to share what they bring to their community, drop Quillo a note at <a href="mailto:Rebecca@myQuillo.com">Rebecca@myQuillo.com</a> . Here's a fun fact: since Down syndrome is known as "trisomy 21," the day is recognized every March 21.	Kelly Schreiner, Kelly, Schreiner, Down syndrome, trisomy 21, World Down Syndrome Day, March 21, celebrate, community, self-advocate, self-advocacy, self advocate, self-advocacy	All	Advocacy & Engagement	
In appreciation of respite care	Carole Guess	3/21/2018	To Carole Guess, a working single parent, respite care is an important part of her week. The time to decompress, relax, or have time to herself is invaluable. Thank you, respite care workers!	Carole Guess, Carole, Guess, parent, parents, parenting, thanks, respite	Early childhood school age Transition	Healthy Living	
Standing side stretch	Emily Smith	3/22/2018	Give your shoulders and back a stretch with this standing side stretch. Consider trying this on your own, or share it with others. Everyone deserves to Take a Moment! Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram @yogamamam. Special thanks to YogaFit studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes.	Emily, Smith, Emily Smith, yoga, sore, stretch, exercise, health, healthy, self-care, care, arms, arm, muscle	All	Healthy Living	
Mollie's smile	Mollie Noble	3/22/2018	Mollie Noble can tell a lot about a person through their smile - and today she wants to share hers with you.	Mollie Noble, Mollie, Noble, smile, positive, positivity, joy, smiles, smiling, happy	All	Healthy Living	
Being a role model	Mollie Noble	3/22/2018	Leadership takes many forms. Mollie Noble is a leader and role model for others and knows the power of making sure people feel included.	Mollie Noble, Mollie, Noble, self advocacy, self-advocacy, self advocate, self-advocate, advocate, advocating, advocacy, independence, empower, empowered, empowering, empowers, be heard, voice, role model	All	Advocacy & Engagement	
Coffee with Pete: How Can I Help?	Peter Leidy	3/22/2018	Despite our best efforts, sometimes attempts to be helpful just...aren't. If we don't know the best way to be supportive, Coffee with Pete suggests that we start by asking, "How can I help?" For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit his website: <a href="https://peterleidy.com/">https://peterleidy.com/</a> .	Coffee with Pete, coffee, Peter, Pete, Peter Leidy, Leidy, support, help, helpful, unintended consequences, ask, asking, supportive	All	Social & Spirituality	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Knowing people beyond their paperwork	Dan McQuilken	3/23/2018	Getting to know an individual with a disability as more than their paperwork is so important. As Dan notes, dialogue and communication with others is a great place to start. How do you try to get to know someone "beyond the file?" Dan McQuilken is the parents of a son with Fragile X.	Dan McQuilken, Dan, McQuilken, parents, parenting, parent, getting to know you, more than a disability, wishes	Transition Adulthood	Advocacy & Engagement	
Diabetes and people with disabilities	Betty Williams	3/23/2018	The CDC estimates that as many as 1 in 5 people with developmental disabilities have type 2 diabetes. To help learn symptoms to watch for that may be related to diabetes, this video shares the experiences of two women who have diabetes: Betty Williams, past president of SABE ( <a href="http://www.sabeusa.org/">http://www.sabeusa.org/</a> ), and Jill Smith, a staff person who works with her.	Type 2 diabetes, teamwork, self advocacy, health, wellness, diet, exercise, CDC, Center for Disease Control, Betty Williams, Betty, Williams, Jill Smith, Jill, Smith, diabetes	Transition Adulthood Aging	Healthy Living	
Coffee with Pete: Everybody Gets a '10'	Peter Leidy	3/23/2018	Want to make someone else's day? Coffee with Pete shares a fun and kind thing to enjoy with others. It's a way to bring a smile to everybody's face! What other simple acts of kindness can we try? For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit his website: <a href="https://peterleidy.com/">https://peterleidy.com/</a>	Coffee with Pete, coffee, Peter, Pete, Peter Leidy, Leidy, support, encouragement, smile, neighbor, community, ten, 10, kindness, acts of kindness, kind, nice	Transition Adulthood Aging	Community Living	
Businesses seeking people like those you support	Ben Trockman	3/25/2018	Businesses across the country are identifying people with disabilities (just like the individuals you support) who are looking to start or continue their careers. Old National Bank (Evansville, IN) serves four Midwestern states and has made a remarkable commitment to hire people with all types of disabilities as part of their workforce. Ben Trockman, Employment and Outreach Specialist, shares Old National's story.	employment, jobs, hiring, work, opportunity, career, Ben Trockman, Ben, Trockman, bank	Transition Adulthood Aging	Daily Life & Employment	
Statistics on domestic and sexual violence	Cierra Olivia	3/26/2018	Tackling Tough Topics. Dear Quillo viewers: the subject of this video is an important but difficult topic. If today is a day when you need something a little more uplifting, consider adding this to your Favorites playlist, check out the Take a Moment videos, and come back to this one when you're ready. Thank you. Cierra Olivia Thomas-Williams, a Prevention Specialist with the Indiana Coalition Against Domestic Violence, discusses the rates of domestic and sexual violence among individuals with intellectual and developmental disabilities. Source from Centers for Disease Control: <a href="https://www.cdc.gov/mmwr/preview/mmwrhtml/ss6308a1.htm">https://www.cdc.gov/mmwr/preview/mmwrhtml/ss6308a1.htm</a> . Information on trauma informed care: <a href="https://www.samhsa.gov/nctic/trauma-interventions">https://www.samhsa.gov/nctic/trauma-interventions</a> If you or someone you know is experiencing domestic violence and needs assistance, find the coalition in your state here: <a href="https://ncadv.org/state-coalitions">https://ncadv.org/state-coalitions</a> .	Cierra Olivia Thomas-Williams, Cierra, domestic violence, violence, sexual violence, prevention, preventionist, abuse, statistics	Adulthood Aging	Safety & Security	
Living independently	Mollie Noble	3/26/2018	Have you ever thought about living on your own? Sometimes, it starts with a conversation! Here, Mollie Noble shares what she likes most about living independently.	Mollie Noble, Mollie, Noble, living, independent, independently, apartment, home, house, self-advocate, self advocate, self-advocacy, self advocacy, advocate, advocating, empowered, empower, empowering	Transition Adulthood	Community Living	
Deep breaths	Emily Smith	3/27/2018	Ready to relax after a difficult day? Or looking for energy to start your day? Join Emily for some guided breathing. Consider trying this on your own, or share it with others. Everyone deserves to Take a Moment! Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram @yogamamnn. Special thanks to YogaFit studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes.	Emily, Smith, Emily Smith, yoga, breathe, breath, relax, anxiety, calm, exercise, health, healthy, self-care, care	All	Healthy Living	
Nonverbal communication	Lisa Wadley	3/27/2018	When someone is nonverbal, what tools do you use to communicate? Lisa Wadley, direct support professional, shares a few methods she uses, including reading body language and using communication devices. What works best with the individuals you support?	Lisa Wadley, Lisa, Wadley, communication, communicate, nonverbal, nonverbal communication, tools, resource, resources, tool	All	Social & Spirituality	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Take action - be heard!	Mollie Noble	3/27/2018	Mollie Noble is a leader and self-advocate. She shares her encouragement for people to find their own voice, take action, and be heard. How do you and others in your life?	Mollie Noble, Mollie, Noble, self advocacy, self-advocacy, self advocate, self-advocate, advocate, advocating, advocacy, independence, empower, empowered, empowering, empowers, be heard, voice	All	Advocacy & Engagement	
Coffee with Pete: Fiber!	Peter Leidy	3/27/2018	Fiber: we may not think about it often, but it is so important! Coffee with Pete talks about good sources of fiber to consider for your next meal. And if you're in the mood for a tune (along with some good advice), check out Peter Leidy's "The Bowel Song!" ( <a href="https://www.youtube.com/watch?v=uHywBNchfZk">https://www.youtube.com/watch?v=uHywBNchfZk</a> ). For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit his website: <a href="https://peterleidy.com/">https://peterleidy.com/</a>	Coffee with Pete, coffee, Peter, Pete, Peter Leidy, Leidy, Coffee with Pete, fiber, health, healthy, food, bowel, bathroom	Transition Adulthood Aging	Healthy Living	
A gift to yourself: seeing the good in others	Dan McQuilken	3/28/2018	Dan McQuilken is the father to adult twin sons, including Jack who has Fragile X. For Dan, "the greatest gift you can give yourself" is a positive attitude, seeing the best in people, and making the most of a situation. He sees the impact that support staff have on people like his son, and wants you to know you are making a difference!	Dan McQuilken, Dan, McQuilken, Fragile X, thank you, impact, positive, positivity, good people, positive message, making a difference	All	Social & Spirituality	
Evan's "village"	Carole Guess	3/28/2018	As a parent of a child with a disability, Carole Guess suggests one of the best ways to get started working with someone new is to "meet Evan's village." Who are the people who are significant in their life? Carole offers advice for getting to know someone's "village," as well as getting to know the person directly.	Carole Guess, Carole, Guess, parent, parents, parenting, new, first thing, getting to know you, village, building trust, trust, circle	Early childhood school age Transition	Social & Spirituality	
Taking the time to understand	Dan McQuilken	3/28/2018	Dan McQuilken, parent of a son with Fragile X, knows how special it can be when someone outside of the family takes the time to understand his son. In this case, a music therapist has shown patience, understanding, and kindness to find ways to learn Jack's way of communicating. It means a lot to Dan, as a parent, to see that happen!	Dan, Dan McQuilken, McQuilken, parent, parenting, parents, Fragile X, listening, listen, understand, understanding, communication, communicate, music therapy, kindness, kind, therapy	Early childhood School age Transition	Social & Spirituality	
Making decisions about money	Lisa Wadley	3/28/2018	Making the right decision isn't always easy. Lisa Wadley, direct support professional, talks about how it is important to encourage people to do just that with money.	Lisa Wadley, Lisa, Wadley, values, skills, money, advice, life skills, decisions, deciding	Transition Adulthood Aging	Advocacy & Engagement	
Meet Mollie: the role of friendships	Mollie Noble	3/29/2018	Meet Mollie Noble. In this video, she explains the role of friendship in her life. How do you find and foster meaningful friendships? Share your ideas by contacting <a href="mailto:rebecca@myquillo.com">rebecca@myquillo.com</a>	Mollie Noble, Mollie, Noble, relationship, relationships, friend, friends, friendships	All	Social & Spirituality	
Coffee with Pete: Created Creative	Peter Leidy	3/29/2018	Drawing on a thoughtful quote from the late poet, Maya Angelou, Coffee with Pete invites us to use our creative energy to think of ways to help build more social opportunities and relationships with others. For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit his website: <a href="https://peterleidy.com/">https://peterleidy.com/</a>	Coffee with Pete, coffee, Peter, Pete, Peter Leidy, Leidy, Coffee with Pete, creative, created, creation, Maya Angelou, quote, poem, inspiration, opportunity, society, relationship	All	Advocacy & Engagement	
Coffee with Pete: Behavior	Peter Leidy	3/30/2018	Does this video look funny? Coffee with Pete is here to talk about "behaviors," and why the way that we talk about them matters. His cameraman, Mark, gets in on the fun, too! For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit his website: <a href="https://peterleidy.com/">https://peterleidy.com/</a>	Coffee with Pete, coffee, Peter, Pete, Peter Leidy, Leidy, words, behavior, behaviors, behavioral, challenge	All	Social & Spirituality	
Turn the music up!	Mollie Noble	3/30/2018	Mollie Noble is ready to turn up the music! She shares some of her favorite artists. Try talking about or sharing your favorite music with roommates, friends, people you support, and neighbors. Consider listening to something new at the library or online.	Mollie Noble, self-advocate, self advocate, self-advocacy, self advocacy, music, listen, hobbies, activity, dance party, dance	School age Transition Adulthood Aging	Social & Spirituality	

Quillo Connect Videos (Public Library_As of August 2023)							
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Let's ask HIM what he wants to eat!	Lisa Wadley	3/31/2018	Sometimes interactions in public become difficult when stores, restaurants, or people are unsure how to communicate with individuals we serve. Lisa Wadley, a direct support professional, shares how she responds by encouraging communication directly with the people she serves.	Lisa Wadley, Lisa, Wadley, society, community, public, attitudes, perception, skill, tip, skills	Adulthood Aging	Advocacy & Engagement	
Setting goals for Evan	Carole Guess	3/31/2018	Carole Guess explains how her goals and plans for her son did not change after she found out he had Down syndrome. What conversations are you having about goals, plans, and ambitions?	Carole Guess, Carole, Guess, parent, parenting, parents, Down syndrome, goals, goal-setting, goal, plan, planning, plans, ambition	All	Advocacy & Engagement	
Being prepared: Advice for parents	Dan McQuilken	3/31/2018	Dan McQuilken, parent of a son with Fragile X, understands the process of being involved in the meetings. He wants you to know to be prepared and know your rights. Be prepared to answer the tough questions that are going to be answered.	Dan McQuilken, Dan, McQuilken, parents, parenting, advocate, rights, meetings, solution	Early Childhood School Age Transition Adulthood	Advocacy & Engagement; Daily Life & Employment	
Shake it out! Arm stretch	Emily Smith	4/2/2018	Are you feeling tense or anxious? Need a little extra energy during a long day? Join Emily as she shakes it out. This can be done seated or standing. Consider trying this on your own, or share it with others. Everyone deserves to Take a Moment! Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram @yogamamam. Special thanks to YogaFit studio (www.yogafitstudios.com) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Emily, Smith, Emily Smith, yoga, sore, stretch, exercise, health, healthy, self-care, care, arms, arm, tense, tension, energy, relax	All	Healthy Living	
Who is your inspiration?	Mollie Noble	4/2/2018	Mollie Noble, a leader and self-advocate in Indiana, talks about the people who inspire her: her mom and dad. Who inspires you? Who do you inspire? Let's start a conversation!	Mollie Noble, Noble, Mollie, self-advocate, self advocate, self-advocacy, self advocacy, advocate, inspire, inspiration, parents	All	Social & Spirituality	
Parents' perspective: A good fit for Evan	Carole Guess	4/3/2018	Evan's mom, Carole Guess, shares some of the characteristics she looks for in support staff. This differs for each person, but for Evan, somebody energetic and social is a good start! What skills or characteristics do you feel you bring to your work?	Carole Guess, Carole, Guess, parent, parenting, parents, respite, skills	All	Community Living	
Relationships grow with shared experiences	Susan Dlouhy	4/3/2018	Sharing interests, hobbies, or experiences go a long way to contribute to building positive relationships. What do you have in common with others? What new experiences can you introduce to one another as you build that bond? Susan Dlouhy is the Chief Operating Officer with Creative Abundance (http://www.creativeabundancegroup.com/). You can reach Susan here (Susan@creativeabundancegroup.com) or learn more about Passion Works (www.passionworks.org), a collaborative community arts center.	Susan Dlouhy, Susan, Dlouhy, Creative Abundance, creativity, art, passion, Passion Works, artist, creative, create	All	Social & Spirituality	
Coffee with Pete: Michael	Peter Leidy	4/4/2018	When Peter met Michael, he learned that Michael's circle of friends was limited to a few people who worked with him. In today's Coffee with Pete, we are left with a question: what steps can you, your team, and the people you support take to meet new people? For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit Peter's website. <a href="https://peterleidy.com/">https://peterleidy.com/</a>	Peter Leidy, Pete, Leidy, Peter, Coffee with Pete, making friends, friends, friendship	Adulthood	Social & Spirituality	
Pickles and mustard	Lisa Wadley	4/4/2018	"Picklies, mayonnaise, mustard, and cheese, please!" Lisa Wadley, direct support professional, provides advice for how she helps empower individuals she supports when they are in the community. Sometimes placing your own order can be a big step.	Lisa Wadley, Lisa, Wadley, community, society, public, meal, meals, food, ordering, empowerment, empower, empowering, support	Adulthood Aging	Advocacy & Engagement	
Susan's strategy for self-care	Susan Dlouhy	4/5/2018	For Susan, she takes care of herself through exercising, eating well, and by putting her creativity to action! She has learned that doing things that make her happy has led her to be more confident to try new things. Susan Dlouhy is the Chief Operating Officer with Creative Abundance (www.creativeabundancegroup.com) and can be reached at Susan@creativeabundancegroup.com. Learn more about Passion Works (www.passionworks.org), a collaborative community arts center.	Susan Dlouhy, Susan, Dlouhy, Creative Abundance, Passion Works, taking care, take care, self-care, create, creative, exercise, happy, happiness, laugh, laughter	All	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
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Engagement before employment	Patty Mitchell	4/5/2018	If we make assumptions about people's interests or motivations when it comes to employment, it may be hard to find a good match. In this video, Patty encourages us to focus on getting to know one another to learn what drives and excites people, supporting a process of engagement before going straight to employment. Patty Mitchell is the CEO of Creative Abundance ( <a href="http://www.creativeabundancegroup.com">www.creativeabundancegroup.com</a> ) and can be reached at <a href="mailto:Patty@creativeabundancegroup.com">Patty@creativeabundancegroup.com</a> . Learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Patty, Patty Mitchell, Mitchell, engagement, engage, employment, employ, career, job, job placement, job coach	Transition Adulthood	Daily Life & Employment	
Coffee with Pete: Mindful Movement	Peter Leidy	4/6/2018	Today's Coffee with Pete is decaf. Join Peter Leidy as he leads us through mindful movement, a way to find energy, calm, or catch your breath. Try it yourself, or share it with others. This movement can be done standing or seated. For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit Peter's website. <a href="https://peterleidy.com/">https://peterleidy.com/</a>	Coffee with Pete, Peter Leidy, Peter, Leidy, Pete, mindful movement, movement, exercise, breath, breathe, stretch, calm, calming	All	Healthy Living	
R-Word cards	Kelly Schreiner	4/6/2018	When Kelly Schreiner was in high school, she decided she wanted to take action in support of people who were bullied, especially when the "r-word" was used. She made her own "R-word cards" to educate people about the word retard/retarded. To date, Kelly has handed out more than 100,000 of these cards, creating learning opportunities to help change the conversation.	Kelly Schreiner, Kelly, Schreiner, r-word, r word, retard, retarded, activism, advocate, speak up, bully, bullying, taking a stand, self advocate, advocate, advocacy, self advocacy, self-advocate, self-advocacy	School age Transition Adulthood Aging	Advocacy & Engagement	
Role models	Kelly Schreiner	4/7/2018	What makes a role model? Kelly Schreiner, a self-advocate and leader, shares her view on characteristics of strong role models. Who are your role models? Who looks up to you? How do you define "role models"? <i>Let's start a conversation!</i>	Kelly Schreiner, Kelly, Schreiner, role model, role models, look up, character, characteristics, mentor, mentors, self advocate, self-advocacy, self-advocate, self advocacy	All	Advocacy & Engagement	
Gentle calf stretch	Sara Karimi	4/8/2018	Have a few minutes before work starts? Waiting for water to boil? Take a Moment for your calves today as Sara guides us through a gentle calf stretch. Where can you find those minutes for YOU today? Sara Karimi is a yoga instructor in Minneapolis, MN. You can email her at <a href="mailto:sara.j.karimi@gmail.com">sara.j.karimi@gmail.com</a> . Special thanks to YogaFit Studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Sara Karimi, Sara, Karimi, yoga, health, healthy, exercise, muscle, calm, relax, breathe, stretch, leg, calf, calves	All	Healthy Living	
Creating "making spaces"	Patty Mitchell	4/9/2018	Patty Mitchell, CEO of Creative Abundance ( <a href="http://www.creativeabundancegroup.com/">http://www.creativeabundancegroup.com/</a> ), explains their approach to "making spaces," a training that is inclusive, engaging, and experiential for both support staff and all people. You can reach Patty here ( <a href="mailto:Patty@creativeabundancegroup.com">Patty@creativeabundancegroup.com</a> ) or learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Patty Mitchell, Patty, Mitchell, Creative Abundance, Passion Works, making spaces, employee, organizational culture, culture, workplace, co-worker, engage, engaging, engagement, employee engagement, inspire	Adulthood	Community Living	
Self-care: a parent's perspective	Dan McQuilken	4/9/2018	As a parent of a son with Fragile X, Dan has often been asked to give advice about how he takes care of himself. Whether you are a parent, support staff, or anybody who puts energy into caring for others (which is pretty much everybody!), taking time for yourself is important, and doesn't have to be extravagant.	Dan McQuilken, Dan, McQuilken, self-care, care, self care, caring, fatigue, parent, son, father	All	Healthy Living	
Find their tractor!	Susan Dlouhy	4/9/2018	When communication is non-verbal, how do we learn what interests people? Susan encourages exploring with the individual, drawing, driving around, or other creative ways to get to know the person. What makes their eyes light up? Susan Dlouhy is the Chief Operating Officer with Creative Abundance ( <a href="http://www.creativeabundancegroup.com">www.creativeabundancegroup.com</a> ) and can be reached at <a href="mailto:Susan@creativeabundancegroup.com">Susan@creativeabundancegroup.com</a> . Learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Susan Dlouhy, Susan, Dlouhy, Creative Abundance, Passion Works, interests, interest, engage, activity, happy, learn, explore, exploring	All	Social & Spirituality	
Forward fold	Emily Smith	4/10/2018	Join Emily as she guides us through a seated forward fold. Consider trying this on your own, or share it with others. Everyone deserves to Take a Moment! Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram <a href="https://www.instagram.com/yogamamam">@yogamamam</a> . Special thanks to YogaFit studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Emily, Smith, Emily Smith, yoga, twist, sore, stretch, exercise, health, healthy, self-care, care	All	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
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Coffee with Pete Theme Song	Peter Leidy	4/10/2018	"Coffee with Pete, Coffee with Pete, Coffee with Pete Everyday!" Enjoying your regular cup of motivation with Peter Leidy? His newest addition: theme song! For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit Peter's website. <a href="https://peterleidy.com/">https://peterleidy.com/</a>	Peter Leidy, Peter, Leidy, Pete, Coffee with Pete, motivation, song, music, sing, theme song	All	Advocacy & Engagement	
Why self-care matters	Susan Dlouhy	4/10/2018	Self-care can be really hard to think about when we already feel stretched too thin. So why should we care about self-care? Susan shares her thoughts on this. Even if you can only find a few minutes a day, do what you can to take a moment for yourself. Susan Dlouhy is the Chief Operating Officer with Creative Abundance ( <a href="http://www.creativeabundancegroup.com">www.creativeabundancegroup.com</a> ) and can be reached at <a href="mailto:Susan@creativeabundancegroup.com">Susan@creativeabundancegroup.com</a> . Learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Susan Dlouhy, Susan, Dlouhy, Creative Abundance, Passion Works, care, self-care, self care, advice, stress, stressed	All	Healthy Living	
Having a son with Fragile X	Dan McQuilken	4/10/2018	Dan McQuilken is the father to adult twin sons, including Jack who has Fragile X. Here, Dan shares what this has meant for their family and the unique relationship between the twins.	Dan McQuilken, Dan, McQuilken, Fragile X, son, father, child, parent, family	Early childhood School age	Daily Life & Employment	
Building strong relationships: commitments count	Kelly Schreiner	4/11/2018	What makes a strong relationship? For Kelly Schreiner, self-advocate and leader, it is about communication, listening, respect, and keeping commitments.	Kelly Schreiner, Kelly, Schreiner, relationship, friendship, friendships, friends, relationships, commitment, good listener, self advocate, self-advocate, self advocacy	All	Social & Spirituality	
Adjust your sails	Sara Karimi	4/11/2018	Sometimes, finding flexibility in our days can be challenging. Sara's advice? Adjust your sails. Sara Karimi is a yoga instructor in Minneapolis, MN. You can email her at <a href="mailto:sara.j.karimi@gmail.com">sara.j.karimi@gmail.com</a> . Special thanks to YogaFit Studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes.	Sara Karimi, Sara, Karimi, yoga, health, healthy, attitude, perspective, advice	All	Healthy Living	
Connecting with other parents	Carole Guess	4/11/2018	Carole Guess, parent of a young son with Down syndrome, is grateful for her son's support team and the meaningful connection they have. In this situation, many of the people on the team are also parents, and Carole has appreciated their perspective. Whether you can relate as a parent or in another way, how do you connect with others?	Carole Guess, Carole, Guess, support team, support, parent, parents, mom, moms, connecting, thank you	Early childhood school age Transition	Social & Spirituality	
Daily words of kindness	Dan McQuilken	4/12/2018	Somedays, it may seem like we hear more words of criticism than support. Dan encourages us to think about the words we use and to see look for the good in people. What would it mean to you and to those around you if you intentionally said something positive, supportive, or kind to others? Share this with others and practice daily words of kindness - and hopefully you'll hear some in return! Dan McQuilken is the parent of an adult son with Fragile X.	Dan McQuilken, Dan, McQuilken, kindness, kind, words of encouragements, acts of kindness, support, encourage, positive, positivity	All	Social & Spirituality	
Choice vs. directions	Susan Dlouhy	4/12/2018	At Creative Abundance, their common phrase is "find out what people want to do - and do more of it!" Here, Susan discusses the important difference between choice and directions, and how empowering the former can be. Susan Dlouhy is the Chief Operating Officer with Creative Abundance ( <a href="http://www.creativeabundancegroup.com">www.creativeabundancegroup.com</a> ) and can be reached at <a href="mailto:Susan@creativeabundancegroup.com">Susan@creativeabundancegroup.com</a> . Learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Susan Dlouhy, Susan, Dlouhy, Creative Abundance, Passion Works, interests, interest, engage, activity, happy, learn, explore, exploring, choice, power	Transition Adulthood Aging	Community Living	
Arm stretch	Emily Smith	4/13/2018	Join Emily as she guides us through an arm stretch. Consider trying this on your own, or share it with others. Everyone deserves to Take a Moment! Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram <a href="https://www.instagram.com/@yogamamamn">@yogamamamn</a> . Special thanks to YogaFit studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Emily, Smith, Emily Smith, yoga, twist, sore, stretch, arms, exercise, health, healthy, self-care, care	All	Healthy Living	
What makes an artist?	Patty Mitchell	4/13/2018	What makes an artist? For Patty, it is anybody who makes and creates! What does creativity mean to you and the people in your life? <del>you support?</del> Art is all around us. Patty Mitchell is the CEO of Creative Abundance ( <a href="http://www.creativeabundancegroup.com/">http://www.creativeabundancegroup.com/</a> ). You can reach Patty here ( <a href="mailto:Patty@creativeabundancegroup.com">Patty@creativeabundancegroup.com</a> ) or learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Patty Mitchell, Patty, Mitchell, Creative Abundance, Passion Works, art, artist, create, creative	School age Transition Adulthood	Daily Life & Employment	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Positive Psychology with Dan Tomasulo	Dan Tomasulo	5/10/2018	Meet Dan Tomasulo, a psychologist, professor, speaker, and author with a passion for positive psychology. In this video, he introduces himself and helps explain, "What is positive psychology?" Dan teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website. Dare2BeHappy.com	Dan Tomasulo, Dan, Tomasulo, psychology, positive, positive psychology, psychologist, positive thinking, optimism	All	Healthy Living	
Coming soon: Intelligent Lives	Dan Habib	5/16/2018	In Dan Habib's latest film, "Intelligent Lives," Dan explores the perception of intelligence among people with intellectual disabilities. The film challenges how society views people with disabilities and asks us to set high expectations for everybody. Dan Habib is an award-winning filmmaker with the Institute on Disability at the University of New Hampshire. As a filmmaker as well as a father to a son with a disability, Dan has created multiple documentaries and short-films on disability-related topics. Learn more about his latest film at Intelligent Lives ( <a href="https://www.intelligentlives.org/">https://www.intelligentlives.org/</a> ).	Dan Habib, Dan, Habib, father, son, Intelligent Lives, film, filmmaker, movies, intelligence, expectations, expectation, society, perception	All	Advocacy & Engagement	
Choice!	Dan McQuilken	5/16/2018	Dan recognizes that a lot of his son's day is based on structure and schedule. When Jack has the chance to make his own choices, it makes all the difference. Dan shares how he and his son balance having two or three options. Dan McQuilken is father of Jack, an adult son with Fragile X.	Dan McQuilken, Dan, McQuilken, son, father, Fragile X, choice, options, choose, option, empower, empowered	All	Advocacy & Engagement; Daily Life & Employment	
Chumbawumba was right: "I get knocked down, but I get up again."	Dan Tomasulo	5/16/2018	While setbacks can be a challenge we all face, what we do next makes all the difference. As Dan explains, resilience and the ability "to get back up" plays a major role in moving forward. Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website. Dare2BeHappy.com	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, setbacks, setback, resilience, support	All	Healthy Living	
Don't forget your flashlight!	Dan Tomasulo	5/16/2018	For Dan, a key tool for change and growth is our awareness. Like a flashlight in a dark room, how do we use our awareness to change our perspective on what is around us? Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website. Dare2BeHappy.com	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, awareness, aware, mindfulness	All	Healthy Living	
When Derrin had people believe in him	Derrin Slack	5/16/2018	Growing up as a kid with a stutter, Derrin faced stigma, difficulty making friends, and people who didn't think he was capable. In this video, he shares his story and his personal connection to the disability community, and how it was a few caring adults who believed in him and inspired him to lead a life that focuses on relationships and investing in others. Learn more about Derrin Slack, Founder and CEO of ProAct Indy ( <a href="https://www.proactindy.org/">https://www.proactindy.org/</a> ) (Facebook ( <a href="https://www.facebook.com/proactindy/">https://www.facebook.com/proactindy/</a> ), Twitter ( <a href="https://twitter.com/proactindy">https://twitter.com/proactindy</a> ), and Instagram) ( <a href="https://www.instagram.com/proactindy/">https://www.instagram.com/proactindy/</a> ). You can also email Derrin here: <a href="mailto:derrin@proactcp.org">derrin@proactcp.org</a> .	Derrin Slack, Derrin, Slack, ProAct, community service, service, serve, volunteering, volunteer, community, stigma, stutter, disability, ability, relationships	All	Social & Spirituality	
Goals for good health	Dr. Mary Ciccarelli	5/16/2018	Dr. Ciccarelli shares her advice for staying healthy, even when she is on the go. Consider trying these yourself, or share them with others. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition, exercise, water, hydration	All	Healthy Living	
Alternating breaths through your nose	Emily Smith	5/16/2018	Join Emily as she guides us through a breathing exercise, in and out of our nose. Consider trying this on your own, or share it with others. Everyone deserves to Take a Moment! Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram @yogamamamn. Special thanks to YogaFit studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes.	Emily, Smith, Emily Smith, yoga, breathe, breath, relax, anxiety, calm, exercise, health, healthy, self-care, care	All	Healthy Living	
Health habits - start your engines!	Mary Ciccarelli	5/16/2018	What is a health habit? Dr. Mary Ciccarelli talks with us about basic health habits - and how staying in good health is a lot like taking care of a car! Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition, habits, hydration, stress management, exercise, sleep	All	Healthy Living	
"Did you poop today?"	Mary Ciccarelli	5/16/2018	When it comes to asking questions about health, it matters what exactly is being asked! Dr. Ciccarelli explains an approach that uses questions that are easily answered by individuals or their caregivers, helping her synthesize the information for her patients. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition, going to the doctor, doctor's visit, asking questions	All	Healthy Living	



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Nonverbal communication: Offering choice	Patty Mitchell	5/16/2018	How do we offer choices to people? How do we share options nonverbally? Here, Patty recommends offering options physically, whether it is the color of paint or something bigger. This act of choice is practice for life! Patty Mitchell is the CEO of Creative Abundance ( <a href="http://www.creativeabundancegroup.com/">http://www.creativeabundancegroup.com/</a> ). You can reach Patty here (Patty@creativeabundancegroup.com) or learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Patty Mitchell, Patty, Mitchell, Creative Abundance, Passion Works, choice, options, nonverbal, nonverbal communication, communication, choices, life skills, life-skills, create, creative	All	Advocacy & Engagement	
Coffee with Pete: Mindful Movement to the Sky	Peter Leidy	5/16/2018	Today is decaf Coffee with Pete, as he shares some mindful movement. This mindfulness tip helps reduce stress and anxiety and can be done standing or seated. Try it yourself or share with others: For more from Peter Leidy, a consultant, facilitator, musician, listener, and speaker who focuses on personalized supports and community membership for people with disabilities, visit his website: <a href="https://peterleidy.com/">https://peterleidy.com/</a>	Coffee with Pete, coffee, Peter, Pete, Peter Leidy, Leidy, well-being, health, relax, breathe, mindfulness, mindful, movement, stress, anxiety	All	Healthy Living	
Using a chair for a seated twist	Sara Karimi	5/16/2018	Is your back tight after a long day? Join Sara for a seated twist, which can be done from a chair or on the floor. Try it yourself or share it with others! Sara Karimi is a yoga instructor in Minneapolis, MN. You can email her at <a href="mailto:sara.j.karimi@gmail.com">sara.j.karimi@gmail.com</a> . Special thanks to YogaFit Studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Sara Karimi, Sara, Karimi, yoga, health, healthy, exercise, muscle, calm, relax, breathe, twist	All	Healthy Living	
Capture the moments	Susan Dlouhy	5/16/2018	When we look for the positives in people, Susan advises that we try to catch and acknowledge when people do something good. Susan Dlouhy is the Chief Operating Officer with Creative Abundance ( <a href="http://www.creativeabundancegroup.com">www.creativeabundancegroup.com</a> ) and can be reached at <a href="mailto:Susan@creativeabundancegroup.com">Susan@creativeabundancegroup.com</a> . Learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Susan Dlouhy, Susan, Dlouhy, Creative Abundance, Passion Works, good, positive, positives, being positive, documentation, document, paperwork, people	All	Social & Spirituality	
Kids yesterday, friends today, leaders tomorrow	Dan McQuilken	5/16/2018	In appreciation of young people who have been part of Jack's life, Dan is grateful for the friendships and interactions his son has experienced. In some cases, Jack's friends have been inspired to pursue careers in special education. Dan McQuilken is the parent of an adult son with Fragile X.	Dan McQuilken, Dan, McQuilken, Fragile X, son, father, parents, child, parent, family, friends, youth, young people, special education, impact	Early childhood School age Transition	Social & Spirituality	
The wisdom of a seven year old	Dan McQuilken	5/16/2018	Dan is the father of twin boys, Michael and Jack. When the boys were 7 years old, someone posed a question to Michael about what his future with his brother Jack would be like. Here, the wisdom of a seven year old made all the difference. Dan McQuilken is the father of an adult son with Fragile X.	Dan McQuilken, Dan, McQuilken, Fragile X, son, father, parents, child, parent, family, friends, youth, young people, kids	School age Adulthood	Advocacy & Engagement; Daily Life & Employment	
The transformative power of community service	Derrin Slack	5/16/2018	Derrin Slack, CEO and Founder of ProAct Indy, shares his thoughts on the importance of community service. Have you considered volunteering with your roommates, neighbors, people you support, or others in your life? Learn more about Derrin and his work: ProAct Indy ( <a href="https://www.proactindy.org/">https://www.proactindy.org/</a> ), Facebook ( <a href="https://www.facebook.com/proactindy/">https://www.facebook.com/proactindy/</a> ), Twitter ( <a href="https://twitter.com/proactindy">https://twitter.com/proactindy</a> ), and Instagram ( <a href="https://www.instagram.com/proactindy/">https://www.instagram.com/proactindy/</a> ). You can also email Derrin here: <a href="mailto:derrin@proactcp.org">derrin@proactcp.org</a> .	Derrin Slack, Derrin, Slack, ProAct, community service, service, serve, volunteering, volunteer, community	Transition Adulthood	Daily Life & Employment	
Relationships as a way to address conflict	Derrin Slack	5/16/2018	Derrin Slack, Founder and CEO of ProAct Indy, feels that conflict is often rooted in people not knowing and understanding each other. He believes in the power of relationships to change that. Learn more about Derrin and his work: ProAct Indy ( <a href="https://www.proactindy.org/">https://www.proactindy.org/</a> ), Facebook ( <a href="https://www.facebook.com/proactindy/">https://www.facebook.com/proactindy/</a> ), Twitter ( <a href="https://twitter.com/proactindy">https://twitter.com/proactindy</a> ), and Instagram ( <a href="https://www.instagram.com/proactindy/">https://www.instagram.com/proactindy/</a> ). You can also email Derrin here: <a href="mailto:derrin@proactcp.org">derrin@proactcp.org</a> .	Derrin Slack, Derrin, Slack, ProAct, community service, service, serve, volunteering, volunteer, community, relationships, conflict, relationship, empathy, compassion	Transition Adulthood	Social & Spirituality	
The stigma of service	Derrin Slack	5/16/2018	Derrin Slack is the Founder/CEO of ProAct Indy, an organization that serves at-risk youth. Derrin discusses how often, among populations who are often the recipients of service, community service has a stigma of something disciplinary. He is working to change that narrative, encouraging people to form relationships, connect, and see service as a way to grow and transform. Learn more about Derrin and his work: ProAct Indy ( <a href="https://www.proactindy.org/">https://www.proactindy.org/</a> ), Facebook ( <a href="https://www.facebook.com/proactindy/">https://www.facebook.com/proactindy/</a> ), Twitter ( <a href="https://twitter.com/proactindy">https://twitter.com/proactindy</a> ), and Instagram ( <a href="https://www.instagram.com/proactindy/">https://www.instagram.com/proactindy/</a> ). You can also email Derrin here: <a href="mailto:derrin@proactcp.org">derrin@proactcp.org</a> .	Derrin Slack, Derrin, Slack, ProAct, community service, service, serve, volunteering, volunteer, community, stigma	Transition Adulthood	Daily Life & Employment	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Starting with interests	Susan Dlouhy	5/16/2018	How do we engage people? Find out what individuals like to do - and do more of it! Susan Dlouhy is the Chief Operating Officer with Creative Abundance ( <a href="http://www.creativeabundancegroup.com">www.creativeabundancegroup.com</a> ) and can be reached at <a href="mailto:Susan@creativeabundancegroup.com">Susan@creativeabundancegroup.com</a> . Learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Susan Dlouhy, Susan, Dlouhy, Creative Abundance, Passion Works, interests, interest, engage, activity, happy	Transition Adulthood Aging	Social & Spirituality	
It's like walking up an escalator going down	Dan Tomasulo	5/17/2018	Facing depression, anxiety, and setbacks can sometimes send us into a spin of negative thinking, causing us to feel like we are trying to walk up a down escalator. Dan shares his advice for how to break that spiral by changing focus or direction. Next time there is a setback, try this yourself or with others in your life. Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website. <a href="http://Dare2BeHappy.com">Dare2BeHappy.com</a>	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, setbacks, setback, resilience, support, depression, anxiety, negative, negativity, positive	All	Healthy Living	
Side stretch	Emily Smith	5/17/2018	Join Emily as she guides us through a side stretch. Consider trying this on your own, or share it with others. Everyone deserves to Take a Moment! Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram @yogamamam. Special thanks to YogaFit studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Emily, Smith, Emily Smith, yoga, twist, sore, stretch, exercise, health, healthy, self-care, care	All	Healthy Living	
Cat-cow back stretch	Sara Karimi	5/17/2018	Kneeling in a "table top" position, Sara guides us through a nice back stretch, where you take the shape of, you guessed it, a cat and a cow. No meowing or mooing required! Sara Karimi is a yoga instructor in Minneapolis, MN. You can email her at <a href="mailto:sara.j.karimi@gmail.com">sara.j.karimi@gmail.com</a> . Special thanks to YogaFit Studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Sara Karimi, Sara, Karimi, yoga, health, healthy, exercise, muscle, calm, relax, breathe, back, cat, cow	All	Healthy Living	
Circles of kindness	Dan McQuilken	5/31/2018	In Dan's experience over the years, the most meaningful support and relationships that have impacted his son and his family have been based in a simple premise: basic human kindness. Thank you for being part of this important circle of kindness! Dan McQuilken is the father of an adult son with Fragile X.	Dan McQuilken, Dan, McQuilken, Fragile X, son, father, parents, child, parent, family, friends, support, kindness	All	Social & Spirituality	
Jack's routine	Dan McQuilken	5/31/2018	Structure, routines, and flexibility may look different for everybody. For Jack, Dan's adult son with fragile X, a daily routine is an important part of his day. While it is also important to talk about choice and flexibility, Dan McQuilken shares how he and his family support Jack's routine as often as they can.	Dan McQuilken, Dan, McQuilken, structure, routine, flexibility	All	Advocacy & Engagement; Daily Life & Employment	
Positive psychology: the psychology of possibility!	Dan Tomasulo	5/31/2018	Martin Seligman, Dan's mentor, is considered the father of positive psychology, an approach that pushes psychology to not only work on problems, but also to consider the possibilities. Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website. <a href="http://Dare2BeHappy.com">Dare2BeHappy.com</a>	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, positive, Martin Seligman, Martin, Seligman, possibility, possibilities	All	Healthy Living	
Picking tunes to fit your mood	Dan Tomasulo	5/31/2018	Picking out some tunes? Dan Tomasulo, positive psychologist, discusses how the mood of the music we hear can impact how we feel. If you are in the need of a pick-me-up, consider music that is hopeful or upbeat. Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website. <a href="http://Dare2BeHappy.com">Dare2BeHappy.com</a>	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, music, musical, listen, positive	All	Healthy Living	
Cues, reminders, and rules to foster good health habits	Dr. Mary Cicc	5/31/2018	Reinforce good health habits by setting rules or using reminders. Dr. Ciccarelli offers some examples, including phone apps that she has found useful: Way of Life <a href="https://wayoflifeapp.com/">https://wayoflifeapp.com/</a> , Coach Me <a href="https://www.coach.me/">https://www.coach.me/</a> , Checkmark Goals <a href="http://www.checkmarkapp.com/">http://www.checkmarkapp.com/</a> . Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition, habits, rules, reminders	All	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Seated Twist	Emily Smith	5/31/2018	Sore back? Join Emily as she guides us through a seated twist. Consider trying this on your own, or share it with others. Remember to move gently - all bodies are different! Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram @yogamamam. Special thanks to YogaFit studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Emily, Smith, Emily Smith, yoga, twist, sore, stretch, exercise, health, healthy, self-care, care	All	Healthy Living	
Tracking Health Habits - with a worksheet!	Mary Ciccarelli	5/31/2018	Dr. Ciccarelli has tips on how to help track basic health habits. To help make this easier, she and her team at CYACC ( <a href="http://www.eskenazihealth.edu/health-services/cyacc">http://www.eskenazihealth.edu/health-services/cyacc</a> ) developed a Health Habits worksheet, shown in this video. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition	All	Healthy Living	
"Activated patient" and "activated caregivers"	Mary Ciccarelli	5/31/2018	An "activated patient" is someone who is ready for their doctor's visit, being prepared with the knowledge, skills, and confidence to manage their healthcare. Sometimes, it is helpful to have support staff serve as "activated caregivers" in this process, too! Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition, doctor's visit, going to the doctor, activated patient, activated caregiver, patient	All	Healthy Living	
Meet Patrick - how art helped him find a place of acceptance	Patrick Callicotte	5/31/2018	Meet Patrick, an art teacher in an elementary school in central Ohio. He shares how his experience as a high school student drew him to the art room, looking for a place that celebrated differences and was accepting. Today, he wants to recreate that space of possibility for all students. Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick ( <a href="mailto:callicotte_patrick@dublinschools.net">callicotte_patrick@dublinschools.net</a> ) or visit Twitter @ChapmanArtists.	Patrick Callicotte, Patrick, Callicotte, art, artist, teacher, student, students, teachers, acceptance	All	Social & Spirituality	
The pottery wheel, paint, and possibility	Patrick Callicotte	5/31/2018	When Patrick reflects on his art education training, he noticed that there was a lot missing when it came to options for students with disabilities. After seeing a joyful student create art with a pottery wheel, Patrick was set on a new course to create art tools that were universal. Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick ( <a href="mailto:callicotte_patrick@dublinschools.net">callicotte_patrick@dublinschools.net</a> ) or visit Twitter @ChapmanArtists.	Patrick Callicotte, Patrick, Callicotte, art, artist, teacher, student, students, teachers, tools, universal, universal design	All	Daily Life & Employment	
Guy Talk #3: Gender Roles	Robert Naseef	5/31/2018	Robert Naseef, a clinical psychologist and father of an adult son with autism, shares his perspective on ways to talk about gender roles. He has an interest in the psychology of men being able to share their feelings, and being okay with it. To learn more about Dr. Naseef and his practice, Alternative Choices, visit <a href="http://www.DrRobertNaseef.com/">http://www.DrRobertNaseef.com/</a> .	Robert, Naseef, Robert Naseef, psychology, psychologist, autism, adult with autism, children, parents, fatherhood, father, dad	All	Social & Spirituality	
Wrist noodles	Sara Karimi	5/31/2018	Have you been sitting at a computer all day? To loosen up your wrists, Sara shares some wrist stretches to wake up your hands! Sara Karimi is a yoga instructor in Minneapolis, MN. You can email her at <a href="mailto:sara.j.karimi@gmail.com">sara.j.karimi@gmail.com</a> . Special thanks to YogaFit Studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Sara Karimi, Sara, Karimi, yoga, health, healthy, exercise, muscle, calm, relax, breathe, wrist, arms, forearms, hands, hand	All	Healthy Living	
Find a way to say YES!	Susan Dlouhy	5/31/2018	It is hard for anyone to be told what to do. How do we avoid power struggles and instead find ways to say "yes"? Susan Dlouhy is the Chief Operating Officer with Creative Abundance ( <a href="http://www.creativeabundancegroup.com">www.creativeabundancegroup.com</a> ) and can be reached at <a href="mailto:Susan@creativeabundancegroup.com">Susan@creativeabundancegroup.com</a> . Learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Susan Dlouhy, Susan, Dlouhy, Creative Abundance, Passion Works, yes, power, power struggle, control	All	Community Living	
Meet Derrin and ProAct Indy: Community Service Redefined	Derrin Slack	5/31/2018	Derrin Slack, CEO and Founder of ProAct Indy, talks about the organization and his belief in the power of service to empower individuals, grow confidence, and build relationships. ProAct Indy was started to change the way people viewed community service. What does service mean to you and others in your life? Learn more about Derrin and his work: ProAct Indy ( <a href="https://www.proactindy.org/">https://www.proactindy.org/</a> ), Facebook ( <a href="https://www.facebook.com/proactindy/">https://www.facebook.com/proactindy/</a> ), Twitter ( <a href="https://twitter.com/proactindy">https://twitter.com/proactindy</a> ), and Instagram ( <a href="https://www.instagram.com/proactindy/">https://www.instagram.com/proactindy/</a> ). You can also email Derrin here: <a href="mailto:derrin@proactcp.org">derrin@proactcp.org</a> .	Derrin Slack, Derrin, Slack, ProAct, community service, service, serve, volunteering, volunteer, community	Transition Adulthood	Daily Life & Employment	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
"Where there is ruin, there is hope for a treasure." (Rumi)	Derrin Slack	5/31/2018	"Where there is ruin, there is hope for a treasure." - Rumi. Derrin Slack, Founder and CEO of ProAct Indy, shares why this quote resonates with him. Learn more about Derrin and his work: ProAct Indy ( <a href="https://www.proactindy.org/">https://www.proactindy.org/</a> ), Facebook ( <a href="https://www.facebook.com/proactindy/">https://www.facebook.com/proactindy/</a> ), Twitter ( <a href="https://twitter.com/proactindy/">https://twitter.com/proactindy/</a> ), and Instagram ( <a href="https://www.instagram.com/proactindy/">https://www.instagram.com/proactindy/</a> ). You can also email Derrin here: <a href="mailto:derrin@proactcp.org">derrin@proactcp.org</a> .	Derrin Slack, Derrin, Slack, ProAct, community service, service, serve, volunteering, volunteer, community	Transition Adulthood	Social & Spirituality	
American Snake Pit	Dan Tomasulo	6/6/2018	Looking for a new read? Dan Tomasulo's book, American Snake Pit, is a memoir about people coming out of the Willowbrook institution in Staten Island, New York. In 1987, Dan was responsible for relocating people to a community-based group home. He reflects on that experience here. Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website. <a href="http://Dare2BeHappy.com">Dare2BeHappy.com</a>	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, institution, deinstitutionalization, Willowbrook, group home, community, memoir	Adulthood	Healthy Living; Advocacy & Engagement	
The benefits of thoughtful engagement	Patty Mitchell	6/6/2018	In Patty's video, "What's this ENGAGEMENT all about?" she explains what it means to create engaging programming. With Creative Abundance, they set up stations to create, sew, and paint, based on personal preferences. In this follow-up video, she discusses the benefits of having choice and how it creates a positive and engaging environment. Patty Mitchell is the CEO of Creative Abundance ( <a href="http://www.creativeabundancegroup.com">www.creativeabundancegroup.com</a> ) and can be reached at <a href="mailto:Patty@creativeabundancegroup.com">Patty@creativeabundancegroup.com</a> . Learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Patty, Patty Mitchell, Mitchell, creative abundance, art, artist, engagement, workshop, sheltered workshop, engagement, engage, choice, flexibility, behavior, behaviors	Adulthood	Daily Life & Employment	
Time flies when you flow	Dan Tomasulo	6/6/2018	Have you ever been so in the groove with a task or work that you look up and all of a sudden it's 3:00 and you have no idea where the day went? Dan explains the concept of "flow," which can happen when your top character strengths are used to their fullest. // Learn more about your personal character strengths here < <a href="http://www.viacharacter.org">http://www.viacharacter.org</a> >. What's your version of flow? Share your story with Rebecca < <a href="mailto:Rebecca@myQuillo.com">Rebecca@myQuillo.com</a> >. // Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website. <a href="http://Dare2BeHappy.com">Dare2BeHappy.com</a>	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, strengths, personal, characteristic, flow, flowing, in the groove	All	Healthy Living	
What you see in others, we strengthen in ourselves	Dan Tomasulo	6/6/2018	When we criticize or admire others, what we are seeing in others we strengthen in ourselves. For Dan, focusing on the positive aspects of other people (rather than being judgmental) helps us move in an upward circle, strengthening our own character. Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website. <a href="http://Dare2BeHappy.com">Dare2BeHappy.com</a>	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, others, reflect, admire, character, character growth, personal growth	All	Healthy Living	
Hip stretch	Emily Smith	6/6/2018	Join Emily as she guides us through a stretch for our hips. This can be done on the floor or in a bed. Consider trying this on your own, or share it with others. Everyone deserves to Take a Moment! Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram @yogamamam. Special thanks to YogaFit studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Emily, Smith, Emily Smith, yoga, sore, stretch, exercise, health, healthy, self-care, care	All	Healthy Living	
Common health issues	Mary Ciccarelli	6/6/2018	Dr. Ciccarelli discusses some of the primary health issues that she often sees among people with disabilities: choking, dehydration, urinary accidents, constipation, fatigue, and nutrition issues. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition, health issues, issues, choking, dehydration, water, constipation, sleep, fatigue, over-eating	All	Healthy Living	
Individuality at the center of art	Patrick Callicot	6/6/2018	For Patrick, the definition of "art" is broad and always changing. When it comes to his students with disabilities, however, the notion of "individuality" is especially important and at the core of art-making. Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick ( <a href="mailto:callicotte_patrick@dublinschools.net">callicotte_patrick@dublinschools.net</a> ) or visit Twitter @ChapmanArtists.	Patrick Callicotte, Patrick, Callicotte, art, artist, teacher, student, students, teachers, individuality, individual, unique	All	Advocacy & Engagement	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Getting involved in your community	Derrin Slack	6/6/2018	One way to spend time with friends, family, people you support, or neighbors may be through volunteering or community service. Not sure where to start? Derrin Slack, Founder and CEO of ProAct Indy, shares his advice for finding places to serve in your local community. Learn more about Derrin and his work: ProAct Indy ( <a href="https://www.proactindy.org/">https://www.proactindy.org/</a> ), Facebook ( <a href="https://www.facebook.com/proactindy/">https://www.facebook.com/proactindy/</a> ), Twitter ( <a href="https://twitter.com/proactindy/">https://twitter.com/proactindy/</a> ), and Instagram ( <a href="https://www.instagram.com/proactindy/">https://www.instagram.com/proactindy/</a> ). You can also email Derrin here: <a href="mailto:derrin@proactcp.org">derrin@proactcp.org</a> . To learn more about volunteering opportunities in your area, consider resources such as Idealist ( <a href="http://www.Idealist.org">www.Idealist.org</a> ) or Volunteer Match ( <a href="http://www.volunteermatch.org">www.volunteermatch.org</a> ).	Derrin Slack, Derrin, Slack, ProAct, community service, service, serve, volunteering, volunteer, community, reason, why, empower, empowering	Transition Adulthood	Daily Life & Employment	
A revolution of change	Susan Dlouhy	6/15/2018	When Susan envisions a "revolution of change," she is thinking about shifting programming that has historically been based in control and moving to an environment with more choice. Susan Dlouhy is the Chief Operating Officer with Creative Abundance ( <a href="http://www.creativeabundancegroup.com">www.creativeabundancegroup.com</a> ) and can be reached at <a href="mailto:Susan@creativeabundancegroup.com">Susan@creativeabundancegroup.com</a> . Learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Susan, Dlouhy, Susan Dlouhy, Creative Abundance, Passion Works, culture, environment, control, choice, change, changing	Adulthood	Community Living	
So many providers! Where do I start?	Dan McQuilken	6/15/2018	As a parent to an adult son with Fragile X, Dan McQuilken understands how important it is to find a provider that is a good fit. He shares his advice on how families can find a provider that is right for them.	Dan McQuilken, Dan, McQuilken, Fragile X, son, parents, father, provider, picking a provider, advice	All	Community Living	
The importance of self-care	Emily Smith	6/15/2018	As we pour energy into caring about others, Emily encourages us to remember to care of ourselves, even in the little things. Maybe it's just for a few minutes a day, maybe it's drinking more water...whatever it is, it helps us feel better personally and share that care with others. Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram @yogamamamn. Special thanks to YogaFit studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, Quillo offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Emily, Smith, Emily Smith, yoga, sore, stretch, exercise, health, healthy, self-care, care	All	Healthy Living	
Managing your own health: three levels	Mary Ciccarelli	6/15/2018	Do you need a little, some, or a lot of support to manage their own health habits? Dr. Ciccarelli discusses how different types of disabilities require different levels of care. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition	All	Healthy Living	
Being on both sides of service	Derrin Slack	6/15/2018	Can people who receive services also serve themselves? Derrin provides his insights on why it is important to work WITH people, instead of working ON them. Learn more about Derrin Slack, Founder and CEO of ProAct Indy, and his work: ProAct Indy ( <a href="https://www.proactindy.org/">https://www.proactindy.org/</a> ), Facebook ( <a href="https://www.facebook.com/proactindy/">https://www.facebook.com/proactindy/</a> ), Twitter ( <a href="https://twitter.com/proactindy/">https://twitter.com/proactindy/</a> ), and Instagram ( <a href="https://www.instagram.com/proactindy/">https://www.instagram.com/proactindy/</a> ). You can also email Derrin here: <a href="mailto:derrin@proactcp.org">derrin@proactcp.org</a> .	Derrin Slack, Derrin, Slack, ProAct, community service, service, choice, volunteering, volunteer, community	Transition Adulthood	Advocacy & Engagement	
Zig's daily bath	Quillo	6/17/2018	Today's Motivational Monday invites you to think about what motivates you. Much like bathing, it's recommended every day!	motivational monday, motivate, motivation, quote, bath, uplift, uplifting, inspirational, inspire	All	Healthy Living	
Peabody says, "As the days are getting hotter, don't forget to drink that water!"	Quillo	6/21/2018	Peabody and the Quillo team are back with another reminder to stay hydrated! Did you know that dehydration is very common among people with intellectual and developmental disabilities and can lead to a host of other issues? Especially as the summer heats up, don't forget (and tell others!) to drink a lot of water. Swap that pop for some H2O!	pee, Peabody, Peebody, water, hydrate, health, exercise, hydration, dehydration, healthy, drink, h2o	All	Healthy Living	
An astronaut's advice: Dream big	Quillo	6/24/2018	Pamela Melroy is a former NASA astronaut. For today's Motivational Monday, she encourages us to dream in a way that reflects our personal values. What are your ideals? What big dreams reflect those values? Today, we hope you dream big!	motivation, motivational, motivational monday, dream, dream big, dreams, fulfillment, Pamela Melroy, goal, goalsetting, goals	All	Advocacy & Engagement	

Quillo Connect Videos (Public Library_As of August 2023)							
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What's this ENGAGEMENT all about?	Patty Mitchell	6/27/2018	When Patty and her team with Creative Abundance work with organizations, particularly in workshop settings, they often hear that "engagement" is a priority for leadership teams. But, what do we mean by "engagement," especially when there are 50 people in the same place? Here, Patty shares their strategy for engagement, focused on options, flexibility, and choice. For more ideas on engagement, see Patty's video, "The benefits of thoughtful engagement." Patty Mitchell is the CEO of Creative Abundance ( <a href="http://www.creativeabundancegroup.com">www.creativeabundancegroup.com</a> ) and can be reached at <a href="mailto:Patty@creativeabundancegroup.com">Patty@creativeabundancegroup.com</a> . Learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Patty, Patty Mitchell, Mitchell, creative abundance, art, artist, engagement, workshop, sheltered workshop, engagement, engage, choice, flexibility	Adulthood	Daily Life & Employment	
Is the glass half-full or half-empty? NEITHER!	Dan Tomasulo	6/27/2018	Is that glass of water half-full or half-empty? Here, Dan encourages us to change our perception with positive thinking. Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website. <a href="http://Dare2BeHappy.com">Dare2BeHappy.com</a>	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, half-full, half-empty	All	Healthy Living	
Breaking free from "thinking traps"	Dan Tomasulo	6/27/2018	Thinking traps -- a downward loop of negative thoughts -- can be frustrating and devastating process. Here, Dan offers three things to help break that cycle. Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website. <a href="http://Dare2BeHappy.com">Dare2BeHappy.com</a>	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, depression, thinking traps, negative, trap	All	Healthy Living	
Being prepared to visit the doctor	Dr. Mary Ciccarelli	6/27/2018	To be an "activated patient," or someone who is ready to meet with the doctor, Dr. Ciccarelli recommends using an office visit preparation sheet. On this document, it helps people come up with questions ahead of times: What medicine is needed? What test results should we look for? Listen in for other tips from Dr. Ciccarelli to help make doctors visits for yourself or people in your life an informative experience. What other methods do you or your organization use? Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities.  Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition, snapshot, going to the doctor	All	Healthy Living	
The 72-hour snapshot	Dr. Mary Ciccarelli	6/27/2018	For some individuals, going to the doctor may mean needing assistance to communicate what their body has been doing lately. But what happens if you're taking a person you support to an annual physical, but you just arrived to a shift and don't know much about their bodily functions from the last few days? Here, Dr. Ciccarelli shares the 72-hour snapshot, a worksheet to help track information from three days prior to a doctor's visit. What other methods do you or your organization use? Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition, doctor's visit, going to the doctor, activated patient, patient, prepared, prepare, advice, tips	All	Healthy Living	
What does it mean to have diabetes?	Mary Ciccarelli	6/27/2018	If you or someone you know is diagnosed with diabetes, what does that actually mean? Dr. Ciccarelli discusses some basics of diabetes, including general tips for regulating it. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, diabetes, living with diabetes	All	Healthy Living	
What's broken? Hint: it's not the person!	Patrick Callicotte	6/27/2018	Patrick firmly believes that anybody can be an artist. Typically, the barrier is not the individual, but the program or the tools at hand. Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick ( <a href="mailto:callicotte_patrick@dublinschools.net">callicotte_patrick@dublinschools.net</a> ) or visit Twitter <a href="https://twitter.com/ChapmanArtists">@ChapmanArtists</a> .	Patrick Callicotte, Patrick, Callicotte, art, artist, teacher, student, students, teachers	All	Advocacy & Engagement	
June is Pride Month	Quillo	6/27/2018	June is Pride Month, a time to celebrate LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning) identity and honor the 1969 Stonewall riots, which sparked the movement. Check out this video for more on identity and ways to support people in your life who identify as LGBTQ, including individuals with I/DD. Happy Pride Month!	Pride, Pride Month, LGBT, LGBTQ, gay, lesbian, transgender, bisexual, queer, questioning, sexuality, sexual orientation, celebrate, honor	All	Advocacy & Engagement	

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Guided breathing	Sara Karimi	6/27/2018	Whether you are gearing up for a long day, trying to relieve stress, or winding down, catch your breath as Sara guides us through a gentle breathing exercise. Try it a few times, closing your eyes and listening to Sara. Sara Karimi is a yoga instructor in Minneapolis, MN. You can email her at sara.j.karimi@gmail.com. Special thanks to YogaFit Studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Sara Karimi, Sara, Karimi, yoga, health, healthy, exercise, muscle, calm, relax, breathe	All	Healthy Living	
Have questions? Ask!	Dan McQuilken	6/27/2018	As the father of an adult son with Fragile X, Dan McQuilken learned early on the importance of being informed and educated - and that often starts with asking questions.	Dan McQuilken, Dan, McQuilken, parents, parenting, parent, learn, educate, learning, question, asking questions	Early Childhood School Age Transition Adulthood	Advocacy & Engagement	
From passion to service	Derrin Slack	6/27/2018	Are you or the person you support interested in volunteering but aren't sure where to start? Derrin Slack, Founder and CEO of ProAct Indy, suggests starting with your passions. Turn a love of music into an act of service! Learn more about Derrin and his work: ProAct Indy ( <a href="https://www.proactindy.org/">https://www.proactindy.org/</a> ), Facebook ( <a href="https://www.facebook.com/proactindy/">https://www.facebook.com/proactindy/</a> ), Twitter ( <a href="https://twitter.com/proactindy">https://twitter.com/proactindy</a> ), and Instagram ( <a href="https://www.instagram.com/proactindy/">https://www.instagram.com/proactindy/</a> ). You can also email Derrin here: <a href="mailto:derrin@proactcp.org">derrin@proactcp.org</a> .	Derrin Slack, Derrin, Slack, ProAct, community service, service, serve, volunteering, volunteer, community	Transition Adulthood	Daily Life & Employment	
What are you putting off for "Someday?"	Quillo	7/1/2018	Welcome to another Motivational Monday. In her book, Someday is Not a Day of the Week, children's author Denise Brennan-Nelson shares the story of waiting for "someday" to get here. While life throws us all kinds of curve balls, what are you putting off for "someday"?	Motivational Monday, motivation, motivational, Denise Brennan-Nelson, book, author, someday, opportunity, goal, goals, opportunities	All	Advocacy & Engagement	
A team that's "equal in commitment"	Quillo	7/8/2018	If you are part of a team, does that mean you all bring the same things to the table? A team may include a supervisor, therapists, parents, the people you support, other support staff, and more. Your background, titles, and degrees may be different - and that is a good thing! Whatever unique skills YOU share, thank you for being part of the team. On this Motivational Monday, think of what you bring to the group, and appreciate what makes each team member unique. You make a difference!	team, teamwork, Motivational Monday, motivation, motivational motivate, Monday, encouragement, teams, together, collaborate, Patricia Fripp	All	Daily Life & Employment	
This week is National Disability Voter Registration Week!	Quillo	7/15/2018	July 16-20, 2018 is National Disability Voter Registration Week, started by the American Association of People with Disabilities ( <a href="http://www.aapd.com">www.aapd.com</a> ) and their REV-UP! ( <a href="https://www.aapd.com/advocacy/voting/national-disability-voter-registration-week/">https://www.aapd.com/advocacy/voting/national-disability-voter-registration-week/</a> ) campaign. Click here for state-by-state Resources and Events ( <a href="https://www.aapd.com/advocacy/voting/state-resources-and-events/">https://www.aapd.com/advocacy/voting/state-resources-and-events/</a> ). More info is available from the US Election Assistance Commission <a href="https://www.eac.gov/voters/register-and-vote-in-your-state/#tabs-1">https://www.eac.gov/voters/register-and-vote-in-your-state/#tabs-1</a> and USA.gov <a href="https://www.usa.gov/register-to-vote">https://www.usa.gov/register-to-vote</a> . Statistics from Doug Kruse & Lisa Schur, Rutgers University ( <a href="http://smlr.rutgers.edu/news/projecting-number-eligible-voters-disabilities-november-2016-election-s-research-report">http://smlr.rutgers.edu/news/projecting-number-eligible-voters-disabilities-november-2016-election-s-research-report</a> ).	Vote, voter, voting, registration, election, AAPD	All	Advocacy & Engagement	
Leo and the Little Things	Quillo	7/21/2018	Do you know how powerful a smile can be? How far can a kind word go? Today's Motivational Monday encourages you to think about the little things that go a long way. Quote by Leo Buscaglia, author.	motivational monday, motivational, monday, motivate, motivational, inspire, encourage, little things, help, kind, Leo, Leo Buscaglia	All	Social & Spirituality	
Personal growth	Dan McQuilken	7/26/2018	Curiosity and a thirst to learn more can help us grow as a person as a professional. Dan McQuilken, father to a son with Fragile X, offers suggestions on ways to feed that curiosity.	Dan, Dan McQuilken, McQuilken, parent, parents, parenting, Fragile X, growth, growing, personal growth, career, learn	All	Advocacy & Engagement	
Overcoming frustration	Dan McQuilken	7/26/2018	Frustrated? Whew, it happens. And being frustrated is...frustrating! To help overcome this, Dan asks himself two questions to help decide how to respond. Dan McQuilken is the father of an adult son with Fragile X.	Dan McQuilken, Dan, McQuilken, Fragile X, Son, parent, father, frustrated, frustrate, frustrating, anger, anxiety, advice	All	Social & Spirituality	

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Structure vs. Flexibility	Dan McQuilken	7/26/2018	Jack is an individual who prefers structure. His dad, Dan, works hard to maintain Jack's schedule, but also knows that honesty is key if something changes about Jack's day. Dan's advice is to get to know the person and learn if they need structure or flexibility - in either case, honesty goes a long way! Dan McQuilken is the father of an adult son with Fragile X.	Dan McQuilken, Dan, McQuilken, Fragile X, parent, son, structure, flexibility, honest, honesty, be honest, explanation	All	Advocacy & Engagement; Daily Life & Employment	
"Watch out! Thin ice!" And other times when it's okay to be pessimistic	Dan Tomasulo	7/26/2018	When Dan introduces himself as a "positive psychologist," he has met his fair share of skeptics. In this video, he explains why it is less about being positive all the time and more about recognizing and honoring how negative thoughts help us - and finding a balance with the positive. Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website, Dare 2 Be Happy. Dare2BeHappy.com	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, positivity, negativity, negative	All	Healthy Living	
Space to flourish: how positive psychology resonates with people with I/DD	Dan Tomasulo	7/26/2018	Dan discusses how positive psychology helps people with intellectual and developmental disabilities find room to flourish and shine. Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website, Dare 2 Be Happy. Dare2BeHappy.com	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, positive, positivity, skills, I/DD	All	Healthy Living	
The Past, Present, and Future	Dan Tomasulo	7/26/2018	Are you reflecting on the past, present, or future? Think about the last time you felt grateful for something or forgave somebody - are you reflecting on the past? What about being kind or savoring good food - something to be mindful of the present. Hope and optimism help us think about the future. Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website. Dare2BeHappy.com	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology	All	Healthy Living	
Standing sway	Emily Smith	7/26/2018	Having you been standing for a long time? Sore shoulders? Need some extra energy to get through a long day? Join Emily as she guides us through a standing arm sway. Consider trying this on your own, or share it with others. Everyone deserves to Take a Moment! Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram @yogamamam. Special thanks to YogaFit studio (www.yogafitstudios.com) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Emily, Smith, Emily Smith, yoga, sore, stretch, exercise, health, healthy, self-care, care, arms, arm, muscle	All	Healthy Living	
Stepping back when friends step in	Dan McQuilken	7/26/2018	Jack, Dan's son, has quite a social schedule! When Jack first started spending more time with friends, Dan was nervous: what will they do if something happens? Over time and as he got to know them, Dan learned it was time to step back and allow those friendships to grow.	Dan McQuilken, Dan, McQuilken, Fragile X, son, parent, father, friend, friends, friendship, nervous, anxiety, letting go	Early childhood School age Transition	Social & Spirituality	
Brewing up something positive	Quillo	7/27/2018	We love the smell of positivity in the morning. How are you starting your day today? While you sip your morning coffee (or whatever your routine is), think of three positive things about your day. We hope the possibilities are endless!	Motivational Monday, positive, positivity, motivation, coffee	All	Social & Spirituality	
Symptoms of diabetes	Mary Ciccarelli	8/1/2018	As Dr. Ciccarelli explains, diabetes is a health condition that people may not know they have. She discusses some warning signs and encourages routine health check-ups to talk with a doctor. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, diabetes, warning signs, symptom, symptoms	All	Healthy Living	
Do I need a doctor?	Mary Ciccarelli	8/1/2018	How often should you or the person you support see a doctor? Dr. Ciccarelli reminds us that it is not just about going when you aren't feeling well. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition	All	Healthy Living	



Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Gotta poop? Chronic constipation: Part 1	Mary Ciccarel	8/1/2018	Chronic constipation is unfortunately common among people with intellectual and developmental disabilities. In this video, Dr. Ciccarelli explains what is happening internally, as well as what to look for that may be signs that someone is constipated. Check out "I'm all stopped up! Chronic constipation: Part 2" for more tips on what can be done to help address chronic constipation. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition, constipation, poop, constipated	All	Healthy Living	
I'm all stopped up! Chronic constipation: Part 2	Mary Ciccarel	8/1/2018	Is someone you support having trouble pooping? As Dr. Ciccarelli explains, chronic constipation is really common among people with I/DD. Here, she explains the first two steps medical professionals may try to help a constipated person's blocked colon get back on track. To hear more on chronic constipation and what signs to look for, check out "Gotta poop? Chronic constipation: Part 1." Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition, constipation, poop, constipated	All	Healthy Living	
Six steps to self-managing chronic disease	Mary Ciccarel	8/1/2018	If you or someone you support has a chronic disease, here is a doctor's suggestion of six steps for self-management skills: follow medication as prescribed; know how you feel when you feel your best; recognize flares; know what to do with a flare; identify when there is an emergency; and lastly, know what do to in an emergency. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition, chronic disease, disease, managing, healthcare, care	All	Healthy Living	
Tips to prevent and recognize choking risks	Mary Ciccarel	8/1/2018	For people who struggle with choking, Dr. Ciccarelli has a few tips to help prevent choking from becoming more serious. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarelli, Mary, Ciccarelli, health, doctor, healthy, nutrition, choke, choking, prevention, risks	All	Healthy Living	
On the lookout for opportunities	Quillo	8/3/2018	Today's Motivational Monday is about opportunity: for you and for the people in your life. Ken Hakuta reminds us that the world changes every second, "blowing new opportunities in all directions - including yours!" Whether it is at work or in your personal life, be on the lookout for new opportunities to learn and grow.	Motivational Monday, motivation, motivational, motivate, Ken Hakuta, opportunity, opportunities, positive	All	Social & Spirituality	
60 seconds for yourself: Gentle neck roll	Sara Karimi	8/3/2018	Do you carry stress in your neck and shoulders? Roll it out a bit in this video with Sara. Sara Karimi is a yoga instructor in Minneapolis, MN. You can email her at sara.j.karimi@gmail.com. Special thanks to YogaFit Studio (www.yogafitstudios.com) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Sara Karimi, Sara, Karimi, yoga, health, healthy, exercise, muscle, calm, relax, breathe, neck, shoulder	All	Healthy Living	
Three Expectations: genius, growth, and trusting your gut	Patrick Callicot	8/3/2018	When it comes to setting expectations for his art students, Patrick's focus is on expectations to unleash creativity. He has three recommendations that make sense both in and out of a classroom! Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick (callicotte_patrick@dublinschools.net) or visit Twitter @ChapmanArtists.	Patrick Callicotte, Patrick, Callicotte, art, artist, teacher, student, students, teachers, expectations, expectation, goal, genius, creative, creativity	Early childhood School age Transition	Daily Life & Employment	
PERMA: Five pillars of positive psychology	Dan Tomasulo	8/10/2018	Often, psychology is focused on "not being depressed." But how can we use psychology to be happy, too? In this video, Dan explains the five pillars of positive psychology, as defined by Martin Seligman. PERMA stands for Positive Emotions; Engagement; Relationships; Meaning; Achievement. Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website. Dare2BeHappy.com	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, PERMA, emotion, engagement, relationships, meaning, achievement	All	Healthy Living	

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Looking in the mirror to see a leader	Quillo	8/10/2018	"If your actions inspire others to dream more, learn more, do more, and become more, you are a leader." This Simon Sinek quote encourages us to consider that leadership is based on actions, not a title. How are you a leader to others through your actions? Who inspires you to dream more, learn more, do more, and become more? As you go through today, remember that anybody can be a leader - including you.	Motivational Monday, motivation, motivational, motivate, encourage, Simon Sinek, leaders, leader, leadership, actions	All	Advocacy & Engagement	
"Community Service: Redefined"	Derrin Slack	8/10/2018	ProAct Indy's slogan is "Community Service: Redefined." Derrin Slack started ProAct Indy after the realization that many of the at-risk youth he serves had a negative connotation of community service. Here, he talks about what it means to redefine community service, from recognizing people's individual assets to empowering whole communities. Think about how others view community service - perhaps volunteering would be a way to engage and get to know their community! Learn more about Derrin and his work: ProAct Indy ( <a href="https://www.proactindy.org/">https://www.proactindy.org/</a> ), Facebook ( <a href="https://www.facebook.com/proactindy/">https://www.facebook.com/proactindy/</a> ), Twitter ( <a href="https://twitter.com/proactindy/">https://twitter.com/proactindy/</a> ), and Instagram ( <a href="https://www.instagram.com/proactindy/">https://www.instagram.com/proactindy/</a> ). You can also email Derrin here: <a href="mailto:derrin@proactcp.org">derrin@proactcp.org</a> .	Derrin Slack, Derrin, Slack, ProAct, community service, service, serve, volunteering, volunteer, community, empowering, empowered, empower	Transition Adulthood	Daily Life & Employment	
Positive psychology around the world	Dan Tomasulo	8/13/2018	Positive thinking is a universal idea. Here, Dan talks about how positive psychology is put to use around the world, country to country and from schools to the workplace. Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website, <a href="http://Dare2BeHappy.com">Dare2BeHappy.com</a> .	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, universal, countries, ideas, workplace	All	Healthy Living	
Making hope happen	Dan Tomasulo	8/13/2018	Hope is a unique emotion. As Dan explains, hope is the only positive emotion that requires something negative to be activated. Hope is something that you can actually make happen! Dan Tomasulo is a psychologist, professor, speaker, and author with a passion for positive psychology. He teaches at Columbia University and the University of Pennsylvania and recently wrote American Snake Pit, a memoir on the deinstitutionalization of Willowbrook. Learn more at Dan's website, <a href="http://Dare2BeHappy.com">Dare2BeHappy.com</a> .	Dan Tomasulo, Dan, Tomasulo, positive psychology, psychology, hope	All	Healthy Living	
Back stretch	Emily Smith	8/13/2018	Join Emily as she guides us through a back stretch to help us relax. This can be done laying on the floor or in a bed. Consider trying this on your own, or share it with others. Everyone deserves to Take a Moment! Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram @yogamamam. Special thanks to YogaFit studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Emily, Smith, Emily Smith, yoga, sore, stretch, exercise, health, healthy, self-care, care, back	All	Healthy Living	
Stretch to the sky	Sara Karimi	8/13/2018	In today's Take a Moment, Sara guides us through a gentle arm stretch, inviting you to relax, breathe, and show some love to your spine! Sara Karimi is a yoga instructor in Minneapolis, MN. You can email her at <a href="mailto:sara.j.karimi@gmail.com">sara.j.karimi@gmail.com</a> . Special thanks to YogaFit Studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Sara Karimi, Sara, Karimi, yoga, health, healthy, exercise, muscle, calm, relax, breathe, back, spine, stretch	All	Healthy Living	
Side stretch	Sara Karimi	8/13/2018	In today's Take a Moment, Sara shows us a gentle side stretch. There are lots of options to this one, as it can be done standing, kneeling on your knees, in a chair, or from a seated position. Sara Karimi is a yoga instructor in Minneapolis, MN. You can email her at <a href="mailto:sara.j.karimi@gmail.com">sara.j.karimi@gmail.com</a> . Special thanks to YogaFit Studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Sara Karimi, Sara, Karimi, yoga, health, healthy, exercise, muscle, calm, relax, breathe, stretch, side	All	Healthy Living	
Ragdoll	Sara Karimi	8/13/2018	Join Sara for ragdoll pose, a gentle forward fold to stretch out your legs and lower back. This can be done standing or seated in a chair. Sara Karimi is a yoga instructor in Minneapolis, MN. You can email her at <a href="mailto:sara.j.karimi@gmail.com">sara.j.karimi@gmail.com</a> . Special thanks to YogaFit Studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, YogaFit offers all new students a free week of classes. Please note, these are exercises that seek to benefit you, but be sure to know your own restrictions and listen to your body!	Sara Karimi, Sara, Karimi, yoga, health, healthy, exercise, muscle, calm, relax, breathe, ragdoll, back, legs	All	Healthy Living	

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An opportunity to be seen, be felt, and belong	Derrin Slack	8/13/2018	To Derrin, community service offers the opportunity to belong to something bigger than ourselves and be seen. For people who are often on the receiving side of services, community service is an opportunity for EVERYBODY to learn what we are capable of, feel empowered, and serve others. Learn more about Derrin and his work: ProAct Indy ( <a href="https://www.proactindy.org/">https://www.proactindy.org/</a> ), Facebook ( <a href="https://www.facebook.com/proactindy/">https://www.facebook.com/proactindy/</a> ), Twitter ( <a href="https://twitter.com/proactindy/">https://twitter.com/proactindy/</a> ), and Instagram ( <a href="https://www.instagram.com/proactindy/">https://www.instagram.com/proactindy/</a> ). You can also email Derrin here: <a href="mailto:derrin@proactcp.org">derrin@proactcp.org</a> .	Derrin Slack, Derrin, Slack, ProAct, community service, service, serve, volunteering, volunteer, community	Transition Adulthood	Daily Life & Employment	
The impact of Programs vs. People	Derrin Slack	8/13/2018	In Derrin's experience, the impact of service is about transformative relationships - meaning the act of service is not as important as the people with whom we build a relationship. As he says, "Programs don't change people; people change people." Derrin is the founder and CEO of ProAct Indy. Learn more about Derrin and his work: ProAct Indy ( <a href="https://www.proactindy.org/">https://www.proactindy.org/</a> ), Facebook ( <a href="https://www.facebook.com/proactindy/">https://www.facebook.com/proactindy/</a> ), Twitter ( <a href="https://twitter.com/proactindy/">https://twitter.com/proactindy/</a> ), and Instagram ( <a href="https://www.instagram.com/proactindy/">https://www.instagram.com/proactindy/</a> ). You can also email Derrin here: <a href="mailto:derrin@proactcp.org">derrin@proactcp.org</a> .	Derrin Slack, Derrin, Slack, ProAct, community service, service, serve, volunteering, volunteer, community	Transition Adulthood	Social & Spirituality	
Can people with disabilities serve?	Derrin Slack	8/13/2018	Anybody can serve and give back to others. Derrin talks about the assets, skills, and abilities that we all have that put us in a position to contribute and give back. Learn more about Derrin Slack and his work as Founder and CEO of ProAct Indy ( <a href="https://www.proactindy.org/">https://www.proactindy.org/</a> ) (Facebook ( <a href="https://www.facebook.com/proactindy/">https://www.facebook.com/proactindy/</a> ), Twitter ( <a href="https://twitter.com/proactindy/">https://twitter.com/proactindy/</a> ), and Instagram ( <a href="https://www.instagram.com/proactindy/">https://www.instagram.com/proactindy/</a> )). You can also email Derrin here: <a href="mailto:derrin@proactcp.org">derrin@proactcp.org</a> .	Derrin Slack, Derrin, Slack, ProAct, community service, service, serve, volunteering, volunteer, community, relationships, ability, skills, assets	Transition Adulthood	Daily Life & Employment	
Curiosity, opportunity, and a famous mouse	Quillo	08/14/18	Today's Motivational Monday is brought to you by Walt Disney! He shares how being curious has opened up new paths. What do you when you are curious about something? When is the last time something sparked your interest? Think about how being curious may lead to a conversation with someone new or prompt you to dig a little deeper.	Motivational Monday, motivation, motivational, motivate, curious, curiosity, Walt Disney, Disney	All	Daily Life & Employment	
Cutting out labels: "What kind of scissors ARE these?"	Patrick Callicot	8/23/18	"Mr. Callicotte, what kind of scissors ARE these?" As Patrick explores with creating new tools for all types of artists, he steers away from using labels like "adaptive art supplies." For him and his students, they are simply "supplies," for use by all. In your work, how do certain labels limit or support the people in our lives? Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick ( <a href="mailto:callicotte_patrick@dublinschools.net">callicotte_patrick@dublinschools.net</a> ) or visit Twitter <a href="https://twitter.com/ChapmanArtists">@ChapmanArtists</a> .	Patrick Callicotte, Patrick, Callicotte, art, artist, teacher, student, students, teachers, adaptive, supplies	All	Daily Life & Employment	
Managing Stress with Mollie	Mollie Noble	08/24/18	Mollie Noble, self-advocate and leader, offers some tips for handling stress. What do you do to stay relaxed during stressful situations?	Mollie Noble, Mollie, Noble, calm, listen, relax, stress, anxiety, calm down	All	Healthy Living	
Tracking the little things to think about big dreams	Susan Dlouhy	8/30/2018	When teams gather to talk with a person about their interests or goals, big questions like "What are your dreams?" may seem like a big, abstract, or challenging question. Susan suggests that one approach to help break it down would be to encourage teams to work with the people throughout the year, jotting down notes or capturing photographs of the individual thriving. This information may help paint a picture (no pun intended!) of their interests over time, rather than trying to tackle the big "dream" question. Susan Dlouhy is the Chief Operating Officer with Creative Abundance ( <a href="http://www.creativeabundancegroup.com">www.creativeabundancegroup.com</a> ) and can be reached at <a href="mailto:Susan@creativeabundancegroup.com">Susan@creativeabundancegroup.com</a> . Learn more about Passion Works ( <a href="http://www.passionworks.org">www.passionworks.org</a> ), a collaborative community arts center.	Susan Dlouhy, Susan, Dlouhy, Creative Abundance, Passion Works, dream, goal, planning, goals, dreams	Adulthood	Daily Life & Employment	
Treasure special moments	Dan McQuilke	8/30/2018	As twins, Jack and Michael share a special bond. Their father, Dan, shares a special moment that they shared - and how he holds onto that memory of his two boys. Dan McQuilken is the parent of an adult son with Fragile X.	Dan McQuilken, Dan, McQuilken, Fragile X, parent, parenting, children, memories	All	Daily Life & Employment; Social & Spirituality	
Heading outside? Water and sunscreen, please!	Nichole Schie	8/30/2018	Before heading outside this summer, Nicole Schieber and Britney Brown have their checklist of things to do to be healthy in the sun. Sunscreen? Check! Water? Check! Nicole and Britney are athletes with Special Olympics.	Special Olympics, health, healthy, nutrition, exercise, summer, heat, sunscreen	All	Healthy Living	
Art = Independence	Patrick Callicot	8/30/2018	For art teacher Patrick Callicotte, his classroom is a place for independence, creativity, and individuality. It's about seeing the students as artists. Period. Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick ( <a href="mailto:callicotte_patrick@dublinschools.net">callicotte_patrick@dublinschools.net</a> ) or visit Twitter <a href="https://twitter.com/ChapmanArtists">@ChapmanArtists</a> .	Patrick Callicotte, Patrick, Callicotte, art, artist, teacher, student, students, teachers	All	Advocacy & Engagement	

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When her painting brought her father to tears	Patrick Callicotte	8/30/2018	Patrick believes that art is a universal language. He recalls a time when the father of one of his students was brought to tears after seeing his daughter's personality through her art. How do you and others in your life express their personalities? Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick (callicotte_patrick@dublinschools.net) or visit Twitter @ChapmanArtists.	Patrick Callicotte, Patrick, Callicotte, art, artist, teacher, student, students, teachers, parent, personality	Early childhood School age Transition	Daily Life & Employment	
Mollie in College	Mollie Noble	8/30/2018	While we all take different paths for education and employment, Mollie shares her a bit about her experience going to Marian University in Indiana. Mollie Noble is a self-advocate and leader in Indiana.	Mollie Noble, Mollie, Noble, college, university, education, career, Down syndrome, dreams	Transition Adulthood	Daily Life & Employment	
The magic of emotions with Mr. Rogers	Cody Clark	09/05/18	Magician Cody Clark explains the influence that his childhood hero, Mr. Fred Rogers, had on him growing up. Listen to Cody's take on why channeling emotions is important...and watch closely as the magic unfolds right before your eyes! Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, Cody, Clark, magic, magician, autism, spectrum, autism spectrum, autistic, happy, happiness, rogers, mr. rogers, mr rogers, fred rogers, emotions	School age Transition Adulthood Aging	Advocacy & Engagement	
What's new?	Quillo	9/16/2018	Today's Motivational Monday is something...new! What new opportunities can you be on the lookout for today?	Motivational Monday, motivation, motivational, motivate, new, opportunities	All	Daily Life & Employment	
Inspiring questions = inspiring answers	Jason Freeman	09/20/18	How many times have you been part of a quick exchange that sounds like this: "How are you?" "I'm fine, you?" "I'm good, thanks!" (end of story). In this video, Jason encourages us to think about how and what we are asking the people in our life. Ask inspiring questions, and you'll get inspiring answers. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, Jason, Freeman, inspire, inspiring, how are you	All	Social & Spirituality	
Another guided meditation	Emily Smith	09/24/18	Sixty seconds goes a long way. Join Emily for a guided meditation, focused on your breathing. This is a great way for you or someone you know to relax, whether it is decompressing after a hard day or getting your day started. Emily Smith is a yoga instructor in Minneapolis, MN. You can find her on Instagram @yogamamam. Special thanks to YogaFit Studio ( <a href="http://www.yogafitstudios.com">www.yogafitstudios.com</a> ) for the use of their space. With studios in various cities around the country, Quillo offers all new students a free week of classes.	Emily, Smith, Emily Smith, yoga, meditate, meditation, relax, breath, breathe	All	Healthy Living	
Art teachers with a focus on inclusion	Patrick Callicotte	09/24/18	As an art teacher, Patrick is always on the lookout for art tools that are adaptive and inclusive. He is encouraged by the growing discussion among teachers entering the workforce, putting a focus on inclusion! Great things to come. Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick (callicotte_patrick@dublinschools.net) or visit Twitter @ChapmanArtists.	Patrick Callicotte, Patrick, Callicotte, art, artist, teacher, student, students, teachers	All	Daily Life & Employment	
Respite care: sometimes, mom needs help	Carole Guess	09/24/18	When it comes to Evan and Chris, they just clicked. For Carole, this bond between her son and the respite care provider means a lot - and she wants to say thanks.	Carole Guess, Carole, respite, respite care, thank you	Early childhood school age Transition	Social & Spirituality	
The Long Way: Feeling lighter	Scott Long	09/24/18	In the midst of the chaos of the day, what would it mean to feel a little lighter? For comedian Scott Long, he turns to comedy, laughter, and music. Can you find something to laugh about today? Feel lighter! Comedian Scott Long ( <a href="https://scottlong.wordpress.com/">https://scottlong.wordpress.com/</a> ) has been seen on NBC, FOX-TV, ESPN, and more. As a father of a teenager with autism, he shares relatable stories about life, family, and more.	Scott Long, comedy, comedian, funny, laughter, feeling lighter	School age Transition	Healthy Living	
Focusing on your passion: Pick a card, any card!	Cody Clark	09/24/18	Here, magician Cody Clark gets a little assistance from Quillo's Sue Gordon. How is picking a card at random like the chance to pursue your passion? Check it out! Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, Cody, Clark, magician, magic, autism, autistic, spectrum, card, passion, follow your passion	School age Transition Adulthood Aging	Advocacy & Engagement	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Guy Talk #4: Expressin	Robert Naseef	09/25/18	What does it mean to "be a man"? How about crying during a sad movie? Showing fear in a scary situation? In this video, Robert Naseef challenges "typical" emotions and encourages everybody - particularly men - not to shy away from being emotional. Dr. Robert Naseef is a clinical psychologist and the father of an adult son with autism. His video series, "Guy Talk," offers his perspective and tips on how to start meaningful conversations with fathers who want to be more engaged in the everyday lives of their children. To learn more about Dr. Naseef and his practice, Alternative Choices, visit his website <a href="http://www.DrRobertNaseef.com/">http://www.DrRobertNaseef.com/</a> .	Robert, Naseef, Robert Naseef, psychology, psychologist, autism, adult with autism, children, parents, fatherhood, father, dad, emotions, expressing emotions, masculine, feminine, gender roles	All	Social & Spirituality	
Change is in the autumn air	Quillo	9/28/2018	Welcome to fall, a season that is full of transitions. Grab a cup of tea and cozy up for a reminder of why change can be positive.	Motivational Monday, motivation, autumn, fall, leaves, cozy, change, changes, changing	All	Healthy Living	
Jason's dual perspective	Jason Freeman	10/10/18	Meet Jason, a professional speaker and bravery coach. In his videos, Jason will be sharing thoughts from two perspectives: he spent a decade working as a direct support professional and also has cerebral palsy. Thanks for sharing your perspective with us, Jason! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, bravery coach, speaker, public speaker, CP, cerebral palsy, relate, perspective	Adulthood Aging	Advocacy & Engagement; Daily Life & Employment	
Being a light for others - like Vitamin B12!	Jason Freeman	10/10/18	Did you know that vitamin B12 is a great source for energy? After one of his motivational speeches, Jason got the feedback that his talk was like a "shot of B12!" Who in your life brings you energy or motivation? What kind of light or energy do you bring to your day and to others? To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, bravery coach, speaker, public speaker, energy, B12, encourage, motivate	All	Healthy Living; Social & Spirituality	
Your Imperfect Best	Jason Freeman	10/10/18	When we encourage people to "do your best," what does that look like? Jason explains what our "imperfect best" looks like. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, bravery coach, speaker, public speaker, encouragement, encourage, imperfect best, best, do your best	All	Daily Life & Employment; Social & Spirituality	
Mistakes will happen: Not if, but when. So what next?	Jason Freeman	10/10/18	Let's face it. MISTAKES HAPPEN. As Jason says, it's not a matter of "if," but "when." How do you react when mistakes happen? How can we turn mistakes into an opportunity to learn something? To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, bravery coach, speaker, public speaker, encouragement, encourage, mistakes	Transition Adulthood	Advocacy & Engagement	
Check 'em out! Breast	Quillo	10/25/18	October is Breast Cancer Awareness Month. Are you or others in your life due for a screening? Early detection is key! For more information, visit the National Breast Cancer Organization ( <a href="http://www.nationalbreastcancer.org">www.nationalbreastcancer.org</a> ) or the Breast Cancer Research Fund <a href="http://www.bcrf.org">www.bcrf.org</a> for more information.	October, breast cancer, cancer, health, screening, reminder, healthy	Adulthood Aging	Healthy Living	
Mirror Mirror on the wall	Quillo	10/25/18	Today's Motivational Monday asks you to reflect...literally! How do you set goals and stay motivated? Try these tips as you - and the mirror - look to the future!	Motivational Monday, motivation, motivate, mirror, goal, goals, goal setting	All	Advocacy & Engagement	
Reminder: Voting is coming up. Head to the Polls!	Quillo	10/31/2018	Election day is coming up! In this video, hear from Mollie Noble why it is important that all eligible people have the right to vote. We've also included some tips and resources for checking registration, finding your polling place, and more. To confirm if you are registered, visit <a href="https://verify.vote.org/">https://verify.vote.org/</a> . To check registration, to register, or find a polling location, visit <a href="https://www.headcount.org/verify-voter-registration/">https://www.headcount.org/verify-voter-registration/</a> . To learn about early and absentee voting, visit <a href="https://www.usa.gov/absentee-voting">https://www.usa.gov/absentee-voting</a> . For more on accessibility at the polls, visit <a href="https://www.usa.gov/voting-laws#item-212487">https://www.usa.gov/voting-laws#item-212487</a> .	Mollie Noble, vote, voting, rights, citizen, polls, poll, USA, election, election day	Transition Adulthood Agingng	Advocacy & Engagement	
Find your word: the wall	Quillo	11/9/2018	Do you ever feel like you've hit a wall? Hopefully this wall, which we came across floor to ceiling, brings a little more inspiration. Which words really inspire you? If you could use something like this every day, consider writing your most encouraging words on a card of sticky-note and put it on your mirror, car dashboard, or on the wall by your lightswitch. What do YOU need today?	Motivational Monday, motivate, motivation, encourage, encouragement, inspire, inspiration	All	Social & Spirituality	
Today's plan just flew out the window	Jason Freeman	11/21/18	Did you have a plan today? And then did that plan fly out the window in a matter of seconds? Jason encourages us to consider how flexibility and adaptation help us roll with things, even when they don't go as planned - like when he broke his selfie stick filming this video! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, imperfect best, plan, strategy, unplanned, schedule, flexible, adapt, adaptation	All	Daily Life & Employment	

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Jason: throw shot put!	Jason Freeman	11/30/18	Things don't always go as planned. In this story, Jason shares his experience in 7th grade when he wanted to join the track team. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFFreeman.com">www.JasonWFFreeman.com</a> .	Jason Freeman, imperfect best, plan, planning, unplanned, track	All	Daily Life & Employment; Advocacy & Engagement	
"I see you!"	Mary Gilbert-L	12/3/18	How do we use words to encourage others and discover new talents? Mary and Lacy share what they use to help encourage people they support to embrace their inner artist.	art, artist, confidence, inspire, empowerment, empower, encouragement, encourage	All	Daily Life & Employment	
This holiday season...Happy Hanukkah!	Quillo	12/7/2018	This year, Hanukkah is celebrated Dec 2-10, 2018. In this video, learn a little bit more about the Jewish celebration, the Festival of Lights! In this holiday series, Quillo will take a quick look at three holidays commonly celebrated during the holiday season: Hanukkah, Christmas, and Kwanzaa. People celebrate differently, so what a great opportunity to learn something new! If the people in your life have different traditions, maybe this sparks a conversation about how they celebrate this season. However you celebrate this time of year, Happy Holidays from Quillo!	holiday, hanukkah, Jewish, tradition, seasons, winter, celebrate	All	Social & Spirituality	
Do the Winter Blues have you down?	Quillo	12/12/2018	This time of year, it may seem like holiday cheer is everywhere. For many people, however, the holiday season can be a time of lows as they face the Winter Blues. Check out this video for some tips to tackle the winter blues.	holiday, winter, season, depression, depressed, tips	All	Healthy Living	
Creative living: the opportunities are ENDLESS	Mary Gilbert-L	12/13/18	Creativity is not just for the art room. It can be a perspective on life that encourages us to strive do something "right or better." Quoting John Updike, check out what Mary has to say about finding creativity in everything we do.	Mary Gilbert, Art Beat, creative, creativity, strive, better	All	Daily Life & Employment	
A moment to relax by the fire	Quillo	12/13/18	Who doesn't love a chance to warm up? Sometimes, it's nice to just sit by the fire. Take a moment by Quillo's fireplace to relax and reflect on today.	reflect, relax, relaxation, fireplace, fire	All	Healthy Living	
How do we include people? INCLUDE them!	Leanne Mull	12/14/18	For people who need 24/7 support, what does it look like to practice inclusion? For Leanne, it is simple - you simply INCLUDE them in the decision-making for all aspects of their lives. Leanne Mull has been working with people with I/DD for eighteen years. In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc, an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality for people with disabilities. They believe that sustainable change happens through a person-centered collaborative approach.	include, inclusion, self-advocacy, advocacy, self-advocate, self-advocate, self advocate, dignity	Adulthood	Advocacy & Engagement	
"I'll do it FOR you!"	Jason Freeman	12/14/18	When Jason worked as a support professional, there were some moments when he was tempted to do a task FOR the people he was serving. Of course, he quickly learned that patience and an invitation to try again was better for everybody. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFFreeman.com">www.JasonWFFreeman.com</a> .	Jason Freeman, imperfect best, tasks, learning, learn, life skills, skill, pride, together	All	Advocacy & Engagement	
Alarm-clock meditation	Jason Freeman	12/14/18	Need some help getting up in the morning? Jason practices "alarm-clock meditation." Check out this video to learn about his technique to start the day on a calm note. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFFreeman.com">www.JasonWFFreeman.com</a> .	Jason Freeman, imperfect best, meditation, relax, calm	All	Healthy Living; Daily Life & Employment	
My voice is a gift	Jason Freeman	12/14/18	Jason talks about how important it was for him to find - and share - his voice. We'll let his own voice take it from here! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFFreeman.com">www.JasonWFFreeman.com</a> .	Jason Freeman, imperfect best, advocacy, advocate, voice, speaking up, speak, speech impediment	All	Advocacy & Engagement	
Room for fun	Jason Freeman	12/14/18	In Jason's experience, there is a time and place to be serious, but being serious all the time often made him more stressed! Consider how you can make room for joy and fun in your day - people around you will benefit, too! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFFreeman.com">www.JasonWFFreeman.com</a> .	Jason Freeman, imperfect best, stress, serious, stressed, joy, fun, humor	All	Healthy Living	
Be in the moment - try flexibility!	Mary Gilbert-L	12/14/18	Having a plan (and backup plans!) can be a good thing. For Mary, she also suggests practicing flexibility. Being willing to step away from an agenda may open up entirely new moments and help you - and the people you are working with - live in the moment.	flexibility, schedule, flexible, agenda, moment	All	Daily Life & Employment	

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One person's trash, is another person's ARTWORK!	Mary Gilbert-L	12/14/18	Thanks to Mary and a group of artists where she works, people look at objects in a different way. Using a series of nontraditional items that might have otherwise ended up in the trash, Mary and the people making art have given the items new life!	art, artist, artwork, recycle, activity, perspective	All	Social & Spirituality	
Meet Nils: Autism Advocate	Nils Skudra	12/14/18	Meet Nils, an autism advocate in North Carolina. Nils recently completed his masters degree in history from the University of North Carolina. In this video, Nils shares some of his autism advocacy work, including creating a community group for autistic students at UNC-Greensboro called Spectrum.	Nils Skudra, autism, autistic, aspergers, asperger's, spectrum, history, college, advocate, advocacy	All	Advocacy & Engagement	
This holiday season...Merry Christmas!	Quillo	12/14/18	Merry Christmas! Curious to learn a little more about the history of Christmas traditions? In this holiday series, Quillo will take a quick look at three holidays commonly celebrated during the holiday season: Hanukkah, Christmas, and Kwanzaa. People celebrate differently, so what a great opportunity to learn something new! If the people in your life have different traditions, maybe this sparks a conversation about how they celebrate this season. Info for this video was found here! <a href="https://www.history.com/topics/christmas">https://www.history.com/topics/christmas</a>	holiday, Christmas, Santa, tradition, seasons, winter, celebrate, religion	All	Social & Spirituality	
My own "deepest pit"	Lacy Doerr &	12/14/18	Mary Gilbert-Lucas and Lacy Doerr talk about how art inspires confidence, encouragement, and empowerment.	art, artist, confidence, inspire, empowerment, empower, encouragement, encourage	School age Transition Adulthood	Advocacy & Engagement	
Bye bye, comfort zone	Lacy Doerr &	12/14/18	Art is often a strong start to build confidence, try something new, and leave comfort zones. Lacy and Mary share how one individual shifted from feeling isolated to being able to express his wants.	Mary Gilbert-Lucas, Lacy Doerr, art, creativity, comfort zone, growth,	School age Transition Adulthood	Advocacy & Engagement	
Deciding the little things...and the big things!	Melissa Keyes	12/14/18	Decisions, decisions, decisions. What does that decision-making process look like for you and others in your life? In this video, Melissa encourages us to support people to make decisions for themselves.  Melissa Keyes is the Legal Director for Indiana Disability Rights, an organization that advocates for the rights of people with disabilities. To learn more about Indiana Disability Rights, visit <a href="http://www.IndianaDisabilityRights.org">www.IndianaDisabilityRights.org</a> or follow us on Facebook at @IndianaDisabilityRights.	Melissa Keyes, decisions, decision-making, decide, choice, advocate, advocacy, self-advocate, self-advocacy	Transition Adulthood	Advocacy & Engagement	
My car broke down - help!	Melissa Keyes	12/14/18	What does your car breaking down have to do with decision-making? Melissa explains. Just because someone might need help or support to make decisions, doesn't mean that someone else should make decisions for them. Think about ways to help empower people to make their own choices by watching this video. Melissa Keyes is the Legal Director for Indiana Disability Rights, an organization that advocates for the rights of people with disabilities. To learn more about Indiana Disability Rights, visit <a href="http://www.IndianaDisabilityRights.org">www.IndianaDisabilityRights.org</a> or follow us on Facebook at @IndianaDisabilityRights.	Melissa Keyes, decisions, decision-making, decide, choice, advocate, advocacy, self-advocate, self-advocacy	Transition Adulthood	Advocacy & Engagement	
Smoking - another perspective	Brenda Gunter	12/14/18	After smoking for many years, Brenda found out that she would have to go on oxygen due to damage to her lungs. Today, she is committed to sharing her story with others, encouraging them to quit. Her sister is one of the people who have quit smoking as a result of Brenda's advocacy! Brenda Gunter is an athlete with Special Olympics in Indiana. <i>A note from the Quillo team: For those of you trying to quit, we hope Brenda's message is encouraging. For those of you smoke, this video is intended to be judgment-free as we realize there may be a lot of reasons behind it. We respect everyone's right to make their own decisions!</i>	Special Olympics, health, healthy, athletes, smoking, smoke, habits	Transition Adulthood Aging	Healthy Living	

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This holiday season...Happy Kwanzaa!	Quillo	12/26/18	Happy Kwanzaa! Kwanzaa is celebrated December 26 to January 1. In this holiday series, Quillo will take a quick look at three holidays commonly celebrated during the holiday season: Hanukkah, Christmas, and Kwanzaa. People celebrate differently, so what a great opportunity to learn something new! If the people in your life have different traditions, maybe this sparks a conversation about how they celebrate this season. Info for this video was found here! <a href="https://www.history.com/news/5-things-you-may-not-know-about-kwanzaa">https://www.history.com/news/5-things-you-may-not-know-about-kwanzaa</a>	holiday, Kwanzaa, culture, tradition, seasons, winter, celebrate, religion	All	Social & Spirituality	
3...2...1...Happy New Year!	Quillo	12/28/18	Countdown with Quillo as we welcome a new year. Thank you for all you've done this year and for all you'll do next year!	New Year, New Year's Eve, holiday, thanks, appreciation, countdown	All	Social & Spirituality	
Why I'm the best - and you are too!	Jason Freeman	01/04/19	Need a boost? Follow along as Jason reminds us that you - yes YOU - are the best! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, imperfect best, best, motivation, encouragement, encourage, motivate	All	Healthy Living; Social & Spirituality; Advocacy & Engagement	
Life in all of its forms	Taylor Martin	01/04/19	Bringing his magic to life, Taylor shares one of his favorite sayings: "Life in all of its forms." Sometimes, it may take the form of a knot and be frustrating. How can a positive outlook help smooth things out? Taylor Martin ( <a href="http://indymagicmonthly.com/main_performers_martin_t.html">http://indymagicmonthly.com/main_performers_martin_t.html</a> ) is an Indiana-based magician and the creator of Indy Magic Monthly.	Taylor Martin, magic, magician, perspective, positivity	All	Advocacy & Engagement	
Untangling knots	Cody Clark	01/04/19	Have you ever hit a bump in the road? An obstacle? For Cody, a magician, it is a knot in a rope! Join Cody as he shares his magic and his perspective on what to do when you hit a knot! Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, magic, magician, autism, autistic, spectrum, opportunities, obstacles, perspective	School age Transition Adulthood Aging	Advocacy & Engagement	
When the answer is always "No"	Leanne Mull	01/04/19	If people get used to hearing "no," what happens if they stop asking? Leanne shares tips on how to ask for input and patiently work towards an answer. Leanne Mull has been working with people with I/DD for eighteen years. In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc. ( <a href="https://www.bluetowersolutions.org/">https://www.bluetowersolutions.org/</a> ) an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality for people with disabilities. We believe that sustainable change happens through a person-centered collaborative approach.	Leanne Mull, leadership, listening, listen, empower, advocate	Transition Adulthood Aging	Advocacy & Engagement	
How did he DO that? The joy of blending together	Taylor Martin	01/04/2019	No, your eyes aren't playing tricks on you. Watch the ropes closely! Taylor, a magician, finds joy in bringing things together - literally! Taylor Martin ( <a href="http://indymagicmonthly.com/main_performers_martin_t.html">http://indymagicmonthly.com/main_performers_martin_t.html</a> ) is an Indiana-based magician and the creator of Indy Magic Monthly.	Taylor Martin, magic, magician, together, experience	All	Daily Life & Employment	
Eddie's Yellow Folder	John Dickerson	1/7/2019	Quillo CEO/Founder, John Dickerson, shares the story of Eddie and his folder. When Eddie was frustrated by everybody around him having a folder of information about himself that he wasn't permitted to see, Eddie and John came up with a solution - with a positive spin to it! To reach John, email <a href="mailto:john@myquillo.com">john@myquillo.com</a> .	John, John Dickerson, John, Eddie, folder, information, privacy, self-advocacy, sharing, share, data, records, records management, advocate, advocacy, self advocacy, independence, good news, bad news	School age Transition Adulthood Aging	Advocacy & Engagement	
Remembering Dr. King	Quillo	01/18/19	In honor of Martin Luther King, Jr. Day, we take a look at the influence that Dr. King had on the disability rights movement. In addition to being one of the most influential civil rights leaders in history, his impact continues to be felt by many communities.	Martin Luther King, MLK, Dr. King, history, holiday, remember, remembering, civil rights, disability rights, injustice	All	Social & Spirituality	
After a "ruff" day, it's okay to smile	Quillo	01/18/19	Yes, we will admit...this video is silly. It's goofy. It's playful. It's full of puppies and it just might make you smile. Whether you've had a long day, a tough day, or just need a pick me up, we hope these furry friends bring a smile to a "ruff" day.	dogs, puppies, dog, animals, smile, laugh, silly	All	Healthy Living	



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Checking in! The EGTI Training Hotel	Megan Stever	01/18/19	Welcome to the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> , a hotel and training center for people with disabilities in Muncie, Indiana. Here, Megan shares what inspired her to get involved, and gives a brief overview of what EGTI has to offer. Megan Stevenson is a Director with EGTI.	Megan Stevenson, Erskine Green Training Institute, EGTI, training, hotel, employment, work, career	Transition Adulthood	Daily Life & Employment	
Building confidence, one step at a time	Megan Stever	01/23/2019	In Megan's work at the Erskine Green Training Institute, she has found that adding new challenges one step at a time is key to building confidence. Megan Stevenson is a Director with EGTI in Muncie, IN.	Megan Stevenson, Erskine Green Training Institute, EGTI, training, hotel, employment, work, career, confidence, learning	Transition Adulthood	Daily Life & Employment	
Let's talk about... Sexual Health!	Katie Thune &	01/23/19	Meet Katie Thune and Anna Hayek, the team at Sexuality for All Abilities. Here, they will introduce the topic of sexual wellness and how these videos can be helpful for you and others. In this series, we will learn tips for having what can sometimes be awkward or difficult conversations about sex, sexuality, and sexual wellness. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to	Sexuality for all Abilities, Katie Thune, Anna Hayek, sexuality, sex, health, wellness	Transition Adulthood Aging	Healthy Living	
Crunch! The fender bender	Jason Freeman	01/24/19	Jason wasn't sure what would happen when, in his first job at a residential home, he backed the company van into another car! Here, Jason reminds us there is life after mistakes. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, imperfect best, mistakes, mistake, challenge	Adulthood	Advocacy & Engagement	
Practice makes perfect	Taylor Martin	01/24/19	For one trick, Taylor spend 5 years of practice for 5 seconds of entertainment. Is it worth it? Absolutely. Hear more from Taylor as he reminds us the importance of sticking with it. Taylor Martin ( <a href="http://indymagicmonthly.com/main_performers_martin_t.html">http://indymagicmonthly.com/main_performers_martin_t.html</a> ) is an Indiana-based magician and the creator of Indy Magic Monthly.	Taylor Martin, magic, magician, commitment, practice	Adulthood	Daily Life & Employment	
You are en Endlessly Evolving Process	Geeta Vora	01/24/19	Geeta discusses "growth mindset," or the idea that growth and learning is an ongoing process for everybody. She explains what it means to be part of an "Endlessly Evolving Process." Geeta Vora is the founder of Vora S.E.R.V.I.C.E. ( <a href="http://www.voraservice.org/">http://www.voraservice.org/</a> ) She grew up in Mumbai, India, where her "parents instilled in me the value of education in unlocking the door of poverty and inspired me to become a life long learner."	Geeta Vora, Service, growth mindset, growth, process, learning, growth	All	Healthy Living; Social & Spirituality	
The capacity to learn and grow	Geeta Vora	01/24/19	Geeta grew up with the idea that LEARNING is the most important skill - and that everybody is capable of it. That means that it is possible for you, friends, family, and others - how can we support this growth in others? Geeta Vora is the founder of Vora S.E.R.V.I.C.E. ( <a href="http://www.voraservice.org/">http://www.voraservice.org/</a> ) She grew up in Mumbai, India, where her "parents instilled in me the value of education in unlocking the door of poverty and inspired me to become a lifelong learner."	Geeta Vora, Service, growth mindset, growth, learning, learn, grow, brain	All	Daily Life & Employment	
Sometimes...we agree to disagree	Jason Freeman	01/24/19	Jason used to love to argue... with time, however, he found that some arguments weren't getting into. How do you pick your battles? To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, imperfect best, relationship, communication, agree, argue, disagree	All	Social & Spirituality	
Like a fish climbing a skyscraper	Jason Freeman	01/24/19	Jason will be the first to admit that he was skeptical about yoga - he felt as comfortable as a "fish trying to climb a skyscraper." Hear why the benefits were worth it. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, imperfect best, health, healthy, yoga, relax, technique	All	Healthy Living	
What I see from where I stand	Mary Gilbert-L	01/24/19	Perspective: it's what I see from where I stand! Mary shares the importance of perspective and how art can be a way to gain a new take on things. How can you shift perspective on something that is challenging you today?	Noble, art, perspective, view, viewpoing, learning	All	Healthy Living	
Mary, Lacy, and Hannah's tips for self-care	Mary Gilbert-L	01/24/19	For Lacy, it's painting. For Hannah, it's staying fit and having a good book! What does self-care look like for you?	Noble, art, self-care, care	All	Healthy Living	

## Quillo Connect Videos (Public Library\_As of August 2023)

Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
When families underestimate	Megan Stever	01/24/19	Megan discusses the challenges that sometimes arise when families underestimate the skills and abilities of their loved ones. Sometimes, the environment or encouragement from a new person can make a difference. Megan Stevenson is a Director with the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> in Muncie, Indiana.	Megan Stevenson, Erskine Green Training Institute, EGTI, training, hotel, employment, work, career	School age Transition Adulthood	Daily Life & Employment	
Wait, there was one ball, now there are two?	Cody Clark	01/24/19	As we think about relationships in our life, how do they change over time? An individual who lives independently may still need supports - check out how Cody, a magician, demonstrates this! Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, magic, magician, autism, autistic, spectrum, living independently, independent, roommate, support	School age Transition Adulthood Aging	Community Living	
Yep, I Still Have a Speech Impediment	Jason Freeman	01/24/19	Being home for the holidays brings back a lot of memories of Jason's early days with a speech impediment. For him, his speech impediment was something to embrace and learn from, rather than something to fix. Do you relate to this? To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFFreeman.com">www.JasonWFFreeman.com</a> .	Jason Freeman, imperfect best, speech impediment, cerebral palsy, cp, gift, talent	School age Transition Adulthood Aging	Advocacy & Engagement	
The place where 80% employment rate is possible	Megan Stever	01/24/19	At the Erskine Green Training Institute in Muncie, IN, the placement rate of program graduates is around 80%, placing individuals in employment and a career of their choosing! Megan Stevenson is a Director with the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> .	Megan Stevenson, Erskine Green Training Institute, EGTI, training, employment, placement, career	Transition Adulthood	Daily Life & Employment	
Positive feedback and Constructive Criticism	Megan Stever	01/24/19	As students get settled into their classes and training at the Erskine Green Training Institute, Megan explains the importance of finding a balance between positive feedback and constructive criticism. Megan Stevenson is a Director with the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> in Muncie, Indiana.	Megan Stevenson, Erskine Green Training Institute, EGTI, training, positive attention, criticism, feedback	Transition Adulthood	Daily Life & Employment	
Our own worst critics	Cody Clark	01/24/19	Are you your own worst critic? Cody reminds us the support of friends, family, and mentors can make all the difference. As his hero, Mr. Fred Rogers said, "I like you just the way you are." Remember today that YOU are enough. Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, magic, magician, autism, autistic, spectrum, support, mentor	Transition Adulthood Aging	Social & Spirituality	
Distracted? Who, me? I'm not distra - oh, what's that?	Jason Freeman	01/24/19	Do you feel distracted today? Jason explains that how being aware of it is a good start to deciding your next step! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFFreeman.com">www.JasonWFFreeman.com</a> .	Jason Freeman, imperfect best, focus, attention, distracted	Transition Adulthood Aging	Daily Life & Employment	
When there's no confidence in being confident	Jason Freeman	01/24/19	Jason knows that self-confidence is important...but even he admits he struggles with it sometimes. He asks us to think about people in our life and how we can help people take pride in their differences. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFFreeman.com">www.JasonWFFreeman.com</a> .	Jason Freeman, imperfect best, confidence, confident, encouragement	Transition Adulthood Aging	Advocacy & Engagement	
When the argument is getting heated	Jason Freeman	01/25/19	Some arguments are worth working through...and some may never go anywhere. Jason shares how he tries to change the subject when it seems he is at an impasse. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFFreeman.com">www.JasonWFFreeman.com</a> .	Jason Freeman, imperfect best, argue, argument, debate, relationship, communication, communicate	Adulthood	Social & Spirituality	
The Wisdom of the Wolves	Geeta Vora	01/25/19	Why is teamwork like a wolf pack? Here, Geeta explains "The Wisdom of the Wolves," which relies on each wolf playing a unique and necessary role. What role do you play in your wolf pack? The Wisdom of Wolves: Lessons from the Sawtooth Pack, is a book written by Jim and Jamie Dutcher. Geeta Vora is the founder of Vora S.E.R.V.I.C.E. ( <a href="http://www.voraservice.org/">http://www.voraservice.org/</a> ) She grew up in Mumbai, India, where her "parents instilled in me the value of education in unlocking the door of poverty and inspired me to become a life long learner."	Geeta Vora, Service, Teamwork, team, collaboration, wolfpack, wolves	All	Social & Spirituality	
The changing bookshelf	Jason Freeman	01/25/19	While visiting his parents in South Dakota for the holidays, Jason takes us back to his childhood home to check out his old bookshelf. The books he read in high school look different from what he reads today, causing him to consider the other things in his life that have changed. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFFreeman.com">www.JasonWFFreeman.com</a> .	Jason Freeman, imperfect best, change, adapt, growth, grow	All	Social & Spirituality	
Coffee, please!	Nils Skudra	01/25/19	Welcome to A Special Blend <a href="https://www.aspecialblend.org/">https://www.aspecialblend.org/</a> , a coffee shop in Greensboro, North Carolina that employs people with autism. Nils introduces us to the coffee shop and how he hopes it will lead to a future career in advocacy. Nils Skudra is an autism advocate and writer in Greensboro, North Carolina. He has his Masters in history from UNC-Greensboro and helped start a community group for autistic students at the university called Spectrum.	Nils Skudra, autism, autistic, employment, work, job, career, advocate, coffee, self-advocate, advocacy	All	Daily Life & Employment	

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Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Setting the bar	Megan Steven	01/25/19	When you work with others; how do you set expectations? Here, Megan suggests tips for how to work with individuals and their families to set the bar as high as possible. Megan Stevenson is a Director with the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> .	Megan Stevenson, Erskine Green Training Institute, EGTI, training, expectations	Transition Adulthood	Daily Life & Employment	
Living solo!	Megan Steven	01/25/19	Since students at the Erskine Green Training Institute typically live on their own at the hotel during their training program, it is often a great opportunity to practice independent living. Megan shares what this may look like for students and their parents. Megan Stevenson is a Director with the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> in Muncie, IN.	Megan Stevenson, Erskine Green Training Institute, EGTI, training, independent living, independence	Transition Adulthood	Community Living	
Talent on display	Megan Steven	01/25/19	How do you or people in your life identify and showcase their talents? How can you support them in discovering or growing these talents? Here, Megan shares why it is important to find ways to do this, and how the hotel affiliated with Erskine Green Training Institute has opportunities to do so. Megan Stevenson is a Director with the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> .	Megan Stevenson, Erskine Green Training Institute, EGTI, training, art, artwork, artists, talent, skills, skill	Transition Adulthood	Daily Life & Employment	
A hotel and training center in one. Welcome to EGTII!	Megan Steven	01/25/19	Welcome to Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> in Muncie, IN, an immersive learning environment for people with disabilities. Megan gives a brief tour of the affiliated hotel where students learn job skills in the restaurant, hospital, and hotel industries. Megan Stevenson is a Director with the Erskine Green Training Institute.	Megan Stevenson, Erskine Green Training Institute, EGTI, training, hotel, employment, work, career	Transition Adulthood	Daily Life & Employment	
Supporting someone to go to a doctor	Dr. Mary Cicc	2/4/2019	Sometimes, knowing when it is time to bring someone you support to the doctor may be difficult. Perhaps they are not communicating it, or perhaps they are not physically feeling any pain. In the list below, Dr. Ciccarella shares tips for how to build communication around health with the person you support. (START BULLET LIST HERE). > Explore how each individual client shows when they are ill – get to know them. Can they communicate a feeling of pain or illness? Do they need to be asked? How do they show illness? What change in behavior in each individual client is a likely warning of illness? (NEW PARA) Dr. Mary Ciccarella is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	Mary Ciccarella, Mary, Ciccarella, health, doctor, healthy, nutrition	All	Healthy Living	
Let's talk about... The Heart of Relationships	Katie Thune	02/12/19	Katie Thune, founder of Sexuality for All Abilities, shows us The Heart of Relationships. It includes 5 pieces: being yourself, taking time to get to know each other, getting along, boundaries, and compromise. This may be a helpful tool to consider when discussing healthy relationships! In this series, we will learn tips for having what can sometimes be awkward or difficult conversations about sex, sexuality, and sexual wellness. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	Sexuality for all Abilities, Katie Thune, Anna Hayek, sexuality, sex, health, wellness, relationships	All	Social & Spirituality	
Let's talk about... The Relationship Circle	Katie Thune &	02/12/19	Welcome to the Relationship Circle, a helpful tool for exploring the different types of touch we may experience with people in our lives. This video looks at the SELF circle. Check out "Let's talk about...Hugs!" and "Let's talk about...Hand-to-hand touch" to explore the other circles with Katie and Anna. In this series, we will learn tips for having what can sometimes be awkward or difficult conversations about sex, sexuality, and sexual wellness. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	Sexuality for all Abilities, Katie Thune, Anna Hayek, sexuality, sex, health, wellness, relationships, boundaries, consent	All	Social & Spirituality	
Let's talk about... Hugs	Katie Thune &	02/12/19	Welcome to the Relationship Circle, a helpful tool for exploring the different types of touch we may experience with people in our lives. This video looks at the HUG and the SIDE HUG circles. Check out "Let's talk about...The Relationship Circle" and "Let's talk about...Hand-to-hand touch" to explore the other circles with Katie and Anna. In this series, we will learn tips for having what can sometimes be awkward or difficult conversations about sex, sexuality, and sexual wellness. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	Sexuality for all Abilities, Katie Thune, Anna Hayek, sexuality, sex, health, wellness, relationships, boundaries, touch, hugs, touching, consent	All	Social & Spirituality	

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Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Let's talk about... Hand-to-hand touch	Katie Thune &	02/12/19	Welcome to the Relationship Circle, a helpful tool for exploring the different types of touch we may experience with people in our lives. This video looks at the SHAKE HANDS, WAVE, and DO NOT TOUCH circles. Check out "Let's talk about...The Relationship Circle" and "Let's talk about...Hugs!" to explore the other circles with Katie and Anna. In this series, we will learn tips for having what can sometimes be awkward or difficult conversations about sex, sexuality, and sexual wellness. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	Sexuality for all Abilities, Katie Thune, Anna Hayek, sexuality, sex, health, wellness, relationships, boundaries, touch, handshakes, touching, consent	All	Social & Spirituality	
Music to calm my nerves	Nils Skudra	02/12/19	For Nils, music is more than just a good tune as someone with anxiety. Playing music helps provide a source of calm as well as a creative outlet for him. Nils Skudra is an autism advocate and writer in Greensboro, North Carolina. He has his Masters in history from UNC-Greensboro and helped start a community group for autistic students at the university called Spectrum.	Nils Skudra, autism, autistic, advocate, self-advocate, music, calm, anxiety	All	Daily Life & Employment	
Mistakes happen: Cody's showbiz horror story	Cody Clark	02/12/19	Mistakes happen. For Cody, it was his "showbiz horror story" where a magic trick didn't go QUITE as planned! Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, magic, magician, autism, autistic, spectrum, self-advocate, advocate, mistakes, commitment	School age Transition Adulthood Aging	Advocacy & Engagement	
An outside perspective	Megan Steve	02/12/19	As a former Special Ed teacher, Megan recognizes the unique role that people outside of the family can play in support for individuals with disabilities. As a DSP, you may play a similar role in providing new ideas and a fresh perspective to things. Megan Stevenson is a Director with the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> in Muncie, Indiana.	Megan Stevenson, Erskine Green Training Institute, EGTI, training, impact, family, role	Transition Adulthood	Daily Life & Employment	
Let's talk about... Rejection & Compromise	Katie Thune &	02/12/19	When Katie asks Anna to join her for a movie, Anna is way too busy. Watch this role-play to learn a bit about rejection, consent, and compromise. In this series, we will learn tips for having what can sometimes be awkward or difficult conversations about sex, sexuality, and sexual wellness. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	Sexuality for all Abilities, Katie Thune, Anna Hayek, sexuality, sex, health, wellness, compromise, rejection, consent	Transition Adulthood Aging	Safety & Security	
We all learn differently	Mary Gilbert-I	02/13/19	We all learn differently. Mary gives one example of how she shifted directions with one of her students once she recognized his learning style.	Noble, learning, learn, style, education, educate	All	Daily Life & Employment	
Pouring yourself into others	Taylor Martin	02/13/19	Just like Taylor's pitcher, sometimes you may feel empty - like you have given all you have to give. But, with a little magic, Taylor finds more to share. Taylor Martin ( <a href="http://indymagicmonthly.com/main_performers_martin_t.html">http://indymagicmonthly.com/main_performers_martin_t.html</a> ) is an Indiana-based magician and the creator of Indy Magic Monthly.	Taylor Martin, magic, magician, giving, sharing, thank you, appreciation	All	Healthy Living	
EGGSactly the life you want	Taylor Martin	02/13/19	Life may feel like an empty bag. But as Taylor shows, a little bit of magic may fill it up. Watch closely, and hold on to any opportunities that may come your way! Taylor Martin ( <a href="http://indymagicmonthly.com/main_performers_martin_t.html">http://indymagicmonthly.com/main_performers_martin_t.html</a> ) is an Indiana-based magician and the creator of Indy Magic Monthly.	Taylor Martin, magic, magician, life, advice, opportunity	All	Daily Life & Employment	
Managing money with True Link cards	Megan Steve	02/13/19	One tool that the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> uses to help teach financial management skills is the True Link Card <a href="https://www.truefinancial.com/card/true-link-card">https://www.truefinancial.com/card/true-link-card</a> . Megan Stevenson, a Director with EGTI, shares more! What other tools and resources have you found helpful?	Megan Stevenson, Erskine Green Training Institute, EGTI, training, hotel, employment, work, career, money, managing, finances	Transition Adulthood	Daily Life & Employment	
Shifting the goal post	Megan Steve	02/13/19	Sometimes, the day may not go as planned - and that's okay! In working at a training center for people interested in the hospitality industry, Megan knows first-hand what it looks like to change goals. Tune in to hear more! Megan Stevenson is a Director with the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> in Muncie, IN.	Megan Stevenson, Erskine Green Training Institute, EGTI, training, behaviors, goals	Transition Adulthood	Daily Life & Employment	

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A practice in independent living	Megan Stever	02/13/19	For students at the Erskine Green Training Institute, the experience is not only educational - it is also an opportunity for many to experience independent living for the first time. Megan Stevenson is a Director with the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> in Muncie, Indiana.	Megan Stevenson, Erskine Green Training Institute, EGTI, training, independent living, independence	Transition Adulthood	Community Living; Daily Life & Employment	
Watch carefully! The perfect opportunity	Taylor Martin	02/14/19	Taylor gets help from Quillo's Sue Gordon as he shows us how some opportunities may bring us more than we initially planned. Taylor Martin ( <a href="http://indymagicmonthly.com/main_performers_martin_t.html">http://indymagicmonthly.com/main_performers_martin_t.html</a> ) is an Indiana-based magician and the creator of Indy Magic Monthly.	Taylor Martin, Taylor, Martin, magic, magician, opportunity	Adulthood	Daily Life & Employment	
Breathe in...breathe out...	Jason Freeman	02/14/19	Practice some calming breaths with Jason while he gives tips to help us breathe deeply and fully. He encourages us to use these calm breaths when we need to relax or when part of a stressful situation. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, imperfect best, breathe, breath, calm, health, relax	All	Healthy Living	
Tough day?	Jason Freeman	02/14/19	When tough days happen, it can be easy to focus on everything that went wrong. Jason can relate! Instead, he encourages us to look at a bad day and try to focus on a few good things that happened. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, imperfect best, bad day, frustrate, difficult, relax, calm	All	Daily Life & Employment	
Magic! The rope is growing? No, shrinking?	Cody Clark	02/14/19	Watch the ropes closely as they change lengths right before your eyes! Cody, a magician, uses the ropes as a metaphor for our unique differences and needs. Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> .	Cody Clark, magic, magician, autism, autistic, spectrum, differences, care plan	School age Transition Adulthood Aging	Advocacy & Engagement	
High school's done...what's next?!	Megan Stever	02/14/19	Whether you work with someone or are a family member to someone at a transition age, what are they thinking about after high school? Here, Megan offers examples of resources to start thinking about what comes next: consider transition coordinators, Vocational Rehabilitation staff, case managers, or Think College ( <a href="https://thinkcollege.net/">https://thinkcollege.net/</a> ), a tool that discusses college options for people with intellectual disabilities. Megan Stevenson is a Director with the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> .	Megan Stevenson, Erskine Green Training Institute, EGTI, training, transition, college	Transition	Daily Life & Employment	
Not your everyday hotel art	Megan Stever	02/14/19	When you walk into the hotel affiliated with the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> , the artwork on the walls is not your everyday hotel art. Megan Stevenson, Director at EGTI, shares some of the pieces, created by artists with disabilities from around Indiana.	Megan Stevenson, Erskine Green Training Institute, EGTI, training, art, artwork, artists	Transition Adulthood	Daily Life & Employment	
Leaving home, feeling homesick, and being okay	Megan Stever	02/14/19	While feeling homesick can be difficult, it's also okay! Whether it is moving into independent living, leaving for school, or some other transition, Megan shares how these nerves are all to be expected. For some people, they may have seen siblings or friends go through a similar phase when they left home. Megan Stevenson is a Director with the Erskine Green Training Institute <a href="https://www.erskingreeninstitute.org/">https://www.erskingreeninstitute.org/</a> in Muncie, Indiana.	Megan Stevenson, Erskine Green Training Institute, EGTI, training, hotel, employment, work, career, family, siblings, experiences	Transition Adulthood	Community Living; Daily Life & Employment	
That wasn't part of the plan!	Jason Freeman	03/01/19	Some days, you may find that what you thought you had planned for the day is NOT what is going to happen. Jason encourages us to take those changes in stride...and maybe even find joy in the changes! Will you join him? To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, Imperfect Best, plan, schedule, flexible	All	Daily Life & Employment	
Yoga, walks, and cookies	Jason Freeman	03/01/2019	On Jason's list of favorite things, you'll find yoga, walks, and eating cookies. What about your list? What do they love to do - and how can you help them discover and explore those interests? To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Jason Freeman, Imperfect Best, hobbies, relationships	All	Healthy Living	
Kelly's layers	Kelly Schreiner	03/01/19	Kelly has become a strong advocate for encouraging people to think twice about using the "r-word." In addition to her leadership, she has a wonderful list of interests, hobbies, and views that make her the interesting person she is. Kelly Schreiner is an active participant in Special Olympics (basketball, swimming, bowling, track, bocce, and corn toss). She is an avid sports fan and has worked as a youth basketball coach. In addition to volunteering with Down Syndrome Indiana, Best Buddies, she has worked at Longhorn Steakhouse for 11 years.	Kelly Schreiner, down syndrome, r-word, advocate, hobbies, hobby	All	Advocacy & Engagement	

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Listening	Mollie Noble	3/1/2019	Are you a good listener? We might hear what somebody says, but how are we really listening to what they mean? Here, Mollie Noble, self-advocate and leader, discusses how she is working on being a good listener. Whether we are listening to our colleagues, our managers, parents, or personal acquaintances, try some of these tips for good listening.	Mollie Noble, Mollie, Noble, listen, listening,	All	Social & Spirituality	
Let's talk about...Consent	Anna Hayek and Leah Bauman	03/01/19	Anna and Leah help break down the idea of "consent," including why sometimes "yes" doesn't always mean "yes!" Anna Hayek and Leah Bauman are part of the Sexuality for All Abilities team. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	Sexuality, sexual wellness, health, sexuality for all abilities, sex education, sex ed, consent	School age Transition Adulthood Aging	Safety & Security	
Let's talk about...the Enthusiastic Yes!	Anna Hayek and Leah Bauman	03/01/19	Looking for more about consent? Here, Anna and Leah take a closer look at how tone of voice and body language also contribute to a response. Always look for an enthusiastic yes! Anna Hayek and Leah Bauman are part of the Sexuality for All Abilities team. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	Sexuality, sexual wellness, health, sexuality for all abilities, sex education, sex ed, consent	School age Transition Adulthood Aging	Healthy Living	
Let's talk about...Non-Shaming Responses	Anna Hayek and Leah Bauman	03/01/19	Sometimes in this work, you may be faced with a difficult question or surprising conversation, especially on the topic of sexuality and sexual wellness. Anna and Leah offer suggestions for how to respond in a way that is supportive and non-judgmental. Anna Hayek and Leah Bauman are part of the Sexuality for All Abilities team. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	Sexuality, sexual wellness, health, sexuality for all abilities, sex education, sex ed, support	School age Transition Adulthood Aging	Healthy Living	
Let's talk about...Assumptions	Anna Hayek and Leah Bauman	03/01/19	Have you ever made an assumption about someone based on a first impression? Leah and Anna talk about how making assumptions about gender, sexuality, religion, and really, anything based on how people look or act can be misleading...and that it's best to get to know a person directly! Anna Hayek and Leah Bauman are part of the Sexuality for All Abilities team. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	Sexuality, sexual wellness, health, sexuality for all abilities, sex education, sex ed, support, assumptions, assume, pronouns, gender	School age Transition Adulthood Aging	Healthy Living	
Let's talk about...Answering Difficult Questions	Leah Bauman	03/01/19	Have you ever had someone ask you a question that is surprising or difficult to answer? Leah offers some examples and suggestions for how to be prepared to offer a response that is helpful and non-judgmental - and reassures that it is okay if we don't know the answer! Leah Bauman is part of the Sexuality for All Abilities team. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	Sexuality, sexual wellness, health, sexuality for all abilities, sex education, sex ed, support	School age Transition Adulthood Aging	Healthy Living	
Encouragement to stop smoking	Josh Saupe	03/01/19	Josh Saupe encourages us to think twice before picking up a cigarette. Josh is an athlete with Special Olympics Indiana. A note from the Quillo team: For those of you trying to quit, we hope Josh's message is encouraging. For those of you smoke, this video is intended to be judgment-free as we realize there may be a lot of reasons behind it. We respect everyone's right to make their own decisions!	Special Olympics, athletes, health, healthy, smoking, smoke, habits, encouragement, encourage, support	Transition Adulthood	Healthy Living	
Leave No One Behind: World Down Syndrome Day 2019	Kelly Schreiner	03/14/19	March 21 is World Down Syndrome day ( <a href="https://www.worlddownsyndromeday2.org/event/call-to-action-2019">https://www.worlddownsyndromeday2.org/event/call-to-action-2019</a> ). Here, Kelly Schreiner, a self-advocate and leader from Indiana, shares why the day is important to her. The 2019 theme, "Leave No One Behind" reminds us to continue to advocate and push to equal treatment and inclusion for all people - including those with Down syndrome. Did you know that since Down syndrome is known as "trisomy 21" the day is recognized every March 21 - or 3/21?	Kelly Schreiner, Down syndrome, downs, trisomy, advocacy, advocate, recognize, holiday, celebrate, awareness, WDSD19, World Down Syndrome Day, March 21	All	Advocacy & Engagement	
Let's talk about...Reject	Anna Hayek and Leah Bauman	03/21/19	Remember that movie where the woman says "no" to a date and the man follows up with 90 minutes of romantic gestures to win her back? That might happen on screen, but what does it teach us about rejection and consent? In "Let's Talk About...Rejection and Compromise," the team from Sexuality for All Abilities role-played a conversation where somebody said "No" but implied they might change their mind in the future. Here, Anna is back with Quillo's Rebecca to talk about the other side of rejection: when "no" means "never" and why listening to that is an important part	Sexuality, sexual wellness, health, sexuality for all abilities, rejection, consent, no, respect, relationship, relationships, boyfriend, girlfriend, partner, dating, date	School age Transition Adulthood Aging	Safety & Security	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Hahaha!! This April Fool's, share a laugh and a smile	Quillo	03/28/19	This April Fool's, we'll skip the pranks but encourage the laughter! Have you smiled today? Hopefully this video helps, along with suggestions from some pretty funny comedians, Zach Anner and Maysoun Zayid, as well as talk show host Carly Fleishmann, all who happen to have disabilities. Looking for more smiles from these three? Check out the YouTube channels for: Zach Anner ( <a href="https://www.youtube.com/user/ZachAnner">https://www.youtube.com/user/ZachAnner</a> ), Maysoun Zayid ( <a href="https://www.youtube.com/watch?v=buRLc2eWGPQ">https://www.youtube.com/watch?v=buRLc2eWGPQ</a> ), and Speechless with Carly Fleishmann ( <a href="https://www.youtube.com/channel/UCeKKQIMB1NeOLN31_CSJFRQ">https://www.youtube.com/channel/UCeKKQIMB1NeOLN31_CSJFRQ</a> ).	funny, fun, joke, jokes, humor, april fool's, smile, smiling, comedien, comedy	All	Healthy Living	
Earth Day!	Quillo	04/16/19	Each year, Earth Day ( <a href="https://www.earthday.org">https://www.earthday.org</a> ) is celebrated on April 22. Whether it's a one day activity OR an opportunity to start a new routine, such as recycling or composting, here are a few ideas! Visit Volunteer Match ( <a href="http://www.voluntermatch.org">www.voluntermatch.org</a> ) to search for environmental opportunities near you, such as a clean-up or tree planting event. Looking for recycling services in your area? Visit Be Recycled ( <a href="https://berecycled.org">https://berecycled.org</a> ) to learn about the options around the neighborhood or at the office. Every little bit helps!	Earth Day, earth, environment, environmental, recycling, recycle, compost, volunteer	All	Daily Life & Employment	
Reassurance or Redirection?	Andrea Caoili	04/17/19	When you support someone, do you provide REASSURANCE or REDIRECTION? Andrea shares the difference and how to put BOTH to use. Andrea Caoli is a licensed clinical social worker with more than 10 years of experience in field of social work. She specializes in serving children and adults with intellectual and developmental disabilities and co-occurring mental health conditions. Andrea has experience in practicing and training other clinicians in crisis prevention and intervention, systems theory and systemic consultation, the use of positive psychology approaches and effective treatment of mental health issues for individuals with intellectual and developmental disabilities. The Center for START Services, developed in 2009, is a national initiative based at the University of New Hampshire Institute on Disability/UCED that provides educational and capacity building services, promotes and evaluates evidence-informed practices and approaches, and facilitates START model program implementation across the United States with the aim of improving the lives of individuals with IDD and behavioral health needs.	reassurance, trauma informed care, TIC, START, Crisis, redirection	All	Advocacy & Engagement	
Feeling Heard	Beth Grosso	04/17/19	How do you ensure that we are really listening to the people in our lives? Check out Beth's tips for tuning in, including non-verbal cues, asking clarifying questions, being supportive, and more. Beth Grosso is a certified START Coordinator and and Training Coordinator at the Center for START Services. Beth has experience in the coordination of services within DD/ID & MH field, training development and delivery, systems development, and leadership. The Center for START Services, developed in 2009, is a national initiative based at the University of New Hampshire Institute on Disability/UCED that provides educational and capacity building services, promotes and evaluates evidence-informed practices and approaches, and facilitates START model program implementation across the United States with the aim of improving the lives of individuals with IDD and behavioral health needs.	feeling heard, active listening, PERMA, START, listen, listening, healing, support, communication	All	Social & Spirituality	
Ways to Support People during a Crisis	Joan Beasley, PhD (START)	04/17/19	"A crisis is a problem without the tools to address it." Join Joan as she takes a look at crises - and how to avoid them! Dr. Joan Beasley is a Research Associate Professor and Director of the Center for START Services at the UNH Institute on Disability. She holds a Ph.D. in Social Policy from the Heller School at Brandeis University, and a Master's degree in Community Mental Health Counseling from Northeastern University. Dr. Beasley has authored and co-authored numerous publications in the field of MHIDD, and provides training in the US, Canada and Europe. She serves as co-chair of the Mental Health Special Interest Group of AUCD. The Center for START Services, developed in 2009, is a national initiative based at the University of New Hampshire Institute on Disability/UCED that provides educational and capacity building services, promotes and evaluates evidence-informed practices and approaches, and facilitates START model program implementation across the United States with the aim of improving the lives of individuals with IDD and behavioral health needs.	crisis, stress, START, tools, support, problems	All	Safety & Security	
Melanie's Minute of Wisdom	Melanie Heck	04/17/19	Melanie is a self-advocate and college student who resides in up-state New York. She is a consultant and motivational speaker. Additional information about Melanie can be found on her website. <a href="https://melaniemotivates.com/about-me">https://melaniemotivates.com/about-me</a> . Melanie is a consultant for the Center for START Services. The Center for START Services, developed in 2009, is a national initiative based at the University of New Hampshire Institute on Disability/UCED that provides educational and capacity building services, promotes and evaluates evidence-informed practices and approaches, and facilitates START model program implementation across the United States with the aim of improving the lives of individuals with IDD and behavioral health needs.	minute of wisdom, START, self advocate, advocate, self advocacy, advocacy	Transition Adulthood	Advocacy & Engagement	
Flip the Pancake!	Art Dykstra	04/25/19	When we hear about an event, it can be easy to jump to conclusions. As Art's dad said, it's important to "flip the pancake" to see the other side of the story! Art Dykstra is the CEO of Trinity Consulting Group <a href="http://www.trinityconsulting.org/">http://www.trinityconsulting.org/</a> .	perspective, communication, relationship	Transition Adulthood Aging	Social & Spirituality	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Equally Sexual	Open Future Learning	04/26/19	With a tongue-and-cheek warning about "graphic content," this video makes a good point about people with disabilities as "fully human and equally sexual." Open Future Learning <a href="https://www.openfuturelearning.org/">https://www.openfuturelearning.org/</a> is an online learning provider that shares multimedia tools to support those in the field of intellectual disabilities. Open Future Learning is 100% dedicated to the developmental disability workforce.	Open Future Learning, sexuality, sexual, equality	Adulthood Aging	Advocacy & Engagement	
The host of golden daffodils	Quillo	04/26/19	"I wandered lonely as a cloud That floats on high o'er vales and hills, When all at once I saw a crowd, A host of golden daffodils; Beside the lake, beneath the trees, Fluttering and dancing in the breeze. "	gratitude, poem, grateful, rest, relax, flowers, nature, breath, dafodils, Wordsworth	All	Social & Spirituality	
Practicing Mindfulness	Beth Grosso	05/02/19	Looking for a way to reduce stress and anxiety? Practice mindfulness! Beth shares how sometimes it can be helpful to STOP: S = stop and pause. T = take a breath. O = observe. P = proceed. Beth is a certified START Coordinator and Training Coordinator at the Center for START Services. Beth has experience in the coordination of services within DD/ID & MH field, training development and delivery, systems development, and leadership. The Center for START Services <a href="http://www.centerforstartservices.org/">http://www.centerforstartservices.org/</a> , developed in 2009, is a national initiative based at the	mindfulness, START, anxiety, stress, calm	All	Healthy Living	
Make it fun!	David Gunter	05/02/19	Dave shares his tips to Make. It. Fun! Dave is a father of two and has been married to Amy for 30 years. He started out in Direct Care shortly after finishing his enlistment in the US Army and has been serving people with disabilities since 1988. Dave and his wife are native Texans and raise, breed, and show Arabian and Half-Arabian horses. Dave is a musician, singer, occasional song writer, and actor. Dave is the Director of the START Resource Center in Tarrant County Texas.	fun, PERMA, START, relationships	All	Social & Spirituality	
Learning how people learn	Mary Gilbert-L	05/02/19	How do you learn how people learn? Mary finds that one of the best ways to determine an individual's learning style is to put them in the role of the teacher. The way they explain something to YOU may mirror how they learn themselves.	learning, learn, grow, teach, skills, style	All	Daily Life & Employment	
"Acting" autistic - a review of TV portrayals	Nils Skudra	05/02/19	As Nils shares, representation in movies and TV of people with disabilities is important. As a writer, Nils reviews movies and TV shows that include characters with autism to discuss what they got right and what was off the mark. His articles appear in The Art of Autism, where he reviewed The Good Doctor ( <a href="https://the-art-of-autism.com/review-of-the-good-doctor-season-two/">https://the-art-of-autism.com/review-of-the-good-doctor-season-two/</a> ), as well as Pittverse ( <a href="https://pittverse.wordpress.com/">https://pittverse.wordpress.com/</a> ), a magazine written by adults on the autism spectrum. Nils Skudra is an autism advocate and writer in Greensboro, North Carolina. He has his Masters in history from UNC-Greensboro and helped start a community group for autistic students at the university called Spectrum.	Nils Skudra, autism, autistic, advocate, self-advocate, journal, magazine, critic, review, spectrum	All	Advocacy & Engagement	



Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
The Science of a Smile	Andrea Caoili	05/02/19	Did you know that smiling isn't just fun and a sign of happiness, it's also good for you? Hear more about the science of a smile from Andrea! Andrea is a licensed clinical social worker with more than 10 years of experience in field of social work. She specializes in serving children and adults with intellectual and developmental disabilities and co-occurring mental health conditions. Andrea has experience in practicing and training other clinicians in crisis prevention and intervention, systems theory and systemic consultation, the use of positive psychology approaches and effective treatment of mental health issues for individuals with intellectual and developmental disabilities. The Center for START Services, developed in 2009, is a national initiative based at the University of New Hampshire Institute on Disability/UCED that provides educational and capacity building services, promotes and evaluates evidence-informed practices and approaches, and facilitates START model program implementation across the United States with the aim of improving the lives of individuals with IDD and behavioral health needs.	smile, positivity, PERMA, START	School age Transition Adulthood Aging	Healthy Living	
Donuts & Dinos	Quillo	05/03/19	Sprinkles...chocolate glaze...jelly-filled! Do donuts bring a smile to your face? How about Quillo videos? Whatever it takes, here's to wishing you a great day!	smile, fun, just for fun, positive, silly, donuts, play, share	All	Healthy Living	
Destiny's Minute of Wisdom	Destiny Watki	05/06/19	Destiny Watkins, a wellness advocate, shares her words of wisdom. Destiny grew up with a learning disability and fell through "the cracks of the health system and foster care system". She was misdiagnosed and prescribed medications that has significant side effects, resulting in the use of a wheelchair. For the last four years, she has been very involved in wheelchair basketball and sled hockey and lives independently. She is a self-advocate who focused on the need for healthcare improvement and education. She graduated high school with honors and has attended college courses at North Idaho College. She is part of an advisory board with Boston University intellectual developmental disabilities and mental health research partnership with the Arc and "SABE" Self- Advocates Becoming Empowered and also is part of an expert panel for "SAMHSA", among other projects. Destiny is a consultant for the Center for START Services. The Center for START Services, developed in 2009, is a national initiative based at the University of New	minute of wisdom, START, self advocate, advocate, self advocacy, advocacy	Adulthood	Advocacy & Engagement	
Present to Win	Art Dykstra	05/06/19	Have you ever been at an event with raffle tickets where you have to be "present to win" when the tickets are drawn? Art sees parallels to life, encouraging us to stay in the moment. Art Dykstra is the CEO of Trinity Consulting Group <a href="http://www.trinityconsulting.org/">http://www.trinityconsulting.org/</a> .	perspective, being present, relationship	Adulthood Aging	Social & Spirituality	
Hahahaha! The Importance of laughter	Beth Grosso	05/06/19	What tools are you in your toolbox? Are you leaving room for laughter? Beth shares why this important, to relieve stress as well as to fuel connection! Beth is a certified START Coordinator and Training Coordinator at the Center for START Services. Beth has experience in the coordination of services within DD/ID & MH field, training development and delivery, systems development, and leadership. The Center for START Services, <a href="https://www.centerforstartservices.org/">https://www.centerforstartservices.org/</a> developed in 2009, is a national initiative based at the University of New Hampshire Institute on Disability/UCED that provides educational and capacity building services, promotes and evaluates evidence-informed practices and approaches, and facilitates START model program implementation across the United States with the aim of improving the lives of individuals with IDD and behavioral health needs	PERMA, laughter, fun, START	All	Healthy Living; Social & Spirituality	
Emotional oxygen in a stressful situation	Joan Beasley	05/06/19	Joan reflects on the importance of oxygen in any situation! Dr. Joan Beasley is a Research Associate Professor and Director of the Center for START Services at the UNH Institute on Disability. She holds a Ph.D. in Social Policy from the Heller School at Brandeis University, and a Master's degree in Community Mental Health Counseling from Northeastern University. Dr. Beasley has authored and co-authored numerous publications in the field of MHIDD, and provides training in the US, Canada and Europe. She serves as co-chair of the Mental Health Special Interest Group of AUCD. The Center for START Services, <a href="https://www.centerforstartservices.org/">https://www.centerforstartservices.org/</a> developed in 2009, is a national initiative based at the University of New Hampshire Institute on Disability/UCED that provides educational and capacity building services, promotes and evaluates evidence-informed practices and approaches, and facilitates START model program implementation across the United States with the aim of improving the lives of individuals with IDD and behavioral health needs.	oxygen, crisis, stress, START	All	Safety & Security	

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What is PERMA?	Joan Beasley	05/06/19	What's at the center of well-being? Based on the work of Martin Seligman, PERMA is all about Positive Emotions, Engagement, Relationships, Meaning, and Achievement. Dr. Joan Beasley is a Research Associate Professor and Director of the Center for START Services at the UNH Institute on Disability. She holds a Ph.D. in Social Policy from the Heller School at Brandeis University, and a Master's degree in Community Mental Health Counseling from Northeastern University. Dr. Beasley has authored and co-authored numerous publications in the field of MHIDD, and provides training in the US, Canada and Europe. She serves as co-chair of the Mental Health Special Interest Group of AUUCD. The Center for START Services, developed in 2009, is a national initiative based at the University of New Hampshire Institute on Disability/UCED that provides educational and capacity building services, promotes and evaluates evidence-informed practices and approaches, and facilitates START model program implementation across the United States with the aim of improving the lives of individuals with IDD and behavioral health needs.	PERMA, START, positive emotions, positive psychology, well-being, Martin Seligman	All	Safety & Security	
The hot dog	Open Future Learning	05/06/19	Consider this! How do we know if someone has an interest in something...until they try it? What if the roles were reversed! What if people with intellectual disabilities got to decide what was and was not appropriate for their staff? Open Future Learning <a href="https://www.openfuturelearning.org/">https://www.openfuturelearning.org/</a> is an online learning provider that shares multimedia tools to support those in the field of intellectual disabilities. Open Future Learning is 100% dedicated to the developmental disability workforce.	Open Future Learning, interests, interest, hobby, activity	All	Advocacy & Engagement	
Who deserves pizza?	Open Future Learning	05/06/19	Let's take a look at reward plans. Who deserves pizza? Open Future Learning <a href="https://www.openfuturelearning.org/">https://www.openfuturelearning.org/</a> is an online learning provider that shares multimedia tools to support those in the field of intellectual disabilities. Open Future Learning is 100% dedicated to the developmental disability workforce.	Open Future Learning, reward plans, rewards, accountability	All	Advocacy & Engagement	
Positivity NOT Perfection	Andrea Caoili	05/06/19	"Staying positive doesn't mean that you have to be happy all of the time. It means that even on hard days, you know better ones are coming." Andrea unpacks what this means to her - and that it isn't about being perfect! Andrea is a licensed clinical social worker with more than 10 years of experience in field of social work. She specializes in serving children and adults with intellectual and developmental disabilities and co-occurring mental health conditions. Andrea has experience in practicing and training other clinicians in crisis prevention and intervention, systems theory and	START, positivity, PERMA, optimism, goals, attitude	School age Transition Adulthood Aging	Healthy Living	
Attribution Errors	Art Dykstra	05/06/19	When someone frustrates you, are you considering what might be behind their behavior? If someone bumps into you on the street and doesn't apologize, it may seem rude...but what if they are getting through a really bad day themselves? Art encourages us to avoid "attribution errors" that might keep us from giving somebody a break if you don't know their whole story! Art Dykstra is the CEO of Trinity Consulting Group <a href="http://www.trinityconsulting.org/">http://www.trinityconsulting.org/</a> .	relationships, communication, attitude	Transition Adulthood Aging	Social & Spirituality	
Grief, loss, and facing trauma	Karyn Harvey	05/17/19	Many if not all of us have faced challenges in our life - big losses, little losses, grief, and loss are all part of trauma. Sometimes, we can even experience secondary trauma when those around us are hurting. Karyn explains more, and why the important of self-care is so important. Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years.	Karyn Harvey, grief, loss, trauma	All	Healthy Living	
Positive Regard	Karyn Harvey	05/17/19	How do you feel when someone thinks of you in a positive light? Karyn explains "positive regard" and how important it can be for everybody. How can you show someone positive regard today? Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years.	Karyn Harvey, positive regard, positive, perspective, relationships, communication	Transition Adulthood Aging	Advocacy & Engagement	
Tips for positive regard	Karyn Harvey	05/17/19	It can be hard work, but standing up for yourself makes a difference - not only to you but to the people around you! Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years.	Karyn Harvey, positive regard, positive, perspective, relationships, communication	Transition Adulthood Aging	Advocacy & Engagement	
"Behaviors" or communication?	Dr. Craig Escudé	06/05/19	Ever give a thumbs up? Wave your hand? Make a face? These are all forms of communication that may be misread as a "behavior." What are people trying to communicate if they refuse to eat, hold their stomach, or something else? Dr. Craig Escudé is the President of HRS, Inc. <a href="https://hrsonline.com/">https://hrsonline.com/</a> , which develops tools and training for the person-centered health. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	HRS, health, healthy, behaviors, communication	All	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
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Constipation: the importance of keeping things moving	Dr. Craig Escudé	06/05/19	Did you know constipation is a common issue among people with disabilities? If left untreated, it can become serious quickly! Hear more about the risk here. Dr. Craig Escudé is the President of HRS, Inc. <a href="https://hrstonline.com/">https://hrstonline.com/</a> , which develops tools and training for the person-centered health. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	HRS, health, healthy, constipation, fatal five, constipated	All	Healthy Living	
Clues of constipation	Dr. Craig Escudé	06/05/19	If someone is constipated, how might they be communicating that? Watch for signs such as refusing to eat, holding their stomach, or sleeping in a ball. Dr. Craig Escudé is the President of HRS, Inc. <a href="https://hrstonline.com/">https://hrstonline.com/</a> , which develops tools and training for the person-centered health. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	HRS, health, healthy, constipation, fatal five, constipated	All	Healthy Living	
Are you thirsty?	Dr. Craig Escudé	06/05/19	If someone you support is thirsty, but is unable to communicate it verbally, what signs might they be showing indicating they are thirsty? Dr. Escudé explains what to look for that MAY indicate dehydration. Try popsicles, watermelon, or other foods that are mostly water to help. Dr. Craig Escudé is the President of HRS, Inc. <a href="https://hrstonline.com/">https://hrstonline.com/</a> , which develops tools and training for the person-centered health. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	HRS, health, healthy, thirst, dehydration, water, hydrate	All	Healthy Living	
GERD's the word!	Dr. Craig Escudé	06/05/19	You may know it as Heartburn or acid reflux, but GERD is a common condition. What might it look like if someone is trying to communicate they have pain from acid reflux? Check out this video for more. Dr. Craig Escudé is the President of HRS, Inc. <a href="https://hrstonline.com/">https://hrstonline.com/</a> , which develops tools and training for the person-centered health. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	health, healthy, GERD, heartburn, symptoms	All	Healthy Living	
3 Ways to help people heal from trauma.	Karyn Harvey	06/05/19	Dr. Harvey outlines three essential things that people need to help cope with trauma: Safety, connections or relationships, and choice or control. How do you support people in this way? Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years.	trauma, support, healing, heal	All	Healthy Living	
R-word: What did you say?!	Open Future Learning	06/05/19	A good reminder that words and language matter! How do you respond when you hear phrases like this? Open Future Learning <a href="https://www.openfuturelearning.org/">https://www.openfuturelearning.org/</a> is an online learning provider that shares multimedia tools to support those in the field of intellectual disabilities. Open Future Learning is 100% dedicated to the developmental disability workforce.	language, words, advocacy, attitude, advocate, self-advocate, self-advocacy	All	Advocacy & Engagement	
Behaviors communicate...when words don't	Open Future Learning	06/05/19	If someone doesn't need help, but the person they support insists...how might they communicate this? Open Future Learning <a href="https://www.openfuturelearning.org/">https://www.openfuturelearning.org/</a> is an online learning provider that shares multimedia tools to support those in the field of intellectual disabilities. Open Future Learning is 100% dedicated to the developmental disability workforce.	communicate, communication, help	All	Advocacy & Engagement	

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Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
"Disability - he has one!"	Open Future Learning	06/05/19	Not all disabilities are the same! When you have met one person with a disability, you have met ONE person with a disability! Open Future Learning <a href="https://www.openfuturelearning.org/">https://www.openfuturelearning.org/</a> is an online learning provider that shares multimedia tools to support those in the field of intellectual disabilities. Open Future Learning is 100% dedicated to the developmental disability workforce.	perception, perspective, bias, disability	All	Advocacy & Engagement	
Art by sight, smell, and touch!	Patrick Callicotte	06/05/19	Art is more than visual! Patrick shares how he has brought art to life by touch and smell, too! Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick ( <a href="mailto:callicotte_patrick@dublinschools.net">callicotte_patrick@dublinschools.net</a> ) or visit Twitter <a href="https://twitter.com/ChapmanArtists">@ChapmanArtists</a> .	art, artist, creative, create, supply, adaptive, teacher, teach, senses	All	Daily Life & Employment	
Meet the GOALden Gnomes!	Quillo	06/05/19	Meet the GOALden Gnomes, Won't, Can't, Want, How, Try, Can, Will, and Did. If you've ever had a goal in mind but weren't sure if you could, would, or should go for it, it may be a step-by-step process for you. You may take a few steps up and down before you get there, and that's okay! Where are you on this staircase? What kind of support did you need to keep moving? The music for this video was from <a href="http://www.bensound.com">www.bensound.com</a> .	motivation, motivate, support, steps, goal, goals, encourage, encouragement	All	Advocacy & Engagement	
A colorful fill-up: Red!	Quillo	06/05/19	Do colors shape your mood? Whether you're looking for something to energize, create calm, or to transition from one task to the next, find the color you need today. Choose from Red, Orange, Yellow, Green, Blue, or Purple by searching the color in the search bar.	calm, color, mood, energy, vibe, red, relax	All	Healthy Living	
A colorful fill-up: Orange!	Quillo	06/05/19	Do colors shape your mood? Whether you're looking for something to energize, create calm, or to transition from one task to the next, find the color you need today. Choose from Red, Orange, Yellow, Green, Blue, or Purple by searching the color in the search bar.	calm, color, mood, energy, vibe, orange, relax	All	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
A colorful fill-up: Yellow!	Quillo	06/05/19	Do colors shape your mood? Whether you're looking for something to energize, create calm, or to transition from one task to the next, find the color you need today. Choose from Red, Orange, Yellow, Green, Blue, or Purple by searching the color in the search bar.	calm, color, mood, energy, vibe, yellow, relax	All	Healthy Living	
A colorful fill-up: Green!	Quillo	06/05/19	Do colors shape your mood? Whether you're looking for something to energize, create calm, or to transition from one task to the next, find the color you need today. Choose from Red, Orange, Yellow, Green, Blue, or Purple by searching the color in the search bar.	calm, color, mood, energy, vibe, green, relax	All	Healthy Living	
A colorful fill-up: Blue!	Quillo	06/05/19	Do colors shape your mood? Whether you're looking for something to energize, create calm, or to transition from one task to the next, find the color you need today. Choose from Red, Orange, Yellow, Green, Blue, or Purple by searching the color in the search bar.	calm, color, mood, energy, vibe, blue, relax	All	Healthy Living	
A colorful fill-up: Purple!	Quillo	06/05/19	Do colors shape your mood? Whether you're looking for something to energize, create calm, or to transition from one task to the next, find the color you need today. Choose from Red, Orange, Yellow, Green, Blue, or Purple by searching the color in the search bar.	calm, color, mood, energy, vibe, purple, violet, relax	All	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Let's go for H2O!	Teala Raeta &	06/05/19	Thirsty? Teala and Chelsea remind us of the importance of hydration and the need to drink several glasses of water a day. Looking to freshen up your water with new flavors? They share their favorite combinations of fruit and mint leaves to make staying hydrated tasty. Try coming up with new combinations remind one another to say hydrated! Teala Raeta and Chelsea Davis are athletes with Special Olympics Indiana.	Special Olympics, SO, athlete, athletes, athletic, health, healthy, hydrate, hydration, summer, sun, water, h20	All	Healthy Living	
Low-budget art tools	Patrick Callicotte	06/05/19	From milk cartons to paper towels to fabric, Patrick shares a few ideas for creating low-budget art tools related to grip. Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick (callicotte_patrick@dublinschools.net) or visit Twitter @ChapmanArtists.	art, artist, creative, create, supply, adaptive, teacher, teach	Early childhood School age Transition	Daily Life & Employment	
Instructions you can see!	Patrick Callicotte	06/05/19	When Patrick gives instructions to his students, he finds ways to share them through speech as well as by sight. For his visual learners, he has created a few tools for students to see and engage with each step. Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick (callicotte_patrick@dublinschools.net) or visit Twitter @ChapmanArtists.	art, artist, creative, create, supply, adaptive, teacher, teach, instruction, listen, learn, learner	Early childhood School age Transition	Daily Life & Employment	
Summer days - and ideas for what to do!	Quillo	06/05/19	Looking for ideas of things to do this summer? Check out these free or low-cost ideas to stay busy, entertained, and in touch with neighbors! Have other ideas to add to this list? Email support@myQuillo.com with yours!	activity, active, idea, bored, plan, schedule, summer, sunshine, volunteer	School age Transition Adulthood Aging	Daily Life & Employment	
Summer storms...and things to do indoors!	Quillo	06/05/19	Are summer storms leaving you feeling cooped up? This video has a few ideas to keep things entertained when it's tricky to be out and about. Have other ideas to add to this list? Email support@myQuillo.com with yours!	activity, active, idea, bored, plan, schedule, summer, rain, weather, rainy, rainy day	School age Transition Adulthood Aging	Daily Life & Employment	
I said "No!"	Open Future Learning	06/05/19	"Disability doesn't have to mean vulnerable." Open Future Learning <a href="https://www.openfuturelearning.org/">https://www.openfuturelearning.org/</a> is an online learning provider that shares multimedia tools to support those in the field of intellectual disabilities. Open Future Learning is 100% dedicated to the developmental disability workforce.	language, words, advocacy, vulnerable, abuse, trauma	Transition Adulthood	Safety & Security	

## Quillo Connect Videos (Public Library\_As of August 2023)

Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Trauma-informed support	Karyn Harvey	6/20/19	If a person is coping with trauma, it is important to consider the many things they may be going through, rather than assume it is a "behavior." As Dr. Harvey explains, "What are you going through?" may be a more supportive question than "Why did you do that?" Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years.	communication, trauma, support, healing, heal	Adulthood Aging	Healthy Living	
Staying fit with David	David Alvarac	6/20/19	For David, staying fit means time for exercise and a good diet of fruits and veggies. This Special Olympian from Indiana works hard!	Special Olympics, SO, athlete, athletes, athletic, health, healthy, active, fit, body, strong	All	Healthy Living	
Needs, interests, and art-making	Patrick Callicotte	6/20/19	People engage in art in different ways, and Patrick is here to capture that creativity! He works with their interests to find new ways to make art - even creating something to mimic a cat! Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick ( <a href="mailto:callicotte_patrick@dublinschools.net">callicotte_patrick@dublinschools.net</a> ) or visit Twitter <a href="https://twitter.com/ChanmanArtiste">@ChanmanArtiste</a>	art, artist, creative, create, supply, adaptive, teacher, teach	Early childhood School age Transition	Daily Life & Employment	
Personalized paint brushes	Patrick Callicotte	6/20/19	Patrick celebrates each student as individual learners, so it helps to have customized paintbrush handles. He found an easy product that creates individualized paint brush handles. How could this be helpful with other tools, utensils, or writing instruments? Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick ( <a href="mailto:callicotte_patrick@dublinschools.net">callicotte_patrick@dublinschools.net</a> ) or visit Twitter <a href="https://twitter.com/ChanmanArtiste">@ChanmanArtiste</a>	art, artist, creative, create, supply, adaptive, teacher, teach, write, individual	Early childhood School age Transition	Daily Life & Employment	
Painting in 3D	Patrick Callicotte	6/20/19	Imagine painting...in 3D. Patrick shares ways to experience art with all of your senses, including through touch and smell. Do you enjoy art? Perhaps this could be a new way to experience it! Patrick Callicotte is an elementary school art teacher in central Ohio as well as an associated faculty member in Art Education at The Ohio State University. To learn more about him, his teaching philosophy, and his art supplies, email Patrick ( <a href="mailto:callicotte_patrick@dublinschools.net">callicotte_patrick@dublinschools.net</a> ) or visit Twitter <a href="https://twitter.com/ChanmanArtiste">@ChanmanArtiste</a>	art, artist, creative, create, supply, adaptive, teacher, teach, senses	Early childhood School age Transition	Daily Life & Employment	
What is positive identity?	Karyn Harvey	6/20/19	"Positive identity" is how we remind people who they ARE, not who they are not. Rather than focusing on all of the things a person WON'T do, Karyn encourages us to consider how we can build someone up in a positive manner. Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years.	Positive identity, positive, encourage, support	Transition Adulthood Aging	Advocacy & Engagement	
Inclusion through introductions	Katie Mettee	6/24/19	What does community inclusion mean to you? Are they connected to neighbors, businesses, restaurants, and more? If not, see if they are interested in meeting new people in their community. Start inclusion with an introduction! Katie is an advisor in the Best Buddies ( <a href="http://www.bestbuddies.org">www.bestbuddies.org</a> ) program.	community inclusion, community, inclusion, neighbors, neighbor	Adulthood	Community Living	
Motivation in motion	Katie Mettee	6/24/19	What motivates you? For Katie, a special education teacher in a middle school in Maryland, it starts with listening, compassion, and getting to know someone. How do you motivate the people in your life? How are you motivated? Katie is an advisor in the Best Buddies ( <a href="http://www.bestbuddies.org">www.bestbuddies.org</a> ) program.	motivate, motivation, encourage, positive, education, teacher, teach, listen, compassion, listening, compassionate	School age Transition	Daily Life & Employment	
Humor is human!	Katie Mettee	6/24/19	Have you ever used your sense of humor to connect with someone you support, a student, or a colleague? Katie, a special education teacher in a middle school in Maryland, humor is a great way to connect with her students! Katie is an advisor in the Best Buddies ( <a href="http://www.bestbuddies.org">www.bestbuddies.org</a> ) program.	education, humor, laughter, joy, connecting	School age Transition	Daily Life & Employment	
Three decades of work	Jeff Depina	6/24/19	Jeff has worked for the same company in Connecticut for 35 years - though he will be the first to admit he wasn't sure how long it would last when he first started the job! He shares how perceptions about employment for people with intellectual disabilities has changed over the years. Jeff is active in Best Buddies ( <a href="http://www.bestbuddies.org">www.bestbuddies.org</a> ).	employment, employ, work, perception, bias, job, jobs	Transition Adulthood	Daily Life & Employment	
Is it anxiety or chest pain?	Dr. Craig Escudé	7/10/19	If you notice someone is agitated, crying, or rubbing their chest, can you tell if they are anxious or experiencing serious chest pain? Keep in mind when to take these signs seriously. Dr. Craig Escudé is the President of HRS, Inc. <a href="https://hrsonline.com/">https://hrsonline.com/</a> , which develops tools and training for the person-centered health. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	HRS, health, healthy, chest pain, chest, heart, body	All	Healthy Living	

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Signs of sexual abuse (sensitive topic)	Dr. Craig Escudé	7/10/19	Tragically, "People with intellectual and developmental disabilities are at a higher risk for sexual abuse than people without it, and there are a number of behaviors that could be signs of it," as Dr. Craig Escudé shares. In this video, he highlights several behaviors that COULD be a sign of abuse. In addition to those listed in this video, he shares another possible sign: "verbal or physical aggression when approached by caregivers or others, especially if that person shares characteristics with the abuse. For instance, if a person is being abused by a guy with a bushy beard, he or she may react in a negative manner to another person with the same type of beard, even though they are not the abuser." Suicidal thoughts or night terrors may also be signs. Remember to report any signs of abuse to a supervisor immediately! Dr. Craig Escudé is the President of HRS, Inc. <a href="https://hrstonline.com/">https://hrstonline.com/</a> , which develops tools and training for the person-centered health. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	tackling tough topics, sexual abuse, abuse, trauma, victim, survivor, health, doctor, medical, verbal abuse, physical abuse, behavior, behaviors	All	Healthy Living	
Ouch! All signs point to...a UTI!	Dr. Craig Escudé	7/10/19	As Dr. Escudé explains, "Urinary tract infections, or UTIs for short, are common and can cause considerable discomfort. We also often call a UTI a bladder infection. Signs of a UTI are urinating frequently, incontinence, or not making it to the bathroom on time, pain with urination, and blood in the urine." He shares additional signs you may see, especially from someone who does not communicate verbally. Dr. Craig Escudé is the President of HRS, Inc. <a href="https://hrstonline.com/">https://hrstonline.com/</a> , which develops tools and training for the person-centered health. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	health, healthy, doctor, UTI, bathroom, behavior, communication, nonverbal	All	Healthy Living	
Warning: ask permission first!	Open Future Learning	7/10/19	This edgy role-play reminds us to ask permission before touching an individual's mobility device! A wheelchair is not there to be leaned on! Open Future Learning <a href="https://www.openfuturelearning.org/">https://www.openfuturelearning.org/</a> is an online learning provider that shares multimedia tools to support those in the field of intellectual disabilities. Open Future Learning is 100% dedicated to the developmental disability workforce.	perception, perspective, bias, disability	All	Advocacy & Engagement	
An environment for growth	Katie Mettee	7/10/19	Katie was inspired to become a special education teacher after watching her parents foster an environment for compassion and growth. Katie is an advisor in the Best Buddies ( <a href="http://www.bestbuddies.org">www.bestbuddies.org</a> ) program.	family, connection, motivation, why	School age Transition Adulthood	Daily Life & Employment	
Motivation from all sides	Rachel Lipke	7/10/19	Rachel shares how friends, family, her job coach, and her job all work to motivate her and support her independence. Rachel Lipke is a long-time member of Best Buddies and an active self-advocate.	family, friends, job, job coach, motivate, motivation, employment, employ, work, support	School age Transition Adulthood	Daily Life & Employment	
Mentoring: a chance to watch someone flourish	Cody Clark & Taylor Martin	7/11/19	Cody and Taylor reminisce about their relationship: what started as an opportunity to mentor blossomed into nearly a decade as friends and professional colleagues. Is there someone in your life you could mentor? Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> . Taylor Martin ( <a href="http://indymagicmonthly.com/main_performers_martin_t.html">http://indymagicmonthly.com/main_performers_martin_t.html</a> ) is an Indiana-based magician and the creator of Indy Magic Monthly.	magic, magician, relationship, relationships, friendship, mentor, mentorship, autism, autistic, autism spectrum	Transition Adulthood Aging	Social & Spirituality	
Won't: The GOALden Gnome	Quillo	07/17/19	Have you every said "I won't do it!" to a goal or something new? In this video, we spend some time with WON'T, the GOALden Gnome. Learn about the rest of the GOALden Gnomes in the introduction video, "Meet the GOALden Gnomes, Won't, Can't, Want, How, Try, Can, Will, and Did."	motivation, motivate, support, steps, goal, goals, encourage, encouragement, won't, can't,	All	Advocacy & Engagement	
Two scoops of funny	Quillo	07/25/2019	July is National Ice Cream month! Cool off and enjoy a laugh with these ice cream jokes and puns. If you got a kick out of it, share it with someone you support or a colleague and enjoy a laugh together!	laugh, humor, jokes, funny, share, fun	All	Social & Spirituality	
My head is pounding!!	Dr. Craig Escudé	08/28/19	If someone you support has a headache, how might they be communicating this to you? Dr. Craig Escudé shares a few signs to look for. Dr. Craig Escudé is the President of HRS, Inc. <a href="https://hrstonline.com/">https://hrstonline.com/</a> , which develops tools and training for the person-centered health. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	healthy, health, headache, symptoms	All	Healthy Living	
Side effects may include...	Dr. Craig Escudé	08/28/19	Ever hear a commercial for a medicine that says, "Side effects may include..."? There are a lot to watch for, so how do we know if a person is communicating a side effect to a medication? Get a few tips here to make sure we don't miss important signs! Dr. Craig Escudé is the President of HRS, Inc. <a href="https://hrstonline.com/">https://hrstonline.com/</a> , which develops tools and training for the person-centered health. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	health, healthy, medicine, medication, side effects, doctor	All	Healthy Living	



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Infection detection	Dr. Craig Escudé	08/28/19	What might seem like a simple infection from a cut or common UTI (urinary tract infection) could become a serious issue if left untreated. Dr. Escudé explains the signs of SEPSIS and how to look for early signs of infection. Dr. Craig Escudé is the President of HRS, Inc. <a href="https://hrstonline.com/">https://hrstonline.com/</a> , which develops tools and training for the person-centered health. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	health, healthy, infection, sepsis	All	Healthy Living	
Can't: The GOALden Gnome	Quillo	08/28/19	Working on a new goal? It may take a lot of steps, and perhaps you are just past saying you "Won't" do something. Meet Can't, another step in the way to reaching your goal! Learn about the rest of the GOALden Gnomes in the introduction video, "Meet the GOALden Gnomes, Won't, Can't, Want, How, Try, Can, Will, and Did." If you've ever had a goal in mind but weren't sure if you could, would, or should go for it, it may be a step-by-step process for you. You may take a few steps up and down before you get there, and that's okay! Where are you on this staircase? What kind of support did you need to keep moving?	motivation, motivate, support, steps, goal, goals, encourage, encouragement, won't, can't, discouraged, want	All	Advocacy & Engagement	
Strapped for Time: Breaking Bigger Tasks Into Manageable Pieces	Jason Freeman	08/28/19	Would you every try to move a tree trunk at one time? Just like the pile of wood behind him, Jason shares the importance of breaking tasks into smaller pieces as part of his Strapped for Time series on time management. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Strapped for time, time management, stress, workload, tips, advice	Transition Adulthood	Daily Life & Employment	
Strapped for Time: The Unexpected Schedule	Jason Freeman	08/28/19	Do you ever have plans to work through your to do list, only to have it thrown off by unexpected circumstances? Jason reflects on his time as a DSP and what he did to get back on schedule. This is part of Jason's Strapped for Time series. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Strapped for time, time management, stress, workload, tips, advice	Transition Adulthood	Daily Life & Employment	
Mentoring: a chance to watch someone flourish	Cody Clark & Taylor Martin	08/28/19	Cody and Taylor reminisce about their relationship: what started as an opportunity to mentor blossomed into nearly a decade as friends and professional colleagues. Is there someone in your life you could mentor? Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:Codyclarkmagic@gmail.com">Codyclarkmagic@gmail.com</a> . Taylor Martin ( <a href="http://indymagicmonthly.com/main_performers_martin_t.html">http://indymagicmonthly.com/main_performers_martin_t.html</a> ) is an Indiana-based magician and the creator of Indy Magic Monthly.	magic, magician, relationship, relationships, friendship, mentor, mentorship, autism, autistic, autism spectrum	Transition Adulthood Aging	Social & Spirituality	
Coping When A Person You Support Dies	Jason Freeman	09/04/19	"Remember this: it's okay to grieve." Have you supported someone who has passed away? Jason has been in the situation where someone he supported has died and encourages us to talk about and find ways to grieve. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	grieve, grieving, grief, death, dying, support, emotional	All	Healthy Living	
Want: The GOALden Gnome	Quillo	09/04/19	Meet Want, the GOALden Gnome who is starting to inch towards the possibility of meeting their goal. If you are working on a goal, maybe you are to the point where you WANT to do something! Learn about the rest of the GOALden Gnomes in the introduction video, "Meet the GOALden Gnomes, Won't, Can't, Want, How, Try, Can, Will, and Did." If you've ever had a goal in mind but weren't sure if you could, would, or should go for it, it may be a step-by-step process for you. You may take a few steps up and down before you get there, and that's okay! Where are you on this staircase? What kind of support did you need to keep moving?	motivation, motivate, support, steps, goal, goals, encourage, encouragement, can't, want, how	All	Advocacy & Engagement	
How: The GOALden Gnome	Quillo	09/04/19	Moving along the steps with the GOALden Gnomes, maybe you are past the point where you WANT to do something, but you are still figuring out HOW to do it. On this step, there may be a lot of questions...but also a new sense of possibility! Learn about the rest of the GOALden Gnomes in the introduction video, "Meet the GOALden Gnomes, Won't, Can't, Want, How, Try, Can, Will, and Did." If you've ever had a goal in mind but weren't sure if you could, would, or should go for it, it may be a step-by-step process for you. You may take a few steps up and down before you get there, and that's okay! Where are you on this staircase? What kind of support did you need to keep moving?	motivation, motivate, support, steps, goal, goals, encourage, encouragement, want, how, try	All	Advocacy & Engagement	
Strapped for Time: Get organized!	Jason Freeman	09/13/19	Taking inspiration from his mom's organized kitchen, Jason shares how taking a few minutes in the morning to make a to do list and organize his space is worth the time! Are you Strapped for Time? Check out these and other tips from Jason! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Strapped for time, time management, stress, workload, tips, advice, organize, organized	Adulthood	Daily Life & Employment	
Strapped for Time: You Are Not Alone In Your Time Management Struggle	Jason Freeman	09/13/19	You're not the only one who is Strapped for Time! Jason reminds us that we aren't alone in this - consider asking your colleagues, friends, or someone you support what works for them. You might learn something new, or share a technique of your own! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Strapped for time, time management, stress, workload, tips, advice	Adulthood	Daily Life & Employment	

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When someone can't breathe	Dr. Craig Escudé	09/13/19	Everybody coughs...but how can you tell when a cough is a sign of something more serious? Dr. Escudé describes aspiration and the importance of knowing what to look for. Dr. Craig Escudé is the President of HRS, Inc. <a href="https://hrsonline.com/">https://hrsonline.com/</a> , which develops tools and training for the person-centered health. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	HRS, health, healthy	All	Healthy Living	
Supporting during Seizures	Dr. Craig Escudé	09/13/19	Dr. Escudé shares information about seizures and how to best support people experiencing them. Good documentation is key! Dr. Craig Escudé is the President of HRS, Inc. <a href="https://hrsonline.com/">https://hrsonline.com/</a> , which develops tools and training for the person-centered health. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	health, healthy, seizures, seizure, documentation	All	Healthy Living	
Are You Absolutely Sure You Are Not Talented?	Jason Freeman	09/13/19	Early on, Jason believed the story that his coordination would keep him from being talented at playing the piano. But who knows what he might have learned or picked up? In an effort to rewrite the story, he encourages us to try what we want to try in life! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	try, talent, effort, gift, learn, learning	All	Advocacy & Engagement	
What's there to do when the leaves start to fall?	Quillo	09/13/19	Looking for things to do now that the leaves are turning colors? Quillo has a list of seasonal activities to consider doing with your peers, roommates, friends, neighbors, or people in your life. Chilly day? Stay inside and make a thankful chain while sipping a pumpkin spice latte (search <a href="#">here</a> for more ideas that include different activities and food options.)	fall, autumn, season, activity, activities, bored, things to do, at home, outside, crafts, craft, DIY, food	School age Transition Adulthood Adulthood	Daily Life & Employment	
Strapped for Time: Space To Organize Your Day	Jason Freeman	09/13/19	Whether it's a white board, a mobile app, or a planner, give yourself room to plan your day! Jason shares more tips for keeping your days organized as part of his Strapped for Time series. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Strapped for time, time management, stress, workload, tips, advice, planning, planner, calendar, schedule	Transition Adulthood	Daily Life & Employment	
Strapped for Time: Prioritize Tasks Instead of Being Overwhelmed	Jason Freeman	09/13/19	It's easier said than done, but can you prioritize your day? What needs to get done first, second, and third? Jason helps break down the process in his Strapped for Time series. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Strapped for time, time management, stress, workload, tips, advice, prioritize, priorities, list	Transition Adulthood	Daily Life & Employment	
Self-Care: it's more than a piece of chocolate!	Leah Baumgardner	10/2/2019	There is a lot of great advice out there about self-care. Often, we talk about it as enjoying a piece of chocolate or doing yoga - and those are good! But Leah takes it a step further to think about self-care as a way to listen to and act on your body's physical, mental, and emotional needs. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents,	self-care, self care, self love, yoga, mental health, physical health, emotional health	All	Healthy Living	
Are you having a conversation, or giving directions?	Leanne Mull	10/2/2019	"Time to get up!" "Time to get in the van!" How does that compare with "How was your weekend?" "Want to help make dinner tonight?" Leanne Mull shares tips for how we can make interactions more conversational, and less about giving directions! Try it next time: even something as simple as "Hi, how are you?" can be a great start. "Hi, how are you?" can be a great start. "Hi, how are you?" can be a great start.	relationships, communication, communicate, talk, share	All	Advocacy & Engagement	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Strapped for Time: The Power of the List	Jason Freeman	10/10/19	Whether it's checkboxes, a line through the task, or using a memo app on your phone, there is power to a list! In Jason's Strapped for Time series, he shares why lists can be satisfying, supportive, and helpful! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Strapped for time, time management, stress, workload, tips, advice	Adulthood	Daily Life & Employment	
If life's a book, tomorrow's page is not yet written	Mike Wolinsky	10/10/19	Ugh, what a terrible day! Those will definitely happen. Mike encourages us to treat each new day as the new page of a book, starting and ending our day with positivity. Mike is a job coach in Indiana.	positive, bad day, good day, attitude	All	Social & Spirituality	
Helping A Person You Support When Someone They Know Dies	Jason Freeman	10/10/19	Maybe it was a friend, roommate, or colleague. Whatever the relationship may be, death can be difficult for everybody involved. How can you help them through their grief? Jason shares his thoughts, really focusing on giving people the choice to have space to grieve. Your grief is important, too! See Jason's video, "Coping when a person you support dies" for a reminder on how to process your own grief. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	grieve, grieving, grief, death, dying, support, emotional	All	Healthy Living	
All about...Body Positivity!	Leah Bauman	10/10/19	Bodies may have different shapes, sizes, looks, and colors - but all bodies are awesome! Leah explains what body positivity is and reminds us how important it is to respect other people's bodies - and our own! Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	body, body positivity, image, self-care, respect, respectful, bodies, difference, diversity	All	Healthy Living	
My body belongs to me!	Leah Bauman	10/10/19	One of the key messages from Sexuality for All Abilities is the idea that "my body belongs to me." This is important for all people to learn, understand, and respect. This idea can get complicated when "necessary touch" (for health or hygiene purposes) is confused with "exploitative touch" (that harms or takes advantage of an individual). Leah talks about the difference and how important it can be to practice necessary touch with as much dignity, communication, and respect as possible for the person. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	body, body rights, rights, touch, abuse, communication, relationships, health, hygiene	All	Healthy Living	
Strapped for Time: Being both Creative AND Organized	Jason Freeman	10/10/19	If you're a creative person, do certain things feel scattered to you? Is it possible to be creative AND organized? Jason, a poet and artist himself, thinks so as he shares more in this Strapped for Time series. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	Strapped for time, time management, stress, workload, tips, advice	Transition Adulthood	Daily Life & Employment	
Let's talk about...Private Places	Anna Hayek	10/10/19	Anna and Leah are back to talk more about the difference between public and private spaces. In this video, Leah talks about which places are often considered private spaces, such as a bathroom or possibly a bedroom, as well as private behaviors - everything from hygiene to having sex. See their other video on Public Spaces for more on this discussion! Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	public space, private space, privacy, behaviors, masturbation, sex, sexually active	Transition Adulthood Aging	Social & Spirituality	
All humans are sexual beings	Katie Thune	11/08/2019	With or without a disability, human beings are sexual beings (and yes, some identify as asexual). For many people with disabilities, they are often viewed as asexual as default, but Katie encourages us to consider why this is not true. Sexual education can be a challenging or difficult topic to discuss, so be prepared in your learning to take breaks if needed! Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	sexuality, sex, sex ed, sexual education, health, healthy relationships, relationships	Transition Adulthood Aging	Healthy Living	
Sex Ed: A Lifelong Process	Katie Thune	11/08/2019	Do you remember having "the talk" in elementary school? Was that the last thing you learned about sexual education? Katie reminds us that sex ed is a lifelong process when it comes to talking about relationships, values, and overall health. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	sexuality, sex, sex ed, sexual education, health, healthy relationships, relationships, learning	Transition Adulthood Aging	Healthy Living	

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Sex ed is more than abuse prevention	Katie Thune	11/08/2019	Why is sexual education important? Sometimes, it is used as a means to prevent abuse - and yes, this is important! However, sex ed is about more than preventing abuse. How can it be used to talk about broader well-being and healthy relationships? Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	sexuality, sex, sex ed, sexual education, health, healthy relationships, relationships, abuse	Transition Adulthood Aging	Healthy Living	
Sexual Rights for people with disabilities	Katie Thune	11/08/2019	Katie goes over a list of Sexual Rights for People with Disabilities, including the right to information, to be respected, and to make their own decisions! Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	sexuality, sex, sex ed, sexual education, health, healthy relationships, relationships, rights, advocacy, advocate, sexual rights	Transition Adulthood Aging	Healthy Living	
Tools to help someone grieve	Leanne Mull	11/08/2019	Losing someone is hard... if people in your life are experiencing loss and grief, how can you help? How do you grieve yourself? Leanne shares her thoughts and advice for helping others - and yourself - during times of loss. Leanne Mull has been working with people with I/DD for eighteen years. For more from Leanne on grief, see "Grief: Space to cry" In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc. ( <a href="https://www.bluetowersolutions.org/">https://www.bluetowersolutions.org/</a> ) an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality for people with disabilities. They believe that sustainable change happens through a person-centered collaborative approach.	grieving, grief, grieve, support, death, dying, empathy, fear, coping, cope	Transition Adulthood Aging	Healthy Living	
Grief: Space to cry	Leanne Mull	11/08/2019	Do you ever feel stuck with someone who is grieving, not sure how to help? Whether someone experiences loss because people move away, leave, or through death, grieving may look different for different people. Leanne shares how sometimes the best way to support someone grieving is to give them space to talk, cry, and remember the person they are missing. For more from Leanne on grief, see "Tools to help someone grieve." Leanne Mull has been working with people with I/DD for eighteen years. In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc. ( <a href="https://www.bluetowersolutions.org/">https://www.bluetowersolutions.org/</a> ) an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality for people with disabilities. They believe that sustainable change happens through a person-centered collaborative approach.	grieving, grief, grieve, support, death, dying, empathy, fear, coping, cope	Transition Adulthood Aging	Healthy Living	
Grief, compassion, and memory boxes	Leanne Mull	11/08/2019	Ever wonder why people used to (and still do) wear black when they are grieving? Leanne talks about how this would signal to others that the person was mourning, encouraging others to react with compassion. She also shares some concrete ideas for how to people grieve, using memory boxes or other activities. Leanne Mull has been working with people with I/DD for eighteen years. In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc. ( <a href="https://www.bluetowersolutions.org/">https://www.bluetowersolutions.org/</a> ) an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality for people with disabilities. They believe that sustainable change happens through a person-centered collaborative approach.	grieving, grief, grieve, support, death, dying, empathy, fear, coping, cope	Transition Adulthood Aging	Healthy Living	
Reacting to loss with FEAR	Leanne Mull	11/08/2019	If someone has experienced the death of a loved one, do they react with fear? "Is everybody going to leave? Am I going to die, too?" Leanne helps explain how certain behaviors may be part of communicating grief. Leanne Mull has been working with people with I/DD for eighteen years. In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc. ( <a href="https://www.bluetowersolutions.org/">https://www.bluetowersolutions.org/</a> ) an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality for people with disabilities. They believe that sustainable change happens through a person-centered collaborative approach.	grieving, grief, grieve, support, death, dying, empathy, fear, coping, cope	Transition Adulthood Aging	Healthy Living	

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Let's talk about...Setting Boundaries	Anna Hayek	11/08/2019	Setting boundaries and respecting other people's boundaries can be a difficult skill to learn, as it changes person to person and even day to day. Some boundaries may be physical (such as wanting a hug or not wanting one), and some may be about things we talk about (such as not wanting to discuss a subject that makes us uncomfortable). Anna and Leah talk about how to practice setting boundaries and listening to others. If you found this video helpful, consider sharing it with a colleague or someone you support if you are having conversations about boundaries. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	personal space, personal, boundaries, boundary, off-limits, hugs, touch, physical, consent, sexuality, relationships	Transition Adulthood Aging	Social & Spirituality	
Let's talk about...Public Places	Anna Hayek	11/08/2019	What is a public space, and what are appropriate behaviors for public spaces? Is kissing in public okay? Anna and Leah talk about public spaces and behaviors. See their other video on Private Spaces for more on this discussion! What Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	public space, private space, privacy, behaviors	Transition Adulthood Aging	Social & Spirituality	
New challenge? You've got this!	Quillo	11/11/2019	Are you facing something new? First day? New challenge? Some words of encouragement - and a few puns just for fun!	new, first day, encouragement, challenge, support	All	Advocacy & Engagement	
Ah-choo! Wash your hands! And other tips to stay healthy this season	Quillo	12/12/19	Ah-choo! It's that time of year when cold, flu, and germs seem to be everywhere! This video is a friendly reminder of when and how to wash hands to try to stay healthy and avoid sharing germs! Not feeling great? Get well soon! Photo of woman touching her nose: Pexels, Brandon Nickerson ( <a href="https://www.pexels.com/photo/woman-touching-her-nose-395088/?utm_content=attributionCopyText&amp;utm_medium=referral&amp;utm_source=pexels">https://www.pexels.com/photo/woman-touching-her-nose-395088/?utm_content=attributionCopyText&amp;utm_medium=referral&amp;utm_source=pexels</a> ). Video of washing hands: Pexels, Pixabay ( <a href="https://www.pexels.com/video/video-of-handwashing-854764/">https://www.pexels.com/video/video-of-handwashing-854764/</a> ). Video of person on bench, sneezing: Pexels, Pixabay. ( <a href="https://www.pexels.com/video/man-sneezing-while-reading-855997/">https://www.pexels.com/video/man-sneezing-while-reading-855997/</a> ) Image of person with tissue: Brittany Colette, Unsplash. Image of people cooking: Disabled And Here ( <a href="https://affecttheverb.com/disabledandhere/">https://affecttheverb.com/disabledandhere/</a> ), Chona Kasinger ( <a href="https://www.chonakasinger.com/">https://www.chonakasinger.com/</a> ).	cold, flu, germs, sick, healthy, wash, wash hands, hygiene, winter, health	All	Healthy Living	
Try: The GOALden Gnome	Quillo	12/13/2019	If you've been following along with The GOALden Gnome series, we are up to TRY! We've talked about Won't, Can't, Want, and How... now it's time to TRY! Learn about the rest of the GOALden Gnomes in the introduction video, "Meet the GOALden Gnomes, Won't, Can't, Want, How, Try, Can, Will, and Did." If you've ever had a goal in mind but weren't sure if you could, would, or should go for it, it may be a step-by-step process for you. You may take a few steps up and down before you get there, and that's okay! Where are you on this staircase? What kind of support did you need to keep moving?	motivation, motivate, support, steps, goal, goals, encourage, encouragement, try, trying, attempt, discouraged	All	Advocacy & Engagement	
Hiring staff who believe	Colleen Renie	12/20/2019	At her job, Colleen is incredibly proud of hiring staff who recognize and embrace that the people they support have rights, choices, and capability to learn. Through training and support, Colleen and her team are proud to support their direct support professionals and coaches.	support, staff, capability, capable, abilities, training	Adulthood Aging	Advocacy & Engagement	
A full circle of community	Jill Wood	12/20/2019	When Jill talks about being part of a "full circle of community," what does that mean? She breaks it down, sharing how important it is to keep that circle active, engaged, and open to the people she supports. It is their community! Jill is a Life Skills Coach in Indiana.	Community, engaged, active, living, daily living,	All	Community Living	
Stuck inside this giant floating orb	Quillo	12/20/2019	"We're stuck inside a giant floating orb in the middle of nowhere. It's okay to feel a little lost sometimes." (Unknown). This quote is a good reminder that feeling lonely...happens. It's not fun, but it's normal. If you feel lost or lonely - even if you are physically surrounded by people - hang in there.	lonely, alone, sad, depressed, lost, motivation, feel better, get well	Transition Adulthood Aging	Social & Spirituality	
Embracing Empathy	Ashley Mathy	12/27/2019	Speaking from personal experience as someone who was bullied and experiences, anxiety, Ashley knows the importance of embracing empathy and sharing that kindness with others. Ashley Mathy ( <a href="https://wi-bpdd.org/index.php/2018/07/23/whats-the-word/">https://wi-bpdd.org/index.php/2018/07/23/whats-the-word/</a> ) is a self-advocate and is active with the Wisconsin Board for People with Developmental Disabilities.	self-advocate, self advocacy, self-advocacy, self advocate, advocate, advocacy, empathy, support, bullying, anxiety	School age Transition Adulthood	Social & Spirituality	
Tips about Panic Attacks	Ashley Mathy	12/27/2019	Ashley shares advice about panic attacks and what you can do to support people experiencing those. While panic attacks and how to react are different for anybody, Ashley's perspective is a great place to start. Ashley Mathy ( <a href="https://wi-bpdd.org/index.php/2018/07/23/whats-the-word/">https://wi-bpdd.org/index.php/2018/07/23/whats-the-word/</a> ) is a self-advocate and is active with the Wisconsin Board for People with Developmental Disabilities.	panic attacks, panic, anxiety, support, self-advocate, self advocacy, self-advocacy, self advocate, advocate, advocacy	Transition Adulthood Aging	Safety & Security	

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A Self-Advocate's view on Inclusion	Ashley Mathy	12/27/2019	When it comes to inclusion, Ashley has suggestions for people in daily social settings. Ashley Mathy ( <a href="https://wi-bpdd.org/index.php/2018/07/23/whats-the-word/">https://wi-bpdd.org/index.php/2018/07/23/whats-the-word/</a> ) is a self-advocate and is active with the Wisconsin Board for People with Developmental Disabilities.	self-advocate, self advocacy, self-advocacy, self advocate, advocate, advocacy, inclusion	Transition Adulthood Aging	Advocacy & Engagement	
COVID-19 Precautions & Preventative Measures	Quillo	3/12/2020	Quick tips on addressing the Covid-19/Coronavirus situation. Quillo is not a public health institution. Guidance based on recommendations up-to-date as of March 6, 2020, and may change as the situation develops. Information sourced from <a href="http://www.cdc.gov">www.cdc.gov</a> and "What You Can Do Right Now About the Coronavirus", James Hamblin, MD, The Atlantic. Video template shared by Vyond. Please contact us at <a href="mailto:support@myQuillo.com">support@myQuillo.com</a> if you have any questions.	health, healthy, sick, coronavirus, covid-19, doctor	All	Healthy Living	
An advocate for Down syndrome awareness	Mary Warm	3/18/2020	Mary isn't shy about being an advocate for people with Down syndrome. It's about respect! Mary Warm is an active community member in Kansas City. She is on the Board of Directors for the National Down Syndrome Congress ( <a href="https://www.ndscenter.org/">https://www.ndscenter.org/</a> ) and is currently working towards her bachelor degree to be a pre-K assistant teacher.	down syndrome, self-advocate, self-advocacy, self advocate, self advocacy, awareness	All	Advocacy & Engagement	
Meet Conan & Ashley - Village of Meri	Village of Meri	3/25/2020	Conan and Ashley meet at work at Community North. They developed a relationship and were married 4 years ago. they live at Merici Village Apartments and receive support services from coaches and family. Thanks to Village of Merici for sharing this video with Quillo.	Village of Merici, dating, relationships, marriage	Adulthood	Social & Spirituality	
Driving with Grandpa - and other supports	Mary Warm	03/25/2020	What does your support system look like? For Mary, a lot of her support comes from her family, colleagues, and boyfriend. Mary Warm is an active community member in Kansas City. She is on the Board of Directors for the National Down Syndrome Congress ( <a href="https://www.ndscenter.org/">https://www.ndscenter.org/</a> ) and is currently working towards her bachelor degree to be a pre-K assistant teacher.	down syndrome, self-advocate, self-advocacy, self advocate, self advocacy, teaching, college, education, certificate, career, community supports, community, supports, support	All	Daily Life & Employment	
Changing minds about Down syndrome: "I have ideas and thoughts"	Mary Warm	03/25/2020	Mary is a proud member of the Board of Directors for the National Down Syndrome Congress ( <a href="https://www.ndscenter.org/">https://www.ndscenter.org/</a> ). She talks about her experience in this leadership role. Mary Warm is an active community member in Kansas City. She is on the Board of Directors for the National Down Syndrome Congress ( <a href="https://www.ndscenter.org/">https://www.ndscenter.org/</a> ) and is currently working towards her bachelor degree to be a pre-K assistant teacher.	down syndrome, self-advocate, self-advocacy, self advocate, self advocacy, leadership, ideas, National Down Syndrome Congress	All	Advocacy & Engagement	
Keep dreaming!	Mary Warm	03/25/2020	Mary has dreams...and hopes YOU do, too! Mary Warm is an active community member in Kansas City. She is on the Board of Directors for the National Down Syndrome Congress ( <a href="https://www.ndscenter.org/">https://www.ndscenter.org/</a> ) and is currently working towards her bachelor degree to be a pre-K assistant teacher.	down syndrome, self-advocate, self-advocacy, self advocate, self advocacy, community, dreams, dream, goals, goal, goal-setting	All	Advocacy & Engagement	
Find a teacher who is right for you	Jason Freeman	03/25/2020	Finding a teacher who will "meet you where you are at" is an important part of learning something new. If you are teaching or supporting someone to do something, how are you patiently meeting them where they are? If you are learning something new, what do you look for in a teacher or coach to best support you? To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	learn, learning, growth, teach, teacher, teaching, coach, coaching	School age Transition	Daily Life & Employment	
Dream Big...with small steps!	Jason Freeman	03/25/2020	It's important to dream big! But what if it a big dream seems far away? "A dream is a direction you want to go," so be sure that the first step is attainable. How does this help people work towards their dreams? What attainable step can YOU take today? To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	dream, dreams, goals, goal, goal-setting, steps, action, plan, plans, action-plan	School age Transition Adulthood Aging	Advocacy & Engagement	
Encouragement to seek a therapist	Stephanie Kampa	03/25/2020	Though it can be a hard topic for some, Stephanie found that therapy was a great resource for her. It helped her find her voice and build her confidence. Stephanie Kampa is an advocate and educator for the ability difference community. She grew up in St. Paul, MN and has her Child Development Certificate, which she uses in her job as a TA in an after-school discovery club. She was an actor in the Underland Project Movie Series and is a member of the Madhatter Wellness Advisory Committee to discuss how to approach sexuality in her community.	therapy, support, talk, encouragement	Transition Adulthood	Healthy Living	

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Like Elsa, learning to "Let It Go!"	Stephanie Kampa	03/25/2020	Stephanie shares what impacted her during her formative high school years, including seeing Disney's Frozen for the first time. She was inspired to "Let It Go" and truly embrace her personality. Stephanie Kampa is an advocate and educator for the ability difference community. She grew up in St. Paul, MN and has her Child Development Certificate, which she uses in her job as a TA in an after-school discovery club. She was an actor in the Underland Project Movie Series and is a member of the Madhatter Wellness Advisory Committee to discuss how to approach sexuality in her community.	encouragement, personality, confidence, high school, teenager, teenage	Transition Adulthood	Advocacy & Engagement	
Constructive Criticism: Making feedback actually helpful!	Jason Freeman	03/25/2020	What's the difference between "criticism" and "constructive feedback"? Jason encourages us to consider how we can use sincerity, humor, and practicing outloud to make sure constructive feedback is actually that - constructive! To learn more about Jason Freeman, a professional	feedback, listening, listen	Transition Adulthood Aging	Daily Life & Employment	
Independence!	Mary Warm	03/25/2020	Mary knows the importance of being and feeling independent. She talks about her experience living independently and the family and community resources she uses to get around town. Mary Warm is an active community member in Kansas City. She is on the Board of Directors for the National Down Syndrome Congress ( <a href="https://www.ndscenter.org/">https://www.ndscenter.org/</a> ) and is currently working towards her bachelor degree to be a pre-K assistant teacher.	down syndrome, self-advocate, self-advocacy, self advocate, self advocacy, community supports, community, supports, support, transportation, independence	Transition Adulthood Aging	Advocacy & Engagement	
Catching the bus: Mary's ride for independence	Mary Warm	03/25/2020	The bus is an essential part of Mary's day - and her independence! Mary Warm is an active community member in Kansas City. She is on the Board of Directors for the National Down Syndrome Congress ( <a href="https://www.ndscenter.org/">https://www.ndscenter.org/</a> ) and is currently working towards her bachelor degree to be a pre-K assistant teacher.	down syndrome, self-advocate, self-advocacy, self advocate, self advocacy, community supports, community, supports, support, transportation, independence	Transition Adulthood Aging	Daily Life & Employment	
Both student and teacher, working on her degree	Mary Warm	03/25/2020	Mary is working hard on her degree to be a teaching assistant for young kids. She loves interacting with the children and continues to learn more about herself! Mary Warm is an active community member in Kansas City. She is on the Board of Directors for the National Down Syndrome	down syndrome, self-advocate, self-advocacy, self advocate, self advocacy, community, teaching,	Transition Adulthood Aging	Daily Life & Employment	
Start with Kindness	Jason Freeman	03/31/2020	You may find that starting any relationship, day, or conversation with KINDNESS can go a long way. Jason shares tips to get any moment off on the right foot - the kind foot! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of	kindness, kind, relationships, communication, perspective	All	Social & Spirituality	
Meet Mary Warm	Mary Warm	03/31/2020	Meet Mary! Mary Warm is an active community member in Kansas City. She is on the Board of Directors for the National Down Syndrome Congress ( <a href="https://www.ndscenter.org/">https://www.ndscenter.org/</a> ) and is currently working towards her bachelor degree to be a pre-K assistant teacher.	down syndrome, self-advocate, self-advocacy, self advocate, self advocacy, teaching, college, education, certificate, career	All	Daily Life & Employment	
Q2U: Soapy Suds - Why they Work!	Quillo	03/31/2020	We've heard a lot about how important it is to wash hands. Ever wonder how it works? Check out this fun demonstration that uses "pepper germs" and soap. Watch how the soap pushes those germs away! There's a lot more science involved than we get into here, but it's a start. Scrub away with those soapy suds! Thanks to Amanda Lorenzo, public school pre-K teacher, for the idea! The Q2U series is "A Moment to Pause, from Quillo 2 You." It started during the coronavirus pandemic and aims to add tips, ideas, and reminders for well-being, along with our regularly scheduled Daily Focus videos. For suggestions of other videos you'd like to see, contact Support@myQuillo.com	health, healthy, sick, ill, soap, wash, clean hands, covid, coronavirus, qu2	All	Healthy Living	
Q2U: Group Ideas while Staying Indoors	Quillo	03/31/2020	Looking for ideas to do with a group while you stay indoors? This list is just a start - most of these are low or no-tech ideas. Thanks to My Adventure Radius ( <a href="https://myadventureradius.com/88-adventures-for-residential-settings-based-services-employees-to-create/">https://myadventureradius.com/88-adventures-for-residential-settings-based-services-employees-to-create/</a> ) for a lot of these ideas! The Q2U series is "A Moment to Pause, from Quillo 2 You." It started during the coronavirus pandemic and aims to add tips, ideas, and reminders for well-being, along with our regularly scheduled Daily Focus videos. For suggestions of other videos you'd like to see, contact Support@myQuillo.com	group, activity, activities, bored, be	School age Transition Adulthood Aging	Daily Life & Employment	
Making "One of those days" a better day	Jason Freeman	4/1/2020	When is the last time you had "one of those days"? Maybe it was recently...maybe it's happening right now. Tough days may happen...and Jason is here to give some advice to consider how to make the best of a tough day. Maybe it's a positive interaction, noticing something new about someone else, or appreciating good weather. What can you observe about today that may make things seem a little brighter? To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	tough day, challenging day, making it better, perspective	All	Social & Spirituality	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
The Joy of Being Capable of So Much More	Jason Freeman	04/01/2020	10 years ago, Jason never thought he'd be doing what he is today. It may be easy to assume the limitations for people with disabilities...but they may be capable of and interested in so much more! How can you support the possibilities for the people in your life? To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	possibilities, goals, dreams, support, goal, capabilities, abilities	All	Daily Life & Employment	
When Things Seem Out of Control	Jason Freeman	04/01/2020	Ahhhhh!! Is today out of control? You're not alone. Find one thing to get a handle on, or consider asking for help. Jason believes in you, so believe in yourself! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	overwhelmed, overwhelming, out of control, tired, stress, stressed	All	Healthy Living	
Meet Stephanie: Artist, Advocate, and Confidence Booster!	Stephanie Kampa	4/1/2020	Meet Stephanie Kampa, an artist and advocate. Stephanie shares her take on confidence and why the idea of "fake it 'til you make it" resonates with her. Stephanie Kampa is an advocate and educator for the ability difference community. She grew up in St. Paul, MN and has her Child Development Certificate, which she uses in her job as a TA in an after-school discovery club. She was an actor in the Underland Project Movie Series and is a member of the Madhatter Wellness Advisory Committee to discuss how to approach sexuality in her community.	encouragement, confidence, practice	Transition Adulthood	Daily Life & Employment	
Mental Health and "taboo" topics	Stephanie Kampa	4/1/2020	Stephanie knows that while it may be difficult to talk about "taboo" topics, it is really important to do so. She shares her perspectives on mental health and why it's important to break those taboos. Stephanie Kampa is an advocate and educator for the ability difference community. She grew up in St. Paul, MN and has her Child Development Certificate, which she uses in her job as a TA in an after-school discovery club. She was an actor in the Underland Project Movie Series and is a member of the Mad Hatter Wellness (www.madhatterwellness.com) Advisory Committee to discuss how to approach sexuality in her community.	health, mental health, healthy, therapy, taboo topics, taboo, share	Transition Adulthood	Healthy Living	
Listening to people with ability differences	Stephanie Kampa	4/1/2020	As someone who has ability differences, Stephanie talks about what it's like to be in a "taboo community." She discusses her experience and how important it is to have people who will listen and accept her. Stephanie Kampa is an advocate and educator for the ability difference community. She grew up in St. Paul, MN and has her Child Development Certificate, which she uses in her job as a TA in an after-school discovery club. She was an actor in the Underland Project Movie Series and is a member of the Mad Hatter Wellness (www.madhatterwellness.com) Advisory Committee to discuss how to approach sexuality in her community.	taboo, groups, awareness	Transition Adulthood	Advocacy & Engagement	
Loving her job: Working at the Pre-School	Mary Warm	4/1/2020	As a teaching assistant in a pre-school, Mary gets to spend her days working with young kids. She loves her job and the opportunity to teach kids about diversity! Mary Warm is an active community member in Kansas City. She is on the Board of Directors for the National Down Syndrome Congress ( <a href="https://www.ndsccenter.org/">https://www.ndsccenter.org/</a> ) and is currently working towards her bachelor degree to be a pre-K assistant teacher.	down syndrome, self-advocate, self-advocacy, self advocate, self advocacy, community, teaching, teach, job, employment, career	Transition Adulthood Aging	Daily Life & Employment	
Lego interest - being creative	Colleen Renic	4/2/2020	Jason shares his interest in building Legos. He can use his creativity to build new and novel pieces. Thanks to Village of Merici for sharing this video with Quillo.	Village of merici, legos, creativity,	School Age Transition Adulthood Aging	Advocacy & Engagement	
Bringing the calm sights of spring to you	Quillo	04/03/2020	Take a breath. Listen to the calm breeze go by. Imagine the smell of springtime. Listen to the sounds of birds. Bring a little taste of spring indoors, for wherever you are right now.	calm, self-care, self care, relax, relaxing, serenity, peace, quiet, breath, breathe	All	Healthy Living	
The Complexity of Choice #2, with John	John O'Brien with Connie Lyle-O'Brien	04/06/2020	John digs into the topic of "choice" and how the responsibility of navigating choice takes special effort. How do you support choices for others? Neighbours International ( <a href="http://neighbours-international.com">neighbours-international.com</a> ) is a non-profit organization providing education and consulting in support of CREATIVE CHANGE CITIZENSHIP and the development of healthy communities that	choice, advocacy, self advocacy, self-advocacy, self-advocate, self advocate, advocate, choices,	Adulthood Aging	Advocacy & Engagement	
The Complexity of Choice #1, with Connie	Connie Lyle-O'Brien with John O'Brien	04/06/2020	Connie discusses "choice," and how the topic may not be as easy as it seems, especially for people who have never experienced true choices. Neighbours International ( <a href="http://neighbours-international.com">neighbours-international.com</a> ) is a non-profit organization providing education and consulting in support of CREATIVE CHANGE CITIZENSHIP and the development of healthy communities that	choice, advocacy, self advocacy, self-advocacy, self-advocate, self advocate, advocate, choices,	All	Advocacy & Engagement	
Nick - The importance of exercise	Colleen Renic	4/6/2020	Nick enjoys working out. He feels exercise is important to his overall health. Thanks to Village of Merici for sharing this video with Quillo.	village of merici, healthy, health, fitness, exercise, hydration	School Age Transition Adulthood Aging	Healthy Living	



Quillo Connect Videos (Public Library_As of August 2023)							
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Bowling with Steve	Colleen Renic	4/6/2020	Steve enjoys meeting his friends each Saturday for Special Olympics Bowling. Thanks to Village of Merici for sharing this video with Quillo.	Village of merici, bowling, activity, special olympics, active, fitness	School Age Transition Adulthood Aging	Social & Spirituality	
Q2U: From seeds to flowers	Quillo	04/13/2020	"Storms make trees take deeper roots." (Dolly Parton). As spring starts to grow around us, it is a good reminder that a tiny seed grows into something incredible. The Q2U series is "A Moment to Pause, from Quillo 2 You." It started during the coronavirus pandemic and aims to add tips, ideas, and reminders for well-being, along with our regularly scheduled Daily Focus videos. For suggestions of other videos you'd like to see, contact Support@myQuillo.com.	Q2U, seeds, seed, grow, growth, spring, flowers, determination, resilience	All	Healthy Living	
Take a Moment to Focus	Hammer Residencies	4/17/2020	Take a moment to relax and check in with yourself. How are you doing? A big thank you to Hammer Residences for sharing this video with Quillo.	Hammer Residences, calm, relax, Healthy Living	All	Healthy Living	
Q2U: Take What You Need	Quillo	4/17/2020	What do you need to fill you up today? Whether you had a tough day and are looking for some encouragement or sense of calm, OR you are looking for some tips on advocacy, we've got a Quillo video for you! Each word comes with key words and titles you can search in the Quillo video search bar. ADVOCACY: Search "advocacy" or watch "Meet Nils: Autism Advocate," "Take Action - Be Heard!" with Mollie or "My Voice is a Gift" with Jason. CALM: Search "calm" or "self-care" or "Bored? Maybe you find yourself at home by yourself these days. Maybe you just need some "me time." Check out these ideas for things for an individual to do. For more ideas for things to do with a group or an individual, check out: 88 Adventures for Residential Settings Based Services Employees To Create ( <a href="https://myadventureradius.com/88-adventures-for-residential-settings-based-services-employees-to-create/">https://myadventureradius.com/88-adventures-for-residential-settings-based-services-employees-to-create/</a> ); Museum and Galleries with Virtual Tours	search, encouragement, calm, advocacy, self-advocacy, self-advocate, advocate, Nils Skudra, Mollie Noble, Jason Freeman, self-care, Lisa Wadlev	All	Healthy Living	
Q2U: Time by myself - Indoor Activities	Quillo	04/27/2020	In the midst of the coronavirus, a lot of things are different - including trips to the doctor or hospital. If you or someone you support is nervous about going to the doctor, this video shows you what to expect. The doctor or nurse may be dressed differently than usual, but keep in mind they are there to help you. Bubbles...simple, silly, or peaceful. Plus, there's no angry way to say bubbles. Fun for all ages. Consider the health benefits, too. Bubble therapy: An adult bubble blowing event can be great fun, and even offer health benefits. The deep breathing required to blow bubbles is great for relaxation and stress relief. Also, the particular type of breathing used to blow bubbles—pursed-lip breathing—increases pressure on the airways, which helps keep them open. A pursed-lip exhale more thoroughly exhausts the air in your lungs, leaving more room for fresh inhaled air. This results in better circulation in the respiratory system. Blowing bubbles may bring back stress-relieving thoughts of childhood as well. <a href="https://www.cde.state.co.us/cdelib/bubblesforadults">https://www.cde.state.co.us/cdelib/bubblesforadults</a> Check out some ideas below. Recipes for super bubbles:	activities, activity, bored, ideas, idea, things to do, inside, alone, solo, individual, covid, covid-19, coronavirus, Q2U	Transition Adulthood	Daily Life & Employment	
Why your doctor looks different during Covid-19	Quillo	05/01/2020	Connection and community is important for everybody - including mom! Carole, a single parent to a teenager, shares how she is staying connected to friends and family and why it is important to her. While this has looked different for Carole in a time of social distancing, that connection is important all the time! Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome. Working on a new goal? This GOALden Gnome, Can, is a reminder that with practice and commitment, you can go from TRY to CAN. Learn about the rest of the GOALden Gnomes in the introduction video, "Meet the GOALden Gnomes, Won't, Can't, Want, How, Try, Can, Will, and Did,"	covid, covid-19, coronavirus, health, healthy, doctor, nurse, dr, sick, ill, healthy living	All	Healthy Living	
There's no angry way to say "Bubbles"	Quillo	05/08/2020	Connection and community is important for everybody - including mom! Carole, a single parent to a teenager, shares how she is staying connected to friends and family and why it is important to her. While this has looked different for Carole in a time of social distancing, that connection is important all the time! Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome. Working on a new goal? This GOALden Gnome, Can, is a reminder that with practice and commitment, you can go from TRY to CAN. Learn about the rest of the GOALden Gnomes in the introduction video, "Meet the GOALden Gnomes, Won't, Can't, Want, How, Try, Can, Will, and Did,"	fun, activities, healthy living, therapy, relax, calm, breath, bubbles	All	Daily Life & Employment	
Community and connection - for mom, too!	Carole Guess	05/15/2020	Connection and community is important for everybody - including mom! Carole, a single parent to a teenager, shares how she is staying connected to friends and family and why it is important to her. While this has looked different for Carole in a time of social distancing, that connection is important all the time! Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome. Working on a new goal? This GOALden Gnome, Can, is a reminder that with practice and commitment, you can go from TRY to CAN. Learn about the rest of the GOALden Gnomes in the introduction video, "Meet the GOALden Gnomes, Won't, Can't, Want, How, Try, Can, Will, and Did,"	parent, mom, single parent, advice, social distancing, covid, coronavirus, communication, community, connection, self-care, Social & Spirituality	Early childhood school age Transition	Social & Spirituality	
Can: The GOALden Gnomes	Quillo	5/19/2020	Working on a new goal? This GOALden Gnome, Can, is a reminder that with practice and commitment, you can go from TRY to CAN. Learn about the rest of the GOALden Gnomes in the introduction video, "Meet the GOALden Gnomes, Won't, Can't, Want, How, Try, Can, Will, and Did,"	motivation, motivate, support, steps, goal, goals, encourage, encouragement, won't, can't, commitment	All	Advocacy & Engagement	
The Blank Canvas: Pressing Pause, Shared Values, & the Pandemic	Quillo	05/21/2020	In many ways, the pandemic has forced us to push pause on a lot of things in our lives. It may be hard to think about a silver lining in all of this, but are there things that have changed in the last few months that are worth continuing? If you had a blank canvas, what values do you want to take with you? The Q2U series is "A Moment to Pause, from Quillo 2 You." It started during the coronavirus pandemic and aims to add tips, ideas, and reminders for well-being, along with our regularly scheduled Daily Focus videos. For suggestions of other videos you'd like to see, contact Support@myQuillo.com.	Q2U, covid19, pandemic, values, shared values, pause, Healthy Living	All	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
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Supplementing schoolwork through cooking	Carole Guess	05/29/2020	To supplement schoolwork and occupational therapy, Carole and her son Evan will often add cooking to the mix! Math, reading, fine motor skills, and more are in play there. In addition to cooking, Carole will combine art, drawing, media, and photography with OT, working on fine motor skills, shapes, and more. It's thinking outside the box to combine skill-building with having fun! Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome.	parent, mom, single parent, advice, covid, coronavirus, activity, activities, supplemental activities, learning, cooking, art, drawing, fine motor skills, daily life & employment	Early childhood school age Transition	Daily Life & Employment	
Q2U: Covid Testing & V	Quillo	6/1/2020	If you or someone you support has Covid-related symptoms, such as a fever or cough, you may need to see a doctor. Here are a few tips on what to expect during a visit to the doctor. We hope you feel better soon. Thank you to Dr. Mary Ciccarelli for her insights and support with the script. The Q2U series is "A Moment to Pause, from Quillo 2 You." It started during the coronavirus pandemic and aims to add tips, ideas, and reminders for well-being, along with our regularity. Current events like Covid-19 create pre-trauma conditions (challenges now that could lead to trauma later) that we are facing. Karyn shares how to combat uncertainty, isolation, being immobile, feeling unsafe, and questioning our purpose. Karyn also reminds us that you continue to make a difference and that your purpose is still there! Dr. Karyn Harvey (www.karynharvey.org) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for	Q2U, covid19, pandemic, coronavirus, health, healthy, testing, test, sick, doctor	All	Healthy Living	
Tools to Manage Pre-Trauma Challenges	Karyn Harvey	06/08/2020	For Stephanie, the journey to find the therapist who was right for her didn't happen overnight. In fact, it Stephanie visits with 3 different therapists before she found the one who was right for her. Stephanie Kampa is an advocate and educator for the ability difference community. She grew up in	trauma, health, healthy, covid-19, q2u, pre-trauma, coping, cope, coronavirus, Healthy Living	All	Healthy Living	
My journey to find the therapist who is right for me	Stephanie Kampa	06/08/2020	Stephanie Kampa is an advocate and educator for the ability difference community. She grew up in	therapy, support, talk, encouragement, Healthy Living	Transition Adulthood	Healthy Living	
My dream to become a teacher	Mary Warm	06/08/2020	Mary Warm's interest in becoming a teacher started with an introduction from her mom. She loves teaching and is proud of where she is today. Mary Warm is an active community member in Kansas City. She is on the Board of Directors for the National Down Syndrome Congress ( <a href="https://www.ndscenter.org/">https://www.ndscenter.org/</a> ) and is currently working towards her bachelor degree to be a pre-K assistant teacher.	down syndrome, self-advocate, self-advocacy, self advocate, self advocacy, teaching, college, education, certificate, career, Daily Life & Employment	Transition Adulthood Aging	Daily Life & Employment	
Changing expectations	Carole Guess	06/18/2020	Setting expectations can be challenging. In Evan's case, Carole (Evan's mom) found that she had to raise expectations. Evan's hard work along with supportive teachers who weren't afraid to challenge Evan, helped push him to reach higher goals. Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome.	high school, high schooler, teen, teenager, parent, parenting, school, goals, goal, expectations, expectation, goal-setting, Daily Life & Employment, QC	All	Daily Life & Employment	
When it's hard to be your "best self"	Karyn Harvey	06/18/2020	These are challenging times... feelings of sadness, anger, frustration, and grieving and not uncommon. Dr. Harvey explains why it may be a challenge to feel like your "best self" right now and reminds us the importance of caring for ourselves. Dr. Karyn Harvey (www.karynharvey.org) is a	trauma, pre-trauma, mental health, coping, cope, calm, meditation, covid-19,	All	Healthy Living	
Grieving those we've lost to Covid-19	Karyn Harvey	06/18/2020	Have you lost somebody close to due to Covid-19? Or other loss? Karyn offers her sympathy and reminds us of the need to find space and time to grieve. We are so sorry for your loss. Dr. Karyn Harvey (www.karynharvey.org) is a psychologist, author, trainer, and speaker who has worked in	grief, grieving, loss, death, covid-19, coronavirus, dying, Social & Spirituality	All	Social & Spirituality	
Meditation with a Bumblebee	Quillo	6/18/2020	Pause. Take a deep breath. And wander through the flowers with this gentle meditation and visualization exercise - including a visit from a friendly bumblebee! The Q2U series is "A Moment to Pause, from Quillo 2 You." It started during the coronavirus pandemic and aims to add tips, ideas,	covid-19, coronavirus, pandemic, coping, cope, calm, nature, breathe, breath, meditate,	All	Healthy Living	
Adjusting Expectations: Finding the sweet spot	Robert Naseef	06/18/2020	Adjusting expectations over and over may get frustrating for parents, children, and everybody. Dr. Naseef encourages us to find the sweet spot! Robert Naseef, Ph.D. has a distinct voice as a psychologist and father of an adult son with autism. He has spoken around the country and trained	Expectations, goals, goal, goal-setting, parent, parenting, kids, children, meeting	All	Advocacy & Engagement	
An online practice and community of support	Robert Naseef	06/18/2020	In early 2020 as the pandemic reached the US, Robert wasn't sure about what it would be like switching his practice to an online system. He has been pleasantly surprised by the positive impact virtual meetings have had! Connecting - even online - is a great reminder that we aren't alone.	connection, technology, covid-19, coronavirus, pandemic, Social & Spirituality, QC	All	Daily Life & Employment	
Self-care for Mom: Finding moments to meditate	Carole Guess	06/18/2020	As a single parent at home with her teenage son during social distancing, Carole is finding new ways to cope and find a little self-care. For her, it's been a few minutes of meditation! Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome.	parent, mom, single parent, advice, social distancing, covid, coronavirus, Healthy Living, QC	Early childhood school age Transition	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
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Dear parents - support self-advocacy!	Leanne Mull	06/18/2020	As a parent, Leanne feels one of the best things you can do for your child and for yourself, is to support them in their endeavors - including self-advocacy! Self-advocacy helps with decision-making and other skills that will help them in the long run. Leanne Mull has been working with people with I/DD for eighteen years. In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc, ( <a href="https://www.bluetowersolutions.org/">https://www.bluetowersolutions.org/</a> ) an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality	advocacy, engagement, empowerment, empowered, empower, representation, advocate, self-advocacy, self-advocate, self advocacy, self advocate, Advocacy &	Early childhood School age Transition Adulthood	Advocacy & Engagement	
Being home alone, step-by-step	Carole Guess	06/18/2020	Evan, now 15 years old, enjoys being home alone for an hour or two at a time. Carole explains how she and Evan worked together to learn that skill of staying home alone, a few minutes at a time. Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome.	high school, high schooler, teen, teenager, parent, parenting, school, Daily Life & Employment, QC	school age Transition	Daily Life & Employment	
Looking for afterschool programming for high schoolers	Carole Guess	06/18/2020	As a working parent of a 15 year old, Carole talks about the challenges of a lack of after school programs for kids in grades 9-12. While her son, Evan, can be home by himself for periods at a time, it can be a challenge to find options. Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome.	high school, high schooler, teen, teenager, parent, parenting, school, Daily Life & Employment, QC	School age Transition	Daily Life & Employment	
Algebra: When Evan (and mom!) find "x"	Carole Guess	06/18/2020	Carole gives an example of how she, her son Evan, and Evan's school worked together to get Evan ready for classes. Knowing he was on track to take Algebra as a freshman, his middle school teachers got Evan into pre-algebra, geometry, and other classes. Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome.	high school, high schooler, teen, teenager, parent, parenting, school, goals, goal, expectations, expectation, goal-setting, Daily Life & Employment, QC	School age Transition Adulthood Aging	Daily Life & Employment	
Step-by-Step: What To Do When You Feel Overwhelmed	Jason Freeman	06/18/2020	Does that dream feel far away? Impossible? Too hard? Big goals can be overwhelming, so Jason encourages us to consider how small steps can make a difference! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	possibilities, goals, dreams, support, goal, capabilities, abilities, step-by-step, steps, step, Advocacy & Engagement	School age Transition Adulthood Aging	Advocacy & Engagement	
Goals, from cooking to writing a book	Stephanie Kampa	06/18/2020	From money management to cooking to writing a book, Stephanie discusses her goals. Stephanie Kampa is an advocate and educator for the ability difference community. She grew up in St. Paul, MN and has her Child Development Certificate, which she uses in her job as a TA in an after-school discovery club. She was an actor in the Underland Project Movie Series and is a member of the Mad Hatter Wellness ( <a href="http://www.madhatterwellness.com">www.madhatterwellness.com</a> ) Advisory Committee to discuss how to approach sexuality in her community.	self-advocacy, advocacy, goals, goal setting, motivated, cooking, money, book, dreams, Advocacy & Engagement	Transition Adulthood	Advocacy & Engagement	
My grief is different than your grief	Leanne Mull	06/18/2020	With new schedules, changes to routines, and stress all around us, grief is elevated. Leanne reminds us that grief may look different for each person, but that those feelings are still valid. Thank you for your work during this time! Leanne Mull has been working with people with I/DD for eighteen years. In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc, ( <a href="https://www.bluetowersolutions.org/">https://www.bluetowersolutions.org/</a> ) an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality for people with disabilities. They believe that sustainable change happens through a person-centered collaborative approach.	covid-19, coronavirus, pandemic, grief, grieving, QC, Healthy Living	Transition Adulthood Aging	Healthy Living	
Shout out to my family: Helping with independence	Mary Warm	06/18/2020	For Mary, "independence" doesn't mean doing things completely on her own. With support from her family and community, she is navigating living independently - like many other people with disabilities do everyday! Mary Warm is an active community member in Kansas City. She is on the Board of Directors for the National Down Syndrome Congress ( <a href="https://www.ndscenter.org/">https://www.ndscenter.org/</a> ) and is currently working towards her bachelor degree to be a pre-K assistant teacher.	down syndrome, self-advocate, self-advocacy, self advocate, self advocacy, community supports, community, supports, support, transportation, independence, Advocacy & Engagement	Transition Adulthood Aging	Advocacy & Engagement	
When the whole world is grieving	Leanne Mull	06/18/2020	The pandemic has created new levels and types of grief for everybody. Leanne shares ways to help support individuals who may be grieving for many reasons. She says, "When we are with them, we are their support!" Leanne Mull has been working with people with I/DD for eighteen years. In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc, ( <a href="https://www.bluetowersolutions.org/">https://www.bluetowersolutions.org/</a> ) an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality for people with disabilities. They believe that sustainable change happens through a person-centered collaborative approach.	covid-19, coronavirus, pandemic, grief, grieving, QC, Healthy Living	All	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
The need to avoid isolation	Karyn Harvey	06/19/2020	Isolation can be HARD, sometimes leading to a downward spiral of challenging times. A big factor in making it through isolating times is staying connected. How can you or people in your life be more connected, even if it is through a phone call or video chat? How can we help each other? Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years.	Isolation, lonely, alone, covid-19, coronavirus, PTSD, trauma, connection, communication, Healthy Living	Adulthood Aging	Healthy Living	
Social Isolation...not new for some	Karyn Harvey	06/19/2020	The social isolation many of us are experiencing due to the pandemic has been extremely challenging, but being isolated and alone may not be new for many people - including people with disabilities. Do you know people who are isolated a lot of the time, or missing connections with other people? What can we learn from this period of social isolation and change it moving forward? It's time to rethink how we encourage and support relationships for all! Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years.	Isolation, lonely, alone, covid-19, coronavirus, connection, communication, Social and Spirituality	Adulthood Transition	Social & Spirituality	
Spirituality is at the heart of what we do!	Bill Gaventa	06/19/2020	What does spirituality have to do with disability? A lot! Rev. Bill Gaventa is the Founder and Director Emeritus of the Institute on Theology and Disability ( <a href="http://theologydisability.org">theologydisability.org</a> ), current Director of the National Collaborative on Faith and Disability and author of Disability and Spirituality: Recovering Wholeness. Contact Bill here: <a href="mailto:bill.gaventa@gmail.com">bill.gaventa@gmail.com</a> .	spirituality, religion, faith, Social & Spirituality, QC	All	Social & Spirituality	
What's the difference between Spirituality and Religion?	Bill Gaventa	06/19/2020	Do you consider yourself spiritual? Religious? Neither? Both? And what does it have to do with disability? Bill Gaventa talks about the similarity and differences. Rev. Bill Gaventa is the Founder and Director Emeritus of the Institute on Theology and Disability ( <a href="http://theologydisability.org">theologydisability.org</a> ), current Director of the National Collaborative on Faith and Disability and author of Disability and Spirituality: Recovering Wholeness. Contact Bill here: <a href="mailto:bill.gaventa@gmail.com">bill.gaventa@gmail.com</a> .	spirituality, religion, faith, Social & Spirituality, QC	All	Social & Spirituality	
This is you. Now, what can you do?	Jason Freeman	06/19/2020	Having people believe in him made such a difference in Jason's life. Asking "What can you do?" opens up new conversations and possibilities - you might just be surprised by the answer! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	possibilities, goals, dreams, support, goal, capabilities, abilities, Advocacy & Engagement	All	Advocacy & Engagement	
Hard times...tips for coping when our world feels upside down	Karyn Harvey	06/19/2020	In stressful times like these, all of the changes can feel so disruptive. Dr. Karyn Harvey talks about how to cope with pre-trauma situations by providing techniques for calm and meditation. Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years.	trauma, pre-trauma, mental health, coping, cope, calm, meditation, covid-19, coronavirus, Health Living	All	Healthy Living	
Fighting the Digital Divide: Access to Tech	Leanne Mull	06/19/2020	Do you have access to the technology you need? Leanne discusses the "digital divide" and the importance of getting people connected with technology. Leanne Mull has been working with people with I/DD for eighteen years. In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc. ( <a href="https://www.bluetowersolutions.org/">https://www.bluetowersolutions.org/</a> ) an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality for people with disabilities. They believe that sustainable change happens through a person-centered collaborative approach.	technology, connection, communication, access, tech, virtual, relationships, QC, Community Living	All	Community Living	
Zoom 101: Tips for Using the Video Platform on Your Phone	Quillo	06/19/2020	Video chats are a great way to connect with friends and family, or join meetings and webinars. While there are lots of different programs for video chats, Zoom is a popular one right now.  Here are the basic steps to use Zoom on a cell phone (it looks similar on a tablet). Download the Zoom app to your first in your app store. If you want to schedule meetings, set up your account with an email and password. If you are joining a meeting someone else has scheduled, you won't need an account of your own.  Joining the meeting: If someone else is setting up the meeting, you should receive a link to join Zoom in an email or calendar invite. When you find it, click the link. It will open the Zoom program. You might need to add a meeting ID or password that should have been sent with the invite.  Read more about using Zoom on different platforms here: <a href="https://support.zoom.us/hc/en-us/articles/200941109-What-Are-the-Attendee-Controls-">https://support.zoom.us/hc/en-us/articles/200941109-What-Are-the-Attendee-Controls-</a>	technology, communication, communicate, chat, Zoom, video, relationships, friends, parents, QC, Social & Spirituality	All	Social & Spirituality	

Quillo Connect Videos (Public Library_As of August 2023)							
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The challenge of setting expectations	Robert Naseef	06/19/2020	As parents, setting expectations can be challenge. What happens if I set them too high for my child and they don't meet them? What happens if they are too low? Dr. Robert Naseef shares his own experience as a parent and psychologist. Robert Naseef, Ph.D. has a distinct voice as a psychologist and father of an adult son with autism. He has spoken around the country and trained professionals internationally in treating autism and other developmental disorders and supporting	Expectations, goals, goal, goal-setting, parent, parenting, kids, children, meeting expectations, high, low, Advocacy & Engagement, QC	All	Advocacy & Engagement	
Too high or too low...am I setting the right expectations for my child?	Robert Naseef	06/19/2020	Are your expectations too high? Too low? Or just right? Dr. Robert Naseef encourages setting incremental goals and celebrating success along the way. Robert Naseef, Ph.D. has a distinct voice as a psychologist and father of an adult son with autism. He has spoken around the country and trained professionals internationally in treating autism and other developmental disorders and	Expectations, goals, goal, goal-setting, parent, parenting, kids, children, meeting expectations, high, low,	All	Advocacy & Engagement	
Living with uncertainty in the time of Covid-19	Robert Naseef	06/19/2020	For Robert, the parent of an Autistic son, he knows what it is like to live with uncertainty. With Covid-19, the types and degree of uncertainty are even greater, but Robert reminds us that we are ready to face it. Robert Naseef, Ph.D. has a distinct voice as a psychologist and father of an adult son with autism. He has spoken around the country and trained professionals internationally in treating autism and other developmental disorders and supporting families. He has a special	uncertainty, goals, plans, changes, covid-19, coronavirus, pandemic, parent, parenting, Daily Life & Employment, QC	All	Daily Life & Employment	
How Covid-19 is changing expectations	Robert Naseef	06/19/2020	Changing expectations is part of parenting, but this is especially true during covid-19. While part of it may feel like a loss, such as new school routines, Robert feels strongly that parents are equipped to navigate these changes. Robert Naseef, Ph.D. has a distinct voice as a psychologist and father of an adult son with autism. He has spoken around the country and trained professionals internationally in treating autism and other developmental disorders and supporting families. He	uncertainty, goals, plans, changes, covid-19, coronavirus, pandemic, parent, parenting, Daily Life & Employment, QC	All	Daily Life & Employment	
Hygiene during Covid-19: many parents are ready!	Robert Naseef	06/19/2020	We've heard it a lot lately: "Wash your hands. Don't touch your face. Wear a mask!" While it can be exhausting, Robert reminds us that many parents and families with kids with disabilities or fragile immune systems are already equipped to do this. You've got this! Robert Naseef, Ph.D. has a distinct voice as a psychologist and father of an adult son with autism. He has spoken around the country and trained professionals internationally in treating autism and other developmental disorders and supporting families. He has a special interest in the psychology of men and fatherhood. Visit him on the web at <a href="http://www.alternativechoices.com">www.alternativechoices.com</a> ; check out his blog at <a href="http://www.DrRobertNaseef.wordpress.com">www.DrRobertNaseef.wordpress.com</a> , Twitter @DrRobertNaseef, Instagram Robert.Naseef.	covid-19, coronavirus, pandemic, hygiene, wash, ready, prepared, Healthy Living, QC	All	Healthy Living	
Different reactions to Covid-19	Robert Naseef	06/19/2020	As Robert's friend, Dr. Schur said, "If you know one person with Autism, you know one person with Autism." In the midst of the covid-19 pandemic, Dr. Naseef reminds us that people are reacting to it in different ways - and that is okay! Robert Naseef, Ph.D. has a distinct voice as a psychologist and father of an adult son with autism. He has spoken around the country and trained professionals internationally in treating autism and other developmental disorders and supporting families. He	autism, autistic, covid-19, coronavirus, pandemic, Healthy Living, QC	All	Healthy Living	
Learning to say YES - for kids!	Leanne Mull	06/19/2020	"Which shirt do you want to wear today?" "Do you want this or that for lunch?" When you are working with your child, give them opportunities where you can say "Yes!" This teaches kids at an early age how to use their voice. Leanne Mull has been working with people with I/DD for eighteen	advocacy, engagement, empowerment, empowered, empower, representation,	Early childhood School age	Advocacy & Engagement	
Structure and balance to support distance learning with my son	Carole Guess	06/19/2020	During a time of social distancing, Carole has found that the most important thing for her and her son is to establish structure and balance. As a single parent, she is working remotely while support her son's distance learning. Carole Guess is the parent of a 15 year-old son, Evan, who has Down	parent, mom, single parent, advice, distance learning, covid, coronavirus, Daily Living & Transition, QC	Early childhood school age Transition	Daily Life & Employment	
Fresh air! Getting out of the house	Carole Guess	06/19/2020	Carole and Evan are an active duo. Even during social distancing, they find ways to get outside, whether it's lunch on the porch or a walk around the neighborhood. Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome.	parent, mom, single parent, advice, social distancing, covid, coronavirus, Healthy Living, QC	Early childhood school age Transition	Healthy Living	
Moving goals as Evan grows	Carole Guess	06/19/2020	As Evan grew, learned, and matured, his mom, Carole, has not been shy about raising the bar at school. As Evan approaches goals, he, his mom, and his school are ready to raise the bar to the next level. Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome.	high school, high schooler, teen, teenager, parent, parenting, school, goals, goal, expectations, expectation, goal-setting, Daily Life & Employment, QC, raise the bar	Early childhood school age Transition	Daily Life & Employment	

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On the Waitlist: and learning Karate!	Carole Guess	06/19/2020	Evan was around 9 years old before he received services through the waiver in Indiana. Before that, Carole shares some of the activities he had while waiting. She added that the YMCA also offers programs on a sliding scale, so talk to them about accessing programs that are right for you! Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome.	activities, waiver, waiting, waitlist, referral list, YMCA, inclusion, kids, children, Daily Life & Employment, QC	Early childhood school age Transition	Daily Life & Employment	I do not receive services
What to Do While You're Waiting	Carole Guess	06/19/2020	If you or your family member are waiting for services from a state agency, there are other things to do in the meantime. Carole shares the types of activities her son participated in over the years. Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome.	activities, waiver, waiting, waitlist, referral list, YMCA, inclusion, kids, children, Daily Life & Employment, QC	Early childhood school age Transition	Daily Life & Employment	I do not receive services
It's never too young to learn about self-advocacy	Leanne Mull	06/19/2020	Leanne encourages parents to involve younger children in decision-making and IEP meetings early. It is never too young to start learning how to be an advocate! Leanne Mull has been working with people with I/DD for eighteen years. In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc, ( <a href="https://www.bluetowersolutions.org/">https://www.bluetowersolutions.org/</a> ) an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality for people with disabilities. They believe that sustainable change happens through a person-centered collaborative approach.	advocacy, engagement, empowerment, empowered, empower, representation, advocate, self-advocacy, self-advocate, self advocacy, self advocate, Advocacy & Engagement, QC, parents, parent, kids, children	Early childhood School age Transition	Advocacy & Engagement	
Engaging parents to be on board with self-advocacy	Leanne Mull	06/19/2020	In Leanne's work supporting self-advocates in Illinois, she sometimes is met with barriers from parents or staff in supporting self-advocacy. For professionals who are working with or teaching self-advocates, Leanne encourages us to involve the parents so they can be part of the advocacy journey. Leanne Mull has been working with people with I/DD for eighteen years. In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc, ( <a href="https://www.bluetowersolutions.org/">https://www.bluetowersolutions.org/</a> ) an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality for people with disabilities. They believe that sustainable change happens through a person-centered collaborative approach.	committee, advocacy, engagement, empowerment, empowered, empower, representation, advocate, self-advocacy, self-advocate, self advocacy, self advocate, Advocacy & Engagement, QC, parents, parent	Early childhood School age Transition Adulthood	Advocacy & Engagement	
Empowering people with preparation	Leanne Mull	06/19/2020	Are people with disabilities empowered to participate, lead, and advocate? How can people support individuals to really engage in a meeting, committee, or other group? Leanne encourages us to work ahead of time to ensure a person is supported, whether that is with communication, transportation, talk through goals of the meeting, and more. Leanne Mull has been working with people with I/DD for eighteen years. In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc, ( <a href="https://www.bluetowersolutions.org/">https://www.bluetowersolutions.org/</a> ) an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality for people with disabilities. They believe that sustainable change happens through a person-centered collaborative approach.	committee, advocacy, engagement, empowerment, empowered, empower, representation, advocate, self-advocacy, self-advocate, self advocacy, self advocate, Advocacy & Engagement, QC	School age Transition Adulthood	Advocacy & Engagement	
Role playing Empathy with Liz and Brock	Liz Erb - Village of Merici	06/19/2020	Liz and Brock roleplay a scene about empathy. Consider sharing this video with others and think about these questions: 1: How did Liz and Brock use body language to show empathy? 2: Who played the role of a listener and who was a sharer? 3: Why did Brock not talk about his experience in limited detail? 4: What are some situations that have occurred or could occur where you showed empathy or someone showed you empathy? For more from Liz on empathy, check out the video "What is Empathy?" by Liz Erb from Village of Merici. <a href="http://villageofmerici.org/">http://villageofmerici.org/</a>	Social & Spirituality, empathy, relationships, communication, QC	School age Transition Adulthood	Social & Spirituality	
What is Empathy?	Liz Erb - Village of Merici	06/19/2020	What is empathy? Liz talks about empathy and how we can put ourselves in someone else's shoes. Empathy could be experienced through seeing something happen to others or through action. To learn more about empathy or for a great video to share with others-checkout the video, "Roleplaying Empathy with Liz and Brock" to see it in action. Thanks to Village of Merici. <a href="http://villageofmerici.org/">http://villageofmerici.org/</a> for sharing this video.	empathy, emotion, emotional, role-play, example, feelings, Social & Spirituality, QC	School age Transition Adulthood	Social & Spirituality	
Negative thoughts: Advice from a therapist	Stephanie Kampa	06/19/2020	With encouragement from her therapist, Stephanie has learned how to cope with negative thoughts and even her first experience with death. Stephanie Kampa is an advocate and educator for the ability difference community. She grew up in St. Paul, MN and has her Child Development Certificate, which she uses in her job as a TA in an after-school discovery club. She was an actor in the Underland Project Movie Series and is a member of the Mad Hatter Wellness ( <a href="http://www.madhatterwellness.com">www.madhatterwellness.com</a> ) Advisory Committee to discuss how to approach sexuality in her community.	therapy, positive thinking, negative thinking, death, coping, healthy living, QC	Transition Adulthood	Healthy Living	

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Tackling goals, one step at a time	Stephanie Kampa	06/19/2020	Do you have goals? What about the people you work with? Stephanie encourages us to have goals that are attainable, measurable, and doable in a set period of time! And if it takes a little bit longer? That's okay! Stephanie Kampa is an advocate and educator for the ability difference community. She grew up in St. Paul, MN and has her Child Development Certificate, which she uses in her job as a TA in an after-school discovery club. She was an actor in the Underland Project Movie Series and is a member of the Mad Hatter Wellness (www.madhatterwellness.com) Advisory Committee to discuss how to approach sexuality in her community.	possibilities, goals, dreams, support, goal, capabilities, abilities, step-by-step, steps, step, self-advocate, advocacy, Advocacy & Engagement	Transition Adulthood	Advocacy & Engagement	
Deep friendships	Stephanie Kampa	06/19/2020	Finding meaningful friendships has always been important to Stephanie. She talks about where she found those connections in high school and how important it has been to keep them. Stephanie Kampa is an advocate and educator for the ability difference community. She grew up in St. Paul, MN and has her Child Development Certificate, which she uses in her job as a TA in an after-school discovery club. She was an actor in the Underland Project Movie Series and is a member of the Mad Hatter Wellness (www.madhatterwellness.com) Advisory Committee to discuss how to approach sexuality in her community.	friendship, friends, Social & Spirituality, QC	Transition Adulthood	Social & Spirituality	
IL Self-Advocates - Adapting During Covid-19	Leanne Mull	06/19/2020	Due to the pandemic, self-advocacy meetings in Illinois have looked different recently. Leanne talks about how meetings and workshops have shifted online. And while that is not without challenges, she notes that one benefit is that it has been easier to reach legislators virtually! Leanne Mull has been working with people with I/DD for eighteen years. In 2016, Leanne and three colleagues founded Blue Tower Solutions, Inc. (https://www.bluetowersolutions.org/) an organization that empowers individuals, organizations and systems to create cultures of respect, inclusion, dignity and equality for people with disabilities. They believe that sustainable change happens through a person-centered collaborative approach.	advocacy, legislator, legislate, representative, self advocacy, self advocate, advocate, self-advocacy, self-advocate, covid-19, coronavirus, pandemic, virtual, technology, QC, Advocacy & Engagement	Transition Adulthood	Advocacy & Engagement	
Watch out! A reminder about email scams	Liz Erb - Village of Merici	06/19/2020	Stay safe when it comes to scammers! Liz shares a reminder about the risk of scammers who use hard times to get what they want! She talks about how to avoid scams, especially through emails or text messages. Thanks to Village of Merici. http://villageofmerici.org/ for sharing this video.	safety, internet safety, internet, Safety & Security, QC	Transition Adulthood Aging	Safety & Security	
Working with Mary	Mary Warm	06/19/2020	Have you ever come across somebody who is unsure or nervous about working with somebody with a disability? Mary shares advice for anybody who has colleagues with a disability - starting with respect! Mary Warm is an active community member in Kansas City. She is on the Board of Directors for the National Down Syndrome Congress (https://www.ndscenter.org/) and is currently working towards her bachelor degree to be a pre-K assistant teacher.	down syndrome, self-advocate, self-advocacy, self advocate, self advocacy, teaching, college, education, certificate, career, Daily Life & Employment, QC	Transition Adulthood Aging	Daily Life & Employment	
Arts Corner: easy paper loops to decorate or celebrate	Quillo	6/22/2020	This paper loop craft is great for a quick indoor activity. Make a paper chain to decorate for a holiday, write notes to celebrate a birthday, or make messages or pictures of things that bring you joy to put in your room. Supplies include paper cut in strips, scissors, markers, a stapler/tape/glue stick, and thumbtacks if you want to put it on the wall. Try incorporating other skills, such as math to measure out where to cut the paper.	craft, activity, activities, ideas, idea, bored, indoor, art, arts, crafts, rainy day, Daily Life & Employment, QC	School age Transition Adulthood	Daily Life & Employment	
Will: The GOALden Gnome	Quillo	7/17/2020	Meet Will, the GOALden Gnome who is full of determination. So much progress has been made, it is time to go for it! Learn about the rest of the GOALden Gnomes in the introduction video, "Meet the GOALden Gnomes, Won't, Can't, Want, How, Try, Can, Will, and Did." If you've ever had a goal in mind but weren't sure if you could, would, or should go for it, it may be a step-by-step process for you. You may take a few steps up and down before you get there, and that's okay! Where are you on this staircase? What kind of support did you need to keep moving?	motivation, motivate, support, steps, goal, goals, encourage, encouragement, will, determined, determination, Advocacy & Engagement, QC	All	Advocacy & Engagement	
Did: The GOALden Gnome	Quillo	7/17/2020	This is it! The final Gnome in our GOALden Gnome series - meet DID, the gnome who can check the box on this goal! If you have been working towards a goal and achieved it, congratulations! The journey may not be over as you continue to grow, but well done - you DID it! Learn about the rest of the GOALden Gnomes in the introduction video, "Meet the GOALden Gnomes, Won't, Can't, Want, How, Try, Can, Will, and Did." If you've ever had a goal in mind but weren't sure if you could, would, or should go for it, it may be a step-by-step process for you. You may take a few steps up and down before you get there, and that's okay! Where are you on this staircase? What kind of support did you need to keep moving?	motivation, motivate, support, steps, goal, goals, encourage, encouragement, success, successful, accomplishment, did, Advocacy & Engagement, QC	All	Advocacy & Engagement	
Celebrating 30 Years of the ADA: Looking Back with Paul Marchand	Paul Marchand	7/20/2020	July 26, 2020 is the 30th Anniversary (https://www.adaanniversary.org/home) of the signing of the Americans with Disabilities (ADA) https://adata.org/. Paul Marchand was active in pushing this legislation through 30 years ago and reflects on the emotions and steps leading up to its signing. Paul Marchand is a self-advocate in the disability rights movement. He has worked for 40	ADA, Americans with Disabilities Act, history, historic, disability rights, disability movement, civil	School Age Transition Adulthood	Advocacy & Engagement	

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Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services	
"If you don't share it, they don't know." Tips to contact your representatives	Nicholas Herran	08/14/2020	Nicholas talks about the steps he takes to contact legislators at the state and federal level. Write, email, and call! Though his example is for Indiana, the advice is good for states across the country! Not sure who your representatives are? Visit <a href="https://www.usa.gov/elected-officials">USA.gov - Elected Officials</a> (https://www.usa.gov/elected-officials) to search by role, city, or zip code. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana.	self-advocacy, self-advocate, advocacy, advocate, learn, grow, independence, Advocacy & Engagement, QC, Partners in Policymaking, Meta, writing	Transition Adulthood Aging	Advocacy & Engagement		
"We'll see each other again!" Coping during Covid	Tre Hawkins	08/14/2020	The pandemic has been hard on all of us. Tre reflects on how he is doing, what he misses, and reminds us that "we will see each other again!" Tre Hawkins and his father, William, live in Indiana.	covid-19, coronavirus, pandemic, cope, coping, isolation, isolated, alone, lonely, social isolation, advocate, Daily Life & Employment, QC	Adulthood	Daily Life & Employment		
How Tre is keeping busy	Tre Hawkins	08/14/2020	Tre shares what he has been doing to keep busy, including cooking classes, online dating, and a lot of opportunities with Outside the Box (https://www.otbonline.org/). Tre Hawkins and his father, William, live in Indiana.	covid-19, coronavirus, pandemic, cope, coping, isolation, isolated, alone, lonely, social isolation, advocate, Daily Life & Employment, QC	Adulthood	Daily Life & Employment		
A call that changed my whole life	Nicholas Herran	08/14/2020	In the fall of 2019, Nicholas received an organ transplant and shares his experience, from getting the call to reflecting on the great medical team. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana. <a href="https://www.in.gov/gccpd/2465.htm">https://www.in.gov/gccpd/2465.htm</a>	health, healthy, medical, doctor, surgery, Healthy Living, QC	All	Healthy Living		
"I call friends FAMILY." Support to get through scary times	Nicholas Herran	08/14/2020	From his post-surgery recovery to getting through the pandemic, Nicholas is surrounded by friends. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana. <a href="https://www.in.gov/gccpd/2465.htm">https://www.in.gov/gccpd/2465.htm</a>	friends, friend, social, relationships, community, Social & Spirituality, QC	All	Social & Spirituality		
Building my circle of friends	Nicholas Herran	08/14/2020	A lot of Nicholas' social circle comes from his work as an advocate. He feels blessed to be surrounded by close friends and family, and has built is circle of friends by focusing on the positives. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana. <a href="https://www.in.gov/gccpd/2465.htm">https://www.in.gov/gccpd/2465.htm</a>	friends, friend, social, relationships, community, Social & Spirituality, QC	All	Social & Spirituality		
Disability: I walk it each day	Nicholas Herran	08/14/2020	When it comes to being a person with a disability, Nicholas explains how he "walks it each day." He doesn't see his disability as a problem, but part of who he is! Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana. <a href="https://www.in.gov/gccpd/2465.htm">https://www.in.gov/gccpd/2465.htm</a>	goals, achievement, disability, perspective, encouragement, encourage, possibility, QC	All	Advocacy & Engagement		
High expectations for both of my daughters	Ginger Pottenger	08/14/2020	Why is it important to have high expectations for kids, with and without disabilities? Ginger shares her insights on why it was important to have high expectations for both of her daughters, Kandi and Kristy. Ginger Pottenger lives in Arizona.	employment, education, kids, children, parents, high expectations, expectations, QC	Early childhood School age	Advocacy & Engagement		
Advocating, Educating, and Applying	Nicholas Herran	08/14/2020	Nicholas shares 3 key things he learned from Partners in Policymaking: Advocating, Educating, and Applying - and that means getting out there! Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana. <a href="https://www.in.gov/gccpd/2465.htm">https://www.in.gov/gccpd/2465.htm</a>	self-advocacy, self-advocate, advocacy, advocate, learn, grow, independence, Advocacy & Engagement, QC, Partners in Policymaking, Meta, writing	School Age Transition Adulthood	Advocacy & Engagement		
Getting the ADA signed	Paul Marchand	08/14/2020	Paul reflects on what it took to get the Americans with Disabilities Act to the point of being signed in July 1990. It was a lot of hard work, education, decisions, and collaboration. Paul Marchand is an influential leader in the disability rights movement. His career spanned 40 years working on disability rights issues. <a href="https://www.in.gov/gccpd/2465.htm">https://www.in.gov/gccpd/2465.htm</a>	history, disability rights, laws, legal, historic, ADA, IDEA, CRIPA, legislation, advocacy, QC, Advocacy & Engagement, QC	School Age Transition Adulthood	Advocacy & Engagement		
Making sure the ADA is inclusive	Paul Marchand	08/14/2020	When it came to passing the Americans with Disabilities Act (ADA), it took a lot of education, communication, and collaboration within the disability community. It was essential that the disability community participated in the process - and they did! Paul Marchand is an influential leader in the disability rights movement. <a href="https://www.in.gov/gccpd/2465.htm">https://www.in.gov/gccpd/2465.htm</a>	history, disability rights, laws, legal, historic, ADA, IDEA, CRIPA, legislation, advocacy, QC, Advocacy & Engagement, QC	School Age Transition Adulthood	Advocacy & Engagement		
Finding the "dream job" takes time	Garret Rosiek	08/14/2020	Sometimes, job hunting can feel discouraging, and perhaps we don't end up with exactly the job we want. Garret reminds us that it is okay to start small and build your way up. Garret Rosiek is the co-founder and CEO of Teachability (www.teachability.org). Garret serves as the Career Development Coordinator at Elmhurst College ELSA (Elmhurst Learning and Success Academy) <a href="https://www.elmhurst.edu/academics/elmhurst-learning-success-academy/">https://www.elmhurst.edu/academics/elmhurst-learning-success-academy/</a> . Contact	job, jobs, career, employment, match, job coach, Daily Life & Employment, QC, job seeker, job hunt	Transition Adulthood	Daily Life & Employment		
High expectations for your job	Garret Rosiek	08/14/2020	Garret tell his students and clients to hold themselves to the same standards as other employees. That is why doing your research and looking for jobs that fit you a person is so important. This will elevate those expectations you might not be able to meet if you start small and work your way up. Garret Rosiek is the co-founder and CEO of Teachability (www.teachability.org). Garret serves as the Career Development Coordinator at Elmhurst College ELSA (Elmhurst Learning and Success Academy) <a href="https://www.elmhurst.edu/academics/elmhurst-learning-success-academy/">https://www.elmhurst.edu/academics/elmhurst-learning-success-academy/</a> . Contact	job, jobs, career, employment, match, job coach, Daily Life & Employment, QC, job seeker, job hunt	Transition Adulthood	Daily Life & Employment		



Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Finding the right job for you!	Garret Rosiek	08/14/2020	Why is it important to find the right job for the right person? For someone looking for a job, Garret encourages us to think about how jobs can build on one another to be the start of a career path. You may not find your dream job right away, but being excited about your job can help motivate you for what comes next! Garret Rosiek is the co-founder and CEO of Teachability (www.teachability.org). Garret serves as the Career Development Coordinator at Elmhurst College ELSA (Elmhurst Learning and Success Academy) <a href="https://www.elmhurst.edu/academics/elmhurst-learning-success-academy/">https://www.elmhurst.edu/academics/elmhurst-learning-success-academy/</a> . Contact Garret here: <a href="mailto:grosiek@teachability.org">grosiek@teachability.org</a> . This music is from www.bensound.com.	job, jobs, career, employment, match, job coach, Daily Life & Employment, QC, job seeker, job hunt	Transition Adulthood	Daily Life & Employment	
Asking for accommodations at work	Garret Rosiek	08/14/2020	If you are applying for a job, is there a good time to ask for or talk about accommodations? Garret shares his advice, including a list of 6 Types of Workplace Accommodations. Garret Rosiek is the co-founder and CEO of Teachability (www.teachability.org). Garret serves as the Career Development Coordinator at Elmhurst College ELSA (Elmhurst Learning and Success Academy) <a href="https://www.elmhurst.edu/academics/elmhurst-learning-success-academy/">https://www.elmhurst.edu/academics/elmhurst-learning-success-academy/</a> . Contact Garret here: <a href="mailto:grosiek@teachability.org">grosiek@teachability.org</a> . This music is from www.bensound.com.	job, jobs, career, employment, match, job coach, Daily Life & Employment, QC, job seeker, job hunt, skills, soft skills, hard skills, accommodations, accommodation, accessibility	Transition Adulthood	Daily Life & Employment	
Informed Consent: Supporting choices for big decisions	Sara Sherman	08/14/2020	Choices can be small (like what to wear today or what to have for lunch) or big (like where to live or planning for goals). How do you support choices and informed consent? Sara shares an overview of informed consent. Sara Sherman has been organizing people and work for decades. Her intuitive business sense is on target, and she gets to the root of agency issues quickly. Sara holds a bachelor's degree in Public Relations and a master's in Public Administration. Sara has served individuals with disabilities and other vulnerable populations in the areas of residential services, community employment, case management, housing, program management, investigations, services and supports, vocational rehabilitation, state policy development, compliance audits, and more.	decisions, choice, consent, advocacy, advocate, goals, QC, Advocacy & Engagement	Transition Adulthood	Advocacy & Engagement	
7 Steps to Healthy Meal Planning	Sara Sherman	08/14/2020	Time for dinner! Sara shares 7 Steps to Healthy Meals. Sara Sherman has been organizing people and work for decades. Her intuitive business sense is on target, and she gets to the root of agency issues quickly. Sara holds a bachelor's degree in Public Relations and a master's in Public Administration. Sara has served individuals with disabilities and other vulnerable populations in the areas of residential services, community employment, case management, housing, program management, investigations, services and supports, vocational rehabilitation, state policy development, compliance audits, and more.	health, healthy, nutrition, food, eating, meals, meal prep, dinner, lunch, breakfast, cook, shop, grocery, groceries, Healthy Living, QC	Transition Adulthood	Healthy Living	
Building a menu around a busy schedule	Sara Sherman	08/14/2020	When you plan a menu, do you keep in mind the schedule for the week? Do you have a little more time on Tuesdays? Consider something that takes a little longer to make - and aim for leftovers! Are Thursdays a really busy night? Go for a quick option, or make it a leftovers night. Sara Sherman has been organizing people and work for decades. Her intuitive business sense is on target, and she gets to the root of agency issues quickly. Sara holds a bachelor's degree in Public Relations and a master's in Public Administration. Sara has served individuals with disabilities and other vulnerable populations in the areas of residential services, community employment, case management, housing, program management, investigations, services and supports, vocational rehabilitation, state policy development, compliance audits, and more.	health, healthy, nutrition, food, eating, meals, meal prep, dinner, lunch, breakfast, cook, shop, grocery, groceries, Healthy Living, QC	Transition Adulthood	Healthy Living	
Good things are happening, despite Covid-19	Williams Hawkins	08/14/2020	While we would never wish for a pandemic, that doesn't mean there aren't some good things coming out of what we are facing as individuals and as communities. William reflects on how taking a moment to pause can be a good thing. Tre Hawkins and his father, William, live in Indiana.	covid-19, coronavirus, pandemic, cope, coping, isolation, isolated, alone, lonely, social isolation, advocate, Daily Life & Employment, QC	Transition Adulthood	Daily Life & Employment	
Planning ahead: we all will die someday	Ginger Pottenger	08/16/2020	It's never easy to talk about death, dying, or the people we will leave behind. But Ginger knew it was an important plan to have early on for her daughter, Kandi, who has a developmental disability. Knowing that she wanted to be closer to family as they both grew older, Ginger and Kandi moved to Arizona to be closer to her second daughter and family, ensuring that her grandsons knew Aunt Kandi and what Grandma Ginger expected. Here, she tells more of the story and how their whole family is part of long-term support for one another. Ginger Pottenger and her daughter Kandi Clubine live in Arizona.	family, mom, parent, parenting, parents, kids, children, death, dying, plan, will, age, aging, Social & Spirituality, QC	Adulthood Aging	Social & Spirituality; Safety & Security	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
My experience with my transplant surgery	Nicholas Herran	08/16/2020	When Nicholas had the opportunity for an organ transplant that would change his life, he was nervous - but also excited! He reflects on his experience. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana. <a href="https://www.in.gov/gpcpd/2465.htm">https://www.in.gov/gpcpd/2465.htm</a>	health, healthy, medical, doctor, surgery, Healthy Living, QC	All	Healthy Living	
Never burn your bridges: Education	Ginger Pottenger	08/16/2020	In her role as the parent of a daughter with a disability, Ginger learned early to "never burn your bridges." As Ginger explains, "It doesn't mean not to stand your ground and advocate for what you know is right for your son or daughter with a disability, but remember to listen to different perspectives." She shares how advocating and working with others throughout Kandi's education helped lead to an inclusive experience for her daughter, all the way through walking the stage at graduation. Ginger and Kandi share their story from Arizona.	family, mom, parent, parenting, parents, kids, children, education, inclusive, inclusion, educate, school, advocate, rights, graduate, graduation, Daily Life & Employment, QC	Early childhood School age Transition	Daily Life & Employment	
Never burn your bridges: Employment	Ginger Pottenger	08/16/2020	Ginger shares why it's important to "Never burn your bridges" when it comes to employment. Ginger Pottenger and her daughter Kandi Clubine live in Arizona.	family, mom, parent, parenting, parents, kids, children, employment, inclusive, inclusion, job, jobs, career, work, advocate, rights, Daily Life & Employment, QC	Early childhood School age Transition Adulthood	Daily Life & Employment	
Nicholas, an active advocate for himself	Nicholas Herran	08/16/2020	Meet Nicholas Herran, a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana. He talks about self-advocacy and why it is important to him. <a href="https://www.in.gov/gpcpd/2465.htm">https://www.in.gov/gpcpd/2465.htm</a>	self-advocacy, self-advocate, advocacy, advocate, learn, grow, independence, Advocacy & Engagement, QC	School Age Transition Adulthood Aging	Advocacy & Engagement	
Learning from Partners in Policymaking (IN)	Nicholas Herran	08/16/2020	Partners in Policymaking ( <a href="https://www.in.gov/gpcpd/2465.htm">https://www.in.gov/gpcpd/2465.htm</a> ) teaches leadership and advocacy to participants across the country. Nicholas talks about his experience in Indiana and what he learned from the program. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana. <a href="https://www.in.gov/gpcpd/2465.htm">https://www.in.gov/gpcpd/2465.htm</a>	self-advocacy, self-advocate, advocacy, advocate, learn, grow, independence, Advocacy & Engagement, QC, Partners in Policymaking	School Age Transition Adulthood Aging	Advocacy & Engagement	
Let's talk about work potential	Garret Rosiek	08/16/2020	Do we underestimate people with disabilities when it comes to work? Garret believes that possibilities of work are endless. It helps if we are honest with ourselves with what type of employment we want and what factors are important to our work environment. Garret Rosiek is the co-founder and CEO of Teachability ( <a href="http://www.teachability.org">www.teachability.org</a> ). Garret serves as the Career Development Coordinator at Elmhurst College EL SA /Elmhurst Learning and Success	job, jobs, career, employment, match, job coach, Daily Life & Employment, QC, job seeker, job hunt	Transition Adulthood	Daily Life & Employment	
Meal Basics: Serving Sizes	Sara Sherman	08/16/2020	Do you spend a lot of time prepping, planning, cooking, and prepping food? In this video, Sara offers some basic tips when it comes to serving sizes. For more resources and visuals, check out <a href="https://www.choosemyplate.gov/choosemyplate">ChooseMyPlate.gov</a> ( <a href="https://www.choosemyplate.gov/choosemyplate">https://www.choosemyplate.gov/choosemyplate</a> ). Sara Sherman has been organizing people and work for decades. Her intuitive business sense is on target, and she gets to the root of agency issues quickly. Sara holds a bachelor's degree in Public Relations	health, healthy, nutrition, food, eating, meals, meal prep, dinner, lunch, breakfast, cook, shop, grocery, groceries, Healthy Living, QC	Transition Adulthood	Healthy Living	
Meal Basics: How to Read Food Labels	Sara Sherman	08/16/2020	Do you help with food shopping for the people you support - or for yourself? In this videos' Meal Basics, Sara gives some tips on how to read food labels. Sara Sherman has been organizing people and work for decades. Her intuitive business sense is on target, and she gets to the root of agency issues quickly. Sara holds a bachelor's degree in Public Relations and a master's in Public Administration. Sara has served individuals with disabilities and other vulnerable populations in the	health, healthy, nutrition, food, eating, meals, meal prep, dinner, lunch, breakfast, cook, shop, grocery, groceries, Healthy Living, QC	Transition Adulthood	Healthy Living	
Stress Management: A Meditation with Flowers	Quillo & Mad Hatter Wellness	08/19/2020	This meditation will address Stress Management. To start, "Sit or lie comfortably with your eyes closed or gaze turned down. Take a few deep breaths and let yourself settle in. Feel yourself letting go of any tension you are holding in your body. Let your muscles ease and your breathing slow." Try this meditation on your own, listening to it a few times if needed. You might also consider sharing it with someone in your life! Text for this meditation was adapted from Mad Hatter Wellness ( <a href="http://www.madhatterwellness.com">www.madhatterwellness.com</a> )	meditation, meditate, relax, stress management, stress, stressed, anxiety, calm, calming, Healthy Living, QC	All	Healthy Living	

## Quillo Connect Videos (Public Library\_As of August 2023)

Quillo Connect Videos (Public Library_As of August 2023)				Keywords (Tags)	Age Ranges	Life Domain	State Services
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
A Meditation for Helping My Community	Quillo & Mad Hatter Wellness	08/19/2020	This meditation will address Helping My Community. To start, "Sit or lie comfortably with your eyes closed or gaze turned down. Take a few deep breaths and let yourself settle in. Feel yourself relaxing more and more with each breath. Let your muscles relax and your breathing slow. Allow your body to relax from head to toe." When you are done, Take 3 deep breaths and start to bring yourself back to this room. Bring some movement into your body. Wiggle your toes, wiggle your	meditation, meditate, relax, stress management, stress, stressed, anxiety, calm, calming, helping my community, role, neighborhood Healthy Living, QC	All	Healthy Living	
Facing Your Fears: A Meditation to Prepare	Quillo & Mad Hatter Wellness	08/19/2020	Do you have something coming up in your life that makes you nervous? This meditation will address Facing Your Fears. To start, "Sit or lie comfortably with your eyes closed or gaze turned down. Take a few deep breaths and let yourself settle in. Feel yourself letting go of any tension you are holding in your body. Let your muscles ease and your breathing slow." When you are done, open your eyes. take a deep breath in and sigh it out. One more deep breath in and sigh it out. Try this meditation on your own, listening to it a few times if needed. You might also consider sharing it with someone in your life! Text for this meditation was adapted from Mad Hatter Wellness.	meditation, meditate, relax, stress management, stress, stressed, anxiety, calm, calming, fear, worry, nervous, scared, Healthy Living, QC	All	Healthy Living	
A Meditation for Goal Setting	Quillo & Mad Hatter Wellness	08/19/2020	Do you have a goal you want to accomplish? This meditation will address Goal Setting and help us visualize success. To start, "Sit or lie comfortably with your eyes closed or gaze turned down. Take a few deep breaths and let yourself settle in. Feel yourself letting go of any tension you are holding in your body. Let your muscles ease and your breathing slow." When you are done, Take 3 deep breaths and start to bring yourself back to this room. Bring some movement into your body. Wiggle	meditation, meditate, relax, stress management, stress, stressed, anxiety, calm, calming, goals, goal setting, Healthy Living, QC	All	Healthy Living	
Self-Advocacy: learning from others	Nicholas Herran	08/19/2020	Nicholas is an active self-advocate, but it didn't happen overnight. He encourages people who are interested in self-advocacy to talk to and learn from others. Reach out to local self-advocate groups, such as Self-Advocates of Indiana. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana. <a href="https://www.in.gov/gpcpd/2465.htm">https://www.in.gov/gpcpd/2465.htm</a>	self-advocacy, self-advocate, advocacy, advocate, learn, grow, independence, Advocacy & Engagement, QC	School Age Transition Adulthood Aging	Advocacy & Engagement	
Speaking up for what I want in life	Nicholas Herran	08/19/2020	Nicholas shares multiple examples of things he has spoken up for in the past. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana. <a href="https://www.in.gov/gpcpd/2465.htm">https://www.in.gov/gpcpd/2465.htm</a>	self-advocacy, self-advocate, advocacy, advocate, learn, grow, independence, Advocacy & Engagement, QC	School Age Transition Adulthood Aging	Advocacy & Engagement	
The 3 Pillars of Disability Rights Laws	Paul Marchand	08/19/2020	Meet Paul Marchand, a long-time disability rights advocate. He introduces himself as well as what he calls the "Three Pillars of Disability Rights: the Americans with Disabilities Act, CRIPA (Civil Rights for Institutionalized Persons Act), and IDEA (Individuals with Disabilities Education Act ). Paul Marchand is an influential leader in the disability rights movement. His career spanned 40 years working on national disability rights laws in Washington, DC. He worked with The Arc US and United Cerebral Palsy and spent 25 years as the Chairman of the Consortium for Citizens with Disabilities, the major DC-based coalition of national disability organizations.	history, disability rights, laws, legal, historic, ADA, IDEA, CRIPA, legislation, advocacy, QC, Advocacy & Engagement	School Age Transition Adulthood Aging	Advocacy & Engagement	
The need for advocacy to push laws to implementation	Paul Marchand	08/19/2020	Laws without implementation don't mean much! Paul explains why it's important for advocacy to work with government at the local, state, and national levels. It can be a constant struggle to push the groups that are responsible. Paul Marchand is an influential leader in the disability rights movement. His career spanned 40 years working on national disability rights laws in Washington, DC. He worked with The Arc US and United Cerebral Palsy and spent 25 years as the Chairman of the Consortium for Citizens with Disabilities, the major DC-based coalition of national disability organizations.	history, disability rights, laws, legal, historic, ADA, IDEA, CRIPA, legislation, advocacy, QC, Advocacy & Engagement	School Age Transition Adulthood Aging	Advocacy & Engagement	
The universal impact of the ADA	Paul Marchand	08/19/2020	Even though Paul Marchand is not disabled, it is easy to point to ways that universal design (such as curb cuts) helps everybody! Paul Marchand is an influential leader in the disability rights movement. His career spanned 40 years working on national disability rights laws in Washington, DC. He worked with The Arc US and United Cerebral Palsy and spent 25 years as the Chairman of the Consortium for Citizens with Disabilities, the major DC-based coalition of national disability organizations.	history, disability rights, laws, legal, historic, ADA, IDEA, CRIPA, legislation, advocacy, QC, Advocacy & Engagement	School Age Transition Adulthood Aging	Advocacy & Engagement	
TeachAbility: A Job Matching Platform	Garret Rosiek	08/19/2020	Garret Rosiek introduces us to TeachAbility, a Chicago-based organization established in 2017 that uses an online matching system to link job seekers with employers. Garret Rosiek is the co-founder and CEO of Teachability (www.teachability.org). Garret serves as the Career Development Coordinator at Elmhurst College ELSA (Elmhurst Learning and Success Academy) <a href="https://www.elmhurst.edu/academics/elmhurst-learning-success-academy/">https://www.elmhurst.edu/academics/elmhurst-learning-success-academy/</a> . Contact Garret here: <a href="mailto:grosiek@teachability.org">grosiek@teachability.org</a> . This music is from <a href="http://www.bensound.com">www.bensound.com</a> .	job, jobs, career, employment, match, job coach, Daily Life & Employment, QC, job seeker, job hunt	Transition Adulthood	Daily Life & Employment	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Tips for managing the job hunt	Garret Rosiek	08/19/2020	Looking for a job can be a tiring and discouraging process. Garret encourages us to break down the steps to complete the application, including working with a job coach or family member, networking, and advocating for the type of job you want. Garret Rosiek is the co-founder and CEO of Teachability (www.teachability.org). Garret serves as the Career Development Coordinator at	job, jobs, career, employment, match, job coach, Daily Life & Employment, QC, job seeker, job	Transition Adulthood	Daily Life & Employment	
The benefits of working	Garret Rosiek	08/19/2020	In addition to a paycheck, there are a lot of benefits of working! Garret talks about how working goes hand-in-hand with self-confidence and advocacy. Garret Rosiek is the co-founder and CEO of Teachability (www.teachability.org). Garret serves as the Career Development Coordinator at	job, jobs, career, employment, match, job coach, Daily Life & Employment, QC, job seeker, job	Transition Adulthood	Daily Life & Employment	
Tacos! One favorite food, endless activities	Sara Sherman	08/19/2020	Looking for ways to make the most out of meals? Dinner can be more about just eating the meal! Sara offers great tips for creating different activities based on one favorite food - in this case, TACOS! Sara Sherman has been organizing people and work for decades. Her intuitive business sense is on target, and she gets to the root of agency issues quickly. Sara holds a bachelor's degree in Public Relations and a master's in Public Administration. Sara has served individuals with disabilities and other vulnerable populations in the areas of residential services, community	food, activities, ideas, meals, things to do, idea, activity, bored, meal prep	Transition Adulthood	Daily Life & Employment	
When we have to repeat ourselves	Sara Sherman	08/19/2020	Communication can be a challenge, especially if it feels like you are repeating yourself over and over! Whether it's with people in your family, colleagues, roommates, friends, or the people you support, you may need to repeat yourself - maybe up to 7 times! Sara encourages us to practice patience and remember it's common to have to hear things multiple times. Sara Sherman has been	understanding, communication, communicate, directions, direct, talk, understand, comprehension, QC, Community	Transition Adulthood	Community Living	
What's for lunch? Tips for making a menu	Sara Sherman	08/19/2020	What's for lunch? Sara offers advice on how to create a menu for the week. This encourages healthy eating and makes prep easier! For more resources and visuals, check out ChooseMyPlate.gov ( <a href="https://www.choosemyplate.gov/eathealthy/WhatsMyPlate">https://www.choosemyplate.gov/eathealthy/WhatsMyPlate</a> ) Sara Sherman has been organizing people and work for decades. Her intuitive business sense is on target, and she gets to the root of agency issues quickly. Sara holds a bachelor's degree in Public Relations and a master's in Public Administration. Sara has served individuals with disabilities and other vulnerable populations in the areas of residential services, community employment, case management, housing, program management, investigations, services and supports, vocational rehabilitation, state policy development, compliance audits, and more.	health, healthy, nutrition, food, eating, meals, meal prep, dinner, lunch, breakfast, cook, shop, grocery, groceries, Healthy Living, QC	Transition Adulthood	Healthy Living	
Social distancing for social people!	Williams Hawkins	08/19/2020	Humans are social creatures, so social distancing and staying at home is a real change for many! William reflects on what that means for him and his family as they find new routines and keep one another safe at home. Tre Hawkins and his father, William, live in Indiana.	covid-19, coronavirus, pandemic, cope, coping, isolation, isolated, alone, lonely, social isolation, advocate, Daily Life & Employment, QC	Transition Adulthood	Daily Life & Employment	
Voting for people with disabilities	Nicholas Herran	08/19/2020	When it comes to voting, Nicholas explains the important of accessibility in polling places, including different ways a place can be accessible. He believes it is important for people with disabilities who are eligible to vote to know their options! Additional resources: US Election Assistance Committee - Resources for Voters with Disabilities <a href="https://www.eac.gov/voter_resources/resources_for_voters_with_disabilities.aspx">https://www.eac.gov/voter_resources/resources_for_voters_with_disabilities.aspx</a> American Association of People with Disabilities - Election Accessibility Toolkit <a href="https://aapd.kindful.com/register/rev-up-election-accessibility-toolkit">https://aapd.kindful.com/register/rev-up-election-accessibility-toolkit</a> Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana. <a href="https://www.in.gov/gpcpd/2465.htm">https://www.in.gov/gpcpd/2465.htm</a>	self-advocacy, self-advocate, advocacy, advocate, learn, grow, independence, Advocacy & Engagement, QC, Partners in Policymaking, Vote, voting, accessible, voting rights, civil rights	Transition Adulthood Aging	Advocacy & Engagement	
Video chat to see my friends	Nicholas Herran	08/19/2020	Social distancing has been hard, but Nicholas has found a great way combat loneliness and connect with people is through video chat. Whether it is due to social distancing, living far away from friends or family, or another reason, staying in touch by video platforms is another option! Check out Quillo's video "Zoom 101" for tips on how to use Zoom, one type of video chat platform. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for	friends, friend, social, relationships, community, Social & Spirituality, QC, technology, zoom, communicate	Transition Adulthood Aging	Social & Spirituality	
Meeting Our New Normal	Connie Twerski	10/12/2020	It has been a challenging year. Connie shares advice to cope and find support as we navigate our new normal. In her nineteen years of work in the field of developmental and intellectual disabilities, Connie Twerski has established a reputation as a pioneer in the community and an advocate for and with the people that she supports. Connie began her career doing direct support in a home that she helped develop for ten young women. Although Connie has since been involved with management, staff development and leadership, it was those ten women who were instrumental in	coping, cope, stress, normal, advice, 2020, support, reach out, stressed, anxiety, QC, Healthy Living	Adulthood Aging	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
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Make the time: You deserve it!	Connie Twerski	10/12/2020	Are you stressed? Maybe it is due to work, things at home, or just all that is happening around us. Connie shares advice for managing stress. As she says, "Make the time, you deserve it." In her nineteen years of work in the field of developmental and intellectual disabilities, Connie Twerski has established a reputation as a pioneer in the community and an advocate for and with the people that she supports. Connie began her career doing direct support in a home that she helped develop for ten young women. Although Connie has since been involved with management, staff development and leadership, it is these direct support experiences that have been most important in her life.	coping, cope, stress, normal, advice, 2020, support, reach out, stressed, anxiety, QC, Healthy Living	Adulthood Aging	Healthy Living	
Having a romantic relationship...socially distanced!	Sexuality for All Abilities	10/12/2020	Paige and Leah review ways to safely spend quality time with a romantic partner during the pandemic or a long-distance relationship. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	relationships, romance, social distance, socially distanced, sexuality, Social & Spirituality, QC	Adulthood Aging	Social & Spirituality	
Natural disasters: The importance of being prepared	Karyn Harvey	10/12/2020	When emergencies strike, are you prepared? Karyn reminds us that not only is there physical preparation, but having a plan and a network of support can make a big difference! Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years. Quillo is not an emergency response app. In case of an emergency, listen to the recommendations of your organization and local officials.	safety, disaster, natural disaster, hurricane, fire, help, support, QC, Safety & Security	All	Safety & Security	
Communicating during an evacuation	Karyn Harvey	10/12/2020	If you are ever faced with an evacuation of some kind, perhaps due to a natural disaster or other crisis, Karyn things communication is key. Have a network of people (and their contact information!) ready and know who your support system is. Not only can it help logistically, but emotionally! Please be safe! Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years. Quillo is not an emergency response app. In case of an emergency, listen to the recommendations of your organization and local officials.	safety, disaster, natural disaster, hurricane, fire, help, support, QC, Safety & Security	All	Safety & Security	
Talking about it ahead of time: It will be ok!	Karyn Harvey	10/12/2020	Is the news looking uncertain? Is it possible you, people your support, or others in your life may have to evacuate? Karyn encourages us to be prepared and talk about the possibility of evacuating before it happens. It may seem scary, but talking about it in advance may help ease uncertainty and fears should the time come. Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years. Quillo is not an emergency response app. In case of an emergency, listen to the recommendations of	safety, disaster, natural disaster, hurricane, fire, help, support, QC, Safety & Security	All	Safety & Security	
Looking ahead: This too shall pass	Karyn Harvey	10/12/2020	Karyn is here with a reminder that even in the worst of times, it is important to remember, "This too, shall pass." Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years. Quillo is not an emergency response app. In case of an emergency, listen to the recommendations of your organization and local officials.	safety, disaster, natural disaster, hurricane, fire, help, support, QC, Safety & Security	All	Safety & Security	
Being an advocate for others during an evacuation	Karyn Harvey	10/12/2020	Evacuations can be a scary and unsettling thing, and shelters may or may not be set up for people with disabilities. If you ever find yourself in a situation where you or people in your life are evacuated, you may need to be an advocate with and for them. Thank you for speaking up! Dr. Karyn Harvey ( <a href="http://www.karynharvey.org">www.karynharvey.org</a> ) is a psychologist, author, trainer, and speaker who has worked in the field of intellectual disabilities for over 25 years. Quillo is not an emergency response app. In case of an emergency, listen to the recommendations of your organization and local	safety, disaster, natural disaster, hurricane, fire, help, support, QC, Safety & Security	All	Safety & Security	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Mask up! with Nicholas	Nicholas Herran	10/12/2020	To help keep you and others safe, we are encouraged to wear masks when out in public. Nicholas talks about his experience wearing a mask and how he has gotten used to it. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana. This video is based on the author's personal experience during the pandemic. Quillo is not a medical health app. Check with your doctor before making medical decisions. Additional information on the coronavirus/Covid-19 is available from the Centers for Disease Control ( <a href="https://www.cdc.gov/coronavirus">https://www.cdc.gov/coronavirus</a> ).	health, healthy, medical, mask, covid-19, pandemic, face covering, stay safe, mask up, Healthy Living, QC	All	Healthy Living	
Learning about microaggressions with Ryene	Ryene Fenner	10/12/2020	What's a microaggression? Ryene explains and shares some examples based on her experience. Ryene Fenner has been a DSP for nearly 5 years in New York. She is a graduate student in NY, focused on her second Masters in English Education. Ryene also hosts a podcast, Coffee and Chaos.	race, racism, prejudice, ally	All	Advocacy & Engagement	
Being an ally for people of color	Ryene Fenner	10/12/2020	Ryene shares her perspective on how to be an ally for people of color. Ryene Fenner has been a DSP for nearly 5 years in New York. She is a graduate student in NY, focused on her second Masters in English Education. Ryene also hosts a podcast, Coffee and Chaos, with her friend <a href="https://linktr.ee/Coffeeandchaos">https://linktr.ee/Coffeeandchaos</a> , where they talk about topics that matter to them as young millennial moms and current events. This music is from <a href="http://www.Bensound.com">www.Bensound.com</a> . Learn more about Ryene's response in a multi-part blog series she did with NADSP, Summer 2020	race, racism, prejudice, ally	All	Advocacy & Engagement	
Answering difficult questions about Covid-19	Sexuality for All Abilities	10/12/2020	Are you hearing a lot of difficult questions about covid and the pandemic? How do we answer these questions? What if we don't even know the answers? The team from Sexuality for All Abilities has some advice. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities. Quillo is not a public health institution. Guidance based on recommendations up-to-date as of March 6, 2020, and may change as the situation develops.	communication, communicate, questions, covid-19, coronavirus, Healthy Living, QC	All	Healthy Living	
The Breathing Ball	Sexuality for All Abilities	10/12/2020	Take some calming breaths together! Join Leah, Paige, and Anna as they share some deep breaths using their breathing ball. Try this for yourself, or share with someone you know! Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	calm, anxiety, breath, breathing, calming, relaxation, relax, anxious, nervous, QC, Healthy Living	All	Healthy Living	
Volcano breath: to set some calm intention	Sexuality for All Abilities	10/12/2020	Intentional breathing sends a message to our brain and body that we are safe. Did you know there are different breathing techniques that serve different purposes? In this video, we will try "Volcano Breath," which is good for setting intentions. For more breathing exercises from Sexuality for All Abilities, check out "Zipper Breathing" (for relaxation) or "Lion's Breath" (to release energy and frustration). Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual	calm, anxiety, breath, breathing, calming, relaxation, relax, anxious, nervous, QC, Healthy Living	All	Healthy Living	
Zipper Breathing: for relaxation	Sexuality for All Abilities	10/12/2020	Intentional breathing sends a message to our brain and body that we are safe. Did you know there are different breathing techniques that serve different purposes? In this video, we will try "Zipper breathing," which is good for relaxation. For more breathing exercises from Sexuality for All Abilities, check out "Volcano Breath" (for setting intentions) or "Lion's Breath" (to release energy and frustration). Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual	calm, anxiety, breath, breathing, calming, relaxation, relax, anxious, nervous, QC, Healthy Living	All	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Lion's Breath: to release energy or frustration	Sexuality for All Abilities	10/12/2020	Intentional breathing sends a message to our brain and body that we are safe. Did you know there are different breathing techniques that serve different purposes? In this video, we will try "Lion's breath," which is good for releasing energy and frustration. For more breathing exercises from Sexuality for All Abilities, check out "Volcano Breath" (for setting intentions) or "Zipper breathing" (for relaxation). Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	calm, anxiety, breath, breathing, calming, relaxation, relax, anxious, nervous, QC, Healthy Living	All	Healthy Living	
Sharing a "Get to Know" Sheet during a natural disaster	Suzy Mayberry	10/12/2020	If you are ever faced with a natural disaster or need to evacuate, a resource like Suzy's "Get to Know" sheet might be helpful in a difficult time. Suzy Mayberry (MSW, LCSW) is a NC START East Clinical Team Lead. She has been working with the ID/D population for over 7 years and finds joy in what she does! She loves educating others and working in the community. Email Suzy here: <a href="mailto:suzy.mayberry@rhanet.org">suzy.mayberry@rhanet.org</a> Quillo is not an emergency response app. In case of an emergency, listen to the recommendations of your organization and local officials. Quillo is not an emergency response app. In case of an emergency, listen to the recommendations of your organization and	safety, disaster, natural disaster, hurricane, fire, help, support, prepared, preparedness, prepare, QC, Safety & Security	All	Safety & Security	
Making a "To Go" sensory bag to prepare for an emergency	Taylor White	10/12/2020	If an emergency evacuation occurs, what tools could you prepare ahead of time to help the situation? Taylor shares the idea of a "To Go Sensory Bag" for to have ready with items that may help calm you or someone you support. What else would you put in a sensory bag? Taylor White received her Master of Social Work Degree in 2018 and is currently pursuing her Clinical Licensure. She has been employed with NC START East since 2018 and is currently a Clinical Team Lead. Click the links to learn more about the Center for START Services <a href="https://www.centerforstartservices.org/">https://www.centerforstartservices.org/</a> or NC Start <a href="https://rhahealthservices.org/nc-start/">https://rhahealthservices.org/nc-start/</a> Quillo is not an emergency response app. In case of an emergency, listen to the recommendations of your organization and local officials.	safety, disaster, natural disaster, hurricane, fire, help, support, prepared, preparedness, prepare, QC, Safety & Security	All	Safety & Security	
Accomplishing big goals	Nicholas Herran	10/12/2020	Nicholas is all about accomplishing goals. He has high expectations for himself, and knows others do, too. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana.	advocacy, advocate, self-advocacy, self-advocate, self advocacy, self advocate, goals,	School Age Transition Adulthood	Advocacy & Engagement	
What is IDEA? Learning about the education act	Paul Marchand	10/12/2020	IDEA, or the Individuals with Disabilities Education Act, addresses the right to education for all children. Originally passed in 1973, IDEA has been amended over the years to ensure more rights protections for students. Paul Marchand is an influential leader in the disability rights movement.	history, law, legal, legislation, advocacy, advocate, rights, education, school, learning,	School Age Transition Adulthood	Advocacy & Engagement	
What is CRIPA? Protecting where we live	Paul Marchand	10/12/2020	In 1984, the US Congress passed, the Civil Rights of Institutionalized Persons Act, otherwise known as CRIPA. Paul explains what this law does to protect the rights of people with disabilities who live in state institutions. Paul Marchand is an influential leader in the disability rights	history, law, legal, legislation, advocacy, advocate, rights, community, institutions,	School Age Transition Adulthood	Advocacy & Engagement	
Jillaine's favorite apps for staying connected	Jillaine Baker	10/12/2020	It's more important than ever to stay connected with others, and apps and technology help make that easier. If you or the person you support uses a smartphone or tablet, Jillaine shares a few apps and programs for staying connected, including her favorite, Marco Polo. Check out your app	safety, disaster, prepare, preparedness, communicate, communication, stay in touch,	Transition Adulthood Aging	Social & Spirituality	
Why privacy matters	Sexuality for All Abilities	10/12/2020	Do you live with family or roommates? Do you ever just need a moment by yourself? Anna and Leah talk about why privacy is important, especially when people are home more often. They share examples of times when privacy matters as well as advice for how to set boundaries with the	privacy, private, boundaries, communication, relationships, roommates, living at home, QC,	Transition Adulthood Agingng	Daily Life & Employment	
Lots of video calls? Advice for staying safe online	Sexuality for All Abilities	10/12/2020	We are using video calls more than ever to communicate, whether with friends, teachers and classmates, coworkers, and family. Did you know that video calls with people are a public place? Yes, even if you are in your own room with the door locked! There are steps you can take to make sure you are safe and only doing public behaviors during a video call. Sexuality for All Abilities ( <a href="https://www.sexualityforallabilities.com/">https://www.sexualityforallabilities.com/</a> ) is an organization for parents, support staff, and self-advocates to find tips, tools, and resources to support the sexual health of people with disabilities.	communication, relationships, online, safety, internet, technology, safe, QC, Safety & Security	Transition Adulthood Agingng	Safety & Security	

## Quillo Connect Videos (Public Library\_As of August 2023)

Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Vote! (resources in description)	Hammer Residences	10/15/2020	There's an election coming up! Are you and/or others in your life all set? Do you have questions about voting? Perhaps you want to know more about how to vote early or how to register? Well this fun video will hopefully answer your questions. This video is geared towards Minnesota, but you can find out about your own state by visiting <a href="http://www.vote.org">www.vote.org</a> . This is a nonpartisan website where you can look up information by state.	voting, vote, minnesota, election, democracy, QC, Advocacy & Engagement	Transition Adulthood Aging	Advocacy & Engagement	
Stressful situation? Choose your words wisely!	Andrea Caoili	10/30/2020	Language matters, especially in times of heightened stress such as an emergency, evacuation, or crisis. How does the language you use help a person feel safe and reassured? Andrea Caoili is a licensed clinical social worker with more than 10 years of experience in field of social work. She specializes in working with individuals with intellectual and developmental disabilities and their families.	stress, stressful, support, anxiety, evacuation, emergency, preparing, prepare, QC, Security & Safety	Adulthood Aging	Safety & Security	
Autism is a Magical Spectrum	Cody Clark	10/30/2020	People's first thoughts about autism tend to be rather black & white. But with his magic, Cody reveals that it's actually quite a magical spectrum! Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	Autism, Autistic, Spectrum, magic, magician, just for fun, smile, QC, Advocacy & Engagement	All	Advocacy & Engagement	
Complex emotions: Planning for ALL Outcomes	Cody Clark	10/30/2020	Emotions are real and can sometimes be hard to handle. In order to manage expectations and prepare for all outcomes, Cody explains how you can prepare for the BEST, WORST, and OKAY scenario. Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	emotions, emotion, expression, express, feelings, feeling, QC, Healthy Living	All	Healthy Living	
Being Autistic During a Crisis: 3 Tips	Cody Clark	10/30/2020	Dealing with the pandemic has been hard on everybody. In this video, Cody shares 3 tips for loving somebody with Autism or another disability during a time of crisis. Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	Autism, Autistic, pandemic, Covid, advice, routine, crisis, QC, Healthy Living	All	Healthy Living	
Collecting Leaves - ideas and activities	Quillo	10/30/2020	Looking for something to do this fall? Head outside for a leaf walk in your yard, neighborhood, or someplace new. Bring a bag to gather a variety of leaves and use them for different activities. Curious what kind of tree it's from? Check out free apps like "PlantNet" or check out a local parks and recreation website to learn about the trees in your area. See Quillo's Craft Corner videos to learn how to turn your leaves into a Leaf Bowl or use for Leaf Painting!	activities, ideas, indoor, outdoor, fall, autumn, bored, activity, idea, paint, art, nature, leaves, leaf, learn	School age Transition Adulthood	Daily Life & Employment	
Crafts Corner: Leaf Bowl	Quillo	10/30/2020	In this video, we'll share the materials and steps you'll need to turn your autumn leaves into a decorative Leaf Bowl! You'll need a pile of leaves, scissors, a sponge or sponge brush, a balloon, and Mod Podge or glue. See the "Collecting Leaves: Ideas and Activities" video for more about autumn leaves. Looking for another craft with leaves? Check out Crafts Corner: Leaf Painting for more.	activities, ideas, indoor, outdoor, fall, autumn, bored, activity, idea, paint, art, nature, leaves, leaf, learn	School age Transition Adulthood	Daily Life & Employment	
Crafts Corner: Leaf Painting	Quillo	10/30/2020	There are plenty of ways to get crafty this season. In this video, we'll share the materials and steps you'll need to try leaf painting. You'll need a pile of leaves, paint, sponges or sponge brushes, paper, and something to squeeze paint on (like a paper plate). If you want to turn your leaf paintings into notecards to send to someone, grab an envelope and stamp, too! See the "Collecting Leaves: Ideas and Activities" video for more about autumn leaves. Looking for another craft with leaves? Check out Crafts Corner: Leaf Bowl for more.	activities, ideas, indoor, outdoor, fall, autumn, bored, activity, idea, paint, art, nature, leaves, leaf, learn	School age Transition Adulthood	Daily Life & Employment	
A toast to opportunities	Cody Clark	10/30/2020	Cody's autism has given him both lots of opportunities and lots of knots in life. Since he's learned to see them as opportunities, they fall off like magic! Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	Autism, Autistic, Spectrum, magic, magician, just for fun, smile, QC, Advocacy & Engagement	School age Transition Adulthood	Advocacy & Engagement	
Hard skills vs. soft skills in work	Garret Rosiek	11/6/2020	Garret explains the difference between hard skills and soft skills in the workplace. While hard skills may be specific tasks for a certain job, soft skills are "executive function skills" are skills you can take with you from job to job or other experience. Some examples are communication, adaptability, time management, and leadership. Soft skills are often the difference between a good job and a great job. If you are supporting an individual who is preparing to evacuate, the stress and anxiety may be overwhelming. Here, Andrea introduces PERMA, a tool to support people working through a challenging time. Check out the 5 PERMA videos where she explores each letter: P = Positive Emotions, R = Relationships, M = Meaning, A = Accomplishment/Action, and E = Engage.	job, jobs, career, employment, match, job coach, Daily Life & Employment, QC, job seeker, job stress, stressful, support, anxiety, evacuation, emergency, preparing, prepare, QC, Security & Safety, PERMA	Transition Adulthood	Daily Life & Employment	
Using PERMA to support people during an evacuation	Andrea Caoili	11/18/2020	PERMA is a tool to support people working through a challenging time. Check out the 5 PERMA videos where she explores each letter: P = Positive Emotions, R = Relationships, M = Meaning, A = Accomplishment/Action, and E = Engage.	stress, stressful, support, anxiety, evacuation, emergency, preparing, prepare, QC, Security & Safety, PERMA	Adulthood Aging	Safety & Security	
When companies take a moral stand	Ryene Fenner	11/18/2020	Speaking as a Black DSP, Ryene shares what it means to her to know who her allies are at work. Certain topics can be difficult to discuss, but it is important for companies and leaders to speak with their morals and values in mind. Ryene Fenner has been a DSP for nearly 5 years in New York. She is a proud member of the NY Council on Leadership Matters in Faithful Education. She is also a member of the National Council on Leadership Matters in Faithful Education.	race, racism, prejudice, leadership, values, morals	All	Advocacy & Engagement	



## Quillo Connect Videos (Public Library\_As of August 2023)

Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Addressing misconceptions about transgender and nonbinary individuals	Madison Burress	11/18/2020	Are you familiar with the terms "transgender" or "cisgender?" What does it mean to be masculine or feminine? Madison addresses some misconceptions about these terms. Learn more at GLAAD ( <a href="https://www.glaad.org/reference/transgender">https://www.glaad.org/reference/transgender</a> ). Madison recently graduated from Millikin University with a BA in Philosophy/Pre-Law and Human Services. They are an extremely passionate advocate for many social justice causes, and they believe that the best quality they have is how much they love their friends. Their dream for the future is to become a licensed lawyer and social worker.	pronouns, pronoun, gender, cisgender, cis, transgender, nonbinary	School age Transition Adulthood Aging	Social & Spirituality	
She, not he! What it means to misgender someone	Madison Burress	11/18/2020	If you have told someone your pronouns are "he/him," but people continue to call you "She," that is an example of "misgendering." Madison explains more about this topic and why it can be so hurtful. While it is important to respect people's genders, one exception to this might be if someone is not	gender, misgender, wrong gender, he, they, them, she	School age Transition Adulthood Aging	Social & Spirituality	
Misgendering mistakes - tips to learn and move on	Madison Burress	11/18/2020	If someone recently shared their pronouns with you, it may take some getting used to. Mistakes happen and that's okay! Madison shares how you can apologize, learn, and move on. However, if the misgendering is intentional, that is harmful and discriminatory. Learn more at GLAAD ( <a href="https://www.glaad.org/reference/transgender">https://www.glaad.org/reference/transgender</a> ). Madison recently graduated from Millikin University with a BA in Philosophy/Pre-Law and Human Services. They are an extremely passionate advocate for many social justice causes, and they believe that the best quality they have is how much they love their friends. Their dream for the future is to become a licensed lawyer and social worker.	gender, misgender, wrong gender, he, they, them, she	School age Transition Adulthood Aging	Social & Spirituality	
Being supportive of people if they come out to you	Madison Burress	11/18/2020	Did someone you support recently come out to you? Learning their pronouns may take a bit of practice, so Madison is here to offer some advice! Learn more at GLAAD ( <a href="https://www.glaad.org/">https://www.glaad.org/</a> ). Madison recently graduated from Millikin University with a BA in Philosophy/Pre-Law and Human Services. They are an extremely passionate advocate for many social justice causes, and they believe that the best quality they have is how much they love their friends. Their dream for the future is to become a licensed lawyer and social worker.	gender, misgender, wrong gender, he, they, them, she, LGBTQ, lesbian, gay, bisexual, transgender, queer	School age Transition Adulthood Aging	Social & Spirituality	
The harm in "outing" someone	Madison Burress	11/18/2020	If someone has told you personal information about their gender or sexual orientation, that information may be private and confidential. Sharing it without their permission is called "outing" someone - and should be avoided! Madison explains more about what it means to "out" someone and why it can be dangerous. It is also possible that the individual hasn't come out to everybody - if you are talking about them to someone else, don't share any personal information (including their pronouns or sexual orientation) without their permission. When in doubt, ask them first! Learn more at GLAAD ( <a href="https://www.glaad.org/">https://www.glaad.org/</a> ). Madison recently graduated from Millikin University with a BA in Philosophy/Pre-Law and Human Services. They are an extremely passionate advocate for many social justice causes, and they believe that the best quality they have is how much they love their friends. Their dream for the future is to become a licensed lawyer and social worker.	gender, misgender, wrong gender, he, they, them, she, LGBTQ, lesbian, gay, bisexual, transgender, queer, sexuality	School age Transition Adulthood Aging	Social & Spirituality	
Being an ally to LBGTQ+ individuals	Madison Burress	11/18/2020	Are there people in your life who are lesbian, gay, bisexual, transgender, queer, or another identifier? How can you be an ally to LGBTQ+ individuals in your life? Madison shares advice - it pretty much comes down to listening to them and speaking up for them when possible! Learn more at GLAAD ( <a href="https://www.glaad.org/">https://www.glaad.org/</a> ). Madison recently graduated from Millikin University with a BA in Philosophy/Pre-Law and Human Services. They are an extremely passionate advocate for many social justice causes, and they believe that the best quality they have is how much they love their friends. Their dream for the future is to become a licensed lawyer and social worker.	gender, misgender, wrong gender, he, they, them, she, LGBTQ, lesbian, gay, bisexual, transgender, queer, sexuality, QC, Social & Spirituality	School age Transition Adulthood Aging	Social & Spirituality	
Three Core Secrets	Cody Clark	11/18/2020	In Cody's Quillo videos, he is going to help "fill in the gaps" on three core secrets: Self Management, People Management, and Emotional Management. Check out his other videos to learn more - you've got a lot to look forward to! Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	Autism, Autistic, Spectrum, magic, magician, just for fun, smile, QC, Advocacy & Engagement	Transition Adulthood	Advocacy & Engagement	
Working on Accountability	Cody Clark	11/18/2020	Do you have accountability in your life? Who or what holds you accountable? Cody shares some advice for holding yourself accountable. Share these tips with someone you support! Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	accountable, accountability, progress, goal setting, self advocacy, QC, Advocacy & Engagement	Transition Adulthood	Advocacy & Engagement	
Reasons to consider Self-Employment	Cody Clark	11/18/2020	Cody shares the reasons he's chosen to be self employed and why you might want to consider it. Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	employment, self-employment, employed, self-employed, jobs, career, job, work, working, careers, jobs, job coach, QC, Daily Life & Employment, Autism, Autistic, spectrum	Transition Adulthood Aging	Daily Life & Employment	
Targeted Marketing: Tips for Self-Employment	Cody Clark	11/18/2020	If a shortcut to being successfully self employed exists, it's called targeted marketing. Cody will share what exactly this is and how this cuts the amount of work you have to do in half. Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	employment, self-employment, employed, self-employed, jobs, career, job, work, working, careers, jobs, job coach, QC, Daily Life & Employment,	Transition Adulthood Aging	Daily Life & Employment	

## Quillo Connect Videos (Public Library\_As of August 2023)

Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Advice for Self-Employment	Cody Clark	11/18/2020	Are you interested in being self employed? Cody shares what you need to do immediately to get started. Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	employment, self-employment, employed, self-employed, jobs, career, job, work, working, careers, jobs, job coach, QC, Daily Life & Employment,	Transition Adulthood Aging	Daily Life & Employment	
Finding "Engagement" during stressful situations (PERMA)	Andrea Caoili	11/18/2020	In PERMA, E = Engagement. In this case, "engagement" may mean finding meaningful interactions with people and your environment. Andrea shares advice for how to engage people during a stressful time, such as developing a routine. Check out the 5 PERMA videos where she explores each letter: P = Positive Emotions, E = Engagement, R = Relationships, M = Meaning, A = Accomplishment/Achievement. Andrea Caoili is a licensed clinical social worker with more than 10	stress, stressful, support, anxiety, evacuation, emergency, preparing, prepare, QC, Security & Safety, PERMA, Engagement	Transition Adulthood Aging	Safety & Security	
Making Space for Grace this Holiday Season	Quillo	11/23/2020	Like a lot of 2020 and 2021, this holiday season from Thanksgiving onward, is likely going to look different this year. Maybe you aren't seeing people you typically visit, maybe there are fewer people around the table, or maybe you're missing Grandma's homemade pie. The same may be true for the people you support - perhaps they aren't able to visit family, and while video chat is great, it just isn't the same. We do this in the name of health and safety for ourselves and for our neighbors.	thanks, grace, thanksgiving, sad, missing, holidays, covid-19, 2020, celebrate, celebration, appreciation, traditions, tradition, meals, together, christmas,	All	Social & Spirituality, Healthy Living	
3 Core Questions: Honoring spirituality in human services	Bill Gaventa	11/24/2020	Who am I? Why am I? Whose am I? Reverend Bill Gaventa shares these three core questions and how they relate to honoring a person's spirituality in human services. Rev. Bill Gaventa is the Founder and Director Emeritus of the Institute on Theology and Disability ( <a href="http://theologydisability.org">theologydisability.org</a> ), current Director of the National Collaborative on Faith and Disability and author of <i>Disability and Spirituality: Recovering Wholeness</i> . Contact Bill here:	spirituality, religion, faith, Social & Spirituality, QC, core questions, think, why, who, whose	All	Social & Spirituality	
Preparing for an Evacuation	Andrea Caoili	11/25/2020	The possibility of an evacuation can be stressful for everybody, including as a DSP. Andrea has some suggestions for items to prepare, including medications, phone numbers, and what items an individual may need for communication or to have their best day. Andrea Caoili is a licensed clinical social worker with more than 10 years of experience in field of social work. She specializes in serving children and adults with intellectual and developmental disabilities and co-occurring mental	stress, stressful, support, anxiety, evacuation, emergency, preparing, prepare, QC, Security & Safety	Adulthood Aging	Safety & Security	
Using Positive Emotions to support during stressful experiences (PERMA)	Andrea Caoili	11/25/2020	In PERMA, P = Positive Emotions. Andrea encourages Positive Emotions to support somebody during a crisis, such as an emergency or evacuation. She shares some advice for how to support and look for positive emotions. Check out the 5 PERMA videos where she explores each letter: P = Positive Emotions, E = Engagement, R = Relationships, M = Meaning, A = Accomplishment/Achievement. Andrea Caoili is a licensed clinical social worker with more than 10	stress, stressful, support, anxiety, evacuation, emergency, preparing, prepare, QC, Security & Safety, PERMA, Positive Emotions	Adulthood Aging	Safety & Security	
5 Ways to Express Gratitude	JoAnna Battle	11/25/20	Here are 5 quick ways to let others appreciate you this season. A kind word goes a long way. Thank you to JoAnna Battle at MHMR-TC for sharing this video with the Quillo Community!	appreciation, gratitude, kindness	All	Social & Spirituality	
"Who am I?" Supporting a spiritual question	Bill Gaventa	11/25/2020	Rev. Bill Gaventa helps unpack the question, "Who am I?" and why considering this at a spiritual level is important for everybody. Learn more about these 3 Core Questions in other videos from Bill: Who am I? Why am I? Whose am I? Reverend Bill Gaventa is the Founder and Director Emeritus of the Institute on Theology and Disability ( <a href="http://theologydisability.org">theologydisability.org</a> ), current Director of the National	spirituality, religion, faith, Social & Spirituality, QC, core questions, think, why, who, whose	All	Social & Spirituality	
"Why am I?" Supporting a spiritual question	Bill Gaventa	11/25/2020	"Why" can be a really big question. Reverend Bill Gaventa shares how it relates to disability services and gives advice for how to support someone with a disability to answer the question, "Why am I?" Learn more about these 3 Core Questions in other videos from Bill: Who am I? Why am I? Whose am I? Rev. Bill Gaventa is the Founder and Director Emeritus of the Institute on Theology and Disability ( <a href="http://theologydisability.org">theologydisability.org</a> ), current Director of the National Collaborative on Faith and Disability and author of <i>Disability and Spirituality: Recovering Wholeness</i> . Contact Bill	spirituality, religion, faith, Social & Spirituality, QC, core questions, think, why, who, whose	All	Social & Spirituality	
"Whose am I?" Supporting a spiritual question	Bill Gaventa	11/25/2020	"Whose am I?" Who do we belong to? The need for belonging is about relationships (friends and family), not geographic location (like living in a group home). Reverend Bill Gaventa looks at "whose" in terms of relationships - who are people connected to? How can we help people make connections? Learn more about these 3 Core Questions in other videos from Bill: Who am I? Why am I? Whose am I? Rev. Bill Gaventa is the Founder and Director Emeritus of the Institute on Theology and Disability ( <a href="http://theologydisability.org">theologydisability.org</a> ), current Director of the National Collaborative on Faith and Disability and author of <i>Disability and Spirituality: Recovering Wholeness</i> . Contact Bill here: <a href="mailto:bill.gaventa@gmail.com">bill.gaventa@gmail.com</a> .	spirituality, religion, faith, Social & Spirituality, QC, core questions, think, why, who, whose	All	Social & Spirituality	jd

Quillo Connect Videos (Public Library_As of August 2023)							
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Meet Madison	Madison Burress	11/25/2020	Meet Madison! Madison is a Community Support Manager in Wisconsin. In this video, Madison shares why they enjoy doing their job. Madison uses the pronouns "they/them." Check out "Learning about pronouns! She, Her, They, and more!" to learn about pronouns. Madison recently graduated from Millikin University with a BA in Philosophy/Pre-Law and Human Services. They are an extremely passionate advocate for many social justice causes, and they believe that the best	pronouns, pronoun, gender, DSP	School age Transition Adulthood Aging	Social & Spirituality	
Learning about pronouns! She, Him, They, and more!	Madison Burress	11/25/2020	In this video, Madison explains the different pronouns people use for themselves. Madison, for example, uses the pronouns "they/them." You could say about Madison, "They made a really great video." Madison explains why pronouns are important. Madison recently graduated from Millikin University with a BA in Philosophy/Pre-Law and Human Services. They are an extremely passionate advocate for many social justice causes, and they believe that the best quality they have is how much they love their friends. Their dream for the future is to become a licensed lawyer and social worker.	pronouns, pronoun, gender, Social & Spirituality, QC	School age Transition Adulthood Aging	Social & Spirituality	
An intro to gender: what does cisgender, transgender, and nonbinary mean?	Madison Burress	11/25/2020	Let's learn about gender, meaning the characteristics that might relate to femininity, masculinity, or something else. Madison shares the definition of cisgender, transgender, and nonbinary. Transgender and nonbinary terms, for instance, are umbrella terms. Nonbinary isn't a "third gender," but an umbrella term. Understanding these terms may be relevant for someone you support, a co-worker, or someone else in your life. Learn more at <a href="https://www.glaad.org/reference/transgender">GLAAD</a> ( <a href="https://www.glaad.org/reference/transgender">https://www.glaad.org/reference/transgender</a> ). Madison recently graduated from Millikin University with a BA in Philosophy/Pre-Law and Human Services. They are an extremely passionate advocate for many social justice causes, and they believe that the best quality they have is how much they love their friends. Their dream for the future is to become a licensed lawyer and social	pronouns, pronoun, gender, cisgender, cis, transgender, nonbinary, Social & Spirituality, QC	School age Transition Adulthood Aging	Social & Spirituality	
Unintentional harm: Microaggressions and gender	Madison Burress	11/25/2020	What is a microaggression? Microaggressions are indirect, subtle, and often unintentional forms of discrimination. Microaggressions exist in regards to race, gender, disability, mental health, and more. Madison recently graduated from Millikin University with a BA in Philosophy/Pre-Law and Human Services. They are an extremely passionate advocate for many social justice causes, and they believe that the best quality they have is how much they love their friends. Their dream for the future is to become a licensed lawyer and social worker.	Microaggression, discrimination, gender, disability, race, racism, sexism	School age Transition Adulthood Aging	Social & Spirituality	
Time Management: Cody's tips for being productive	Cody Clark	11/25/2020	Time management is a challenge for many with disabilities, Cody included. He's found an effective strategy from Timothy Ferris's book, "The Four Hour Workweek" which he presents for you to use. Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	employment, self-employment, employed, self-employed, jobs, career, job, work, working, careers, jobs, job coach, QC, Daily Life & Employment, Autism, Autistic, spectrum, time management, skills, productivity, organize, organized	Transition Adulthood Aging	Daily Life & Employment	
The Challenges of Self-Employment	Cody Clark	11/25/2020	Self employment is hard work and in this video, Cody is quite honest about that!  Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	employment, self-employment, employed, self-employed, jobs, career, job, work, working, careers, jobs, job coach, QC, Daily Life & Employment, Autism, Autistic, spectrum, rejection	Transition Adulthood Aging	Daily Life & Employment	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
The Positives of Self-Employment	Cody Clark	11/25/2020	Thinking about becoming self employed? While there are challenges (see Cody's other video, The Challenges of Self-Employment), don't fear! Cody doesn't regret being self employed one bit! He also shares what he loves about it! Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	employment, self-employment, employed, self-employed, jobs, career, job, work, working, careers, jobs, job coach, QC, Daily Life & Employment, Autism, Autistic, spectrum	Transition Adulthood Aging	Daily Life & Employment	
Maintaining Relationships and Connections during an emergency (PERMA)	Andrea Caoili	11/25/2020	In PERMA, R = Relationships. During an emergency or stressful time, it is important to stay connected. Andrea has advice on ways to support somebody using relationships - it may be as simple as having others reach out and try to stay in touch during the stressful situation. Check out the 5 PERMA videos where she explores each letter: P = Positive Emotions, E = Engagement, R = Relationships, M = Meaning, A = Accomplishment/Achievement. Andrea Caoili is a licensed clinical	stress, stressful, support, anxiety, evacuation, emergency, preparing, prepare, QC, Security & Safety, PERMA, Relationships	Transition Adulthood Aging	Safety & Security	
Finding Meaning and Achievement, even during an emergency (PERMA)	Andrea Caoili	11/25/2020	In PERMA, M = Meaning and A = Achievement/Accomplishment. When it comes to supporting somebody during a crisis, emergency, or stressful situation, such as an evacuation, Andrea shares how important it can be to help someone find meaning and ways to help during a crisis. If there is a stressful situation taking place, are there helping tasks or other ways to help a person find meaning and feel accomplished? Check out the 5 PERMA videos where she explores each letter: P = Positive	stress, stressful, support, anxiety, evacuation, emergency, preparing, prepare, QC, Security & Safety, PERMA, Meaning, Achievement, Accomplishment	Transition Adulthood Aging	Safety & Security	
Turn a Task into a Time	Dave Gunter - MHMRTC	12/1/2020	Dave Gunter shares a simple technique to increase productivity and decrease stress. Don't let the to do list overwhelm you! Thanks to David Gunter at Tarrant County START for sharing this video with Quillo.	time management, busy, hectic, stress, stressed, schedule, daily life & employment, QC	All	Daily Life & Employment	
Today is YOUR day!	Dave Gunter - MHMRTC	12/1/2020	An important reminder that you can do anything you set your mind to and the best time to start is TODAY! Thanks to David Gunter at Tarrant County START for sharing this video with Quillo.	make a plan, time management, goal, goal setting, goals, daily Life & Employment, QC	All	Advocacy & Engagement	
Interpreting Other's Emotions	Cody Clark	12/1/2020	As someone on the Autism spectrum, Cody knows firsthand how hard it can be sometimes to interpret other people's emotions. For Cody, if the emotions are hard to decipher, he focuses on the words people are using. Are the vocabulary words happy? Sad? Mad? Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	Autism, Autistic, Communication, communicate, relationships, talking, QC, Social & Spirituality	Transition Adulthood Aging	Social & Spirituality	
Grounding techniques to manage stress	Andrea Caoili	12/1/2020	Grounding techniques aim to bring a person who is stressed to the present situation. Andrea shares a quick technique that can be done in any room or environment, known as "ABC Around the Room." Andrea Caoili is a licensed clinical social worker with more than 10 years of experience in field of social work. She specializes in serving children and adults with intellectual and developmental disabilities and co-occurring mental health conditions. Andrea has experience in practicing and training other clinicians in crisis prevention and intervention, systems theory and	stress, stressful, support, anxiety, evacuation, emergency, preparing, prepare, QC, Security & Safety, communication, grounding techniques, calm	Transition Adulthood Aging	Safety & Security	
Tis the season, but it may be hard to be jolly	Quillo	12/8/2020	For some people, the holidays are not always a joyful time. In the midst of the pandemic, this may be even more true as traditions are interrupted, plans are cancelled, and people face all sorts of challenges. If you or the people in your life are struggling with how to plan and manage this holiday season, this video offers a few tips: go big with the traditions OR make it a year to try something completely different! Wishing you and yours a safe and healthy holiday season.	Covid-19, holiday, holidays, Christmas, Thanksgiving, Hanukkah, Kwanzaa, New Years, celebrate, celebration, stress	All	Social & Spirituality, Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
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Mr. Rogers on Feelings and Emotions	Cody Clark	12/8/2020	Cody takes some advice for managing emotions from Mr. Rogers. How can you find safe ways to express your emotions? Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	emotions, emotion, expression, express, feelings, feeling, QC, Healthy Living	All	Healthy Living	
Flex it like a muscle! Practicing gratitude	Dave Gunter - MHMRTC	12/8/2020	Incorporating gratitude and thankfulness into your daily life. Thanks to David Gunter at Tarrant County START for sharing this video with the Quillo Community.	Gratitude, grateful, thankful, appreciation, self-love, self-care. QC, Social & Spirituality	All	Social & Spirituality	
Puddin: the Zen Master of Relaxation	Dave Gunter - MHMRTC	12/8/2020	Sometimes, you just need a video of a puppy snoring to bring a smile! Puddin doesn't regret her yesterdays or worry about her tomorrows. She lives in the moment and when it is time to relax, she does so with gusto! Thanks to David Gunter at Tarrant County START for sharing this video with the Quillo Community.	relaxation, relax, puppy, dog, just for fun, smile, breathe, calm, breath, QC, healthy living	All	Healthy Living	
Seeing Knots as Opportunities	Cody Clark	12/8/2020	Has life given you challenges or trials? For Cody, he thinks of them "knots as opportunities." How can you turn something challenging into an opportunity? Enjoy a little bit of magic while Cody shares his message. Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	Autism, Autistic, Spectrum, magic, magician, just for fun, smile, QC, Advocacy & Engagement	School age Transition Adulthood Aging	Advocacy & Engagement	
Join in the magic!	Cody Clark	12/8/2020	Join in the magic! Cody asks you to play along and lean in to his magic trick. Listen to his messages about "seeing knots as opportunities." What challenges have you faced in your life that might just be an opportunity in disguise? Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	Autism, Autistic, Spectrum, magic, magician, just for fun, smile, QC, Advocacy & Engagement	School age Transition Adulthood Aging	Advocacy & Engagement	
Life's challenges can leave scars	Cody Clark	12/8/2020	Tough things in life may leave some scars (or in this case, some holes in the scarf), Cody reminds us that "our trials are as much a part of our life as our success." Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	Autism, Autistic, Spectrum, magic, magician, just for fun, smile, QC, Advocacy & Engagement	School age Transition Adulthood Aging	Advocacy & Engagement	
Goal Setting with Cody	Cody Clark	12/8/2020	Cody has Three Core Secrets to share with us. the first core skill is self-management, defined as planning your day and executing those plans to meet life goals. This video will show you how you can set goals. See "Three Core Secrets," "Working on Accountability," and "Open-ended questions to let conversations flow" for more on Cody's core secrets. Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	accountable, accountability, progress, goal setting, self advocacy, QC, Advocacy & Engagement	Transition Adulthood	Advocacy & Engagement	
Open-ended questions to let conversations flow	Cody Clark	12/8/2020	When it comes to managing and communicating with other people, conversations are not a script! Cody shares advice for helping a conversation go with the flow. Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	Autism, Autistic, Communication, communicate, relationships, talking, QC, Social & Spirituality	Transition Adulthood Aging	Social & Spirituality	

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Workplace Interactions	Cody Clark	12/8/2020	Do you ever have conflicts with co-workers? Do you have different ideas and aren't sure your idea is being heard? Cody shares advice for listening to your co-workers while also sharing your ideas. Cody encourages us to demonstrate interest in the decisions being made - even if your suggestion isn't picked, you are a valued part of the team! Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	communication, communicate, workplace, co-workers, ideas, QC, Daily Life & Employment	Transition Adulthood Aging	Daily Life & Employment	
He didn't text back... is he mad?	Cody Clark	12/8/2020	Cody shares advice for how to interpret actions to help determine if someone is physically or emotionally available at that moment. Is their door open? Are they responding quickly to your messages? Does it mean they are mad at you if you don't hear back? Check out Cody's advice for more. Cody Clark is a professional magician who is on the autism spectrum. For more information on Cody, visit <a href="http://codyclarkmagic.com/">http://codyclarkmagic.com/</a> . You can also email Cody at <a href="mailto:info@codyclarkmagic.com">info@codyclarkmagic.com</a> .	Autism, Autistic, Communication, communicate, relationships, talking, QC, Social & Spirituality	Transition Adulthood Aging	Social & Spirituality	
Burnt out being at home? Ideas to combat social isolation	Quillo	12/9/2020	For many, it's likely we have spent a lot of time at home this year (and for DSPs who continue to be there, thank you for showing up!). If the people in your life are experiencing boredom or frustration at this isolation, this video has a few general tips for coping with social isolation. What other ideas do you have?	Covid-19, home, home isolation, bored, boredom, frustration, ideas, activities, activity, stuff, to do, stuck at home, QC, Daily Life & Employment	School age Transition Adulthood	Daily Life & Employment	
Indoor Activity ideas: Virtual hangouts, new nobbies, and more	Quillo	12/29/2020	Looking for ideas of things to do while indoors? Check out a few ideas from Quillo, from starting new hobbies to ways to connect virtually. These ideas had Covid-19 restrictions in mind, but always follow any local or agency guidelines!	ideas, activities, activity, bored, idea, winter, indoor, indoors, QC, Daily Life & Employment, Covid-19, Covid, coronavirus	School age Transition Adulthood	Daily Life & Employment	
A Poem for Tea (Anonymous)	Quillo	1/13/21	Do you need a moment to catch your breath? Take a breath and listen to this poem (author anonymous) about the joy of brewing a cup of tea. Whether you like tea, coffee, water, or something else, we hope you find some peace in your day!	breathe, breath, relax, moment, tea, brew, share, together, QC, Healthy Living	All	Healthy Living	
Meet Dr. Seth Keller, Neurologist	Seth Keller	1/21/2021	Meet Dr. Keller. Dr. Seth Keller is a neurologist, specializing in the care of adults with I/DD who have neurological complications. His video series will look at epilepsy, seizures, and supporting people with I/DD who experience them.	health, medicine, healthy, QC, healthy living, therapist	All	Healthy Living	
What is the difference between seizures and epilepsy?	Seth Keller	1/21/2021	What is the difference between a seizure and epilepsy? In this video, Dr. Keller explains the basics. Dr. Keller explains the basic difference. Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and Developmental Disabilities (IDD) with neurologic complications. He cares for individuals with IDD both in the community as well in New Jersey's ICF/DD centers. Dr Keller is on the Executive Board of the Arc of Burlington County as well as on the board for The Arc	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
Seizures and epilepsy at different ages	Seth Keller	1/21/2021	Dr. Keller explains how "seizures" are a single event, while "epilepsy" is a series of recurring seizures. Seizures and epilepsy can occur in people with or without disabilities, but Dr. Keller explains how it can impact people with I/DD. Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and Developmental Disabilities (IDD) with neurologic complications. He cares for individuals with IDD both in the community as well in New Jersey's ICF/DD centers. Dr	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
Why do seizures occur?	Seth Keller	1/21/2021	Dr. Keller explains why seizures happen. It may be connected to an individual's disability, or may be related to other reasons. Often, there is not a lot that the individual can do when a seizure is occurring, and may rely on a caregiver for assistance. Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and Developmental Disabilities (IDD) with neurologic complications. He cares for individuals with IDD both in the community as well in New Jersey's	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	

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Different types of seizures	Seth Keller	1/21/2021	Seizures may look different depending on the person and the type of seizure. Get some basic information about different types of seizures from Dr. Keller, including generalized tonic clonic seizures (previously known as grand mal seizures).  Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
What can seizures look like?	Seth Keller	1/21/2021	Seizures will look different in each person who experiences them. Dr. Keller explains some common features of "tonic seizures," "myoclonic seizures," and "drop attack or atonic seizures." Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and Developmental Disabilities (IDD) with neurologic complications. He cares for individuals with IDD both in the community as well in New Jersey's ICF/DD centers. Dr Keller is on the Executive Board	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
Do seizures last a long time?	Seth Keller	1/21/2021	Dr. Keller explains what seizures might look like for people experiencing them. Seizures may last from a few seconds to several minutes.  Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and Developmental Disabilities (IDD) with neurologic complications. He cares for individuals with IDD	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
Helping someone experiencing a seizure	Seth Keller	1/21/2021	This video is intended to be general information and is not a medical recommendation. Always follow the direction of health professionals or your supervisors.  If you are with somebody experiencing a seizure, Dr. Keller offers some advice for how to help.  Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
Documentation to inform the doctor after a seizure	Seth Keller	1/21/2021	Dr. Keller explains how important it is for the caregivers to have seizure awareness. Sometimes, the written information about the seizure itself can be really helpful for the doctor or medical professional responding. Always follow the guidelines and recommendations of your agency, organization, state, or other entity in charge.	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
An online tool for tracking seizures	Seth Keller	1/21/2021	Reporting seizures can be an important part of getting the right treatment and care for people who experience seizures. Dr. Keller recommends a safe, HIPAA compliant, online tool called <a href="http://www.seizuretracker.com">www.seizuretracker.com</a> .  Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
Are all seizures harmful?	Seth Keller	1/21/2021	If you or the people in your life experience seizures, you may wonder if the person is in pain or experiencing something harmful? Dr. Keller explains different types of concerns related to seizures. Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and Developmental Disabilities (IDD) with neurologic complications. He cares for individuals with IDD	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
How are seizures treated?	Seth Keller	1/21/2021	Dr. Keller explains some basic treatments for seizures, including medication. For some people with I/DD, however, medications may not always do the trick. Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and Developmental Disabilities (IDD) with neurologic complications. He cares for individuals with IDD both in the community as well in New Jersey's	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
Do people feel a seizure happening?	Seth Keller	1/21/2021	Are people who are having a seizure feeling pain? Dr. Keller explains what someone experiencing a seizure might feel before and during a seizure. Dr. Keller goes on to note that often the painful part of a seizure may be if a person falls as a result of a seizure and has an injury (hitting a head, bite their tongue, etc).	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Seizure treatment: vagas nerve stimulator	Seth Keller	1/21/2021	Dr. Keller explains various types of possible treatments for people who experience seizure, including a vagas nerve stimulator. Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and Developmental Disabilities (IDD) with neurologic complications. He cares for individuals with IDD both in the community as well in New Jersey's ICF/DD centers. Dr Keller is on the Executive Board of the Arc of Burlington County as well as on the board for The Arc	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
Some basics about Seizure Surgery	Seth Keller	1/21/2021	In addition to medications, nerve stimulators, and other treatments, one option for treating seizures is surgery. This typically happens after other treatments have failed. Dr. Keller explains more! Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and Developmental Disabilities (IDD) with neurologic complications. He cares for individuals with IDD both in the community as well in New Jersey's ICF/DD centers. Dr Keller is on the Executive Board	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
I/DD, behaviors, and seizures	Seth Keller	1/21/2021	Dr. Keller explains how people with I/DD, behavior, and seizures can relate. Sometimes, an individual who is being treated for seizures may see neurologists as well as psychiatrists to get the support needed. Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and Developmental Disabilities (IDD) with neurologic complications. He cares for	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
Seizures, Medication, and I/DD	Seth Keller	1/21/2021	Dr. Keller explains how some mood stabilization medications can be used to support seizures. Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and Developmental Disabilities (IDD) with neurologic complications. He cares for individuals with IDD both in the community as well in New Jersey's ICF/DD centers. Dr Keller is on the Executive Board	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
Side effects from seizure medication	Seth Keller	1/21/2021	It can take time to find the right medication for an individual who experiences seizures. Dr. Keller explains how it can be difficult to understand side effects from individuals who are non-verbal. Seth M. Keller, MD, is a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and Developmental Disabilities (IDD) with neurologic complications. He cares for individuals with IDD both in the community as well in New Jersey's ICF/DD centers. Dr Keller is on the Executive Board	healthy, health, doctor, medicine, hospital, seizure, epilepsy, QC, Healthy Living	All	Healthy Living	
Companies in a quest for talent	Kevin Bradley	1/21/2021	Meet Kevin, a diversity and inclusion specialist. He is active on several boards and organizations in the Chicago area and fully believes that hiring people with disabilities is an incredible and sometimes overlooked opportunity. Kevin Bradley is the Senior Advisor, Global Inclusion & Diversity for Zebra Technologies in Illinois. He is a seasoned Diversity & Inclusion practitioner with over 30 years in Human Resources and currently serves on the Board of Directors for Access Living and the Parents' Alliance Employment Project. He is a Senior Advisor for the National	employment, employ, jobs, career, job coach, work, working, hire, hiring, application, QC, Daily Life & Employment	Transition Adulthood	Daily Life & Employment	
Some of the many reasons to hire people with disabilities	Kevin Bradley	1/21/2021	Kevin shares his perspective on why it is in a company's best interest to hire people with disabilities. Kevin Bradley is the Senior Advisor, Global Inclusion & Diversity for Zebra Technologies in Illinois. He is a seasoned Diversity & Inclusion practitioner with over 30 years in Human Resources and currently serves on the Board of Directors for Access Living and the Parents' Alliance Employment Project. He is a Senior Advisor for the National Association of Asian American Professionals, a regional advisor for the Hispanic Scholarship Fund, and former advisor	employment, employ, jobs, career, job coach, work, working, hire, hiring, application, QC, Daily Life & Employment	Transition Adulthood	Daily Life & Employment	
Advice for job coaches	Kevin Bradley	1/21/2021	How can job coaches best position themselves when they approach a company? Kevin encourages you to "learn the language" of the business. How will this be good for the bottom line, productivity, safety, and more? Kevin Bradley is the Senior Advisor, Global Inclusion & Diversity for Zebra Technologies in Illinois. He is a seasoned Diversity & Inclusion practitioner with over 30 years in Human Resources and currently serves on the Board of Directors for Access Living and the Parents' Alliance Employment Project. He is a Senior Advisor for the National Association of	employment, employ, jobs, career, job coach, work, working, hire, hiring, application, QC, Daily Life & Employment	Transition Adulthood	Daily Life & Employment	
Employers: "accommodations" is not a scary word!	Kevin Bradley	1/21/2021	For some employers, they may be overwhelmed by the idea of accommodations in the workplace. Don't let that scare them away! Kevin shares advice for employers why accommodations are not only the right thing to do, but they can have added benefits for the whole company. Kevin Bradley is the Senior Advisor, Global Inclusion & Diversity for Zebra Technologies in Illinois. He is a seasoned Diversity & Inclusion practitioner with over 30 years in Human Resources and currently serves on the Board of Directors for Access Living and the Parents' Alliance Employment Project. He is a	employment, employ, jobs, career, job coach, work, working, hire, hiring, application, QC, Daily Life & Employment	Transition Adulthood	Daily Life & Employment	



Quillo Connect Videos (Public Library_As of August 2023)							
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Hiring people with disabilities and supporting the bottom line	Kevin Bradley	1/21/2021	Studies show that hiring people with disabilities brings a lot of benefits to the company. Kevin talks about why employees with disabilities have so much to contribute to the workplace! Kevin Bradley is the Senior Advisor, Global Inclusion & Diversity for Zebra Technologies in Illinois. He is a seasoned Diversity & Inclusion practitioner with over 30 years in Human Resources and currently serves on the Board of Directors for Access Living and the Parents' Alliance Employment Project.	employment, employ, jobs, career, job coach, work, working, hire, hiring, application, QC, Daily Life & Employment	Transition Adulthood	Daily Life & Employment	
A job that offers more than a paycheck	Kevin Bradley	1/21/2021	The impact of hiring people with disabilities is hard to measure. It might start with a paycheck, but can grow to mean so much more! Kevin Bradley is the Senior Advisor, Global Inclusion & Diversity for Zebra Technologies in Illinois. He is a seasoned Diversity & Inclusion practitioner with over 30 years in Human Resources and currently serves on the Board of Directors for Access Living and the Parents' Alliance Employment Project. He is a Senior Advisor for the National Association of Asian American Professionals, a regional advisor for the Hispanic Scholarship Fund, and former	employment, employ, jobs, career, job coach, work, working, hire, hiring, application, QC, Daily Life & Employment	Transition Adulthood	Daily Life & Employment	
Happy Chinese New Year	Quillo	2/5/2021	Today is Chinese New Year! This day is celebrated by people in countries all over the world. If someone in your life celebrates Chinese New Year, here is a little background around the holiday. What a great opportunity to learn about other people's traditions! Happy New Year!	holiday, new year, celebrate, celebration, Chinese new year, culture, learn, tradition, traditions, holidays, events, QC, Social & spirituality	All	Social & Spirituality	
Craft Corner: Cotton Swirls	Quillo	02/08/2021	Looking for some craft things to do this month? This q-tip painted heart art is an easy and fun craft that all ages will enjoy making. You'll need the following materials: Scissors, Paint, Watercolor, Paint brush, Paint palette, Heart template, Water dish This idea came from Projects with Kids <a href="https://www.projectswithkids.com/q-tip-painted-heart-art/">https://www.projectswithkids.com/q-tip-painted-heart-art/</a>	craft, crafts, ideas, activity, activities, idea, bored, boredom, at home, inside, art, artwork, arts, Daily Life & Employment, QC	School age Transition Adulthood	Daily Life & Employment	
Craft Corner: Spring flowers with tissue paper	Quillo	2/25/2021	Looking for some craft ideas to brighten up your room or share with others? Try making this vase of spring flowers with tissue paper. Pick the colors and design that fit you! You'll need the following supplies: Tissue Paper, Scissors, Cardstock, Markers, Glue. This craft idea came from <a href="https://www.hikendip.com/spring-crafts-for-kids-toddlers-preschoolers/">https://www.hikendip.com/spring-crafts-for-kids-toddlers-preschoolers/</a>	crafts, craft, art, arts, design, create, creative, bored, at home, projects, Daily Life & Employment	School age Transition Adulthood	Daily Life & Employment	
Person-centered	Dr. Laura Brackin	3/2/2021	Are you familiar with documents that have a "person-centered" label? Have you ever seen a folder or binder labeled "person-centered" but that actually has nothing to do with what the person actually wants or needs? Consider that when you see that phrase - how can you support it to be truly person-centered? Dr. Laura Brackin is the President of Brackin & Associates ( <a href="https://www.brackinandassociates.com/">https://www.brackinandassociates.com/</a> ), a training and consulting firm that specializes in working with home and community-based service providers. She is the author of a blog, The HCBS Hub.	choice, choices, advocacy, advocate, self-advocate, self-advocacy, person centered, individual, QC, Community Living	Adulthood Aging	Community Living	
The Right to Privacy	Dr. Laura Brackin	3/2/2021	Individuals who received Medicaid funded home and community-based services have the same rights as anyone who doesn't receive Medicaid funded services. This includes the right to privacy, the right to dignity, the right to be treated with respect, and the right to be free from coercion and restraint. Dr. Brackin shares an example of the right to privacy. Dr. Laura Brackin is the President of Brackin & Associates ( <a href="https://www.brackinandassociates.com/">https://www.brackinandassociates.com/</a> ), a training and consulting firm that specializes in working with home and community-based service providers. She is the author of a	choice, choices, advocacy, advocate, self-advocate, self-advocacy, person centered, individual, QC, Community Living	Adulthood Aging	Community Living	
Recognizing Women with Disabilities on International Women's Day	Quillo	3/2/2021	March 8 is International Women's Day ( <a href="https://www.internationalwomensday.com/About/">https://www.internationalwomensday.com/About/</a> )! Here we celebrate 4 women with disabilities. Learn more about each of them at the links below: BULLET LIST > Judith Snow ( <a href="https://inclusion.com/marsha-forest-centre/in-memoriam/judith-snow/">https://inclusion.com/marsha-forest-centre/in-memoriam/judith-snow/</a> ) Image from same page. > Lois Curtis and Elaine Winston <a href="https://www.olmsteadrights.org/iamolmstead/history/">https://www.olmsteadrights.org/iamolmstead/history/</a> Image from <a href="https://www.olmsteadrights.org/about-olmstead/">https://www.olmsteadrights.org/about-olmstead/</a> > Betty Williams	women, woman, celebrate, history, disability rights, disabled rights, rights, QC, Advocacy & Engagement	All	Advocacy & Engagement	
Is the HCBS Settings Rule a good thing?	Dr. Laura Brackin	3/9/2021	Do you get excited when you hear about a new rule? Most people don't. But some rules have the power to change people's lives. Dr. Brackin shares her insight on the CMS (Centers for Medicare and Medicaid Services) HCBS (Home and Community Based Services) Settings Rule. Dr. Laura Brackin is the President of Brackin & Associates ( <a href="https://www.brackinandassociates.com/">https://www.brackinandassociates.com/</a> ), a training and consulting firm that specializes in working with home and community-based service providers. She is the author of a blog, The HCBS Hub. Subscribe to The HCBS Hub here.	rule, rules, power, individuals, rights, Laura Brackin, QC, Community Living	Adulthood Aging	Community Living	

Quillo Connect Videos (Public Library_As of August 2023)							
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It's all about the person!	Dr. Laura Brackin	3/9/2021	Many people think that the CMS (Centers for Medicare and Medicaid Services) HCBS (Home and Community Based Services) Settings Rule is about buildings and geographic locations. Dr. Brackin shares what the rule is really all about. It is all about the person! Dr. Laura Brackin is the President of Brackin & Associates ( <a href="https://www.brackinandassociates.com/">https://www.brackinandassociates.com/</a> ), a training and consulting firm that specializes in working with home and community-based service providers. She is the author of a blog, The HCBS Hub. Subscribe to The HCBS Hub here. <a href="https://www.brackinandassociates.com/blog">https://www.brackinandassociates.com/blog</a> Know More. Do More. Be More.	rule, rules, power, individuals, rights, Laura Brackin, QC, Community Living	Adulthood Aging	Community Living	
Life presents many choices	Dr. Laura Brackin	3/9/2021	What kind of life would you have if you never had any choices? Is it a life that you would want? Dr. Brackin shares one of her favorite quotes about "choices" and the difference that having choices can make in a person's life. Dr. Laura Brackin is the President of Brackin & Associates ( <a href="https://www.brackinandassociates.com/">https://www.brackinandassociates.com/</a> ), a training and consulting firm that specializes in working with home and community-based service providers. She is the author of a blog, The HCBS Hub. Subscribe to The HCBS Hub here. <a href="https://www.brackinandassociates.com/blog">https://www.brackinandassociates.com/blog</a> Know More. Do More. Be More.	choice, choices, advocacy, advocate, self-advocate, self-advocacy, QC, Advocacy & Engagement	Adulthood Aging	Advocacy & Engagement	
Cut fabric...or do math?	Dr. Laura Brackin	3/9/2021	Think about the people you work with...do they have choices? Are their choices meaningful? Laura explains her reaction to the choice between cutting fabric or doing math! Dr. Laura Brackin is the President of Brackin & Associates ( <a href="https://www.brackinandassociates.com/">https://www.brackinandassociates.com/</a> ), a training and consulting firm that specializes in working with home and community-based service providers. She is the author of a blog, The HCBS Hub. Subscribe to The HCBS Hub here. <a href="https://www.brackinandassociates.com/blog">https://www.brackinandassociates.com/blog</a>	choice, choices, advocacy, advocate, self-advocate, self-advocacy, QC, Advocacy & Engagement	Adulthood Aging	Advocacy & Engagement	
March 21: Celebrate World Down Syndrome Day	Quillo	3/9/2021	March 21 is World Down Syndrome Day! Kelly, a self-advocate from Indiana, shares why she feels today is an important day. We'll also learn a little bit more about the history of WDS and why it is recognized on March 21!	Down syndrome, WDS, celebrate, 3/21, March 21, trisomy, downs, history, recognize, QC, Advocacy & Engagement	All	Advocacy & Engagement	
The language we use: Person-First or Identify-First?	Quillo	3/9/2021	Language matters! Have you ever found yourself asking, "Do I say 'person with a disability' or 'disabled person'?" This brief overview will share the difference between Person-first language (PFL) and Identify-first language (IFL). And as a spoiler, the answer is: it depends on the person! Learn more at Unite 2 Include ( <a href="https://unite2include.org/the-right-words/">https://unite2include.org/the-right-words/</a> ). The following visuals are from the Disabled and Here website ( <a href="https://affecttheverb.com/collection/">https://affecttheverb.com/collection/</a> ): > 3 people standing in front of a flag; two people hugging; the person with a cane; the person in a wheelchair in the	language, words, communicate, labels, label, communication, person-first, identify-first, person first, identify first, disabled, disability, advocacy, self advocate, self advocacy,	All	Advocacy & Engagement	
Treating adults like adults	Robert Kennedy	03/31/2021	As an adult, how does Robert want to be treated? Like an adult! He shares a frustration he has when people treat him "like a baby." This is a great reminder about dignity and respect. Robert Kennedy is the Community Inclusion Specialist at RCM of Washington ( <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> ). Robert is also a prominent self-advocate both in the District of Columbia and nationally. He is currently the co-president of Project Action!.	adults, grown-up, mature, treatment, relationships, assumptions, bias, QC, Advocacy & Engagement	Adulthood Aging	Advocacy & Engagement	

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Advocacy: learning, helping, and growing	Robert Kennedy	03/31/2021	Robert shares his ideas about what ADVOCACY. What does it mean to you or the people in your life? Robert Kennedy is the Community Inclusion Specialist at RCM of Washington ( <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> ). Robert is also a prominent self-advocate both in the District of Columbia and nationally. He is currently the co-president of Project Action!.	advocacy, self-advocacy, self-advocate, advocate, learn, grow, educate, QC, Advocacy & Engagement	School Age Transition Adulthood Aging	Advocacy & Engagement	
Community inclusion, equity, and equality: Taking RCM to the next level	Susan Brooks	03/31/2021	As the Chief Innovation Officer at a service provider in DC, Susan is always looking to the future of the field. Here, she explains what taking her organization to the next level looks like. This starts with community inclusion, equity, and equality. Susan Brooks is the Chief Innovation Officer of RCM of Washington, a disability service provider in the District of Columbia. For more information on RCM or the DSP Academy, please visit our website at <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> or email <a href="mailto:info@rcmofwashington.com">info@rcmofwashington.com</a> .	program, programming, innovation, grow, expand, career, equity, community living	Transition Adulthood	Community Living	
A workforce that reflects our values	Susan Brooks	03/31/2021	At Susan's organization, it was important that they "walk the walk" as a service provider and have a workforce that reflected their values of inclusion and equity. Susan Brooks is the Chief Innovation Officer of RCM of Washington, a disability service provider in the District of Columbia. For more information on RCM or the DSP Academy, please visit our website at <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> or email <a href="mailto:info@rcmofwashington.com">info@rcmofwashington.com</a> .	career, job, DSP, disability, employment, employed, work, inclusive, inclusion, QC, Daily Life & Employment	Transition Adulthood	Daily Life & Employment	
Different learning styles at the DSP Academy	Susan Brooks	03/31/2021	At the DSP Academy, RCM believes that offering different teaching techniques is the best way to train quality DSPs. Susan explains some of the various methods they incorporate to train their DSP workforce. Susan Brooks is the Chief Innovation Officer of RCM of Washington, a disability service provider in the District of Columbia. For more information on RCM or the DSP Academy, please visit our website at <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> or email <a href="mailto:info@rcmofwashington.com">info@rcmofwashington.com</a> .	career, job, DSP, disability, employment, employed, work, inclusive, inclusion, QC, Daily Life & Employment	Transition Adulthood	Daily Life & Employment	
Creating a learning environment for everybody at the DSP Academy	Susan Brooks	03/31/2021	In setting up an inclusive learning environment at the DSP Academy, Susan explains how they worked with special education teachers to create tools and techniques that ended up being better for everyone! Susan Brooks is the Chief Innovation Officer of RCM of Washington, a disability service provider in the District of Columbia. For more information on RCM or the DSP Academy, please visit our website at <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> or email <a href="mailto:info@rcmofwashington.com">info@rcmofwashington.com</a> .	career, job, DSP, disability, employment, employed, work, inclusive, inclusion, QC, Daily Life & Employment, learning, education	Transition Adulthood	Daily Life & Employment	
Can people with disabilities be DSPs?	Susan Brooks	03/31/2021	DSP Academy's unique approach aims to train people with disabilities to be DSPs. Amy address the pushback from people who wonder if people with disabilities can be DSPs. (Spoiler alert: they can!) Susan Brooks is the Chief Innovation Officer of RCM of Washington, a disability service	career, job, DSP, disability, employment, employed, work, inclusive, inclusion, QC, Daily	Transition Adulthood	Daily Life & Employment	
Celebrating Robert's contribution at the DSP Academy	Susan Brooks	03/31/2021	Susan's colleague, Robert, helps train participants in the DSP Academy. Susan explains why Robert's experience, skills, and wealth of knowledge are essential to the success of the program. Learn more about Robert Kennedy and his role in the DSP Academy by searching "Robert Kennedy" in the Quillo search bar. Susan Brooks is the Chief Innovation Officer of RCM of Washington, a disability service provider in the District of Columbia. For more information on RCM or the DSP Academy, please visit our website at <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> or email	career, job, DSP, disability, employment, employed, work, inclusive, inclusion, QC, Daily Life & Employment, learning, education	Transition Adulthood	Daily Life & Employment	
Interviewing tips: it's a conversation!	Wesley Anderson	03/31/2021	Do you or someone you support have a job interview coming up? Wesley shares great advice for being comfortable and confident in the interview. He went on to share 3 examples of follow-up questions for you to consider asking the person interviewing you: "What was your journey to this position?" "What is the progression like in this company?" "What's been the most challenging project you've worked on?" Good luck with your interview! Wesley E. Anderson is the Director of Training and Consultation for The Arc of New Jersey. He works with supported employment agencies across the country to improve the quality of services for individuals with disabilities.	employment, employed, job, career, interview, prepare, QC, Daily Life & Employment	Transition Adulthood	Daily Life & Employment	
Interviewing potential DSPs: Learning to work with each other	Robert Kennedy	03/31/2021	Robert Kennedy is the Community Inclusion Specialist at RCM of Washington ( <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> ). In this role, Robert helps train and interview candidates for direct support roles. He shares what his day includes and how he helps set them up for success. Robert is also a prominent self-advocate both in the District of Columbia and nationally. He is currently the co-president of Project Action!.	employment, job, work, career, interview, direct support, job, hire, train, QC, Daily Life & Employment	Transition Adulthood Aging	Daily Life & Employment	

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Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Meet Robert: Community Inclusion Specialist	Robert Kennedy	03/31/2021	At RCM's DSP Academy, Robert has an active role training new DSPs. Here, he explains his role and what he enjoys most about it. Robert Kennedy is the Community Inclusion Specialist at RCM of Washington ( <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> ). Robert is also a prominent self-advocate both in the District of Columbia and nationally. He is currently the co-president of Project Action!.	jobs, job, career, DSP, hire, hiring, good fit, QC, Daily Life & Employment	Transition Adulthood Aging	Daily Life & Employment	
April is Donor Life Month	Nicholas Herran	4/16/2021	April is Donate Life month! Nicholas speaks from personal experience with his understanding of organ donation and the gift of life. Learn more about Nicholas' journey. Visit <a href="https://indianadonornetwork.org/">https://indianadonornetwork.org/</a> (in Indiana) or <a href="https://www.donatelife.net/">https://www.donatelife.net/</a> to learn more. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana.	donate, donation, organ, health, healthy, hospital, surgery, healthy living, QC	All	Healthy Living	
Flip the Script - From negative to positive thoughts	Kendra Bowens - MHMR	4/29/2021	This activity is used to promote the awareness of negative self-talk, and adoption of positive self-talk. In other words, turning negative phrases into positive phrases. Thanks to Kendra Bowens, In Home Therapeutic Coach with MHMR-TC, for sharing this video.	confidence, nervous, anxiety, pep-talk, encouragement, encourage, positive psychology, positive thinking, negative, doubt, self-doubt, QC, Advocacy & Engagement, tmoational,	Transition Adulthood Aging	Advocacy & Engagement	
Introduction to Working with People with IDD and Dementia	Dr. Laura Golden	05/10/2021	In her work with people with I/DD and dementia, Dr. Golden explains the shift in focus from "skill building" to "skill retention" and "activity modification." Dr. Laura Golden is an Occupational Therapist. Thanks to MHMR-TC for sharing this video with Quillo.	alzheimers, dementia, skill, skills, support, QC, healthy living	Aging	Healthy Living	
Meet Ben and Thrive Mighty	Ben Swarts	05/10/2021	Meet Ben! He started Thrive Mighty to create spaces for people to get together, pursue health, and include people with and without disabilities together. Ben Swarts is the Founder and Executive Director of Thrive Mighty ( <a href="https://www.thrivemighty.org/">https://www.thrivemighty.org/</a> ). Ben's reason for getting up in the morning is to make the world a better place by impacting individuals and building a community around what it means to be human - health and wellness. Ben has 14+ years of working with individuals with intellectual disabilities, including work as a service coordinator at Opportunity Partners and running	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	All	Healthy Living	
How to make a Stress Ball	Kendra Bowens - MHMR	05/10/2021	Kendra teaches us how to make an easy, at-home stress ball! You'll need a balloon, warm water, a balloon holder, and water beads. Thanks to Kendra Bowens, In Home Therapeutic Coach with MHMR-TC, for sharing this video.	breathe, breath, relax, calm, activity, stress ball, stress, anxiety, QC, healthy living	All	Healthy Living	
With gratitude to organ "donor heroes"	Nicholas Herran	05/10/2021	Nicholas shares his experience gratitude for the two organ transplants he has experienced. He shares a little more about the process and what it means to be a "donor hero." Since his surgery in the fall of 2019, Nicholas says, "I feel amazing." Visit <a href="https://indianadonornetwork.org/">https://indianadonornetwork.org/</a> (in Indiana) or <a href="https://www.donatelife.net/">https://www.donatelife.net/</a> to learn more. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana.	health, healthy, organ donor, organ, donation, organ donation, donate, surgery, QC, healthy living	All	Healthy Living	
Who can be an organ donor?	Nicholas Herran	05/10/2021	Making the choice to be an organ donor is a personal decision. Nicholas shares information about how to learn more or to sign up to be an organ donor. Visit <a href="https://indianadonornetwork.org/">https://indianadonornetwork.org/</a> (in Indiana) or <a href="https://www.donatelife.net/">https://www.donatelife.net/</a> to learn more. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana.	health, healthy, organ donor, organ, donation, organ donation, donate, surgery, QC, healthy living	All	Healthy Living	
The DSP Academy	Susan Brooks	05/10/2021	What is the DSP Academy at RCM? Tune in as Susan shares more. Susan Brooks is the Chief Innovation Officer of RCM of Washington, a disability service provider in the District of Columbia. For more information on RCM or the DSP Academy, please visit our website at <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> or email <a href="mailto:info@rcmofwashington.com">info@rcmofwashington.com</a> .	career, job, DSP, disability, employment, employed, work, inclusive, inclusion, QC, Daily Life & Employment, learning, education	Transition Adulthood	Daily Life & Employment	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
The approach of the DSP Academy	Susan Brooks	05/10/2021	Susan Brooks is the Chief Innovation Officer of RCM of Washington, a disability service provider in the District of Columbia. For more information on RCM or the DSP Academy, please visit our website at <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> or email <a href="mailto:info@rcmofwashington.com">info@rcmofwashington.com</a> .	career, job, DSP, disability, employment, employed, work, inclusive, inclusion, QC, Daily Life & Employment, learning, education	Transition Adulthood	Daily Life & Employment	
The true impact of the DSP Academy	Susan Brooks	05/10/2021	In addition to the benefits of training and employing quality DSPs, Susan shares the added impact from launching the DSP Academy. The camaraderie, change in mindset and growth throughout the program have been hugely rewarding. Susan Brooks is the Chief Innovation Officer of RCM of Washington, a disability service provider in the District of Columbia. For more information on RCM or the DSP Academy, please visit our website at <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> or email <a href="mailto:info@rcmofwashington.com">info@rcmofwashington.com</a> .	career, job, DSP, disability, employment, employed, work, inclusive, inclusion, QC, Daily Life & Employment, learning, education	Transition Adulthood	Daily Life & Employment	
Some "outside the box" thinking	Ben Swarts	05/10/2021	Do you ever feel limited by services? Like something may not be possible because it isn't in the "box" of services offered? Ben encourages an approach that supports people in pursuing their dreams, even if it may be a little outside the box! Ben Swarts is the Founder and Executive Director of Thrive Mighty ( <a href="https://www.thrivemighty.org/">https://www.thrivemighty.org/</a> ). Ben's reason for getting up in the morning is to make the world a better place by impacting individuals and building a community around what it means to be human - health and wellness. Ben has 14+ years of working with individuals with	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood Aging	Healthy Living	
Robert's community	Robert Kennedy	05/10/2021	Robert shares the key things that he loves about his neighborhood and community. Robert Kennedy is the Community Inclusion Specialist at RCM of Washington ( <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> ). Robert is also a prominent self-advocate both in the District of Columbia and nationally. He is currently the co-president of Project Action!.	neighborhood, neighbors, community, church, independence, together, QC, Social & Spirituality	Transition Adulthood Aging	Social & Spirituality	
Robert's good life	Robert Kennedy	05/10/2021	Robert shares what a "good quality of life" means to him. Robert Kennedy is the Community Inclusion Specialist at RCM of Washington ( <a href="http://www.rcmofwashington.com">www.rcmofwashington.com</a> ). Robert is also a prominent self-advocate both in the District of Columbia and nationally. He is currently the co-president of Project Action!.	neighborhood, neighbors, community, church, independence, together, QC, Social & Spirituality	Transition Adulthood Aging	Social & Spirituality	
Change Our Way of Thinking	Dr. Laura Golden	05/11/2021	Is there someone in your life who has dementia? Dr. Golden explains how you can support people with dementia by creating a supportive and understanding environment. Dr. Laura Golden is an Occupational Therapist. Thanks to MHMR-TC for sharing this video with Quillo.	alzheimers, dementia, skill, skills, support, QC, healthy living	Aging	Healthy Living	
Positive Personal Connection for people with dementia	Dr. Laura Golden	05/11/2021	If someone in your life has dementia, how can you create a calm and supportive environment each time you meet them? Dr. Golden suggests starting all interactions with a positive personal connection. She suggests 5 steps to support that connection: 1. Greeting and Introduction, 2. Sharing a Compliment, 3. Share something about ourselves, 4. Notice something, and 5. Seek. Dr. Laura Golden is an Occupational Therapist. Thanks to MHMR-TC for sharing this video with Quillo.	alzheimers, dementia, skill, skills, support, QC, healthy living, connection	Aging	Healthy Living	
Supportive Communication with People with Dementia	Dr. Laura Golden	05/11/2021	Communication is key, especially with people with dementia. Dr. Golden offers advice for supportive communication, helping to create a calm and welcome environment. Dr. Laura Golden is an Occupational Therapist. Thanks to MHMR-TC for sharing this video with Quillo.	alzheimers, dementia, skill, skills, support, QC, healthy living	Aging	Healthy Living	
It's more than eating a salad! What does "human wellness" mean?	Ben Swarts	05/11/2021	Part of Ben's philosophy at Thrive Mighty is to help people support their own "human wellness." He explains what that means and how his work at Thrive Mighty Supports that. Ben Swarts is the Founder and Executive Director of Thrive Mighty ( <a href="https://www.thrivemighty.org/">https://www.thrivemighty.org/</a> ). Ben's reason for getting up in the morning is to make the world a better place by impacting individuals and building a community around what it means to be human - health and wellness. Ben has 14+ years of working with individuals with intellectual disabilities, including work as a service coordinator at Opportunity	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	All	Healthy Living	jd

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Goals for Thrive Mighty	Ben Swarts	05/11/2021	Learn more about Thrive Mighty, a health and wellness organization. He is excited to see how Thrive Mighty will help contribute to building community, and share stories of participants in the future. Ben Swarts is the Founder and Executive Director of Thrive Mighty ( <a href="https://www.thrivemighty.org/">https://www.thrivemighty.org/</a> ). Ben's reason for getting up in the morning is to make the world a better place by impacting individuals and building a community around what it means to be human - health and wellness. Ben has 14+ years of working with individuals with intellectual disabilities, including work as a service coordinator at Opportunity Partners and running sporting events at Special Olympics.  The music for this video is from <a href="http://www.Bensound.com">www.Bensound.com</a>	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	All	Healthy Living	
Thriving! Wellness for people with disabilities	Ben Swarts	05/11/2021	Why is wellness important for ALL people, including people with disabilities? Ben shares how going from surviving to THRIVING helps build wellness and community. Ben Swarts is the Founder and Executive Director of Thrive Mighty ( <a href="https://www.thrivemighty.org/">https://www.thrivemighty.org/</a> ). Ben's reason for getting up in the morning is to make the world a better place by impacting individuals and building a community around what it means to be human - health and wellness. Ben has 14+ years of working with individuals with intellectual disabilities, including work as a service coordinator at Opportunity	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	All	Healthy Living	
Being a good neighbor: People are waiting to be needed	De'Amon Harges	05/11/2021	De'Amon feels strongly that all people have gifts and things to share with the world. He encourages us to look for the unique gifts people have, and find ways to put those gifts to use. As he says, people are waiting to be needed! De'Amon Harges is a faculty member of the Asset Based Community Development (ABCD) Institute, Community Organizer, Creator of the Learning Tree, and chairperson of the Grassroots Grantmakers Association Board. He describes his role on this planet as a social banker, using relationships to build a more abundant community. To learn more	gifts, gift, contribution, community, nonverbal, neighbor, QC, Social & Spirituality	All	Community Living	
Planning for the future	De'Amon Harges	05/11/2021	Thinking about the future is very important - but for De'Amon, planning for the future starts today. De'Amon Harges is a faculty member of the Asset Based Community Development (ABCD) Institute, Community Organizer, Creator of the Learning Tree, and chairperson of the Grassroots Grantmakers Association Board. He describes his role on this planet as a social banker, using relationships to build a more abundant community. To learn more about De'Amon and The Learning Tree visit <a href="http://thelearningtrees.com/">http://thelearningtrees.com/</a>	community, neighbor, neighbors, together, learn, future, planning, network, social capital, grow, friends, friendship, QC, Community Living	All	Community Living	
3 Questions: Who, Where, and What	De'Amon Harges	05/11/2021	Bringing people together in community is an important goal for De'Amon, especially for people who are marginalized. To do this, he asks three questions: who, where, and what? De'Amon Harges is a faculty member of the Asset Based Community Development (ABCD) Institute, Community Organizer, Creator of the Learning Tree, and chairperson of the Grassroots Grantmakers Association Board. He describes his role on this planet as a social banker, using relationships to build a more abundant community. To learn more about De'Amon and The Learning Tree visit	community, neighbor, neighbors, together, learn, future, planning, network, social capital, grow, friends, friendship, QC, Community Living	All	Community Living	
DJ's gifts bring people together	De'Amon Harges	05/11/2021	De'Amon shares a story about his neighbor's youngest son, DJ, who is nonverbal, and how DJ brought people together. De'Amon encourages us to "be curious about people's gifts." De'Amon Harges is a faculty member of the Asset Based Community Development (ABCD) Institute, Community Organizer, Creator of the Learning Tree, and chairperson of the Grassroots Grantmakers Association Board. He describes his role on this planet as a social banker, using relationships to build a more abundant community. To learn more about De'Amon and The Learning	gifts, gift, contribution, community, nonverbal, neighbor, QC, Social & Spirituality	All	Social & Spirituality	
Deep breathing: like blowing out candles	Kendra Bowens - MHMR	05/11/2021	Kendra leads us through a breathing exercise to help with relaxation. Try it for yourself or share with someone in your life! Thanks to Kendra Bowens, In Home Therapeutic Coach with MHMR-TC, for sharing this video.	breath, breathe, relax, relaxation, calm, QC, healthy living	All	Healthy Living	
Experience with organ donor	Nicholas Herran	05/11/2021	After eight years on the waitlist for an organ donation, Nicholas explains what it felt like to get that phone call one fall evening. He is so grateful to the donor hero for the impact the donor had on Nicholas' life. Visit <a href="https://indianadonoronetwork.org/">https://indianadonoronetwork.org/</a> (in Indiana) or <a href="https://www.donatelifenet.org/">https://www.donatelifenet.org/</a> to learn more. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana.	health, healthy, organ donor, organ, donation, organ donation, donate, surgery, QC, healthy living	All	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Craft Corner: Snack Mix	Quillo	05/11/2021	Peanuts, popcorns, raisins, chocolate chips? Sweet or salty? What are your favorites to add to a snack mix? Put together your favorites for a do it yourself snack mix, ready to share with others or take on the road. Looking for healthy options? Try nuts and dried fruits. Have a sweet tooth? Add M&Ms and peanut butter chips. This activity is a great option to personalize, especially if people you live with like different things. For this activity, you'll need: scoop, mixing bowl, baggies or plastic containers, a variety of snack items, such as nuts, chocolate chips, dried fruit, and other favorites.	ideas, idea, snack, food, make, mix, road trip, eat, recipe	All	Healthy Living	
Getting used to online platforms	Becca Burrow	05/11/2021	Have you been spending more time on online platforms like Zoom or Go To Meeting? If you or someone in your life has ever had trouble joining a virtual event of meeting, Becca shares a tip that worked for her. Becca Burrow is an active self-advocate in Illinois. She works as a receptionist at Garden Center Services.	online, technology, tech, virtual, zoom, meeting, advice, computers, computer, internet, wifi, QC, Advocacy & Engagement	School age Transition Adulthood	Advocacy & Engagement	
"Tapping into a whole person"	De'Amon Harges	05/11/2021	When we talk about people, are we talking about the whole person? De'Amon encourages us to "tap into a whole person," and finds that asking "What Brings You Joy?" is a great place to start! Watch De'Amon's other videos about "What brings you joy" for more. De'Amon Harges is a faculty member of the Asset Based Community Development (ABCD) Institute, Community Organizer, Creator of the Learning Tree, and chairperson of the Grassroots Grantmakers Association Board. He describes his role on this planet as a social banker, using relationships to build a more	gifts, gift, contribution, community, nonverbal, neighbor, QC, Advocacy & Engagement	Transition Adulthood	Advocacy & Engagement	
Bring someone alongside you	De'Amon Harges	05/11/2021	If you have dreams and goals, what does it mean to "bring someone alongside you?" De'Amon shares how having people to encourage you, hold you accountable, and complement your skills can help. De'Amon Harges is a faculty member of the Asset Based Community Development (ABCD) Institute, Community Organizer, Creator of the Learning Tree, and chairperson of the Grassroots Grantmakers Association Board. He describes his role on this planet as a social banker, using relationships to build a more abundant community. To learn more about De'Amon	Goals, dreams, grow, learning, support, supports, QC, Advocacy & Engagement	Transition Adulthood	Advocacy & Engagement	
What do you need for an at-home workout?	Korie Nohner - Thrive Mighty	05/11/2021	Are you ready for an at-home workout? Korie gives some tips for the suppliers you'll need, including: a water ball, a pillow, and a sturdy piece of furniture. Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to! Korie Nohner is a Program Manager with Thrive Mighty (www.thrivemighty.org). She is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right for you.	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout gear!	Korie Nohner - Thrive Mighty	05/11/2021	Set yourself up for a successful at-home workout by having some supplies ready. Korie suggests a water bottle, a pillow, and a sturdy piece of furniture to lean on. Korie suggests a kitchen chair without wheels, a couch, bed, coffee table, kitchen table, or desk. Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to! Korie Nohner is a Program Manager with Thrive Mighty (www.thrivemighty.org). She is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Next steps after the DSP Academy	Susan Brooks	05/11/2021	After people finish the DSP Academy, Susan explains where people typically find work and next steps. She added that of the 36 people who have graduated from the DSP Academy, 57% found work within the first 60 days! Susan Brooks is the Chief Innovation Officer of RCM of Washington, a disability service provider in the District of Columbia. For more information on RCM or the DSP Academy, please visit our website at www.rcmofwashington.com or email info@rcmofwashington.com.	career, job, DSP, disability, employment, employed, work, inclusive, inclusion, QC, Daily Life & Employment, learning, education	Transition Adulthood	Daily Life & Employment	
Nervous to call your legislators? Advice from an advocate!	Becca Burrow	05/11/2021	Do you consider yourself an advocate? If you have an important topic to discuss with an elected official, you may be a little nervous. Becca offers advice to make the process a little easier. Becca Burrow is an active self-advocate in Illinois. She works as a receptionist at Garden Center Services.	QC, Advocacy & Engagement, advocate, advocacy, legislator, elected official, vote, rights	Transition Adulthood Aging	Advocacy & Engagement	
Becoming a self-advocate	Becca Burrow	05/11/2021	Becca shares how she first got involved with self-advocacy groups. Becca Burrow is an active self-advocate in Illinois. She works as a receptionist at Garden Center Services.	QC, Advocacy & Engagement, advocate, advocacy, legislator, elected official, vote, rights	Transition Adulthood Aging	Advocacy & Engagement	

## Quillo Connect Videos (Public Library\_As of August 2023)

Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Advocacy: It may mean breaking the rules	Ben Swarts	05/11/2021	How does change happen? How do behaviors indicate what we're trying to communicate? Ben shares how advocating for something, in some cases, may mean breaking the rules a bit! Ben Swarts is the Founder and Executive Director of Thrive Mighty ( <a href="https://www.thrivemighty.org/">https://www.thrivemighty.org/</a> ). Ben's reason for getting up in the morning is to make the world a better place by impacting individuals and building a community around what it means to be human - health and wellness. Ben has 14+ years of working with individuals with intellectual disabilities, including work as a	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood Aging	Healthy Living; Advocacy & Engagement	
Preparing for changes and a new normal	Carl Nave	05/13/21	Carl reflects on how different this year has been, and how eager he is to return to work and a new normal. Carl Nave is a founding member of the Empowerment Advocacy Group. Carl became a self advocate during Illinois Voices where he spoke at state events, assisted with training and creation of materials. Carl is a member of the newly formed DD advisory committee and is a frequent speaker on the ICDD funded WOW webinar project. Carl enjoys working on his laptop and is proud of the fact that he is a strong self advocate who speaks up for himself and others.	work, home, changes, covid, coronavirus, QC, Daily Life & Employment	Adulthood	Daily Life & Employment	
Sharing hope through "pop-up" visits	De'Amon Harges	05/13/21	How do you support neighbors who may be struggling? Or let people know you're thinking of them? De'Amon shares his "pop-up" approach to including and celebrating all people. De'Amon Harges is a faculty member of the Asset Based Community Development (ABCD) Institute, Community Organizer, Creator of the Learning Tree, and chairperson of the Grassroots Grantmakers Association Board. He describes his role on this planet as a social banker, using relationships to build a more abundant community. To learn more about De'Amon and The Learning Tree visit	community, neighbor, neighbors, together, learn, grow, friends, friendship, QC, Community Living	Adulthood	Community Living	
Battling social isolation - with parties!	De'Amon Harges	05/13/21	Is there someone in your community who is isolated? Who lives on the margins? To help engage everybody in the community, De'Amon's advice is to throw a party for them! Help others feel celebrated and included. De'Amon Harges is a faculty member of the Asset Based Community Development (ABCD) Institute, Community Organizer, Creator of the Learning Tree, and chairperson of the Grassroots Grantmakers Association Board. He describes his role on this planet as a social banker, using relationships to build a more abundant community. To learn more about	community, alone, isolated, isolation, lonely, marginalized, neighbor, neighbors, together, learn, grow, friends, friendship, QC, Community Living	Adulthood Aging	Community Living	
My sisters: We are each others backbone	Becca Burrow	05/13/21	After the death of her mom in 2016, Becca and her sister became each other's backbone. Becca shares the role that her mom, sister, and family have played in her life. Becca Burrow is an active self-advocate in Illinois. She works as a receptionist at Garden Center Services.	family, support, siblings, adult siblings	All	Social & Spirituality	
The importance of community	De'Amon Harges	05/13/21	What does it mean to be part of a community? For De'Amon, it is considered "the most civic act!" There is a lot we can learn from and contribute to our communities. De'Amon Harges is a faculty member of the Asset Based Community Development (ABCD) Institute, Community Organizer, Creator of the Learning Tree, and chairperson of the Grassroots Grantmakers Association Board. He describes his role on this planet as a social banker, using relationships to build a more abundant community. To learn more about De'Amon and The Learning Tree visit	community, neighbor, neighbors, together, learn, grow, friends, friendship, QC, Community Living	All	Community Living	
Staying busy on Zoom	Carl Nave	05/13/21	Carl has found new ways to stay in touch with others using online platforms like Zoom. Look for free programming in your area, maybe checking out resources at your local library, parks department, or advocacy groups. Carl Nave is a founding member of the Empowerment Advocacy Group. Carl became a self advocate during Illinois Voices where he spoke at state events, assisted with training and creation of materials. Carl is a member of the newly formed DD advisory committee and is a frequent speaker on the ICDD funded WOW webinar project. Carl enjoys	internet, online, zoom, ideas, bored, QC, Community Living	Community Living, Safety & Security, Social & Spirituality	Community Living	
Getting my Eagle Scout	Nicholas Herran	05/13/21	Nicholas reached a huge milestone, achieving his Eagle Scout through the Boys Scouts. His program focused on a topic near and dear to his heart: organ donation. Learn more about his project in this video. Visit <a href="https://indianadonornetwork.org/">https://indianadonornetwork.org/</a> (in Indiana) or <a href="https://www.donatelife.net/">https://www.donatelife.net/</a> to learn more. Nicholas Herran is a 2019 graduate of the Partners in Policymaking with the Governor's Council for People with Disabilities in Indiana.	health, healthy, organ donor, organ, donation, organ donation, donate, surgery, QC, healthy living	Early childhood School Age Transition	Healthy Living	
Becca Burrow: Author	Becca Burrow	05/13/21	Becca is a self-published author and shares her journey to share her story, Becca's Challenges, with a publisher. Another book may be in the works soon! Becca Burrow is an active self-advocate in Illinois. She works as a receptionist at Garden Center Services.	author, career, job, writer, story, book, QC, Daily Life & Employment	School age Transition Adulthood Aging	Daily Life & Employment	



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Becca's journey to write her first book	Becca Burrow	05/13/21	The writing process can be tough! Becca explains what it took for her book to go from her mind and onto the pages! Becca Burrow is an active self-advocate in Illinois. She works as a receptionist at Garden Center Services.	author, career, job, writer, story, book, QC, Daily Life & Employment	School age Transition Adulthood Aging	Daily Life & Employment	
Using art to express myself	Carl Nave	05/13/21	After being inspired by his Uncle Steve, Carl explains how he and others may use art as a way to express themselves. Carl Nave is a founding member of the Empowerment Advocacy Group. Carl became a self advocate during Illinois Voices where he spoke at state events, assisted with training and creation of materials. Carl is a member of the newly formed DD advisory committee and is a frequent speaker on the ICDD funded WOW webinar project. Carl enjoys working on his laptop and is proud of the fact that he is a strong self advocate who speaks up for himself and others.	advocacy, advocate, self-advocate, self-advocacy, Ambassador, art, artist, expression	School age Transition Adulthood Aging	Advocacy & Engagement	
Two slices of pizza	Carl Nave	05/13/21	As a diabetic, Carl knows he has to be careful about what he eats. However, one day when he wanted an extra piece of pizza, he advocated for himself to suggest a new option. Carl Nave is a founding member of the Empowerment Advocacy Group. Carl became a self advocate during Illinois Voices where he spoke at state events, assisted with training and creation of materials. Carl is a member of the newly formed DD advisory committee and is a frequent speaker on the ICDD funded WOW webinar project. Carl enjoys working on his laptop and is proud of the fact that he is a strong self advocate who speaks up for himself and others.	advocacy, advocate, healthy, health, eat, food, diabetes, diabetic, QC, Advocacy & Engagement	School age Transition Adulthood Aging	Advocacy & Engagement	
Following dreams - bring someone alongside you	De'Amon Harges	05/13/21	Do you have dreams and goals for your life? Who is supporting you in those dreams? De'Amon talks about the support network that can help people work toward their dreams. De'Amon Harges is a faculty member of the Asset Based Community Development (ABCD) Institute, Community Organizer, Creator of the Learning Tree, and chairperson of the Grassroots Grantmakers Association Board. He describes his role on this planet as a social banker, using relationships to build a more abundant community. To learn more about De'Amon and The Learning Tree visit <a href="http://thelearningtrees.com/">http://thelearningtrees.com/</a>	Goals, dreams, grow, learning, support, supports, QC, Advocacy & Engagement	Transition Adulthood	Advocacy & Engagement	
Choosing your room for a workout	Korie Nohner - Thrive Mighty	05/13/21	Are you setting up for a workout at home? Korie gives some advice for how to set up your space. Have a great workout! Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to!  Korie Nohner is a Program Manager with Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). She is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer.	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Setting up your room for a workout	Korie Nohner - Thrive Mighty	05/13/21	Let's get ready for an at-home workout! Korie helps us get a room set up for a safe and fun workout at home. Have a great workout! Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to! Korie Nohner is a Program Manager with Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). She is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right for you.	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Setting boundaries with people at home to prep for a workout.	Korie Nohner - Thrive Mighty	05/13/21	If you're ready to workout at home, make the most of it by setting boundaries with housemates or roommates. Consider setting a time, communicating your needs to people you live with, and set up the space for success so you can focus on your activity! Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to! Korie Nohner is a Program Manager with Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). She is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	

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Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Korie is ready to workout with you!	Korie Nohner - Thrive Mighty	05/13/21	Meet Korie! She is a fitness trainer and will guide you at-home workouts. Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to! Korie Nohner is a Program Manager with Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). She is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right for you.	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
A packed house: Becca's first presentation	Becca Burrow	05/13/21	In 2019, Becca had an opportunity present at "Speak Up, Speak Out," an annual conference in Illinois. She shares what the experience was like, and how much the audience enjoyed it! Becca Burrow is an active self-advocate in Illinois. She works as a receptionist at Garden Center Services.	presentation, present, conference, lead, speaker, public speaking, speaking, QC, Advocacy & Engagement	Transition Adulthood Aging	Advocacy & Engagement	
Fitness, walks, and bonfires: Thrive Mighty's programs	Ben Swarts	05/13/21	What kinds of programs do you think about when it comes to health and wellness? Ben explains some of the programs and activities offered through Thrive Mighty. Ben Swarts is the Founder and Executive Director of Thrive Mighty ( <a href="https://www.thrivemighty.org/">https://www.thrivemighty.org/</a> ). Ben's reason for getting up in the morning is to make the world a better place by impacting individuals and building a community around what it means to be human - health and wellness. Ben has 14+ years of working with individuals with intellectual disabilities, including work as a service coordinator at Opportunity	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood Aging	Healthy Living	
Building a community to thrive	Ben Swarts	05/13/21	With Thrive Mighty, their focus on abilities, disabilities, and inclusion help build a community for people to grow together. Ben Swarts is the Founder and Executive Director of Thrive Mighty ( <a href="https://www.thrivemighty.org/">https://www.thrivemighty.org/</a> ). Ben's reason for getting up in the morning is to make the world a better place by impacting individuals and building a community around what it means to be human - health and wellness. Ben has 14+ years of working with individuals with intellectual disabilities, including work as a service coordinator at Opportunity Partners and running sporting events at	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood Aging	Community Living	
Contributing to your community	Ben Swarts	05/13/21	How do you contribute to your community? What does service mean to you? Ben shares how Thrive Mighty encourages opportunities to volunteer, serve, and contribute to communities. Ben Swarts is the Founder and Executive Director of Thrive Mighty ( <a href="https://www.thrivemighty.org/">https://www.thrivemighty.org/</a> ). Ben's reason for getting up in the morning is to make the world a better place by impacting individuals and building a community around what it means to be human - health and wellness. Ben has 14+ years of working with individuals with intellectual disabilities, including work as a	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood Aging	Community Living	
As the barriers come down	Quillo	06/11/21	With certain progress made around the Covid-19 pandemic, this period of re-opening may come with a mix of emotions. Concern, excitement, questions, nerves, opportunities, and more. Quillo recaps some of the experiences of this past year as well as looks to the future. While it was a difficult year for all in one way or another, we wish you health and healing as we take a peek into this new chapter.	Covid-19, vaccine, vaccination, coronavirus, pandemic, hope, opening, opening up, QC, Daily Life & Employment	All	Daily Life & Employment	
Celebrating Juneteenth	Quillo	06/15/21	Juneteenth is an annual holiday celebrated every June 19th, commemorating the end of slavery. Today, nearly all 50 states mark Juneteenth as either a date of observance or a state holiday. In this video, learn about the holiday's history and how it is celebrated today. Do you have colleagues, people you support, or people in your life who may be recognizing Juneteenth? A 2018 study found that approximately 30% of direct support workers are Black or African American ( <a href="https://ici.umn.edu/products/impact/311/Disparities/#Disparities">https://ici.umn.edu/products/impact/311/Disparities/#Disparities</a> ). How can you support, recognize,	history, Black, African American, race, holiday, celebrate, recognize, tradition, QC, Advocacy & Engagement	All	Advocacy & Engagement	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
7 Signs You're Dehydrated	Quillo	08/16/2021	Are you thirsty? Do you have headaches? Is your urine darker than usual when you go to the bathroom? These may be a few signs that it's time to take sip of water to stay hydrated! Read more here: 7 Weird, Sneak Signs You Might be Dehydrated ( <a href="https://www.huffpost.com/entry/signs-dehydrated_l_60c8ed56e4b0d3b0f1d409fe">https://www.huffpost.com/entry/signs-dehydrated_l_60c8ed56e4b0d3b0f1d409fe</a> ). Ready to learn or share more? Check out additional Quillo videos by typing "water" or "hydrate" into the search bar. Drink a glass now and share the reminder with someone else!	hydrate, hydration, water, h2o, hot, weather, summer, sweat, healthy, health, headache, symptoms, urine, pee, thirsty, reminder	All	Healthy Living	
Contacting my Legislators	Becca Burrow	08/16/2021	Becca is an active advocate in Illinois. She shares her experience contacting and communicating with her state legislators and what that means to her. Becca goes on to share that you can reach legislators through email or phone. Don't get discouraged if you don't reach somebody on the first try! Becca Burrow is an active self-advocate in Illinois. She works as a receptionist at Garden Center Services.	advocacy, advocate, self-advocate, self-advocacy, Ambassador	Transition; Adulthood	Advocacy & Engagement	
Learning about self-advocacy	Carl Nave	08/16/2021	Meet Carl, a self-advocate from Illinois. He explains what self-advocacy means to him. Carl Nave is a founding member of the Empowerment Advocacy Group. Carl became a self-advocate during Illinois Voices where he spoke at state events, assisted with training and creation of materials. Carl is a member of the newly formed DD advisory committee and is a frequent speaker on the ICDD funded WOW webinar project. Carl enjoys working on his laptop and is proud of the fact that he is a strong self-advocate who speaks up for himself and others.	advocacy, advocate, self-advocate, self-advocacy, Ambassador	Transition; Adulthood	Advocacy & Engagement	
Warm-up #1: Start your workout with 10 Deep Breaths	Korie & Jean (Thrive Mighty)	08/20/2021	Korie and Jean get us started with some deep breathing exercises to kickoff their at-home workout. Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist!  Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is	healthy, health, exercise, workout, warmup, breath, breathe	Transition Adulthood Aging	Healthy Living	
Circles of Support: Getting Started	Quillo	08/25/21	Welcome to Quillo Connect! One of the key features on the app is setting up and joining your Circles of Support. Create as many as you want, inviting others to join. The Circle that you are in determines which videos you see, so each Circle you join will look a little different. If you have questions, contact <a href="mailto:support@myquillo.com">support@myquillo.com</a> or call 1- 866-784-5561 (1-866 Quillo1).	circles, support, help, how to, connect	All	Social & Spirituality	
Masking up!	Kandi Clubine & Ginger Pottenger	08/30/2021	Out and about and at work, Kandi has gotten used to wearing her mask due to Covid-19. Mask up! Kandi Clubine lives in Arizona and has worked at a grocery store for over 10 years. She has a close relationship with her family, including her mom, Ginger Pottenger, who is a strong advocate for Kandi's independence. Quillo is not a medical health app. Check with your doctor before making medical decisions. Additional information on the coronavirus/Covid-19 is available from the Centers for Disease Control ( <a href="https://www.cdc.gov/coronavirus">https://www.cdc.gov/coronavirus</a> ).	mask, covid, health, coronavirus	Adulthood	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
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Kandi's full life in Arizona	Kandi Clubine & Ginger Pottenger	08/30/2021	Kandi and Ginger talk about Kandi's life. For thoe most part, it all seems like a really good fit! What does your good life look like? Is it in the sun or the snow? Do you like having people come visit? Picture goals for your own life or talk about it with people you support. Kandi Clubine lives in Arizona and has worked at a grocery store for over 10 years. She has a close relationship with her family, including her mom, Ginger Pottenger, who is a strong advocate for Kandi's independence.	life, good life, living, choice, choices	Adulthood	Community Living Social & Spirituality	
Switching to remote supports at night	Dixie & Jennifer Patterson	08/30/2021	Dixie talks about her daughter Jennifer's transition to using NOSS (Night Owl Support Systems), an overnight security program that offers remote supports and allows Jennifer to be at home on her own.	remote supports, remote, independent, independently, on my own, house, home, apartment, safety, safe, overnight, technology	Adulthood	Community Living Safety & Security	
Overnight supports for my daughter	Dixie & Jennifer Patterson	08/30/2021	Dixie explains what she likes about the overnight remote supports her daughter, Jennifer, uses. Dixie also added that she likes that the Jennifer knows who the responders are. If there is a problem, it is someone she knows coming to the door instead of a stranger. The responders visit once a quarter so they can keep that familiar relationship.	remote supports, remote, independent, independently, on my own, house, home, apartment, safety, safe, overnight, technology	Adulthood	Community Living Safety & Security	
Reassurances for my daughter's safety	Dixie & Jennifer Patterson	08/30/2021	Dixie shares how Night Owl Support Systems has gone above and beyond to make sure her daughter, Jennifer, feels safe. Jennifer uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	remote supports, remote, independent, independently, on my own, house, home, apartment, safety, safe, overnight, technology	Adulthood	Community Living Safety & Security	
Feeling reassured about safety	Dixie & Jennifer Patterson	08/30/2021	As a parent, Dixie knows the importance of feeling reassured about her daughter Jennifer's safety. Dixie explains. Jennifer uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	remote supports, remote, independent, independently, on my own, house, home, apartment, safety, safe, overnight, technology	Adulthood	Community Living Safety & Security	
Celebrating Jennifer's first night on her own	Dixie & Jennifer Patterson	08/30/2021	What was it like, the first time Jennifer stayed by herself at home? Dixie recalls how nervous she was for her daughter...but Jennifer was excited and celebrated her first night on her own! Years later, they are used to this system. Jennifer uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	remote supports, remote, independent, independently, on my own, house, home, apartment, safety, safe, overnight, technology	Adulthood	Community Living Safety & Security	
Meet Martha!	Martha Lehman	08/30/2021	Meet Martha! She is a creative person who enjoys art, crafting, and is getting used to living on her own. Martha lives in Wisconsin and uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	roommate, house, home, independent, job, work	Adulthood	Daily Llife & Employment	

Quillo Connect Videos (Public Library_As of August 2023)							
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Martha's overnight supports	Martha Lehman	08/30/2021	Martha has been using remote support for overnights for a while now. She talks about what that means and how the system works. Martha lives in Wisconsin and uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	roommate, house, home, independent, overnight, alone, remote supports, technology	Adulthood	Safety & Security, Daily Life & Employment	
Martha's evening routine	Martha Lehman	08/30/2021	Martha talks about her evening routines and the positive impact that using overnight remote supports has had on her day to day experience. Martha lives in Wisconsin and uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	roommate, house, home, independent, overnight, alone, remote supports, technology	Adulthood	Safety & Security, Daily Life & Employment	
My first night using overnight supports	Martha Lehman	08/30/2021	The first night Martha stayed on her own without staff and just overnight remote supports, she was both nervous and excited. She talks about what it was like! Martha lives in Wisconsin and uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	roommate, house, home, independent, overnight, alone, remote supports, technology	Adulthood	Safety & Security, Daily Life & Employment	
Setting up for overnight	Martha Lehman	08/30/2021	Are you curious how the overnight remote support system works? Martha explains how the system works, including an emergency button and working with staff to set up the system each day. Martha lives in Wisconsin and uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	roommate, house, home, independent, overnight, alone, remote supports, technology	Adulthood	Safety & Security, Daily Life & Employment	
At home at Kandi's townhouse	Kandi Clubine & Ginger Pottenger	08/30/2021	For Kandi, home is a townhouse that is owned by a trust. She shares a little about life at home and some of the people in her life who support her. Do you or people in your life dream of having their own place? Kandi Clubine lives in Arizona and has worked at a grocery store for over 10 years. She has a close relationship with her family, including her mom, Ginger Pottenger, who is a strong advocate for Kandi's independence.	home, house, living, independence, independent, townhouse	Adulthood Aging	Community Living Daily Life & Employment	
Meet Kandi & Ginger: Arizona Daughter & Mom	Kandi Clubine & Ginger Pottenger	08/30/2021	Kandi and her mom, Ginger, sit down to talk about Kandi's life in Arizona. Kandi Clubine lives in Arizona and has worked at a grocery store for over 10 years. She has a close relationship with her family, including her mom, Ginger Pottenger, who is a strong advocate for Kandi's independence.	life, living, independent, aging	Adulthood Aging	Community Living Daily Life & Employment	
Ginger at Work: 11 Years of Friendly People	Kandi Clubine & Ginger Pottenger	08/30/2021	Kandi has worked at Fry's grocery store for 11 years and counting. In a conversation with her mom, Ginger, she talks about what she likes about her job. Kandi Clubine lives in Arizona and has worked at a grocery store for over 10 years. She has a close relationship with her family, including her mom, Ginger Pottenger, who is a strong advocate for Kandi's independence.	job, employment, employed, career, work	Adulthood Aging	Community Living Daily Life & Employment	
My job at Fry's	Kandi Clubine & Ginger Pottenger	08/30/2021	Kandi has worked at Fry's long enough that she gets the "good hours!" Kandi Clubine lives in Arizona and has worked at a grocery store for over 10 years. She has a close relationship with her family, including her mom, Ginger Pottenger, who is a strong advocate for Kandi's independence.	job, employment, employed, career, work	Adulthood Aging	Daily Life & Employment	

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Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
The future with my family	Kandi Clubine & Ginger Pottenger	08/30/2021	Kandi and her mom, Ginger, talk about their plans for the future as Ginger gets older. While this can be a difficult conversation, it's an important one to help. Their plan includes Kandi's sister and her nephews. Kandi Clubine lives in Arizona and has worked at a grocery store for over 10 years. She has a close relationship with her family, including her mom, Ginger Pottenger, who is a strong advocate for Kandi's independence.	Aging, older, elderly, planning, independence, family, death, dying	Adulthood Aging	Daily Life & Employment Social & Spirituality	
Shopping, library, and bowling with my staff	Kandi Clubine & Ginger Pottenger	08/30/2021	Kandi and her mom, Ginger, talk about the various things she does with the people who support her. Thank you to those of you who provide supports at home! Kandi Clubine lives in Arizona and has worked at a grocery store for over 10 years. She has a close relationship with her family, including her mom, Ginger Pottenger, who is a strong advocate for Kandi's independence.	home, house, living, independence, independent, townhouse	Adulthood	Community Living Daily Life & Employment	
Meals with Kandi	Kandi Clubine & Ginger Pottenger	08/30/2021	Does anybody else like to kick back on a Friday night and order food? Kandi and Ginger talk about Kandi's weekly menu, meal prep, and how she takes it easy on a Friday night. What meals do you like to cook? Kandi Clubine lives in Arizona and has worked at a grocery store for over 10 years. She has a close relationship with her family, including her mom, Ginger Pottenger, who is a strong advocate for Kandi's independence.	home, house, living, independence, independent, townhouse, dinner, lunch, food, cook, cooking	Adulthood	Community Living Daily Life & Employment	
My high school graduation	Kandi Clubine & Ginger Pottenger	08/30/2021	Kandi and her mom, Ginger, think back to to Kandi's graduation from high school in 1985! Kandi Clubine lives in Arizona and has worked at a grocery store for over 10 years. She has a close relationship with her family, including her mom, Ginger Pottenger, who is a strong advocate for Kandi's independence.	high school, transition, graduate, graduation	Transition	Daily Life & Employment	
Warm-Up #2: March in Place & Side to Side	Korie Nohner & Jean Hauff	08/30/2021	In Warm-Up #2, Korie and Jean lead us through a gentle march to get moving. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Warm-Up #3: Arm reach	Korie Nohner & Jean Hauff	08/30/2021	In Warm-Up #3, start to stretch those muscles as Korie and Jean share an arm stretch. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Warm-Up #4: More Arm Reaches	Korie Nohner & Jean Hauff	08/30/2021	Korie and Jean take us through Warm Up #4 with arm stretches. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist!Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right for you.	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Staff's support for Jennifer's new experience	Dixie & Jennifer Patterson	08/31/2021	In addition to Jennifer and Dixie getting used to her new overnight support system, Jennifer's staff also got used to it. They were very supportive and knew Jennifer was ready to be on her own! Jennifer uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	remote supports, remote, independent, independently, on my own, house, home, apartment, safety, safe, overnight, technology	Adulthood	Community Living Safety & Security	
My routine with remote supports	Dixie & Jennifer Patterson	08/31/2021	Jennifer shares her routine with Night Owl Support Systems, turning the alarm off and calling her staff each day. Jennifer uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	remote supports, remote, independent, independently, on my own, house, home, apartment, safety, safe, overnight, technology	Adulthood	Community Living Safety & Security	

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Moving and singing through Zoom	Dixie & Jennifer Patterson	08/31/2021	Jennifer and Dixie share the activities they keep busy with on Zoom. From exercise to choir, it's a great way to stay busy and stay connected. Jennifer uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	Zoom, online, connection, video chat, activity, idea, bored, at home	Adulthood	Daily Life & Employment	
Jennifer and her art	Dixie & Jennifer Patterson	08/31/2021	Jennifer shares her art skills as Dixie gives a few ideas for activities. What are your favorite ways to create art? Share your favorite artwork with others or teach someone your favorite art skill. Let the creative juices flow!	art, craft, skill, talent, create, creative, paint, painting	Adulthood	Daily Life & Employment	
What kind of technology do you use at home?	Dixie & Jennifer Patterson	08/31/2021	Jennifer and Dixie share the types of technology Jennifer uses at home with Night Owl Security Systems. Jennifer uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	remote supports, remote, independent, independently, on my own, house, home, apartment, safety, safe, overnight, technology	Adulthood	Community Living Safety & Security	
Support at home, from midnight snacks to feeling ill	Dixie & Jennifer Patterson	08/31/2021	Dixie and Jennifer recall a funny time when Jennifer activated her overnight supports - for a chocolate chip cookie! Whether it's by accident or intentional, having overnight supports has been reassuring for both mom and daughter! Jennifer uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	remote supports, remote, independent, independently, on my own, house, home, apartment, safety, safe, overnight, technology	Adulthood	Community Living Safety & Security	
Our experience with overnight supports	Dixie & Jennifer Patterson	08/31/2021	Jennifer and Dixie share why overnight supports was a good fit for Jennifer. Parent to parent, Dixie encourages parents to give it a try if it feels like the right fit! Jennifer uses Night Owl Support Systems ( <a href="https://nosslc.com/">https://nosslc.com/</a> ) for overnight remote supports.	remote supports, remote, independent, independently, on my own, house, home, apartment, safety, safe, overnight, technology	Adulthood	Community Living Safety & Security	
Warm-Up #5: Side Step	Korie Nohner & Jean Hauff	08/31/2021	Keep moving with Korie and Jean, as Warm-Up #5 shows Side Steps. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right for you.	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Workout #1: Squats	Korie Nohner & Jean Hauff	08/31/2021	Your legs may feel the burn on this one! Workout #1 kicks off with squats. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right	healthy, health, exercise, workout, warmup, squat, muscles	Transition Adulthood Aging	Healthy Living	
Workout #2: Squat Hold	Korie Nohner & Jean Hauff	08/31/2021	Workout #2 continues with a squat hold. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right for you.	healthy, health, exercise, workout, warmup, squat, muscles	Transition Adulthood Aging	Healthy Living	
Workout #3: Lunges	Korie Nohner & Jean Hauff	08/31/2021	Korie and Jean pick up the pace a little in Workout #3 with some lunges. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right	healthy, health, exercise, workout, warmup, lunge, lunges	Transition Adulthood Aging	Healthy Living	

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Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Workout #4: Shuffle	Korie Nohner & Jean Hauff	09/01/2021	In Workout #4, Korie and Jean get moving with a light shuffle move. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right for you.	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Workout #5: Leg Lifts	Korie Nohner & Jean Hauff	09/01/2021	In workout #5, Korie and Jean strengthen their leg muscles with a gentle leg lift. Supplies: Consider having a chair nearby to help with balance. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing	healthy, health, exercise, workout, warmup, leg lifts, muscle	Transition Adulthood Aging	Healthy Living	
Workout #6: More leg lifts	Korie Nohner & Jean Hauff	09/01/2021	Leglifts continue in Workout #6 as Korie and Jean use a chair to help with stability. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, exercise, workout, warmup, leg lift, muscle	Transition Adulthood Aging	Healthy Living	
Workout #7: Chair taps	Korie Nohner & Jean Hauff	09/01/2021	Workout #7 with Korie and Jean includes chair taps. Find a sturdy chair to help support balance. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right for you.	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Workout #8: Lunge with Pillow Circles	Korie Nohner & Jean Hauff	09/01/2021	For this exercise, grab a pillow from your bed, couch, or even a stuffed animal. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Workout #12: Arm Circles	Korie Nohner & Jean Hauff	09/01/2021	Time for Arm Circles! Korie and Jean show us a good shoulder exercise to loosen up your arms. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Workout #14: Pillow Circles	Korie Nohner & Jean Hauff	09/01/2021	Grab your pillow, stuffed animal, or fluffy object for this circle workout with Korie and Jean! Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Workout #15: Inclined plank	Korie Nohner & Jean Hauff	09/01/2021	Find a sturdy chair to try an inclined plank with Korie and Jean. Be careful and make sure your chair is in a sturdy position! Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	



Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Workout #16: Shoulder taps	Korie Nohner & Jean Hauff	09/01/2021	You'll need a sturdy chair to try these inclined shoulder taps. Join Korie and Jean for this exercise and make sure your chair is in a sturdy spot! Korie and Jean demonstrate two levels of shoulder taps to try. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Workout #17: Plank hold with arm lift	Korie Nohner & Jean Hauff	09/01/2021	Korie and Jean take the plank hold with a new twist - an arm lift! You'll need a sturdy chair for this movement, so make sure it is in a sturdy and nonslip spot. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right for you.	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Workout #18: Plank with side lifts	Korie Nohner & Jean Hauff	09/01/2021	More planks with Korie and Jean! They demonstrate a plan with side lifts. You'll need a sturdy chair that doesn't wobble or slip. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right for you.	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Workout #19: Plank with back arm lifts	Korie Nohner & Jean Hauff	09/01/2021	Wrapping up the chair plank series, Korie and Jean demonstrate the plank with a back arm lifts. Make sure you have a steady chair for this exercise. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Workout #13: Bigger Arm Circles	Korie Nohner & Jean Hauff	09/01/2021	As you warmup your shoulders, Korie and Jean take it a step further with bigger arm Circles. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right for you.	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Celebrate a DSP in your life!	Quillo	09/10/21	It's DSP Appreciation Week! Do you have a Direct Support Professional in your life you'd like to thank? Consider a note, message, or sign that reflects what DSPs mean to you. Photos by RODNAE Productions ( <a href="https://www.pexels.com/@rodnae-prod">https://www.pexels.com/@rodnae-prod</a> and Cliff Booth ( <a href="https://www.pexels.com/@cliff-booth">https://www.pexels.com/@cliff-booth</a> ) from Pexels ( <a href="http://www.pexels.com">www.pexels.com</a> ) and from <a href="https://affecttheverb.com/collection/">https://affecttheverb.com/collection/</a> .	thank you, thanks, DSP, appreciation, community living, PCA	All	Community Living, Daily Life & Employment, Social & Spirituality	
Thank a DSP today!	John Raffaele	09/13/21	"Quality is defined at the point of interaction." John unpacks what John F. Kennedy, Jr. meant by this quote when he started NADSP, the National Alliance for Direct Support Professionals. Are there DSPs in your life who mean something to you, your family, or people in your life? Share thanks today! John Raffaele is the Director of Education Services with the National Alliance for Direct Support Professionals (NADSP) <a href="https://www.nadsp.org/">https://www.nadsp.org/</a> .	thank you, thanks, appreciation, staff, DSPs, PCA, support staff, staff	All	Community Living	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Craft Corner: Pumpkin Treats	Quillo	10/8/2021	No tricks, just treats! This fall, try this easy 1-pot recipe for Rice Krispie Treat Pumpkins. Make these to share for a fall or Halloween gathering! You'll need: Box of puffed rice cereal (like Rice Krispies), 1/4 cup of butter, 1 bag marshmallows, pretzel rods, green candy (like an M&M or Skittle), Orange food coloring OR red/yellow food coloring to mix, spatula, a dark pot (in case the food coloring stains), and gloves. Recipe from <a href="https://onelittleproject.com/rice-krispie-treat-pumpkins/">https://onelittleproject.com/rice-krispie-treat-pumpkins/</a>	craft, food, snacks, ideas, kitchen, cooking, sweet, sugar, make, create, halloween, fall, autumn, pumpkin, cook, recipe	All	Daily Life & Employment	
Just for fun: What's your pumpkin personality?	Quillo	10/22/2021	This fall season, which pumpkin personality fits you? Sometimes we may be more than one time at a time, too! Enjoy these pumpkin faces as you share your personality with others!	fun, silly, halloween, fall, autumn, holiday, personality, personalities, character	All	Social & Spirituality	
"We were so excited, we couldn't wait to tell you"	Nancy Thaler	10/27/2021	Nancy reflects on one of her favorite moments when she got a call from her son Aaron's housemate. Nancy lives in Pennsylvania and has an adult son, Aaron, who lives in "life sharing" or "shared living" with a housemate. "Life sharing" or "shared living" is a living arrangement that pairs a housemate (or couple or family) without a disability with someone with a disability, providing a shared home experience. Nancy Thaler is a national leader in the field of developmental disabilities who served as the Director of Pennsylvania's Office of Developmental Programs for 15 years, as	Shared Living, life sharing, independent, living, roommates, roommate, house, home	Adulthood Aging	Community Living	
A mutually caring relationship	Nancy Thaler	10/27/2021	While Aaron's roommate, William, is at work, he has another person from his provider agency, Rob, spend the day with him. Nancy (Aaron's mom) explains how meaningful this relationship has been and how genuine and open their communication is. "Life sharing" or "shared living" is a living arrangement that pairs a housemate (or couple or family) without a disability with someone with a disability, providing a shared home experience. Nancy Thaler is a national leader in the field of developmental disabilities who served as the Director of Pennsylvania's Office of Developmental Programs for 15 years, as the Director of the National Association of State Directors of Developmental Disability Services (NASDDDS) for 8 years, and with the Center for Medicaid and Medicaid (CMS) for 3 years. She and her husband are parents of a son with developmental disabilities.	Shared Living, life sharing, independent, living, roommates, roommate, house, home	Adulthood Aging	Community Living	
Life Sharing: What is it?	Nancy Thaler	10/27/2021	Have you heard of the term "life sharing"? Nancy Thaler gives an overview of what it means to be a "life sharer." Nancy Thaler is a national leader in the field of developmental disabilities who served as the Director of Pennsylvania's Office of Developmental Programs for 15 years, as the Director of the National Association of State Directors of Developmental Disability Services (NASDDDS) for 8 years, and with the Center for Medicaid and Medicaid (CMS) for 3 years. She and her husband are parents of a son with developmental disabilities.	Shared Living, life sharing, independent, living, roommates, roommate, house, home	Adulthood Aging	Community Living	
Personal and professional experience with "life sharing"	Nancy Thaler	10/27/2021	As a previous state director in Pennsylvania as well as a parent of an adult child with disabilities, Nancy has a lot of experience with life sharing. "Life sharing" or "shared living" is a living arrangement that pairs a housemate (or couple or family) without a disability with someone with a disability, providing a shared home experience. Nancy Thaler is a national leader in the field of developmental disabilities who served as the Director of Pennsylvania's Office of Developmental Programs for 15 years, as the Director of the National Association of State Directors of	Shared Living, life sharing, independent, living, roommates, roommate, house, home	Adulthood Aging	Community Living	
Shared living: making the decision as a parent	Nancy Thaler	10/27/2021	As a parent, Nancy had her reservations about the life sharing model for her son, Aaron. She believed in the idea itself as a State Director, but she wasn't something she had considered for Aaron who had tried a series of group homes without finding the right fit. It wasn't until she got encouragement from a friend that she started to consider it. Nancy shares some of the questions, concerns, and worries she had as a parent. "Life sharing" or "shared living" is a living arrangement that pairs a housemate (or couple or family) without a disability with someone with a disability,	Shared Living, life sharing, independent, living, roommates, roommate, house, home	Adulthood Aging	Community Living	
My son's experience with life sharing over the years	Nancy Thaler	10/27/2021	When it came to Aaron's experience with life sharing, "the difference has been extraordinary," as Nancy says. Nancy talks about the various housemates her son, Aaron, has had as part of the life sharing model in Pennsylvania. "Life sharing" or "shared living" is a living arrangement that pairs a housemate (or couple or family) without a disability with someone with a disability, providing a shared home experience. Nancy Thaler is a national leader in the field of developmental disabilities who served as the Director of Pennsylvania's Office of Developmental Programs for 15 years, as	Shared Living, life sharing, independent, living, roommates, roommate, house, home	Adulthood Aging	Community Living	

Quillo Connect Videos (Public Library_As of August 2023)							
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Family, life sharing, and Covid	Nancy Thaler	10/27/2021	Nancy talks about what the life sharing situation has been like in the midst of the pandemic. "Life sharing" or "shared living" is a living arrangement that pairs a housemate (or couple or family) without a disability with someone with a disability, providing a shared home experience. Nancy Thaler is a national leader in the field of developmental disabilities who served as the Director of Pennsylvania's Office of Developmental Programs for 15 years, as the Director of the National Association of State Directors of Developmental Disability Services (NASDDDS) for 8 years, and	Shared Living, life sharing, independent, living, roommates, roommate, house, home	Adulthood Aging	Community Living	
Life sharing: connecting with the right people	Nancy Thaler	10/27/2021	If families have concerns about what life sharing might look like for you or your loved one, Nancy explains what the matching process looks like to make sure it's a good fit for everybody. "Life sharing" or "shared living" is a living arrangement that pairs a housemate (or couple or family) without a disability with someone with a disability, providing a shared home experience. Nancy Thaler is a national leader in the field of developmental disabilities who served as the Director of Pennsylvania's Office of Developmental Programs for 15 years, as the Director of the National	Shared Living, life sharing, independent, living, roommates, roommate, house, home	Adulthood Aging	Community Living	
Structure and support for the life sharing system	Nancy Thaler	10/27/2021	What does life sharing look like in your state? It can be different state to state, so Nancy gives an example of what the process looks like in her home state of Pennsylvania. "Life sharing" or "shared living" is a living arrangement that pairs a housemate (or couple or family) without a disability with someone with a disability, providing a shared home experience. Nancy Thaler is a national leader in the field of developmental disabilities who served as the Director of Pennsylvania's Office of Developmental Programs for 15 years, as the Director of the National Association of State Directors of Developmental Disability Services (NASDDDS) for 8 years, and with the Center for	Shared Living, life sharing, independent, living, roommates, roommate, house, home	Adulthood Aging	Community Living	
Choosing my roommates	Nancy Thaler	10/27/2021	Living with others in any setting can come with stressors. Nancy shares how that impacts life sharing situations and how important it is to find roommates who are the right fit for each other. "Life sharing" or "shared living" is a living arrangement that pairs a housemate (or couple or family) without a disability with someone with a disability, providing a shared home experience. Nancy Thaler is a national leader in the field of developmental disabilities who served as the Director of Pennsylvania's Office of Developmental Programs for 15 years, as the Director of the National	Shared Living, life sharing, independent, living, roommates, roommate, house, home	Adulthood Aging	Community Living	
What do we want at the end of our lives?	Bill Gaventa	10/27/2021	It can be hard to talk about end of life decisions, but it's so important. Bill talks about a research project from Ireland asking people with disabilities about what they want. Check out additional resources on grief, death, and dying here: <a href="https://faithanddisability.org/wp-content/uploads/2021/08/2021-Grief-Death-Dying-Resources.pdf">https://faithanddisability.org/wp-content/uploads/2021/08/2021-Grief-Death-Dying-Resources.pdf</a> Read more about the study from Ireland here: <a href="https://onlineibrary.wiley.com/doi/epdf/10.1111/jppi.12376">https://onlineibrary.wiley.com/doi/epdf/10.1111/jppi.12376</a> Reverend Bill Gaventa is the Founder and Director Emeritus of the Institute on Theology and Disability (theologydisability.org), current Director of the National Collaborative on Faith and Disability and author of Disability and Spirituality: Recovering Wholeness. Contact Bill here: <a href="mailto:bill.gaventa@gmail.com">bill.gaventa@gmail.com</a> .	life, death, dying, grief, grieving, planning, end of life, hospice, care	Aging	Social & Spirituality	
Spirituality and Belonging	Bill Gaventa	10/27/2021	Spirituality and a sense of belonging can look different for everybody. When it comes to different faith communities, there might be more that your congregation can do to include and welcome people with disabilities and their families. Learn more about "Everybody Belongs Serving Together" here, <a href="https://www.faihtward.org/everybody-belongs-serving-together/">https://www.faihtward.org/everybody-belongs-serving-together/</a> , and consider what your own faith traditions can do. Reverend Bill Gaventa is the Founder and Director Emeritus of the Institute on Theology and	faith, church, synagogue, mosque, community, member, membership, belong, belonging, contribute	All	Social & Spirituality	
Workout #9: Wrist Circles	Korie & Jean (Thrive Mighty)	10/27/2021	Join Korie and Jean for Workout #9 where they get their wrists loosened up. See part 2 for more! Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	

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Workout #10: Finger Stretches	Korie & Jean (Thrive Mighty)	10/27/2021	Workout #10 gets our joints ready for some deeper moves. See Part 1 for more! Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right for you.	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Workout #11: Shoulder Press	Korie & Jean (Thrive Mighty)	10/27/2021	How are your shoulders feeling today? Korie and Jean share a workout to warmup your shoulders. Quillo Tip: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, exercise, workout, warmup	Transition Adulthood Aging	Healthy Living	
Finding an agency that supports the person	Nancy Thaler	10/27/2021	Finding the right agency to support you is important for everybody. Nancy explains why it matters that you not only get to know the staff, but the overall agency, too, to find the right fit. Nancy Thaler is a national leader in the field of developmental disabilities who served as the Director of Pennsylvania's Office of Developmental Programs for 15 years, as the Director of the National Association of State Directors of Developmental Disability Services (NASDDDS) for 8 years, and with the Center for Medicaid and Medicaid (CMS) for 3 years. She and her husband are parents of	provider, services, agency, fit, advocacy	Transition Adulthood Aging	Community Living	
Putting Faith to Work	Bill Gaventa	10/27/2021	Are you or people in your life interested in getting a job? It may come as no surprise that it can be hard for some people with disabilities to find jobs, even if they are eager to work. In this video, Bill talks about the roll that communities of faith (like churches, mosques, and synagogues) can play in helping connecting people with job opportunities. Learn more through the Putting Faith to Work resource, found here: <a href="https://faithanddisability.org/projects/putting-faith-to-work/">https://faithanddisability.org/projects/putting-faith-to-work/</a> Reverend Bill Gaventa is the Founder and Director Emeritus of the Institute on Theology and Disability	jobs, job, work, career, employment, employed, faith, church, mosque, synagogue, social capital, community	Transition, Adult	Daily Life & Employment, Social & Spirituality	
Being a Member	Bill Gaventa	10/27/2021	How do you feel a sense of belonging? What does it mean to be a "member" of something? Bill discusses membership and what it might look like, whether it is with an advocacy group, spiritual congregation, or something else. What does membership mean to you? What opportunities are there in your neighborhood to join something today? Check out resources by Angela Amado here: <a href="https://inclusion.com/inclusion-resources/change-makers/angela-amado-collection/">https://inclusion.com/inclusion-resources/change-makers/angela-amado-collection/</a> Reverend Bill Gaventa is the Founder and Director Emeritus of the Institute on Theology and Disability ( <a href="http://theologydisability.org">theologydisability.org</a> ), current Director of the National Collaborative on Faith and Disability and author of Disability and Spirituality: Recovering Wholeness. Contact Bill here: <a href="mailto:bill.gaventa@gmail.com">bill.gaventa@gmail.com</a> .	faith, church, synagogue, mosque, community, member, membership, belong, belonging, contribute	Transition, Adult	Social & Spirituality	
The basics about Remote Supports	Night Owl Support Systems	11/18/21	Are you familiar with Remote Supports? Learn more about the role that technology and off-site supports can play in independence and safety for yourself or someone in your life. Thank you to NOSS (Night Owl Support Systems <a href="https://nossllc.com/">https://nossllc.com/</a> ) for collaborating on this video.	remote supports, rsp, independence, by myself, on my own, support, help, security	Adult, Aging	Safety & Security, Community Living	
When an RSP responds to your needs	Night Owl Support Systems	11/18/21	How can RSPs (Remote Support Professionals) help? This example with Joe shares what might happen if he was by himself and cut his finger while making dinner. Thank you to NOSS (Night Owl Support Systems <a href="https://nossllc.com/">https://nossllc.com/</a> ) for collaborating on this video.	remote supports, rsp, independence, by myself, on my own, support, help, security	Adult, Aging	Safety & Security, Community Living	

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Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Looking for...Indoor Activities! Quillo Search Tips	Quillo	11/18/21	Looking for some new ideas for cold or rainy days? The Quillo search bar is here for you! Check out this video for tips on how to use the search bar and the keywords to point you towards the right videos. If you search a keyword and don't find any results, contact support@myquillo.com with your request and we may make a video!	search, how, Quillo how to, how to, search bar, keyword	All	Daily Life & Employment	
With Thanks and Giving	Quillo	11/18/21	Happy Thanksgiving, from Quillo!	thanks, thanksgiving, holidays, holiday	All	Social & Spirituality	
Supported Decision-Making: "We're Proud of Him"	Linda & Jeffrey Brown	11/24/21	Linda and Jeffrey Brown share how supporting son Terrell, who has autism, to make decisions and increase his independence has helped them all grow and have greater peace of mind. A special thanks to the TN Council on Development on Developmental Disabilities ( <a href="http://www.tn.gov/cdd">www.tn.gov/cdd</a> ) for creating and sharing this video with Quillo. Watch the full video with the Browns here: <a href="https://www.youtube.com/watch?v=C08rhem6bJU">https://www.youtube.com/watch?v=C08rhem6bJU</a>	supported decision-making, guardian, guardianship, autism, autistic, independence, independent, work, job, employment, parents, children, growing, growth	Transition, Adult	Daily Life & Employment; Advocacy & Engagement	
Supported Decision-Making: "Walking this journey together"	Linda & Jeffrey Brown	11/24/21	Supported decision-making is a guardianship alternative that, just like its name suggests, offers support to people when it comes to making decisions. Linda and Jeffrey Brown discuss what this support looks like with their son, Terrell, and how it can start with surrounding him with supportive people. A special thanks to the TN Council on Development on Developmental Disabilities ( <a href="http://www.tn.gov/cdd">www.tn.gov/cdd</a> ) for creating and sharing this video with Quillo. Watch the full video with the Browns here: <a href="https://www.youtube.com/watch?v=C08rhem6bJU">https://www.youtube.com/watch?v=C08rhem6bJU</a>	supported decision-making, guardian, guardianship, autism, autistic, independence, independent, work, job, employment, parents, children, growing, growth	Transition, Adult	Daily Life & Employment; Advocacy & Engagement	
"People that I trust and care about me"	Will McMillan	11/24/21	Are you familiar with the idea of supported decision-making? Will McMillan makes his own decisions with help from trusted family and friends. Will, who has Down syndrome, shares lessons he's learned and tips for making good decisions. Will McMillan is a self-advocate in Tennessee. A special thanks to the TN Council on Development on Developmental Disabilities ( <a href="http://www.tn.gov/cdd">www.tn.gov/cdd</a> ) for creating and sharing this video with Quillo. Watch the full video with Will McMillan here: <a href="https://www.youtube.com/watch?v=S8A_bl00ehg">https://www.youtube.com/watch?v=S8A_bl00ehg</a>	supported decision-making, SDM, down syndrome, guardian, guardianship, independence, independence, choice, choose, advocacy, advocate	Transition, Adult	Daily Life & Employment; Advocacy & Engagement	
Decisions I make on my own - and with others	Will McMillan	11/24/21	In what ways can someone help somebody with supported decision-making? Will McMillan shares lessons he's learned and tips for making good decisions. Will McMillan is a self-advocate in Tennessee. A special thanks to the TN Council on Development on Developmental Disabilities ( <a href="http://www.tn.gov/cdd">www.tn.gov/cdd</a> ) for creating and sharing this video with Quillo. Watch the full video with Will McMillan here: <a href="https://www.youtube.com/watch?v=S8A_bl00ehg">https://www.youtube.com/watch?v=S8A_bl00ehg</a>	supported decision-making, SDM, down syndrome, guardian, guardianship, independence, independence, choice, choose, advocacy, advocate	Transition, Adult	Daily Life & Employment; Advocacy & Engagement	
"It's your life" - being up to the challenge	Will McMillan	11/24/21	What does it feel like to make decisions for yourself? Sometimes it can be a challenge to make those decisions, but as Will shares, he is up to the challenge, especially when he knows he has a support system behind him! Will McMillan is a self-advocate in Tennessee. A special thanks to the TN Council on Development on Developmental Disabilities ( <a href="http://www.tn.gov/cdd">www.tn.gov/cdd</a> ) for creating and sharing this video with Quillo. Watch the full video with Will McMillan here: <a href="https://www.youtube.com/watch?v=S8A_bl00ehg">https://www.youtube.com/watch?v=S8A_bl00ehg</a>	supported decision-making, SDM, down syndrome, guardian, guardianship, independence, independence, choice, choose, advocacy, advocate	Transition, Adult	Daily Life & Employment; Advocacy & Engagement	
Habit Stacking	Quillo	12/7/21	You've probably heard suggestions to practice self-care before - the idea of taking time for yourself to relax, reflect, or do something to take care of yourself. However, sometimes even 5 minutes seems out of reach.  Learn more about HABIT STACKING in this video or read about it here: "Try Habit Stacking" <a href="https://www.huffpost.com/entry/self-care-habit-stacking__618be990e4b0c8666be5799c">https://www.huffpost.com/entry/self-care-habit-stacking__618be990e4b0c8666be5799c</a>	habit, idea, ideas, routine, self-care, self care, health, mental health, goals	Transition, Adult, Aging	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Cyber Security: Basics for staying safe online	Quillo	01/04/2022	Let's take a quick look at what Cyber Security is all about and why it is important to stay safe online. You may use the internet for social media, managing finances, making doctor's appointments, and more. Internet safety is key! Stay tuned for more from the Quillo Cyber Security Safety video series.	online, internet, cyber, security, safety, safe, phishing, hacking, social media	All	Safety & Security	
Meet Tanner: Tech Ambassador	Tanner Huff	01/31/2022	Meet Tanner, a Tech Ambassador from Ohio. He shares more about the Tech Ambassador role. Here's more about Tanner: "I'm Tanner Huff. I'm 30 yrs old and I've got cerebral palsy. In addition to that, I'm visually impaired so I use a lot of simple to complex technologies for everyday independence! I'm with the Ohio Tech Ambassador Network and am going to be married soon to the woman of my dreams!!!!" Learn more about the Ohio Tech Ambassadors here: <a href="https://ohiotechambassadors.org/">https://ohiotechambassadors.org/</a>	technology, tech, learn, adaptive technology, support, independent	Adult	Community Living	
My new service dog	Tanner Huff	01/31/2022	Tanner is about to get his new service dog who will help him with balance and guide work. He shares the types of things his service dog will assist him with. Here's more about Tanner: "I'm Tanner Huff. I'm 30 yrs old and I've got cerebral palsy. In addition to that, I'm visually impaired so I use a lot of simple to complex technologies for everyday independence! I'm with the Ohio Tech Ambassador Network and am going to be married soon to the woman of my dreams!!!!" Learn more about the Ohio Tech Ambassadors here: <a href="https://ohiotechambassadors.org/">https://ohiotechambassadors.org/</a>	support, independence, service dog, service animal, mobility	Adult	Community Living	
Working on accessibility with an engineering company	Tanner Huff	01/31/2022	In a previous job, Tanner worked with a local engineering company to provide ideas and feedback on the accessibility of their products. Have you or someone in your life considered working for a company like this, offering first-hand perspective on what would make a better or more accessible product? Here's more about Tanner: "I'm Tanner Huff. I'm 30 yrs old and I've got cerebral palsy. In addition to that, I'm visually impaired so I use a lot of simple to complex technologies for everyday independence! I'm with the Ohio Tech Ambassador Network and am going to be married soon to	access, accessibility, job, employment, engineer, engineering	Adult	Daily Life & Employment	
Smart Outlets: making plugs work for your needs	Tanner Huff	01/31/22	Smart outlets (that you plug into a regular outlet but will connect to Alexa, Google Home, or Siri) help Tanner have control of a lot of technology throughout his home. He shares the example of using smart outlets to help keep the lights on! Here's more about Tanner: "I'm Tanner Huff. I'm 30 yrs old and I've got cerebral palsy. In addition to that, I'm visually impaired so I use a lot of simple to complex technologies for everyday independence! I'm with the Ohio Tech Ambassador Network and am going to be married soon to the woman of my dreams!!!!" Learn more about the Ohio Tech	tech, technology, independent, home, living, smart technology, smart outlets	Adult	Daily Life & Employment; Community Living	
Tech for independence!	Tanner Huff	01/31/22	Tanner shares how technology helps him be more efficient and independent at home. Here's more about Tanner: "I'm Tanner Huff. I'm 30 yrs old and I've got cerebral palsy. In addition to that, I'm visually impaired so I use a lot of simple to complex technologies for everyday independence! I'm with the Ohio Tech Ambassador Network and am going to be married soon to the woman of my dreams!!!!" Learn more about the Ohio Tech Ambassadors here: <a href="https://ohiotechambassadors.org/">https://ohiotechambassadors.org/</a>	tech, technology, independent, home, living, smart technology	Adult	Daily Life & Employment; Community Living	
A good night's sleep with an adjustable bed	Tanner Huff	01/31/2022	Tanner shares how his adjustable bed helps him get a good night's rest after a long day. Here's more about Tanner: "I'm Tanner Huff. I'm 30 yrs old and I've got cerebral palsy. In addition to that, I'm visually impaired so I use a lot of simple to complex technologies for everyday independence! I'm with the Ohio Tech Ambassador Network and am going to be married soon to the woman of my dreams!!!!" Learn more about the Ohio Tech Ambassadors here: <a href="https://ohiotechambassadors.org/">https://ohiotechambassadors.org/</a>	tech, technology, independent, home, living, smart technology	Adult	Daily Life & Employment; Community Living	
Lacing up! Tech for my shoes	Tanner Huff	01/31/2022	When Tanner gets dressed for the day, he has found that elastic laces (also known as "speed laces" or tie-less laces") help him get ready on his own. Here's more about Tanner: "I'm Tanner Huff. I'm 30 yrs old and I've got cerebral palsy. In addition to that, I'm visually impaired so I use a lot of simple to complex technologies for everyday independence! I'm with the Ohio Tech Ambassador Network and am going to be married soon to the woman of my dreams!!!!" Learn more about the Ohio Tech Ambassadors here: <a href="https://ohiotechambassadors.org/">https://ohiotechambassadors.org/</a>	tech, technology, independent, home, living, clothing, mobility, dexterity	Adult	Daily Life & Employment; Community Living	

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Tech at home: using a robot vacuum	Tanner Huff	01/31/2022	There are many different ways to use technology in daily life! Tanner shares how he uses a robot vacuum to help keep his home clean. Here's more about Tanner: "I'm Tanner Huff. I'm 30 yrs old and I've got cerebral palsy. In addition to that, I'm visually impaired so I use a lot of simple to complex technologies for everyday independence! I'm with the Ohio Tech Ambassador Network and am going to be married soon to the woman of my dreams!!!!" Learn more about the Ohio Tech Ambassadors here: <a href="https://ohiotechambassadors.org/">https://ohiotechambassadors.org/</a>	tech, technology, independent, home, living, clean, housework, cleaning, vacuum, robot, blind, mobility	Adult, Aging	Daily Life & Employment; Community Living	
Tech to help do the dishes	Tanner Huff	01/31/22	Technology doesn't always mean it comes with a motor! Tanner shares how he uses a "Sink N Spin" ( <a href="https://getsinknspin.com/">https://getsinknspin.com/</a> ) to help with the dishes. Here's more about Tanner: "I'm Tanner Huff. I'm 30 yrs old and I've got cerebral palsy. In addition to that, I'm visually impaired so I use a lot of simple to complex technologies for everyday independence! I'm with the Ohio Tech Ambassador Network and am going to be married soon to the woman of my dreams!!!!" Learn more about the Ohio Tech Ambassadors here: <a href="https://ohiotechambassadors.org/">https://ohiotechambassadors.org/</a> <i>Note: Quillo is not formally endorsing this product with this video. It is passing along information that our video author found useful.</i>	tech, technology, independent, home, living, clean, housework, cleaning, vacuum, robot, blind, mobility	Adult, Aging	Daily Life & Employment; Community Living	
Workout #20: Pillow Lifts	Korie & Jean (Thrive Mighty)	01/31/22	Use a pillow, stuffed animal, or other squishy object do these pillow lifts! Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #21: Pillow Taps	Korie & Jean (Thrive Mighty)	01/31/22	To get set up for this movement, Korie asks us to be seated firmly on the ground where we won't slip. Have a pillow handy and make sure you have some room around you to move your arms side to side, too. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #22: Bird Dog	Korie & Jean (Thrive Mighty)	01/31/22	Korie and Jean continue their workout with a "bird dog." Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #23: Cross-Body Crunch	Korie & Jean (Thrive Mighty)	01/31/22	Try a cross-body crunch with Korie and Jean as part of their workout series! Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #24: Penguin	Korie & Jean (Thrive Mighty)	01/31/22	This is not your typical penguin! Try out this fun workout move with Korie and Jean as they guide you safely through the move. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #25: Hollow Hold	Korie & Jean (Thrive Mighty)	01/31/22	Join Korie and Jean for this "Hollow Hold" workout. Get ready to feel your abdominal muscles working! Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	

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Workout #26: Flutter Kicks	Korie & Jean (Thrive Mighty)	01/31/22	For your at-home workout, Korie and Jean share the flutter kick technique. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #27: Plank with Pillow Slide	Korie & Jean (Thrive Mighty)	01/31/22	Feel safe and strong as you try this version of a plank position, using a pillow for extra support. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Meet Jean, Thrive Mighty team member!	Korie & Jean (Thrive Mighty)	01/31/22	Meet Jean Hauff, a Thrive Mighty team member. Join Jean and her co-worker Korie for a series of workout videos. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #28: Cardio quick feet	Korie & Jean (Thrive Mighty)	01/31/22	Interesting in getting your heartrate up? Try Cardio Quick Feet with Jean and Korie! Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #29: Setting up for Boxing	Korie & Jean (Thrive Mighty)	01/31/22	Korie and Jean share a series of different boxing techniques. In this video, they help you set up for the boxing series. Trying Workout 30, 31, and 32 for boxing techniques! Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #30: Boxing to the Side	Korie & Jean (Thrive Mighty)	01/31/22	After introducing boxing in Workout #29, Korie and Jean show us Boxing to the Side. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #31: Boxing downwards	Korie & Jean (Thrive Mighty)	01/31/22	The boxing series continues after Workout 29 and 30 with the Boxing Downwards move. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #32: Boxing Overhead	Korie & Jean (Thrive Mighty)	01/31/22	In Workout 29, 30, and 31, Korie and Jean introduce boxing setup and two types of boxing. The boxing series wraps up with Boxing Overhead! Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Living IN community	Leanne Mull	02/03/22	What do we mean when we talk about "Community Living?" Leanne shares her thoughts on how people can engage with others to find a different sense of belonging. Leanne has been supporting people with Intellectual and Developmental Disabilities to achieve their dreams since 1999. In her previous career as a corporate trainer and business manager Leanne hired someone who used a job coach and that experience completely changed the course of her life. She spent the next 15 years at a traditional agency in a variety of roles ranging from job coach to QIDP, Day Services	community, social, society, neighborhood, include, inclusion	Adulthood, Aging	Community Living	



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Practicing for Lily's future	Stephanie Garner	02/03/22	When it comes to our kids, how do we help them practice for the future? With health and safety in mind, Stephanie shares how deciding to use a bandaid for a cut on her finger helps set her daughter up for future success and independence. Stephanie Garner is the Program Coordinator at Down Syndrome Indiana. She is also the proud mom of a 9 year old daughter, Lily, who has Down syndrome. Stephanie and her family live in the Indianapolis area. Learn more about Charting the LifeCourse at <a href="http://www.lifecoursetools.com">www.lifecoursetools.com</a> .	goals, goal, dream, dreams, plan, parent, child, kid, parents, children, advocate, LifeCourse, Life Course	All	Advocacy & Engagement	
A good team meeting: centering the person!	Stephanie Garner	02/03/22	What makes a good team meeting? For Stephanie, it starts with the person being involved, centered, and listened to! Stephanie Garner is the Program Coordinator at Down Syndrome Indiana. She is also the proud mom of a 9 year old daughter, Lily, who has Down syndrome. Stephanie and her family live in the Indianapolis area. Learn more about Charting the LifeCourse at <a href="http://www.lifecoursetools.com">www.lifecoursetools.com</a> .	goals, goal, dream, dreams, plan, parent, child, kid, parents, children, advocate, LifeCourse, Life Course	All	Advocacy & Engagement, Daily Life & Employment	
Supporting people's choices	Teresa Grossi	02/03/22	What do we do if somebody makes a choice we don't like? How do we support people with make choices, even if it could be a mistake? Teresa shares the importance of people making their own decisions. Teresa A. Grossi, Ph.D., is the Director of Strategic Developments at the Indiana Institute on Disability and Community (IIDC), the Indiana's University Center for Excellence (UCE) at Indiana University.	advocacy, advocate, choice, empower	All	Advocacy & Engagement	
Dignity of Risk	Teresa Grossi	02/03/22	What does it mean to offer "dignity of risk"? Teresa explains how dignity of risk balances individual choices with keeping people safe. Teresa A. Grossi, Ph.D., is the Director of Strategic Developments at the Indiana Institute on Disability and Community (IIDC), the Indiana's University Center for Excellence (UCE) at Indiana University.	advocacy, advocate, choice, empower	All	Advocacy & Engagement	
Building a full life through high expectations	Leanne Mull	02/03/22	What do high expectations mean to you? And is it ever too early to start thinking about goals and expectations for ourselves and others? Leanne has been supporting people with Intellectual and Developmental Disabilities to achieve their dreams since 1999. In her previous career as a corporate trainer and business manager Leanne hired someone who used a job coach and that experience completely changed the course of her life. She spent the next 15 years at a traditional agency in a variety of roles ranging from job coach to QIDP, Day Services Manager to Director of	expectations, goals, goal, aim, plan	School age, Transition	Daily Life & Employment, Advocacy & Engagement	
Workout #53: Exercise of Power and Gratitude	Korie & Jean (Thrive Mighty)	2/3/22	Wrap up your workout with an exercise of power and gratitude, led by Korie and Jean. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #47: Chair Pose	Korie & Jean (Thrive Mighty)	2/3/22	You may feel this in your quads! Check out Chair Pose with Korie and Jean. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #46: Downward Dog with Chair	Korie & Jean (Thrive Mighty)	2/3/22	You may recognize this position as a variation of Downward Dog! Cool-down with Korie and Jean as they guide us through this downward dog with a chair. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer.	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #48: Triangle Pose	Korie & Jean (Thrive Mighty)	2/3/22	You may recognize triangle pose from yoga. Korie and Jean share this workout. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Workout #38: Calf Raises	Korie & Jean (Thrive Mighty)	2/3/22	Your calves will feel this one! Korie Jean share this leg exercise. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Taking care of my body: health habits	Dr. Mary Ciccarelli	02/03/22	When it comes to taking care of your body, there a certain habits like brushing your teeth and bathing that happen frequently. Dr. Ciccarelli talks about health habits most adults do and offers tips like setting a reminder system and practice to make it a routine. Maybe you can set a reminder on your phone or mark it on the calendar to check your nails every weekend to see if they need to be trimmed. You can also ask someone in your life to help remind you. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in	health, healthy, doctor, medicine, sick, ill, hygiene, body	Transition, Adulthood, Agin	Healthy Living, Advocacy & Engagement	
Grab the clippers! Hygiene tips for shaving and trimming your nails	Dr. Mary Ciccarelli	02/03/22	What does shaving have to do with health? Dr. Ciccarelli explains more about health tips like shaving for various reasons as well as trimming your nails. If you have trouble remembering any of these tasks, you can make a reminder system and practice to make a habit. Maybe you could check your nails every weekend to see if they need trimming. You can set an alarm or mark it on a calendar. You can even ask someone in your life to help remind you. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in	health, healthy, doctor, medicine, sick, ill, hygiene, body	Transition, Adulthood, Agin	Healthy Living, Advocacy & Engagement	
Expectations to the top of the mountain	Kesia Dickerson	02/03/22	What goals do you have for yourself? Are you pushing yourself in a healthy and encouraging way to go further? Kesia takes us on a journey up a mountain - possibly even further than we ever thought we'd go. Kesia Dickerson is a Video Producer with Quillo, using her creative skills to share stories.	goals, dreams	Transition, Adulthood, Aging	Advocacy & Engagement	
Three tips for getting the right services	Sara Sherman	02/03/22	When it comes to finding the supports and services that are the right fit, it often starts with an assessment. Sara shares three tips to help make sure you are getting the most out of your services and working toward your goals. Sara Sherman has been organizing people and work for decades. Her intuitive business sense is on target, and she gets to the root of agency issues quickly. Sara holds a bachelor's degree in Public Relations and a master's in Public Administration. Sara has served individuals with disabilities and other vulnerable populations in the areas of residential	provider, service, services, support, goals	Transition, Adulthood, Aging	Daily Life & Employment	
February is Black History Month!	Quillo	02/09/22	In the US, February is recognized as Black History Month, a chance to learn and celebrate Black history. Learn more about the origins of Black History Month, including ideas on how to celebrate it.	black, African American, race, history, historic, learn, community, celebrate, recognize, minority, minorities	All	Advocacy & Engagement	
Sharing Lily's vision through the Life Trajectory	Stephanie Garner	02/09/22	Stephanie uses the LifeCourse Life Trajectory (www.lifecoursetools.com) to share her vision for daughter Lily's good life. She explains how she uses this tool during the IEP process, as well as future plans to have Lily take the lead on updating the tool. She is excited to see where Lily's own vision takes her in the future! Stephanie Garner is the Program Coordinator at Down Syndrome Indiana. She is also the proud mom of a 9 year old daughter, Lily, who has Down syndrome. Stephanie and her family live in the Indianapolis area. Learn more about Charting the LifeCourse at	goals, goal, dream, dreams, plan, parent, child, kid, parents, children, advocate, LifeCourse, Life Course	All	Advocacy & Engagement	
I may not know what I want...but I do know what I DON'T want.	Teresa Grossi	02/09/22	To help make choices about someone what in their life, Teresa explains the importance of using someone's strengths and interests to provide experiences and exposure. Teresa A. Grossi, Ph.D., is the Director of Strategic Developments at the Indiana Institute on Disability and Community (IIDC), the Indiana's University Center for Excellence (UCE) at Indiana University.	advocacy, advocate, choice, empower	All	Advocacy & Engagement	
The LifeCourse framework and the importance of CHOICE	Stephanie Garner	02/09/22	Stephanie is an advocate for two siblings on the waiver. She talks about how the LifeCourse framework (www.lifecoursetools.com) has been a helpful tool and reminder to ensure that their individual choices and desires are heard. Stephanie Garner is the Program Coordinator at Down Syndrome Indiana. She is also the proud mom of a 9 year old daughter, Lily, who has Down syndrome. Stephanie and her family live in the Indianapolis area. Learn more about Charting the LifeCourse at www.lifecoursetools.com.	goals, goal, dream, dreams, plan, parent, child, kid, parents, children, advocate, LifeCourse, Life Course	All	Advocacy & Engagement	

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Using the Life Trajectory to prep for an IEP	Stephanie Garner	02/09/22	Stephanie uses the Life Trajectory worksheet from Charting the LifeCourse (www.lifecoursetools.com). She explains how this tool is a great way to prepare for IEP meetings as she thinks about her daughter's future. Stephanie Garner is the Program Coordinator at Down Syndrome Indiana. She is also the proud mom of a 9 year old daughter, Lily, who has Down syndrome. Stephanie and her family live in the Indianapolis area. Learn more about Charting the LifeCourse at www.lifecoursetools.com.	goals, goal, dream, dreams, plan, parent, child, kid, parents, children, advocate, LifeCourse, Life Course, education, IEP	All	Advocacy & Engagement, Daily Life & Employment	
Workout #42: Toe Taps	Korie & Jean (Thrive Mighty)	02/09/22	Toe taps are good for strength and balance. Korie and Jean explain! Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #36: Cross Body Balance	Korie & Jean (Thrive Mighty)	02/09/22	Try your balance with this cross body workout, led by Korie and Jean. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
A love of organizing: Working in the car dealership	Leanne Mull	02/10/22	How do our interests turn into jobs and careers? Leanne introduces us to a friend of hers who used his love of organizing objects and turned that into a job at a car dealership. Leanne has been supporting people with Intellectual and Developmental Disabilities to achieve their dreams since 1999. In her previous career as a corporate trainer and business manager Leanne hired someone who used a job coach and that experience completely changed the course of her life. She spent the next 15 years at a traditional agency in a variety of roles ranging from job coach to QIDP, Day	job, work, goal, plan, career, dream, goals, dreams	Adulthood	Daily Life & Employment, Advocacy & Engagement	
Stephanie's journey with LifeCourse	Stephanie Garner	02/10/22	Meet Stephanie! She shares her story and why she was drawn to the LifeCourse tools. Learn more about Charting the LifeCourse at www.lifecoursetools.com. Stephanie Garner is the Program Coordinator at Down Syndrome Indiana. She is also the proud mom of a 9 year old daughter, Lily, who has Down syndrome. Stephanie and her family live in the Indianapolis area.	goals, goal, dream, dreams, plan, parent, child, kid, parents, children, advocate, LifeCourse, Life Course	All	Advocacy & Engagement	
Vision for my daughter Lily	Stephanie Garner	02/10/22	As a parent of 9-year old Lily, Stephanie explains how she thinks about her vision for Lily's future. Currently, Stephanie shapes a lot of that, but she knows that as Lily grows up it will be important to have Lily's own wants and needs drive that vision for a good life. Stephanie Garner is the Program Coordinator at Down Syndrome Indiana. She is also the proud mom of a 9 year old daughter, Lily, who has Down syndrome. Stephanie and her family live in the Indianapolis area. Learn more about Charting the LifeCourse at www.lifecoursetools.com.	goals, goal, dream, dreams, plan, parent, child, kid, parents, children, advocate, LifeCourse, Life Course	All	Advocacy & Engagement	
Using the Life Domains to think about my daughter's future	Stephanie Garner	02/10/22	As Stephanie thinks about her daughter Lily's future, the LifeCourse Life Domains (www.lifecoursetools.com) set out helpful topics and categories. She explains how she uses this tool. Stephanie Garner is the Program Coordinator at Down Syndrome Indiana. She is also the proud mom of a 9 year old daughter, Lily, who has Down syndrome. Stephanie and her family live in the Indianapolis area. Learn more about Charting the LifeCourse at www.lifecoursetools.com.	goals, goal, dream, dreams, plan, parent, child, kid, parents, children, advocate, LifeCourse, Life Course	All	Advocacy & Engagement	
Balancing health and safety with independence	Stephanie Garner	02/10/22	How do we balance independence with safety and security? Stephanie talks about how there is dignity in the ability to make decisions and risks and how important it is for her daughter to experience that. Stephanie Garner is the Program Coordinator at Down Syndrome Indiana. She is also the proud mom of a 9 year old daughter, Lily, who has Down syndrome. Stephanie and her family live in the Indianapolis area. Learn more about Charting the LifeCourse at www.lifecoursetools.com.	goals, goal, dream, dreams, plan, parent, child, kid, parents, children, advocate, LifeCourse, Life Course, safe, risk, safety, risks, worried, nervous, worry	All	Advocacy & Engagement, Daily Life & Employment, Safety & Security,	
The 6AM wakeup call - preparing for the future	Stephanie Garner	02/10/22	As the parent of 9 year old daughter Lily, Stephanie thinks about what skills and routines she can practice with Lily now. For example, to help Lily prepare for a job in the future, Stephanie plans to get Lily used to waking up to an alarm clock in high school so she is ready when it is time to wake up for work. Stephanie Garner is the Program Coordinator at Down Syndrome Indiana. She is also the proud mom of a 9 year old daughter, Lily, who has Down syndrome. Stephanie and her family live in the Indianapolis area. Learn more about Charting the LifeCourse at	goals, goal, dream, dreams, plan, parent, child, kid, parents, children, advocate, LifeCourse, Life Course	Early childhood, School age, Transition	Advocacy & Engagement, Daily Life & Employment	

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Ideas for practicing for the future	Stephanie Garner	02/10/22	As a parent, Stephanie is constantly thinking about how to prepare her daughter for the future. Stephanie Garner is the Program Coordinator at Down Syndrome Indiana. She is also the proud mom of a 9 year old daughter, Lily, who has Down syndrome. Stephanie and her family live in the Indianapolis area. Learn more about Charting the LifeCourse at <a href="http://www.lifecoursetools.com">www.lifecoursetools.com</a> .	goals, goal, dream, dreams, plan, parent, child, kid, parents, children, advocate, LifeCourse, Life Course	Early childhood, School age, Transition	Advocacy & Engagement, Daily Life & Employment	
Raising the bar	Carole Guess	02/10/22	As Evan approaches his goals, it is important to his mom, Carole, and his school to raise the bar at an individual level. Being willing to adapt as he adapts has been important for his growth as a student and a person. Carole Guess is the parent of a 15 year-old son, Evan, who has Down syndrome.	expectations, goals, parent, teenager, teen, child, parent, parents, raise the bar	Schoolage, Transition	Daily Life & Employment, Advocacy & Engagement	
Learn how to dream for your life	Leanne Mull	02/10/22	For folks who grew up in the '60s, '70s, and '80s, the focus was often on life skills. Leanne talks about how we can help shape and support new ways of thinking that help people shift to the goals and dreams for their lives. Leanne has been supporting people with Intellectual and Developmental Disabilities to achieve their dreams since 1999. In her previous career as a corporate trainer and business manager Leanne hired someone who used a job coach and that experience completely changed the course of her life. She spent the next 15 years at a traditional agency in a variety of	expectations, goals, goal, aim, plan, dream, advocacy, advocate, self-advocacy, self-advocate	Schoolage, Transition	Daily Life & Employment, Advocacy & Engagement	
Living Independently: Preparing Emily for whatever is next	Sue Gordon	02/10/22	As Sue thinks about her daughter Emily's future, she sees her living independently some day. She talks about how Emily is working today to get ready for those next steps. Sue Gordon is the Chief Operating Officer of Quillo. She lives in Indiana with her family and is the parent of two adult children, including Emily. Emily, who has Down syndrome, is transitioning from school to a job and is working on ways to practice and prepare for her next steps.	home, life, house, independent, choice, future, plans, plan	Transition	Daily Life & Employment	
Workout #50: Seated Twist with Chair	Korie & Jean (Thrive Mighty)	02/10/22	Set up with a sturdy chair to try this seated twist with a chair to stretch your side and back. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #33: Kicking Exercises	Korie & Jean (Thrive Mighty)	02/10/22	Get your legs involved with these kicking exercises with Korie and Jean! Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #34: Cardio with Jumping	Korie & Jean (Thrive Mighty)	02/10/22	Get your heart rate going with this jumping cardio video. Be sure you have enough room around you and that jumping won't knock anything down! Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #35: Apart-Together Jumps	Korie & Jean (Thrive Mighty)	02/10/22	Korie and Jean share the apart-together jump. Be sure you have enough room around you and that jumping won't knock anything down! Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #37: Point balance	Korie & Jean (Thrive Mighty)	02/10/22	Korie and Jean share a balance workout with you. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or exercise that is right for you.	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	

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Workout #39: Tight Rope Walk	Korie & Jean (Thrive Mighty)	02/10/22	Continue with balance and leg movements in this tight rope walk with Korie and Jean. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Direction of Your Dream	Jason Freeman	02/10/22	How do we aim for realistic goals without compromising our dreams? Jason shares his thoughts and encourages us to head in the Direction of Your Dream! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to www.JasonWFreeman.com.	dream, goal, goals, strive, encourage, encouragement, plan	Transition Adulthood	Advocacy & Engagement	
When you're heading in the wrong direction	Jason Freeman	02/10/22	If you're working towards a goal, do you ever feel lost? Maybe you aren't sure where to start, or you've gotten away from things for a bit? Jason shares his advice for what this feels like, and how to get back in the Direction of Your Dream. Watch Jason's video, "Direction of Your Dream" to learn more. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to www.JasonWFreeman.com.	dream, goal, goals, strive, encourage, encouragement, plan, lost	Transition Adulthood	Advocacy & Engagement	
Transition Tips: A notepad for interview practice	Sue Gordon	02/10/22	Are you in a transition phase and looking for the next step? Sue shares the notebook she uses with her daughter, Emily, to help Emily prepare for job interviews. What tips work for you? Sue Gordon is the Chief Operating Officer of Quillo. She lives in Indiana with her family and is the parent of two adult children, including Emily. Emily, who has Down syndrome, is transitioning from school to a job and is working on ways to practice and prepare for her next steps.	transition, interview, employment	Transition	Advocacy & Engagement, Daily Life & Employment	
Am I stuck in this job forever?	Leanne Mull	02/10/22	Sometimes it may take trying a few different jobs to find out what you like, what you don't like, and what you want to do. You don't have to feel stuck! Leanne has been supporting people with Intellectual and Developmental Disabilities to achieve their dreams since 1999. In her previous career as a corporate trainer and business manager Leanne hired someone who used a job coach and that experience completely changed the course of her life. She spent the next 15 years at a traditional agency in a variety of roles ranging from job coach to QIDP, Day Services Manager to	job, work, goal, plan, career, dream, goals, dreams	Transition, Adulthood	Daily Life & Employment, Advocacy & Engagement	
Thinking about jobs vs. career	Leanne Mull	02/10/22	Sometimes we have a job just to have a job. Sometimes we have a job that leads to a career path. How do we encourage people with disabilities to think about their skillsets and interests in the same way? Leanne has been supporting people with Intellectual and Developmental Disabilities to achieve their dreams since 1999. In her previous career as a corporate trainer and business manager Leanne hired someone who used a job coach and that experience completely changed the course of her life. She spent the next 15 years at a traditional agency in a variety of roles	job, work, goal, plan, career, dream, goals, dreams	Transition, Adulthood	Daily Life & Employment, Advocacy & Engagement	
Four ways to stay safe on social media	Sara Sherman	02/10/22	Social media is a great way to connect, but it can also be risky. Sara shares four tips for how to stay safe on social media so that you can connect with confidence. Sara Sherman has been organizing people and work for decades. Her intuitive business sense is on target, and she gets to the root of agency issues quickly. Sara holds a bachelor's degree in Public Relations and a master's in Public Administration. Sara has served individuals with disabilities and other vulnerable populations in the areas of residential services, community employment, case management,	tech, technology, internet, safety, computer, social media	Transition, Adulthood, Aging	Safety & Security, Social & Spirituality	
Why do we take medicines?	Dr. Mary Ciccarelli	02/10/22	If you have medication you take, there may be a few reasons. Dr. Ciccarelli explains how and why medicines help support our bodies and our health. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	health, healthy, doctor, medicine, sick, ill	Transition, Adulthood, Aging	Healthy Living	
Making medicine work for you	Dr. Mary Ciccarelli	02/10/22	For some people, taking medicine is a regular part of their routine. How do you know if a medicine is the right fit for you? Dr. Ciccarelli explains how it might take time to find the right approach, and sometimes different types of medicines (like pills versus liquids) work better for different people. Working with your doctor and feeling informed is a great way to take charge of your health. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please	health, healthy, doctor, medicine, sick, ill	Transition, Adulthood, Aging	Healthy Living	

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Different medicines for different reasons	Dr. Mary Ciccarelli	02/10/22	As a health professional, Dr. Ciccarelli shares the importance of when we take medicines for different reasons. She also suggests that you keep an eye on refillable medications and call your doctor or pharmacy when you have about one week's medicine left. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	health, healthy, doctor, medicine, sick, ill	Transition, Adulthood, Aging	Healthy Living	
Writing down your medical history	Dr. Mary Ciccarelli	02/10/22	As we grow up, it is helpful to keep our medical history up to date. The doctors we see as an adult may learn from something that happened in the past. Dr. Ciccarelli discusses the types of information that is helpful to track. How else can you take charge of your health and well-being? Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an	health, healthy, doctor, medicine, sick, ill	Transition, Adulthood, Aging	Healthy Living, Advocacy & Engagement	
Getting health care as an adult	Dr. Mary Ciccarelli	02/10/22	As children, people may see the same pediatrician year after year. Dr. Ciccarelli explains how teens and young adults may be ready to switch to an adult care team. She offers advice for how to make it an easy and informative transition for everybody, encouraging us to start these conversations early so we aren't surprised when it happens. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and	health, healthy, doctor, medicine, sick, ill	Transition, Adulthood, Aging	Healthy Living, Advocacy & Engagement	
What does real choice look like?	Teresa Grossi	02/11/22	Choices happen all around us, from the moment we wake up through what we eat for meals and how we spend our day. What does it mean to have choices? Teresa A. Grossi, Ph.D., is the Director of Strategic Developments at the Indiana Institute on Disability and Community (IIDC), the Indiana's University Center for Excellence (UCE) at Indiana University.	advocacy, advocate, choice, empower	All	Advocacy & Engagement	
What is self-determination?	Teresa Grossi	02/11/22	Choices, self-awareness, knowing what you do and don't like: these are all pieces of self-determination. Teresa Grossi explains what "self-determination" means and offers a good place to start. Teresa A. Grossi, Ph.D., is the Director of Strategic Developments at the Indiana Institute on Disability and Community (IIDC), the Indiana's University Center for Excellence (UCE) at Indiana University.	advocacy, advocate, choice, empower	All	Advocacy & Engagement	
Stuck with my choices...forever?	Teresa Grossi	02/11/22	Does making a choice mean you have to stick with it forever? What happens if you change your mind? Whether it's about a job, where you live, or what you want to do today, Teresa shares how being able to change your mind is a key part of making choices. Teresa A. Grossi, Ph.D., is the Director of Strategic Developments at the Indiana Institute on Disability and Community (IIDC), the Indiana's University Center for Excellence (UCE) at Indiana University.	advocacy, advocate, choice, empower	All	Advocacy & Engagement	
Learning to answer, "What do you want?"	Teresa Grossi	02/11/22	Answering that question, "What do you want?" may be a difficult starting point for some people. Teresa discusses how experiences, exposure, and opportunities can help us learn what we DON'T want, which is a great place to start. Teresa A. Grossi, Ph.D., is the Director of Strategic Developments at the Indiana Institute on Disability and Community (IIDC), the Indiana's University Center for Excellence (UCE) at Indiana University.	advocacy, advocate, choice, empower	All	Advocacy & Engagement	
Why is choice important?	Teresa Grossi	02/11/22	Choice is key to having control over our lives. Teresa discusses how people are empowered by making decisions. Teresa A. Grossi, Ph.D., is the Director of Strategic Developments at the Indiana Institute on Disability and Community (IIDC), the Indiana's University Center for Excellence (UCE) at Indiana University.	advocacy, advocate, choice, empower	All	Advocacy & Engagement	
Making big choices starts with the small decisions	Teresa Grossi	02/11/22	From peanut butter and jelly to the clothes we wear, making choices help us become self-aware. Teresa explains how the small, everyday choices help us build the skills to make big decisions when the time comes. Teresa A. Grossi, Ph.D., is the Director of Strategic Developments at the Indiana Institute on Disability and Community (IIDC), the Indiana's University Center for Excellence (UCE) at Indiana University.	advocacy, advocate, choice, empower	All	Advocacy & Engagement	

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Making choices from a young age	Teresa Grossi	02/11/22	Do kids start making choices at age 18? At 10? Younger? Teresa explains how choice is a key part of a development, starting from a very young age. Teresa A. Grossi, Ph.D., is the Director of Strategic Developments at the Indiana Institute on Disability and Community (IIDC), the Indiana's University Center for Excellence (UCE) at Indiana University.	advocacy, advocate, choice, empower	Early childhood, School age	Advocacy & Engagement	
Workout #40: Leg Swings	Korie & Jean (Thrive Mighty)	02/11/22	Make sure you have room in your space for this Leg Swing workout with Korie and Jean. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #41: Side-to-Side Leg Swings	Korie & Jean (Thrive Mighty)	02/11/22	More leg workouts with Korie and Jean! In this video, they will demonstrate a side-to-side leg swing. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #43: Airplane Pose	Korie & Jean (Thrive Mighty)	02/11/22	Have a sturdy chair nearby to help with balance during airplane pose. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #44: Pillow steps	Korie & Jean (Thrive Mighty)	02/11/22	Get your pillow, stuffed animal, or other squishy object ready for Pillow Steps. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #45: Warrior Pose	Korie & Jean (Thrive Mighty)	02/11/22	Feel strong and steady in this warrior pose with Korie and Jean! Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #49: Goddess Pose	Korie & Jean (Thrive Mighty)	02/11/2022	In this workout video, Korie and Jean demonstrate Goddess Pose. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #51: Cobra Pose	Korie & Jean (Thrive Mighty)	02/11/22	Join Korie and Jean for cobra pose as they wind down their workout. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Workout #52: Back Stretch	Korie & Jean (Thrive Mighty)	02/11/22	Feel this stretch across your back as Korie and Jean demonstrate. Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty (www.thrivemighty.org). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your doctor before doing physical activity to find a program or	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Workout #54: Standing like a Super Hero	Korie & Jean (Thrive Mighty)	02/11/22	In the last video of Korie and Jean's workout series, Korie encourages us to stand like a super hero! What's your super hero pose? Quillo Tip for Quillo Pro users: Looking for more fitness? Type "Korie" in the search bar to see more workout tips, or consider making a Favorites playlist to come back to by clicking the STAR and adding this video to your Workouts playlist! Korie Nohner and Jean Hauff are part of the team at Thrive Mighty ( <a href="http://www.thrivemighty.org">www.thrivemighty.org</a> ). Korie is a volunteer with Special Olympics and has experience as a Special Needs Fitness Trainer. Please talk to your	healthy, health, workout, exercise, community, wellness, QC, Healthy Living	Transition Adulthood	Healthy Living	
Meeting a new doctor	Dr. Mary Ciccarelli	02/11/22	Have you ever felt nervous about switching to a new doctor? It might take some time to get to know each other, so Dr. Ciccarelli shares advice on how to make it a smooth transition. Keep in mind that due to Covid-19 restrictions, rules may be different. You might have to ask the person who helps you make decisions to participate by phone, rather than coming into the office. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to	health, healthy, doctor, medicine, sick, ill	Transition, Adulthood, Aging	Healthy Living, Advocacy & Engagement	
Who can help with your health?	Dr. Mary Ciccarelli	02/11/22	If you're a young adult, you may be starting to see new or different doctors to support your health and well-being. Dr. Ciccarelli assures us that you don't have to do this alone. She offers advice on how we might decide who helps with our care and includes an explanation of supported decision making, power of attorney, and guardianship. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate	health, healthy, doctor, medicine, sick, ill	Transition, Adulthood, Aging	Healthy Living, Advocacy & Engagement	
When should I call 911?	Dr. Mary Ciccarelli	02/11/22	Emergencies can be scary for so many reasons. How do you know when to call 911? And what kind of information do they need to know? For example, if you have a tracheostomy or are on a home ventilator, the person at 911 needs to know that. Dr. Ciccarelli shares more. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's	health, healthy, doctor, medicine, sick, ill	Transition, Adulthood, Aging	Healthy Living, Advocacy & Engagement, Safety & Security	
Should I go to the ER?	Dr. Mary Ciccarelli	02/11/22	If you are having trouble deciding whether to go to the emergency room, most health systems have a phone line that you can call to tell about your questions and they will help you decide. Dr. Ciccarelli explains. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	health, healthy, doctor, medicine, sick, ill	Transition, Adulthood, Aging	Healthy Living, Advocacy & Engagement, Safety & Security	
Word of the Day: Advocate	Quillo	03/03/22	What does "advocate" mean to you? We look at the word and its different uses, including advocacy and self-advocate. What is your experience with advocacy? Do you consider yourself an advocate? What is one thing you can do today to advocate for yourself or others?	advocacy, advocate, self-advocate, self-advocacy, grow, learn, choice	All	Advocacy & Engagement	
March 2022: Quillo's 4th Anniversary	Quillo	03/03/22	In March 2022, Quillo celebrates our 4th Anniversary. Thank you for being part of the journey!	Quillo, anniversary, birthday, celebrate, thank you, customer, experience	All	Advocacy & Engagement	
What's on your bookshelf? Books by women with disabilities	Quillo	03/03/22	What's on your bookshelf? In honor of Disability Awareness Month, we highlight books by women with disabilities from the last few years. Here is an additional article featuring Emily Ladau <a href="https://www.npr.org/2022/02/18/1081713756/disability-disabled-people-offensive-better-word">https://www.npr.org/2022/02/18/1081713756/disability-disabled-people-offensive-better-word</a> . Being Heumann: An Unrepentant Memoir of a Disability Rights Activist (Judith Heumann with Kristen Joiner) ( <a href="https://judithheumann.com/being-heumann/">https://judithheumann.com/being-heumann/</a> ) Demystifying Disability: What to Know, What to Say, and How to be an Ally (Emily Ladau)	book, books, read, reading, learn, advocate, advocacy, woman, women, girls, disabled, author, write	Transition, Adult, Aging	Advocacy & Engagement	
Is my medicine working?	Dr. Mary Ciccarelli	03/03/22	Have you been taking a certain type of medicine, but aren't sure if it's working? Dr. Ciccarelli talks about how paying attention to side effects and how you feel can help you and your doctor find out what's working. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform and educate but does not replace the medical advice of an individual's doctor.	health, healthy, doctor, medicine, sick, ill	Transition, Adulthood, Aging	Healthy Living	



Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Being a healthy adult: asking others for help	Dr. Mary Ciccarelli	03/03/22	People need different types of support to take care of their health. Some may do things on their own, while others might get input or help from people they trust. Dr. Ciccarelli talks about how we can be in charge of decisions about our bodies and who can help. Support might be needed daily, during changes, when we are seeking healthcare, or if we're sick. Dr. Mary Ciccarelli is a Professor of Clinical Medicine-Pediatrics at Indiana University School of Medicine, specializing in primary care and care coordination for persons with disabilities. Please note: this video is meant to inform	health, healthy, doctor, medicine, sick, ill, hygiene, body	Transition, Adulthood, Aging	Healthy Living, Advocacy & Engagement	
A Bubbling Meditation	Quillo	03/31/22	Take a moment for patience, calm, and relaxation. This meditation on patience uses text from Roy T. Bennett, The Light in the Heart: "Patience is not the ability to wait. Patience is to be calm no matter what happens, constantly take action to turn it to positive growth opportunities, and have faith to believe that it will all work out in the end while you are waiting." Music is from www.bensound.com	relax, meditate, meditation, calm, nerves, patience, wait, waiting, affirmation, quote	All	Healthy Living	
How to Create a Circle on Quillo Connect	Quillo	04/27/22	Here are steps for how to set up a Circle of Support on Quillo Connect. Watch this to set up your next one OR share this with a friend who is getting started! Questions? Contact support@myquillo.com or call 1-866-784-5561 (1-866-Quillo1).	app, how to, help, tour, circle, circles, circle of support, circles of support	All	Safety & Security	
Setting up a Quillo Connect Account	Quillo	04/27/22	Let's take a step-by-step look at how to create an account! If you're already using the app, share this videos with friends and family who may have questions about getting on board. Questions? Contact support@myquillo.com or call 1-866-784-5561 (1-866-Quillo1).	app, how to, help, tour, account, helpdesk	All	Safety & Security	
Tour the Quillo Connect Video Library	Quillo	04/27/22	In this video, learn some of the key features of the Quillo Connect library. Questions? Contact support@myquillo.com or call 1-866-784-5561 (1-866-Quillo1).	app, how to, help, tour, library, videos, watch, how	All	Safety & Security	
Your Quillo Connect Homepage	Quillo	04/27/22	The homepage for the Quillo Connect app can take you to a lot of places! Let's walk through the basics so you know where to start. Questions? Contact support@myquillo.com or call 1-866-784-5561 (1-866-Quillo1).	app, how to, help, tour, circle, circles, circle of support, circles of support	All	Safety & Security	
In addition to high expectations, do this!	Jason Freeman	05/09/22	Jason Freeman knows firsthand what it means to grow up in a supportive family. His parents had high expectations for him, and he shares one other factor that made a huge difference. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to www.JasonWFreeman.com.	family, expectations, parent, child, learn, grow	All	Advocacy & Engagement	
Celebrate Others - Write Their Ideas Down!	Jason Freeman	05/09/22	If you or someone in your life are talking about plans, goals, or dreams, Jason encourages you to make it a habit to write it down! You can journal it yourself or work together to capture your ideas. If writing isn't your preferred option, try recording voice or video to! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to www.JasonWFreeman.com.	goals, dreams, write, share, plan	Transition, Adult, Aging	Advocacy & Engagement	
Inspiring Someone To Exercise	Jason Freeman	05/09/22	If you or someone in your life is thinking about adding more physical activity to their day, Jason has some tips for getting started! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to www.JasonWFreeman.com.	health, healthy, exercise, active, activity, move, movement, physical, together, accountability, sports	Transition, Adult, Aging	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Let's Encourage Each Other To Keep Trying	Jason Freeman	05/09/22	Failing at something or getting it wrong isn't the end of the road! Jason shares his best practice for what encouraging someone can look like - and why trying again is such an important part of success. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	encourage, help, support, goal, goals, success, succeed, expectations	All	Advocacy & Engagement	
Listen For What Can Help You Transform Your Life	Jason Freeman	05/09/22	Are you experiencing information overload? If you're tempted to tune things out, Jason advises paying to the tidbits of information that may be just what you need to hear. Any advice on what to listen for? Do you know it when you hear it? What makes it stand out? Learn to listen for it! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	listen, communication, communicate, information, learn, grow, relationship	Adult	Social & Spirituality	
Please Pick Your High Expectations of Me Wisely	Jason Freeman	05/09/22	Jason recalls trying out for basketball in 6th grade and how it helped him shape the expectations he sets for himself and others. Watch Jason's "Direction of Your Dream" for more on this topic! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	expectations, goals, success, succeed, future	Transition, Adult	Advocacy & Engagement	
Putting the Bars In Your Rear View Mirror	Jason Freeman	05/09/22	Jason shares how he has changed perspective on the "bars" in his way - or what he once perceived as obstacles. What are the bars you want to put in your rear view mirror? To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	expectations, goals, success, succeed, future, obstacles	School age, Transition, Adult	Advocacy & Engagement	
Supporting People, Made Simple	Jason Freeman	05/09/22	What does support look like to you? Sometimes, it can be a big effort. But often, as Jason shares, support is as simple as listening! How can you be an active listener today? To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	communication, relationships, goals, dreams	Transition, Adult, Aging	Social & Spirituality	
Trying Yoga For The First Time	Jason Freeman	05/09/22	Jason recalls his first experience doing yoga, despite his hesitation about trying it. Is a yoga practice something that you're interested in trying? What else have you put off trying that just might be worth it? To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	movement, fitness, try, trying, yoga, health, healthy	Transition, Adult, Aging	Healthy Living	
Two Ways To Deal With Challenges	Jason Freeman	05/09/22	Are you facing something difficult right now? It can be easy to let the challenge take over, and as Jason puts it, "work yourself into a tizzy!" But he shares another way to face it. To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	challenge, difficult, tough, help, support	Transition, Adult, Aging	Healthy Living	
We Are Capable of Getting Through This	Jason Freeman	05/09/22	Jason recalls the internal struggles he faced back in 7th grade. After getting stuck in this difficult mindset, Jason reminds us to consider our own strength. We are capable of getting through this! To learn more about Jason Freeman, a professional speaker, bravery coach, former DSP, and author, and the power of doing your imperfect best, go to <a href="http://www.JasonWFreeman.com">www.JasonWFreeman.com</a> .	challenge, difficult, tough, help, support	Transition, Adult, Aging	Healthy Living	
Word of the Day: A.D.A.	Quillo	05/09/22	What do you know about the A.D.A., or "Americans with Disabilities Act?" This video offers a quick recap about this important piece of legislation!	word, learn, define, definition, law, policy, advocacy, advocate	All	Advocacy & Engagement	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Word of the Day: Leadership	Quillo	05/09/22	What does leadership and being a leader mean to you? It could be a title, an action, or something else!	word, learn, define, definition, lead, leadership, leader, team	All	Advocacy & Engagement	
Norman's Norms: CATitude!	Quillo	05/09/22	Norman the Cat is here with a check on your CATitude! Which of Norman's attitudes do you relate to today?	just for fun, attitude, personality, animals, pets, cat, cats, perspective	All	Social & Spirituality	
What can I do? Buffalo NY and Uvalde TX	John Dickerson	05/25/22	What can you do to help yourself and others get through these times that make us feel so unsafe? This exercise designed for children to help identify all the things that make them feel safe is a great way for all to find their way. Making space for those you love, those you want to be with, and taking care of yourself are so important. Be sure to follow the videos of Karyn Harvey by using the search bar to find more on self-help.	self care, dealing with trauma, helping others with trauma, trauma, self-care	All	All	
"Keep Jumping on the Bed!" Quillo Pod Recap	Sue Gordon	06/24/22	<u>Did you know Quillo has a weekly Podcast? This snippet comes from the Pod's guest, Sue Gordon, as she talks about what setting high expectations for her daughter, Emily, looked like. In this case, it meant "keep jumping on the bed!" To listen to the full podcast, listen here: <a href="https://podcasts.apple.com/us/podcast/keep-jumping-on-your-bed-and-setting-high/id1622662814?i=1000567506334">https://podcasts.apple.com/us/podcast/keep-jumping-on-your-bed-and-setting-high/id1622662814?i=1000567506334</a></u>	Podcast, pod, share, expectations, high expectations, jump, fun, parenting	Early Childhood, School Age, Transition	Daily Life & Employment, Healthy Living	
Breathe, Stretch, and Relax: 60-second centering	Quillo	06/30/22	If you or someone in your life is feeling stressed, anxious, or overwhelmed, take 60 seconds to pause, stretch, and relax. Focus on one movement at a time, or go through the whole series. Listen to your body and try these carefully!	stretch, relax, peace, calm, gentle, breathe, neck, stress, stressed	School, Transition, Adulthood, Aging	Healthy Living	
"Maangaar" - a new word for Autism in Somali	Quillo	06/30/22	<u>In May 2022, a group of Somali Autistic people, parents, and medical professionals in Minnesota announced a new word for "autism," a term that didn't previously exist in the Somali language. This video recaps the article sharing more of their experience: <a href="https://www.mprnews.org/story/2022/06/07/it-means-everything-somali-community-creates-word-for-autism">https://www.mprnews.org/story/2022/06/07/it-means-everything-somali-community-creates-word-for-autism</a>. The original article appeared in MPR News on June 7, 2022 by Tom Crann and Ngoc Bui.</u>	news, update, autism, autistic, word, language, words, meaning	All	Advocacy & Engagement	
HAPPY BIRTHDAY! A video to share	Quillo	06/30/22	Is someone in your life celebrating a birthday? Share or play this video for them to get the birthday celebration started. If it's your birthday, have a great day. Be reminded of how awesome you are and how lucky the world is to know you! HAPPY BIRTHDAY!	birthday, party, happy, celebrate, song, just for fun	All	Social & Spirituality	
A good or a great life? The Quillo Pod Recap	Quillo	06/30/22	<u>On Episode 8 of the Quillo Pod, John and Cynthia talk about the difference between independence, interdependence, and a GOOD life versus a GREAT life. To hear the full podcast, listen here: <a href="https://podcasts.apple.com/us/podcast/quillo-pod/id1622662814?i=1000568292118">https://podcasts.apple.com/us/podcast/quillo-pod/id1622662814?i=1000568292118</a></u>	Podcast, pod, life, great, good, independence, interdependence	Transition, Adulthood	Social & Spirituality, Daily Life & Employment	
What's the "marriage penalty?"	Charlotte Woodward	07/21/22	Charlotte explains the "marriage penalty" that often applies to people with disabilities who receive Supplemental Security Income (SSI). She says, "Under the current law, eligibility for SSI is determined using the incomes of both spouses." Charlotte Woodward is a young woman with Down syndrome who has had four open-heart surgeries and a lifesaving heart transplant. She works at the National Down Syndrome Society as the Community Outreach Associate and advocates for people with Down syndrome on Capitol Hill. There is currently legislation before both the House	marriage, married, relationships, dating, romance, love, rights, advocacy, law, act, HR 761, penalty	Adulthood, Aging	Social & Spirituality, Advocacy & Engagement	

## Quillo Connect Videos (Public Library\_As of August 2023)

Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Marriage Access for People with Special Abilities Act	Charlotte Woodward	07/21/22	The Marriage Access for People with Special Abilities Act was introduced to the US House of Representatives in 2021. It is called House Resolution 761 or HR 761. Charlotte talks about how this came to be and what progress could look like. Charlotte Woodward is a young woman with Down syndrome who has had four open-heart surgeries and a lifesaving heart transplant. She works at the National Down Syndrome Society as the Community Outreach Associate and advocates for people with Down syndrome on Capitol Hill. There is currently legislation before both	marriage, married, relationships, dating, romance, love, rights, advocacy, law, act, HR 761, penalty	Adulthood, Aging	Social & Spirituality, Advocacy & Engagement	
"It is my wish to get married"	Charlotte Woodward	07/21/22	When it comes to the "marriage penalty" for people on Medicaid or SSI, Charlotte knows first-hand what it feels like to not see marriage in her future. She goes on to explain how difficult it is to go to weddings of nondisabled people, as it reminds her of an experience that currently isn't an option for her. Charlotte Woodward is a young woman with Down syndrome who has had four open-heart surgeries and a lifesaving heart transplant. She works at the National Down Syndrome Society as the Community Outreach Associate and advocates for people with Down syndrome on Capitol Hill.	marriage, married, relationships, dating, romance, love, rights, advocacy, law, act, HR 761, penalty	Adulthood, Aging	Social & Spirituality, Advocacy & Engagement	
"Don't get caught up in the drama!" Being informed about marriage	Charlotte Woodward	07/21/22	Charlotte encourages self-advocates to be informed about their rights when it comes to getting married - but also understands marriage isn't everybody's goal, and that's okay too! Charlotte Woodward is a young woman with Down syndrome who has had four open-heart surgeries and a lifesaving heart transplant. She works at the National Down Syndrome Society as the Community Outreach Associate and advocates for people with Down syndrome on Capitol Hill. There is currently legislation before both the House and the Senate of the U.S. Congress that bears her	marriage, married, relationships, dating, romance, love, rights, advocacy, law, act, HR 761, penalty	Adulthood, Aging	Social & Spirituality, Advocacy & Engagement	
"Things that don't make sense" - Charlotte's TikTok	Charlotte Woodward	07/21/22	<a href="#">As an advocate for marriage opportunities for people with disabilities, Charlotte has found many avenues for her messages, including her TikTok channel. "Things that don't make sense." She shares more about where she has shared her advocacy, and why it is important to her. Watch more on the National Down Syndrome Society's TikTok here: <a href="https://www.tiktok.com/@ndssorg">https://www.tiktok.com/@ndssorg</a> Charlotte Woodward is a young woman with Down syndrome who has had four open-heart surgeries and a lifesaving heart transplant. She works at the National Down Syndrome Society as</a>	marriage, married, relationships, dating, romance, love, rights, advocacy, law, act, HR 761, penalty	Adulthood, Aging	Social & Spirituality, Advocacy & Engagement	
"Look at me now!" Fighting low expectations from day one	Charlotte Woodward	07/21/22	When Charlotte was born, her doctors didn't get her parents the best impression. Fast forward and Charlotte recaps how her life is full of meaning - and why the doctors were wrong. Charlotte Woodward is a young woman with Down syndrome who has had four open-heart surgeries and a lifesaving heart transplant. She works at the National Down Syndrome Society as the Community Outreach Associate and advocates for people with Down syndrome on Capitol Hill. There is currently legislation before both the House and the Senate of the U.S. Congress that bears her	dream, dreams, goal, goals, future, expectation, expectations, doctor, medicine, health, ableism	early childhood, school age, transition	Social & Spirituality, Advocacy & Engagement	
Here I come: my plans for what's next	Charlotte Woodward	07/21/22	What's next for Charlotte? She shares her goals and dreams, and thanks one of her favorite professors for introducing her to the idea of "public sociology." Charlotte Woodward is a young woman with Down syndrome who has had four open-heart surgeries and a lifesaving heart transplant. She works at the National Down Syndrome Society as the Community Outreach Associate and advocates for people with Down syndrome on Capitol Hill. There is currently legislation before both the House and the Senate of the U.S. Congress that bears her name: the	dream, dreams, goal, goals, future, expectation, expectations, influence, inspire, sociology, service, advocacy	Adulthood, Aging	Social & Spirituality, Advocacy & Engagement	
The people I look up to most	Charlotte Woodward	07/21/22	While Charlotte is a role-model in her own right, she also has people in her life who she looks up to, as well. She talks about a few of them here and shares her wish for how others view disabled people. Charlotte Woodward is a young woman with Down syndrome who has had four open-heart surgeries and a lifesaving heart transplant. She works at the National Down Syndrome Society as the Community Outreach Associate and advocates for people with Down syndrome on Capitol Hill. There is currently legislation before both the House and the Senate of the U.S. Congress that	dream, dreams, goal, goals, future, expectation, expectations, influence, inspire, sociology, service, advocacy	Adulthood, Aging	Social & Spirituality, Advocacy & Engagement	
"Who's your animal sidekick?" And other ice breaker ideas	Quillo	08/03/22	Are you meeting someone for the first time and trying to get to know them? This could be a new friend, a neighbor, or someone you support. Try out these ice breaker questions to get started.	new friend, new, relationship, communication, getting to know you, introduction, friend, acquaintance, neighbor	All	Social & Spirituality	
Meet Charlotte: Advocate and Graduate	Charlotte Woodward	08/26/22	Meet Charlotte, the community outreach associate at the National Down Syndrome Society. Charlotte Woodward is a young woman with Down syndrome who has had four open-heart surgeries and a lifesaving heart transplant. She works at the National Down Syndrome Society as the Community Outreach Associate and advocates for people with Down syndrome on Capitol Hill. There is currently legislation before both the House and the Senate of the U.S. Congress that bears her name: the Charlotte Woodward Organ Transplant Discrimination Prevention Act.	Advocacy, Advocate, Down syndrome, future, goals	Transition, Adulthood	Advocacy & Engagement	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Marriage, employment, and education: Charlotte's message for policy makers	Charlotte Woodward	08/26/22	The impact of the marriage penalty - the fact that it is financially and logistically difficult for people with intellectual and developmental disabilities to get married without losing benefits - has a very real impact on people. Charlotte explains what this means to her and what she hopes changes in the future. Charlotte Woodward is a young woman with Down syndrome who has had four open-heart surgeries and a lifesaving heart transplant. She works at the National Down Syndrome Society as the Community Outreach Associate and advocates for people with Down syndrome on	marriage, married, relationships, dating, romance, love, rights, advocacy, law, act, HR 761, penalty, education, employment	Adulthood, Aging	Social & Spirituality, Advocacy & Engagement	
Your back to school supply list	Quillo	08/31/22	If you or someone in your life is heading back to school, what are you bringing with you? Along with paper, markers, notebooks, and more, keep these items in mind for a great school year. To the hardworking students, teachers, and grownups out there, have a great year!	school, back to school, learning, learn, education, educate	School Age, Transition, Adulthood	Daily Life & Employment	NA
How do you learn best?	Quillo	08/31/22	Whether you're off to school for the first time, trying to learn something new at home, taking on a new project at work, or just living your day to day life, learning is a non-stop activity! There are lots of ways to learn - and this video reminds you that that is awesome. Maybe you need this message yourself, or share it with someone who is learning today!	school, back to school, learning, learn, education, educate	School Age, Transition, Adulthood	Daily Life & Employment	NA
Discovery and Assessment during a job search	Dale Versteegen	10/18/22	When it comes to finding the right fit for work, job coaches and people looking for work may "Discovery and Assessment." Dale talks about why this is important and can ultimately lead to a longer-term fit for the employer and employee. Dale Versteegen provides consultation and training in the areas of provider transformation, performance management, employer engagement and job development. Given his business background and having been an employer, Dale has focused his research, writing and training on the provision of employment services to the employer community.	work, job, jobs, career, job coach, hire, hiring, discovery, assessment	Transition, Adult	Daily Life & Employment	
A good job match opens doors	Dale Versteegen	10/18/22	A good job match can lead to more jobs! Dale talks about how a successful job placement can lead to more opportunities for others to join a business. Spread the word! Dale Versteegen provides consultation and training in the areas of provider transformation, performance management, employer engagement and job development. Given his business background and having been an employer, Dale has focused his research, writing and training on the provision of employment services to the employer community. Dale has provided field based technical assistance to	work, job, jobs, career, job coach, hire, hiring, relationships, match	Transition, Adult	Daily Life & Employment	
Informed choice: Sharing a spectrum of opportunities	Wesley Anderson	10/18/22	If you are a job coach or are working with one to find a job, Wesley shares his thoughts on "informed choice" and why it's important to offer people a variety of options. How do you know what job might be a good fit without having options? Wesley Anderson is the Director of Employment and Community Services for NASDDDS. In this position, he co-manages the State Employment Leadership Network in partnership with the Institute for Community Inclusion UMASS Boston to oversee a consortium of state I/DD agencies collaborating to improve employment opportunities	choice, decisions, decision-making, informed choice	Transition, Adult	Daily Life & Employment	
Failure: it's not about a job that doesn't fit	Wesley Anderson	10/18/22	As someone who has worked in employment services for a long time, Wesley has an interesting view on what "failure" means. If you or someone you support is trying a job and it doesn't work out or you don't like it, that doesn't mean you've failed. Wesley explains how "failure" is about stopping there and not seeking out the next opportunity. Wesley Anderson is the Director of Employment and Community Services for NASDDDS. In this position, he co-manages the State Employment Leadership Network in partnership with the Institute for Community Inclusion UMASS Boston to	career path, plans, employment, job coach, policies, education, job, work, failure, choice	Transition, Adult	Daily Life & Employment	
The Connecting Thread: Setting out for a Career	Wesley Anderson	10/18/22	What does it mean to have a career or follow a career path? For Wesley, it's much more about looking back at where you've been. Keep pulling at that thread! Wesley Anderson is the Director of Employment and Community Services for NASDDDS. In this position, he co-manages the State Employment Leadership Network in partnership with the Institute for Community Inclusion UMASS Boston to oversee a consortium of state I/DD agencies collaborating to improve employment opportunities and outcomes for people with intellectual and developmental disabilities.	career path, plans, employment, job coach, policies, education, job, work	Transition, Adult	Daily Life & Employment	
Wesley reflects on his career path	Wesley Anderson	10/18/22	Wesley looks back at his career path and how it has led him to where he is today. Hear Wesley talk more about the idea of a career path by searching for the video, "The connecting thread: Setting out for a career." Wesley Anderson is the Director of Employment and Community Services for NASDDDS. In this position, he co-manages the State Employment Leadership Network in partnership with the Institute for Community Inclusion UMASS Boston to oversee a consortium of state I/DD agencies collaborating to improve employment opportunities and outcomes for people	career path, plans, employment, job coach, policies, education, job, work	Transition, Adult	Daily Life & Employment	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Welcome to Quillo Connect! An introduction	Quillo	11/10/22	Welcome to Quillo Connect! Kesia gives us a quick introduction to the platform, including highlights and how Quillo Connect can help you Share Today and Shape Tomorrow! We're glad you're here!	how to, app, introduction, welcome, Quillo Connect	ALL	ALL	
Outside Looking In	Ray Montgomery	11/17/22	<a href="#">Meet Ray, a professional, father, and advocate in Indiana. He shares his goals for his future and welcomes listeners to check out his podcast, OutsideLookingIn. See below for the link!</a> "I, Ray Montgomery experienced a tragedy that changed my life forever. However, I didn't let that stop me. Although I experienced a life changing event, I went on to earn my Bachelor of Arts degree in Communications from Purdue University. I currently work as the Outreach/Volunteer coordinator for a not-for-profit in Indianapolis. I also believe in giving back and being an advocate for people with	family, support, encouragement, goals, blind, vision, podcast	Transition, Adult	Advocacy & Engagement	
Support from family: Tough love	Ray Montgomery	11/17/22	<a href="#">After Ray suddenly became blind as a teenager, his family's support and "tough love" made a difference.</a> "I, Ray Montgomery experienced a tragedy that changed my life forever. However, I didn't let that stop me. Although I experienced a life changing event, I went on to earn my Bachelor of Arts degree in Communications from Purdue University. I currently work as the Outreach/Volunteer coordinator for a not-for-profit in Indianapolis. I also believe in giving back and being an advocate for people with various disabilities. I am also an inspirational speaker and a	family, support, encouragement, goals, blind, vision	Transition, Adult	Social & Spirituality	
Be adventurous!	Ray Montgomery	11/17/22	<a href="#">When it comes to advice for young people, Ray encourages people to find a mentor, consider resources, and above all, try!</a> "I, Ray Montgomery experienced a tragedy that changed my life forever. However, I didn't let that stop me. Although I experienced a life changing event, I went on to earn my Bachelor of Arts degree in Communications from Purdue University. I currently work as the Outreach/Volunteer coordinator for a not-for-profit in Indianapolis. I also believe in giving back and being an advocate for people with various disabilities. I am also an inspirational speaker and a	family, support, encouragement, goals, blind, vision	Transition, Adult	Social & Spirituality	
Advocating for yourself	Ray Montgomery	11/17/22	<a href="#">Asking for what you need and advocating for yourself is key!</a> Ray offers advice to young people, encourage them to explore their resources, know their community, and get familiar with technology. "I, Ray Montgomery experienced a tragedy that changed my life forever. However, I didn't let that stop me. Although I experienced a life changing event, I went on to earn my Bachelor of Arts degree in Communications from Purdue University. I currently work as the Outreach/Volunteer coordinator for a not-for-profit in Indianapolis. I also believe in giving back and being an advocate	support, encouragement, plans, advocate, goals, blind	Transition, Adult	Advocacy & Engagement	
Inspired by friends and family	Ray Montgomery	11/17/22	<a href="#">Who are the people in your life who inspire you?</a> Ray reflects on his life and the people who have influenced him over the years, from his own childhood up until parenthood. "I, Ray Montgomery experienced a tragedy that changed my life forever. However, I didn't let that stop me. Although I experienced a life changing event, I went on to earn my Bachelor of Arts degree in Communications from Purdue University. I currently work as the Outreach/Volunteer coordinator for a not-for-profit in Indianapolis. I also believe in giving back and being an advocate for people with	family, support, encouragement, goals, blind, vision	School Age, Transition, Adult	Social & Spirituality	
So much paperwork! Sticking with it	Ray Montgomery	11/17/22	<a href="#">When accessing the services you need, does it feel like neverending paperwork?</a> Ray shares encouragement to stick with it, know your rights, and pursue the support you deserve and need. "I, Ray Montgomery experienced a tragedy that changed my life forever. However, I didn't let that stop me. Although I experienced a life changing event, I went on to earn my Bachelor of Arts degree in Communications from Purdue University. I currently work as the Outreach/Volunteer coordinator for a not-for-profit in Indianapolis. I also believe in giving back and being an advocate for people with	family, support, encouragement, goals, blind, vision, services	Early Childhood, School Age, Transition, Adult, Aging	Advocacy & Engagement	
The Great Equalizer: Technology!	Ray Montgomery	11/17/22	<a href="#">From transportation to work to home to ordering takeout, Ray is a champion for technology. He shares the ways he uses technology in his life and why he feels it is the great equalizer. What does access to technology look like for you or the people in your life?</a> "I, Ray Montgomery experienced a tragedy that changed my life forever. However, I didn't let that stop me. Although I experienced a life changing event, I went on to earn my Bachelor of Arts degree in Communications from Purdue University. I currently work as the Outreach/Volunteer coordinator for a not-for-profit in Indianapolis.	family, support, encouragement, goals, blind, vision, services, technology, screen resources, tech, college, smartphone, travel, transportation	Early Childhood, School Age, Transition, Adult, Aging	Advocacy & Engagement	
Defying people's expectations: Being prepared	Ray Montgomery	11/17/22	<a href="#">As an advocate for people with disabilities, and blind himself, Ray has come across people who see his disability first. He offers advice for how to navigate these situations when looking for a job. He encourages people to put your best foot forward and maybe even prove others wrong.</a> "I, Ray Montgomery experienced a tragedy that changed my life forever. However, I didn't let that stop me. Although I experienced a life changing event, I went on to earn my Bachelor of Arts degree in Communications from Purdue University. I currently work as the Outreach/Volunteer coordinator for	family, support, encouragement, goals, blind, vision, services, advocate, perception, perspective, bias	Early Childhood, School Age, Transition, Adult, Aging	Daily Life & Employment, Advocacy & Engagement	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Happy Thanksgiving, from Quillo	Quillo	11/17/22	At Quillo, we are all about finding ways to share gratitude and appreciation. This Thanksgiving season, we are thankful for YOU!	thanks, thanksgiving, holiday, appreciation, Quillo, team, quillo team	All	Social & Spirituality	
We flourish when everybody is included!	Shay Ruff on the QuilloPod	11/17/22	<a href="https://podcasts.apple.com/us/podcast/what-is-your-ideal-job-a-conversation-with-shay-ruff/id1622662814?i=1000583322895">Let's talk about Community! In this excerpt from an October 2022 QuilloPod (Quillo's weekly podcast), Cynthia asks Shay Ruff what "community" means to her. Listen to the whole conversation between Shay, Cynthia and John here: https://podcasts.apple.com/us/podcast/what-is-your-ideal-job-a-conversation-with-shay-ruff/id1622662814?i=1000583322895</a> Shay is a Peer Mentor in Virginia.	Quillo Pod, QuilloPod, Podcast, community, inclusion, inclusivity, involved	All	Community Living, Social & Spirituality	
Thoughts about Gratitude: A Quillo Pod clip	John on QuilloPod	11/18/22	<a href="https://podcasts.apple.com/us/podcast/power-of-positive-emotions-a-conversation-about-gratitude/id1622662814?i=1000585783512">What does gratitude mean to you? In this excerpt from a November 2022 QuilloPod (Quillo's weekly podcast), Quillo CEO and Founder, John Dickerson, shares his ideas about gratitude and how it's at the root of Quillo culture. Listen to the whole conversation between Cynthia and John here: https://podcasts.apple.com/us/podcast/power-of-positive-emotions-a-conversation-about-gratitude/id1622662814?i=1000585783512</a>	Quillo Pod, QuilloPod, Podcast, thanks, thankful, grateful, gratitude, holiday, thanksgiving, message	All	Social & Spirituality	
LifeCourse Basics with Beth	Beth Kessler	11/23/22	Are you familiar with Charting the LifeCourse (www.lifecoursetools.com)? Beth Kessler gives us a quick summary of LifeCourse and how it could be a good person-centered planning tool for you and people in your life! Beth is a Charting the LifeCourse Ambassador and a consultant working in the disability field and with The Arc of Virginia.	LifeCourse, Charting the LifeCourse, tools, Life Trajectory, Supports Star, Vision, Good life, planning, plan, person-centered	All	All	
What I want and what I don't want!	Beth Kessler	11/23/22	One of the LifeCourse Tools (www.lifecoursetools.com) is called the Life Trajectory (https://www.lifecoursetools.com/lifecourse-library/foundational-tools/person-centered/), which helps us think about what we want in the future. Beth shares more about this helpful person-centered planning tool. Consider using this for yourself or with someone in your life. The Trajectory can be used to plan for just about anything!	LifeCourse, Charting the LifeCourse, tools, Life Trajectory, Vision, Good life, planning, plan, person-centered	All	All	
A tool for small or big plans	Beth Kessler	11/23/22	When it comes to planning, setting goals, or thinking about the future, sometimes it's easier to think about "What I Don't Want" first. In this video, Beth shows us a LifeCourse tool called a "Life Trajectory" that helps us focus on planning. She reminds us that tools can be used on paper, online, or just on a scrap piece of paper!	LifeCourse, Charting the LifeCourse, tools, Life Trajectory, Vision, Good life, planning, plan, person-centered	All	All	
The first time they thought about "What do I want?"	Beth Kessler	11/23/22	In addition to this tool, there are other resources through Charting the LifeCourse that can be used	LifeCourse, Charting the LifeCourse, tools, Life Trajectory, Vision, Good life, planning, plan, person-centered	All	All	
Your past mistakes are a learning opportunity	Beth Kessler	11/23/22	When Beth shared the Life Trajectory tool (https://www.lifecoursetools.com/lifecourse-library/foundational-tools/person-centered/) with one person in particular, they shared how empowering it was go be asked questions like, "What do you want? What don't you want?" Such simple questions started an entire journey of opportunity. How would you answer questions like that for yourself?	LifeCourse, Charting the LifeCourse, tools, Life Trajectory, Vision, Good life, planning, plan, person-centered	All	All	
Norman's Norms: Norman's New Roommate	Quillo	11/23/22	One part of the LifeCourse Trajectory tool (https://www.lifecoursetools.com/lifecourse-library/foundational-tools/person-centered/) asks us to think about our past experiences and what we can learn from that. As Beth shares, sometimes past mistakes can be a learning opportunity! In addition to this tool, there are other resources through Charting the LifeCourse that can be used	LifeCourse, Charting the LifeCourse, tools, Life Trajectory, Vision, Good life, planning, plan, person-centered	All	All	
			Sometimes getting a new roommate can be difficult. In this episode of Norman's Norms, Norman the Cat meets his new roommate, Dughal the Dog, and has some advice as they settle in together.	roommate, choice, living, apartment, roomies, independent	Adult	Daily Life & Employment, Community Living, Advocacy & Engagement	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Questions that open people up	Shay Ruff on the QuilloPod	11/23/22	As a Peer Mentor, Shay talks often with people about their goals, dreams, and plans for the future. She shares her advice on how she encourages others to open up so she can continue to offer support. How would you answer Shay's questions? Are there people in your life who might want to share their goals and aspirations with you? Listen to the whole conversation between Shay, Cynthia and John here: <a href="https://podcasts.apple.com/us/podcast/what-is-your-ideal-job-a-conversation-with-shay-ruff/id16226">https://podcasts.apple.com/us/podcast/what-is-your-ideal-job-a-conversation-with-shay-ruff/id16226</a>	plans, goals, Podcast, Quillo Pod, QuilloPod, Peer Mentor	Transition, Adult	Advocacy & Engagement	
Determined: "It's Up to You"	Shay Ruff on the QuilloPod	11/23/22	Shay explains the difference between being stubborn and being determined. She reminds us about the importance of having choices! Listen to the whole conversation between Shay, Cynthia and John here on the QuilloPod ( <a href="https://podcasts.apple.com/us/podcast/what-is-your-ideal-job-a-conversation-with-shay-ruff/id1622662814?i=1000583322895">https://podcasts.apple.com/us/podcast/what-is-your-ideal-job-a-conversation-with-shay-ruff/id1622662814?i=1000583322895</a> ). Shay is a Peer Mentor in Virginia.	Quillo, QuilloPod, stubborn, determined, goals, planning, advocacy	All	Advocacy & Engagement	
Tips for a Job Interview	Quillo	12/20/22	Do you or does someone in your life have a job interview coming up? Maybe you're job hunting and practicing interviewing skills. Or maybe you're a job coach and these tips are helpful to share with others. Whatever the case, this video unpacks a few helpful tips to prepare for a job interview. Good luck!	employment, job, career, search, resume, advice, job coach, interview, skills, strengths	Transition, Adult	Daily Life & Employment	
Tips for Wrapping Gifts - easy for all	Quillo	12/20/22	<a href="https://sports.yahoo.com/tiktokers-sharing-accessible-wrapping-hacks-162753618.html">Are you sharing a gift with someone in your life? Check out this video for tips on how to wrap a gift in a way that may be easily for people to grab. You'll need: wrapping paper, tape, scissors, piece of ribbon. Learn more ideas here!</a> <a href="https://sports.yahoo.com/tiktokers-sharing-accessible-wrapping-hacks-162753618.html">https://sports.yahoo.com/tiktokers-sharing-accessible-wrapping-hacks-162753618.html</a>	gift, gifts, wrap, idea, mobility, accessibility, accessible, giving, give	All	Social & Spirituality, Daily Life & Employment	
Tips for a Strong Resume	Quillo	12/20/22	Creating a resume? If you are someone in your life is job hunting and needs a new resume, here are a few tips to get you started. Highlight your skills and why you'd be a great fit for the company. Good luck with the job search! Look for resume templates online or through document programs, like Microsoft Word.	employment, job, career, search, resume, advice, job coach	Transition, Adult	Daily Life & Employment	
Where do I start? An intro to the Three Buckets	Beth Kessler	12/21/22	LifeCourse has several tools that can help us think about planning. If you aren't sure where to start, Beth encourages us to think about the Three Buckets ( <a href="https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/three-buckets-of-support/">https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/three-buckets-of-support/</a> ). The blue bucket is about knowledge and education. The green bucket is things you can use or touch. The orange bucket is about people and relationships.	LifeCourse, Charting the LifeCourse, tools, bucket, three buckets, 3 buckets, Good life, planning, plan, person-centered	All	All	
The 3 Buckets: A closer look	Beth Kessler	12/21/22	<a href="https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/three-buckets-of-support/">https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/three-buckets-of-support/</a> <a href="https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/three-buckets-of-support/">The Three Buckets are a helpful planning tool from the Charting the LifeCourse. It's a way to think about what types of supports we all need in our lives and helps us identify them. The 3 Buckets are: Blue = Information, Skills, or Resources; Green = Tangible supports that you can use or touch; Orange = Relationships (networks, the people in our lives)</a>	LifeCourse, Charting the LifeCourse, tools, bucket, three buckets, 3 buckets, Good life, planning, plan, person-centered	All	All	
How "the buckets" help get us started	Beth Kessler	12/21/22	<a href="https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/three-buckets-of-support/">https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/three-buckets-of-support/</a> <a href="https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/three-buckets-of-support/">If you are planning for your future, it can be hard to know where to start. Beth suggest using the Three Buckets as a great starting point to help us identify what we need, what we want, and what we don't want.</a> <a href="https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/three-buckets-of-support/">In addition to this tool, there are other resources through Charting the LifeCourse that can be used</a>	LifeCourse, Charting the LifeCourse, tools, bucket, three buckets, 3 buckets, Good life, planning, plan, person-centered	All	All	
Problem Solving with the Supports Star	Beth Kessler	12/21/22	Are you trying to solve a problem? Are you planning for something new? With the LifeCourse Integrated Supports Star ( <a href="https://www.lifecoursetools.com/lifecourse-library/integrated-supports-star/">https://www.lifecoursetools.com/lifecourse-library/integrated-supports-star/</a> ), there are 5 topics to help us organize what's available in our lives. Beth gives us a quick look at how the Star goes together.	LifeCourse, Charting the LifeCourse, tools, star, support star, supports star, supports, resources, Good life, planning, plan, person-centered	All	All	



## Quillo Connect Videos (Public Library\_As of August 2023)

Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
Using the Supports Star	Beth Kessler	12/21/22	The Supports Star is one of the many tools available through Charting the LifeCourse, a tool to help with organizing, planning, and dreaming for the life you want. Beth gives us a step-by-step look at each of the 5 points of the Integrated Supports Star: Personal Strengths & Assets, Relationships, Technology, Community Based, and Eligibility Specific. Follow along and think about what resources you have in each of those five spots. Learn more about the LifeCourse Integrated Supports Star here: <a href="https://www.lifecoursetools.com/lifecourse-library/integrated-supports-star/">https://www.lifecoursetools.com/lifecourse-library/integrated-supports-star/</a>	LifeCourse, Charting the LifeCourse, tools, star, support star, supports star, supports, resources, Good life, planning, plan, person-centered	All	All	
Building a "Colorful" Star	Beth Kessler	12/21/22	The Supports Star is a helpful tool for problem solving and planning. Beth talks about how each part of the star is important and encourages us to have a "colorful" star, identifying resources in each of the 5 spots of the Integrated Supports Star: Personal Strengths & Assets, Relationships, Technology, Community Based, and Eligibility Specific. Follow along and think about what resources you have in each of those five spots. Learn more about the LifeCourse Integrated Supports Star here: <a href="https://www.lifecoursetools.com/lifecourse-library/integrated-supports-star/">https://www.lifecoursetools.com/lifecourse-library/integrated-supports-star/</a>	LifeCourse, Charting the LifeCourse, tools, star, support star, supports star, supports, resources, Good life, planning, plan, person-centered, crisis	All	All	
A tool for me and my family	Beth Kessler	12/29/22	Beth introduces us to the Charting the LifeCourse tools. One of her favorite parts about LifeCourse is how it not only supports an individual person, but also recognizes how that person exists with others - whether it is family, chosen family, friends, neighbors, people we work with, or others. Learn more at <a href="http://www.lifecoursetools.com">www.lifecoursetools.com</a> to find the tool that is right for you! Beth is a Charting the LifeCourse Ambassador and a consultant working in the disability field and with The Arc of Virginia.	LifeCourse, Charting the LifeCourse, tools, Life Trajectory, Supports Star, Vision, Good life, planning, plan, person-centered	All	All	
My perspective and yours	Beth Kessler	12/29/22	Beth explains how the LifeCourse Tools are set up for an INDIVIDUAL PERSON to use, while also addressing the role that family and people around us play. She uses the term "context" and explains how these tools can help us plan for our good life while also thinking about the groups, families, and communities we might be part of. Learn more at <a href="http://www.lifecoursetools.com">www.lifecoursetools.com</a> to find the tool that is right for you! Beth is a Charting the LifeCourse Ambassador and a consultant working in the disability field and with The Arc of Virginia.	LifeCourse, Charting the LifeCourse, tools, Life Trajectory, Supports Star, Vision, Good life, planning, plan, person-centered	All	All	
Dr. King's lasting impact	Quillo	1/5/23	On Martin Luther King, Jr. Day each January, we recognize and honor the contributions he made for civil rights and his impact on the disability rights movement.	MLK, Martin Luther, rights, disability rights, civil, civil rights, history	All	Advocacy & Engagement	
Craft Corner: Feed the Birds	Quillo	1/26/23	Whether you're looking for an indoor activity on a cold or rainy day OR you are eager for spring, this do-it-yourself bird feeder is a fun and easy way to welcome some flying friends to your yard! To make this bird feeder, you'll need these items: Bird seed Peanut butter Ice cream cones Plates Butter knife String Toothpicks Check a grocery store or pet store to find seeds that are safe for your bird visitors to enjoy!	craft, crafts, home, activity, indoor, activities, idea, ideas, bored, bird, birds, animals, DIY	All	Daily Life & Employment, Social & Spirituality	
Kid's Books about LGBTQ Pride	Quillo	03/03/23	Check out this list of kids' book suggestions, celebrating LGBTQ lives and issues!	pride, LGBTQ, gay, pride, lesbian, sexuality, books, learn, grow	School Age	Social & Spirituality	
A Colorful Fill-Up: White	Quillo	03/03/23	Do colors shape your mood? Whether you're looking for something to energize, create calm, or to transition from one task to the next, find the color you need today. Choose from Pink, Red, Orange, Yellow, Green, Blue, Purple, Brown, or White by searching the color in the search bar.	calm, color, mood, energy, vibe, blue, relax	select all	Healthy Living	
A Colorful Fill-Up: Brown	Quillo	03/03/23	Do colors shape your mood? Whether you're looking for something to energize, create calm, or to transition from one task to the next, find the color you need today. Choose from Pink, Red, Orange, Yellow, Green, Blue, Purple, Brown, or White by searching the color in the search bar.	calm, color, mood, energy, vibe, blue, relax	select all	Healthy Living	

Quillo Connect Videos (Public Library_As of August 2023)							
Public Title	Author	Date Uploaded	Video Description	Keywords (Tags)	Age Ranges	Life Domain	State Services
A Colorful Fill-Up: Pink	Quillo	03/03/23	Do colors shape your mood? Whether you're looking for something to energize, create calm, or to transition from one task to the next, find the color you need today. Choose from Pink, Red, Orange, Yellow, Green, Blue, Purple, Brown, or White by searching the color in the search bar.	calm, color, mood, energy, vibe, blue, relax	select all	Healthy Living	
Happy Diwali! Learn more about this holiday	Quillo	03/03/23	Happy Diwali! Let's learn more about this annual celebration. This holiday marks the start of the Hindu New Year. The exact date changes each year, but usually falls in October or November. People celebrate differently, so what a great opportunity to learn something new! If the people in your life have different traditions, maybe this sparks a conversation about how they celebrate this holiday.	Holiday, celebration, festival, festive, culture, cultures, celebrate, Hindu, Hindi	All	Social & Spirituality	
Celebrating Quillo's 5th Anniversary	Quillo	3/14/23	The Quillo team is excited to be celebrating our 5th Anniversary! After kicking off in March 2018, it's been an incredible 5 years. Thanks to you and everybody in the Quillo Community for being part of our journey!	anniversary, Quillo, app, tech, birthday, proud, team	All	Social & Spirituality	
Acceptance, friendship, and inclusive communities	Carrie Guiden	04/21/23	What does having an "inclusive community" look like to you? Carrie shares her thoughts on this and what it means for people with intellectual and developmental disabilities.	include, community, society, equal, equity, advocacy	All	Daily Life & Employment, Advocacy & Engagement, Social & Spirituality	
Why it's important to fail	Carrie Guiden	04/21/23	While failure isn't anybody's favorite things, it can lead to a lot of important growth and learning for people. Carrie shares what failure means and why it is necessary for everybody - including people with I/DD.	learn, growth, fail, failure, challenge, goal, goals, challenging	All	Advocacy & Engagement	
Tech to enhance independence	Carrie Guiden	04/21/23	Technology is a great option to enhance independence and opportunities for individuals. While it can take some getting used to, it can often be worth it to open up doors for folks.	tech, technology, doors, fire, safety, independence, staff, overnight, overnight supports, enabling technology	Adulthood, Aging	Safety & Security, Community Living	
Everyday tech for everyday people	Carrie Guiden	04/21/23	Look around where you are sitting or standing today. How many types of technology can you see? Carrie talks about your universal so many types of technology can be, and in many cases, there's no need for a specialized or separate type of tech. A lot of mainstream apps, gadgets, and tech can be a great fit for people with I/DD, too. Carrie talks about how the role of technology and how sometimes the solution are right there for us!	tech, technology, doors, fire, safety, independence, staff, overnight, overnight supports, enabling technology	Adulthood, Aging	Safety & Security, Community Living	
The right tech for the right time	Carrie Guiden	04/21/23	Useful technology is all around us! While there are great tools for specific needs, a lot of times it's the phones, apps, and resources that are all around us. Carrie shares perspective on how sometimes it's the combination of technology and in-person or "real people" supports that are the right fit.	tech, technology, doors, fire, safety, independence, staff, overnight, overnight supports, enabling technology	Adulthood, Aging	Safety & Security, Community Living	
We're ALL interdependent	Carrie Guiden	04/21/23	"Living independently" doesn't necessarily mean "living without any supports." Carrie talks about how we, as humans, are all somewhat interdependent (dependent on others).	independence, independent, on my own, severe disabilities, severe, support, supports	Adulthood, Aging	Community Living	

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Inclusive communities: what it means for my son	Jeffrey Brown	04/21/23	As Jeffrey thinks about inclusive communities and what that means for his son, he talks about a place where his son feels safe, wanted, needed, and able to communicate needs. What do inclusive communities mean to you?	independence, independent, inclusive, include, inclusion, connected, community	Adulthood, Aging	Community Living	
Education, strengths, and hope	Jeffrey Brown	04/21/23	When Jeffrey first learned that his son had Autism, he didn't know quite what to make of it - but with time, resources, and learning, his perception has shifted to all of the possibilities for his son.	hope, autism, autistic, parent, son, father, child, children, abilities, strengths, weaknesses, support	Transition, Adulthood	Advocacy & Engagement	
A bright future for my son	Jeffrey Brown	04/21/23	Parenting can be hard! Jeffrey emphasizes that when parents get support, it also supports their child. Working as a team is important - and has helped Jeffrey and his family see a bright future for his son.	hope, autism, autistic, parent, son, father, child, children, future, planning, goals	Transition, Adulthood	Advocacy & Engagement	
"Daddy, it's gonna be alright"	Jeffrey Brown	04/21/23	Jeffrey reflects on a proud moment with his son when Terell offered his dad some words of wisdom.	hope, autism, autistic, parent, son, father, child, children, future, planning, goals, pride, proud	Transition, Adulthood	Advocacy & Engagement	
Watching my son mature	Jeffrey Brown	04/21/23	Watching his son, Terell, mature over the years is a huge point of pride for Jeffrey - even when it means Terell misses watching WWE!	hope, autism, autistic, parent, son, father, child, children, future, planning, goals, pride, proud	Transition, Adulthood	Daily Life & Employment	
Speaking up at work	Linda Brown	04/21/23	As a mom, Linda has seen countless milestones with her son, Terell. In his role at work, she has been especially proud of how he is advocating for himself and seeing his coworkers as people he can talk to.	autism, autistic, parent, son, mother, child, children, work, communicate	Adulthood	Advocacy & Engagement, Daily Life & Employment	
A job that inspires new responsibilities	Linda Brown	04/21/23	When Terrell started his job, he picked up a new range of responsibilities and a sense of purpose. Linda, Terrell's mom, explains how this job has led to new growth and his own sense of responsibility.	autism, autistic, parent, son, mother, child, children, work, responsibilities	Adulthood	Daily Life & Employment	
Community: Knowing someone has your back	Linda Brown	04/21/23	Having a sense of belonging is important for all of us. Linda talks about what an inclusive community means for her son, Terrell, and what he enjoys about being part of it all.	independence, independent, inclusive, include, inclusion, connected, community	Adulthood	Daily Life & Employment, Community Living	
Practicing advocacy: never too young to start	Nick & Joaquin Villareal	04/21/23	How do we learn to be a self advocate? Nick and his dad, Joaquin, talk about how it starts with lots of practice. As Nick says, "You're never too young to start being independent." Nick and his dad, Joaquin, live in Tennessee.	advocacy, self advocacy, advocate	Transition, Adult, School Age, Early childhood	Advocacy & Engagement	

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Advocating around town	Nick & Joaquin Villareal	04/21/23	Whether it's at the grocery store or at his apartment, Nick has lots of opportunities to speak up for himself. Hear more about his life in Memphis and how advocacy plays an important part. Nick and his dad, Joaquin, live in Memphis.	independent, living, home, house, apartment, advocacy, self advocacy	Transition, Adult	Advocacy & Engagement, Community Living	
Finding a Case Manager: What to ask	Quillo	04/21/23	If you receive a waiver or services where you live, there's a good chance you have a Case Manager help you meet your goals. In this video, learn more about the role of the Case Manager and tips to make the most of that relationship.	Case Manager, Provider, services, service, waiver	All	Daily Life & Employment, Advocacy & Engagement	
Tips for picking a Provider	Quillo	04/21/23	Providers are the organizations that offer services and supports to people with disabilities, including employment support, where you live, education, and more. Picking a provider can be overwhelming, so this video shares some tips and questions to consider as you find the Provider that is right for you. It may look a little different in each state!	Case Manager, Provider, services, service, waiver	All	Daily Life & Employment, Advocacy & Engagement	
A focus on my job	Terrell Brown	04/21/23	Terrell's job at an auto parts shop has become a big part of his life. He shares what he loves about this job, from the work itself to his co-workers.	job, jobs, co-worker, colleague, team, teamwork, learning, learn, employ, employment, autism, focus	Adulthood	Daily Life & Employment	
Day in the Life with Terrell	Terrell Brown	04/21/23	Living on his own, Terrell is great at balancing all sorts of responsibilities. He gives us a look at a day in the life, from getting ready to work to making the most of his time on the job. Plus a key piece of advice? Being on time and a positive attitude!	job, jobs, co-worker, colleague, team, teamwork, learning, learn, employ, employment, autism, focus, lives on own, on own, independent, transportation	Adulthood	Community Living, Daily Life & Employment	
Why advocacy matters to me	Nick & Joaquin Villareal	04/21/23	Meet Nick Villareal and his dad Joaquin. They introduce themselves and talk about why advocacy is important, not only for ourselves but for others! Nick and his dad, Joaquin, live in Tennessee.	advocacy, self advocacy, advocate	Transition, Adult	Advocacy & Engagement	
Inclusion, in practice (a clip from QuilloPod)	Lisa Drennan on the Quillo Pod	4/28/2023	In this clip from the QuilloPod, Lisa Drennan talks about what true inclusion looks like in practice. It's more than just a checklist! She also introduces the idea of "In all, For all, By all." Listen to the entire podcast episode on the QuilloPod, Quillo's weekly podcast. "Strengthening Our Bridges : A conversation on inclusion ft. Lisa Drennan" <a href="https://quillopod.podbean.com/e/strengthening-our-bridges-a-conversation-on-inclusion-ft-lisa-drennan/">https://quillopod.podbean.com/e/strengthening-our-bridges-a-conversation-on-inclusion-ft-lisa-drennan/</a>	Podcast, pod, QuilloPod, inclusion, inclusive communities, community, equity, diversity, culture	All	Community Living, Advocacy & Engagement, Social & Spirituality	
Becoming a DSP (a clip from QuilloPod)	Cierra Milton on the Quillo Pod	4/28/2023	In this clip from the QuilloPod Podcast, Cierra Milton talks about she got into the DSP field and what it's meant to her. Cierra Milton is a Doctor of OT who worked as a DSP for seven years. Listen to the entire podcast episode on the Quillo Pod, Quillo's weekly podcast. "A conversation about the DSP experience and more ft. Cierra Milton" <a href="https://quillopod.podbean.com/e/a-conversation-about-the-dsp-experience-and-more-ft-cierra-milton/">https://quillopod.podbean.com/e/a-conversation-about-the-dsp-experience-and-more-ft-cierra-milton/</a>	Pod, Podcast, QuilloPod, DSP, being a DSP, getting started, why DSP	NA	NA	NA
A culture of two-way commitment (a clip from QuilloPod)	Patti Scott on the Quillo Pod	4/28/2023	In this clip from the QuilloPod Podcast, Patti Scott shares what makes the workplace culture at Neighbours, Inc. ( <a href="https://www.neighbours-inc.com/">https://www.neighbours-inc.com/</a> ) special and how it has helped cut down on staff turnover. Listen to the entire podcast episode on the Quillo Pod, Quillo's weekly podcast. "Be Creative: A Conversation with Patti Scott" (QuilloPod) <a href="https://quillopod.podbean.com/e/be-creative-a-conversation-with-patti-scott/">https://quillopod.podbean.com/e/be-creative-a-conversation-with-patti-scott/</a>	Pod, Podcast, QuilloPod, idea, staff, leadership, trust, resources, creative, administration, leader, together, culture, workforce, turnover, staff turnover, appreciation, retention,	NA	NA	NA

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\$300, trust, and creativity (a clip from QuilloPod)	Patti Scott on the Quillo Pod	4/28/2023	One summer, Patti Scott and her organization (Neighbours, Inc. <a href="https://www.neighbours-inc.com/">https://www.neighbours-inc.com/</a> ) had a creative idea to engage staff and people they support. She shares what can happen with \$300, a sense of trust, and creativity. Listen to the entire podcast episode on the Quillo Pod, Quillo's weekly podcast. "Be Creative: A Conversation with Patti Scott" (QuilloPod) <a href="https://quillopod.podbean.com/e/be-creative-a-conversation-with-patti-scott/">https://quillopod.podbean.com/e/be-creative-a-conversation-with-patti-scott/</a>	Pod, Podcast, QuilloPod, idea, staff, leadership, trust, resources, creative, administration, leader, together, money, appreciate	NA	NA	NA
Knowing when I need help	Carrie Guiden	05/03/2023	Asking people for support does NOT mean someone isn't independent. Carrie explains how valuable it can be to ask for help when needed!	independence, independent, on my own, severe disabilities, severe, support, supports	Adulthood, Aging	Community Living	
An advocate for transportation	Lorri	05/03/2023	As an active advocate in Tennessee, Lorri enjoys her independence, making decisions, and pushing for better transportation. Through her job, she shares her knowledge and experience as a self-advocate with others.	transportation, technology, IT, advocacy, self-advocacy, self-advocate, advocate, self advocacy, self advocate, community, independence, choice, cars, wheelchair,	Adulthood	Community Living, Daily Life & Employment, Advocacy & Engagement	
Independent in my community	Nick & Joaquin Villareal	05/03/2023	Nick enjoys living on his own. His apartment building is near the movie theater and restaurants, and he is able to feel independent as well as a member of his community. Nick and his dad, Joaquin, live in Tennessee.	independent, living, home, house, apartment, advocacy, self advocacy	Transition, Adult	Daily Life & Employment	
Oof! What a day! Tips for when things go wrong	Quillo	05/03/2023	Take a deep with... breathe in. Breathe out. Some days, it might feel like things are not going your way. How can we remain calm when things go wrong? Checkout this video for a few tips - keep them in mind for the moments when things don't work out, or share it with somebody going through a rough patch. We hope your day turns around soon!	rough, stress, stressed, advice, calm, relax, breakdown, meltdown, safe, safety	Transition, Adult, Aging	Healthy Living, Safety & Security	
Advocacy: moving beyond labels	Scott	05/03/2023	Advocacy and self-advocacy plays a huge role in Scott's life. He speaks passionately about community, advocacy, and picturing a world with less focus on labels.	advocacy, self-advocacy, self-advocate, advocate, self advocacy, self advocate, community, learn, labels, inclusion, society	Adulthood, Aging	Community Living, Daily Life & Employment, Advocacy & Engagement	
Take What You Need - Volume 3!	Quillo	05/30/23	Not sure what kind of mood you're in today? This recap of some of the themes you'll find in the Quillo library offers some topics and suggested videos to get you started. Enter the title or author in the search bar or click below! Calm Let go of being an expert - Kendra Bowens A meditation for goal setting - Mad Hatter Wellness & Quillo Breathe, Stretch, and Relax: 60-second centering - Quillo	relax, mood, breath, breathe, library, search, goals, goal, expectation	All	Social & Spirituality	
Celebrating Ramadan - Learning about the holiday	Quillo	05/30/23	If there are people in your life celebrating Ramadan this year, check out this video to get a quick look at what the Muslim holiday is all about. Ramadan is celebrated on different dates each year, depending on the cycle of the moon. Traditions may vary person-to-person, so what better to learn more than to ask! For those of you celebrating, Ramadan Mubarak! ("Happy Ramadan!")	holiday, celebrate, culture, Muslim, Islam, Islamic, event, tradition, traditions, cultures	All	Social & Spirituality	
Tips for Hosting an Event	Quillo	06/16/23	Having people over and looking for tips of where to start? Check out these tips for hosting an event, whether it's having a few people over or something big! In addition to what's in the video, consider the following as you prep for your party. Ask guests of party beforehand if they will bring a guest to your event To make sure you have enough seating and food have guests RSVP before party date. Have extra plates, napkins, and cups on hand, just in case. If you're having food, decide if you are going to	party, event, holiday, friends, social, friend, birthday, tips, tip, advice	Transition, Adult, Aging	Social & Spirituality	

















