

# The Informer Ability at Work

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# 2025 Oklahoma Family Caregiver Conference



Here is a great opportunity for caregivers to get support and have fun! The 2025 Oklahoma Family Caregivers Conference will be held November 6. The Topic is "The Caregivers Compass: Finding your way to balance and well-being." Admission is free. For more information or to register, go to okcares.org or call 918-493-0604.

#### Fall Festival

Mark your calendar! The DRTC Fall Festival is set for October 31, 11 am - 1 pm. This year, please dress to support your favorite sports team. We will not be wearing costumes. We will have a DJ and games to play. There will be three food trucks to choose from. Menus will be sent as we get closer to the event. Please have your loved one submit their orders and send money ahead of time. When it comes time for lunch, we will give individuals their envelope with their money and their orders. This allows us to serve everyone in a timely manner. Hope to see you there!



Thunder fans Mark, Lupe and Brenda

#### Dress for the Weather

Fall comes with up and down temperatures. Remember to dress appropriately for the weather. You may need a jacket in the morning on your way to work. Make sure your clothes are appropriate for afternoon temperatures, which are warmer. Checking the weather daily on your local news channel or weather app will be a good skill to practice for when you go to work in the community.

### National Disability Employment Awareness Month (NDEAM)

This October we celebrate the 80th anniversary of the National Disability Employment Awareness Month (NDEAM), an annual recognition of the positive impact of people with disabilities in the American workforce. The theme for 2025 is "Celebrating Value and Talent." NDEAM began in 1945 as a weeklong national observance of the contributions of people with physical disabilities. For more on NDEAM and to learn how you can support employment for people with disabilities, visit dol.gov/odep.





## Seen in the Community!

The Down Syndrome Association of Central Oklahoma recently held its annual Festival & 5K at the Myriad Botanical Gardens. DRTC had a booth at the event and we saw LaToya, Johnny, Sandra, Kathy, and Lindsay (not pictured). Thanks for supporting our friends!

#### In-House Programs Closed

November 27-28

December 25-26

January 1, 2026