

## LIVING WITH ADHD (167)

Monday, 10:30 – 12:00, in Choir Room (One-day Class, 3/6)

**Tuition \$10**

Limited to 30

Whether it's you or your spouse or a relative, living with Attention Deficit Disorder can be challenging! And as we get older, we may all develop some attention/memory issues.

As a school psychologist, it was part of her job to help identify possible ADD students and adults. At this workshop, we will take a look at some adult behavioral checklists and characteristics. We will take a look at how attention and memory are related with some helpful diagrams.

Lastly, we will look at possible treatments and coping strategies including organizational strategies and memory tips! (Note: This workshop is not intended to replace a formal medical diagnosis but is rather a practical workshop on the day-to-day challenges of living with ADD.)

**Nancy Starewicz** is a school psychologist who has worked with students and families for over 30 years. She was born and raised in Alexandria, Minnesota. She attended Valparaiso University and Loyola University, earning her BA and M.Ed. degrees in Educational Psychology. In 1990, she was named Outstanding School Psychologist for the state of Indiana. She taught Psychology of Learning at Purdue University for seven years. She is married to Doug, a retired educator and coach. They have three adult children and two grandchildren. Since retiring from her full-time job in 2008, Nancy has written eight books about her Wheaten Terrier Lucky, and they have visited thousands of students in Indiana, Minnesota, and Florida. During their interactive programs, students, teachers, and parents hear about Lucky and see her demonstrate her "good behaviors!" All the Lucky books have universal messages for all ages emphasizing empathy, listening, trust, being thankful, and friendship. Nancy says she writes her books about important life lessons she has learned from Lucky.