

### **MESSAGE TO FAMILIES OF YOUNG CHILDREN WITH AUTISM**

Autism Division of DDS, 500 Harrison Avenue, Boston, MA 02118

## **Open Enrollment for the Autism Waiver Program**

### **OCTOBER 2015**

To Parent/Guardian:

This notice is to inform you that the Autism Waiver Program will move to an Annual Open Enrollment Process beginning in October 2015. The first date to mail in applications is Friday, October 16, 2015. The last date to mail applications is Friday, October 30, 2015. We cannot accept forms mailed prior to or after these dates. Please contact the resources listed below if you have any further questions.

Regards,

Autism Division/ Department of Developmental Services

#### **Key Information for Application Process:**

Applications will be made available in early October, 2015.

Applications may be found on the DDS Autism Division website & the Center website.

Applications for the Autism Waiver Program must have a postmark or email date:

*No earlier than Friday, October 16, 2015 and no later than Friday, October 30, 2015*

*Open Enrollment forms from November 2014 are discarded prior to the start of this October 2015 open enrollment. Therefore, you must apply again during this open enrollment period.*

Additional Information about this Waiver Program is available on the Department of Developmental Services Website at: [www.mass.gov/DDS](http://www.mass.gov/DDS) under 'Autism Spectrum Services' or contact 1-888-367-4435 or [AutismDivision@state.ma.us](mailto:AutismDivision@state.ma.us). Information is also available through the Autism Support Centers listed below:

HMEA: Autism Resource Center: #508-835-4278: Serving Central MA

ACL: Community Resources for People with Autism (CRPA) #413-529-2428: Serving Western MA

Community Autism Resources (CAR): #508-379-0371: Serving Southeastern MA

TILL, Inc.: Autism Support Center: #781-302-4600: Serving Greater Boston

Arc of South Norfolk: Family Autism Center: #781-762-4001: Serving Norfolk County Area

NEARC: The Autism Support Center: #978-777-9135: Serving Northeastern MA

Advocates: Autism Alliance of Metro West (AAMW): #508-652-9900: Serving Metro West of Boston

## Donations and Memorial Gifts

### UNITED WAY DONATIONS

#### **Reliant Medical Group**

Maleah Gustafson

Amy Krysiak

#### **UPS**

John Amorello

Mathieu Michaud

#### **Hanover Insurance**

Brian Kelly

Margo McCaffrey Bishop

Maria Panerelli

Kevin Ertell

Coreen Gaffney

#### **Worcester Telegram & Gazette**

Denise Anderson

#### **Liberty Mutual**

Matthew Desimone

Brittany Tirozzi

Michael Couturier

Chelsea A. Olson

**To designate the Autism Resource Center as the recipient of your United Way Donation use the name Autism Resource Center and the code UN 00365**

### MEMORIALS

#### **In Memory of Joseph Haughey**

James & Marlene McDevitt

William F Merusi

Susan L. Hagen

John & May McKinnon

Kathy & Bill Paquette

Lyn Libertine &

Timothy Garahan

Elizabeth C. Lawler

Janet E. McBride-Roy

Tammy O'Neil

Sandra Torode

Stephanie Sher

#### **In Memory of Rose Johnson**

Cheryl A. Smith

Patricia F. Lotane

Barbara E. Knapp

JoAnn Caputo

Janet McDowell

Stella Edmondson

Sheryl & Peter Kropp

Cynthia A. Cardinale

Jodi Meagher

#### **In Memory of John E. Carey**

Douglas McVey

*Our condolences to the families who've lost loved ones. The gifts made in their memory will be used with care and concern to benefit the families we serve.*

### DONATIONS

#### **Elaine & John Hogan**

### **CARS FOR AUTISM**

**You can donate a used car and support your Center.**

A professionally licensed, bonded and insured towing company will pick-up your car donation and provide you with a vehicle donation receipt. **Car**

**Donations are accepted at**

<http://www.donateacar.com/>

or call

800-240-0160 to speak to a representative of Car Program LLC directly

## SPLASH Programs

This program services participants who have a diagnosis of autism or any family with special needs. Classes offer a smaller student-to-instructor ratio. Class will focus on safety and basic swim skills. This will be an 8 week session (Oct. 1 - Nov. 22). To register please contact Katie DuPont at [kdupont@ymcaofcm.org](mailto:kdupont@ymcaofcm.org). **DDS ELIGIBLE CHILDREN WILL BE FUNDED** call 508-298-1609

**Beginner (6-12 Years)** - Parents must be in the water for support until the instructor and parent are comfortable with the independence of the participant.

Wednesday	4:35-5:05pm 5:10-5:40pm
Friday	4:00-4:30pm 5:10-5:40pm
Sunday	8:35-9:05am 9:45-10:15am

**Advanced Beg./Intermediate (6-12 Years)** - Class will focus on safety and basic swim skills. Swimmer must be comfortable jumping in the water and can swim independently with or without floatation.

Wednesday	4:00-4:30pm
Friday	4:35-5:05pm
Sunday	8:35-9:05am 9:45-10:15am

#### **Parent and Child (3-10 Years)**

Parent and child will learn beginner swim skills, water safety and become more confident in or around water through the use of visual and sensory aids.

Friday	5:45-6:15pm
Sunday	8:00-8:30am 8:35-9:05am 9:10-9:40am 9:45-10:15am

Members \$42 Program Members \$52  
Non-Member \$90

# Clinics, Social Skills & Inclusion Grants

**Participants for all groups MUST be Autism Division eligible, and under the age of 18. Parents must register within 30 days of request for funding.**

## Social Skills

Those who would like to enroll their child in a Social Skills Groups with a clinician may apply for funding, up to \$300.00 towards a group session. Funds will be sent directly to providers, and families would be responsible for any fees beyond \$300.00. If a provider charges less than \$300.00 the fee will be covered in total by the funding. Funding for social skills groups is limited to eligible candidates under the age of 18 who meet the criteria for participation as set by the clinician. Contact the Resource Center to secure possible funding by calling Donmarie Smith at 508-298-1609. Once your DDS status has been verified you your provider may invoice the Center for payment of \$300.00 for your child

## IEP, ADL & VISUAL CLINICS

*To book all clinics please call Donmarie Smith at (508) 298-1609.*

**ADL and Visuals Clinics are by appointment** ADL Clinics are booked only upon request. For Visual Clinics, parents may drop by the Center at any time during regular business hours to access the Boardmaker Program and material to create visuals. Printing and laminating are provided without charge. After a brief tutorial on how the Boardmaker software works, most parents can create their own visuals.

**1 Hour IEP Clinics with Elaine Rabbitt** Meet with an Advocate to discuss your child's IEP, concerns and needs and how best to advocate for changes with your school

Dates available for consultation are as follows :

**October 13, 2015**  
**Leominster Public Library**  
9, 10 & 11am, 12, 1 & 2pm

**October 20, 2015**  
**Seven Hills Family Support Center Sturbridge MA**  
9 AM 10: AM 11AM, 1 & 2pm

**October 27, 2015**  
**Autism Resource Central**  
9 AM 10: AM 11AM, 1 & 2pm

**Sensory Clinics with Mary Loughlin MS OTR/L**  
**Autism Resource Central :**

Clinic will provide consultation to families in the area of Sensory Processing Dysfunction. Child and Parent will meet with Mary for four (4) 1 hour sessions across 4 weeks. A Sensory Profile Assessment will be done which will identify any sensory specific needs their child may or may not have. Parents will be provided with resources including websites, DIY sensory equipment, sensory play and activities. At conclusion of the sessions parents will be given an individual "sensory diet" for their child.

**Dates : Session 1** October 7,14, 21, 28th **Times** 3 PM, 4PM, 5PM

**Session 2** November 4,11,18, Dec 2nd **Times** 3PM 4PM 5PM

## COMMUNITY INCLUSION GRANTS

*Please call Donmarie at 508-298-1609 to request Inclusion Grants*

## YMCA Memberships

The Autism Resource Center will provide scholarships to the following YMCA's for children under 18 with ASD who are DDS eligible, which will run through to the end of June 2016.

Greendale YMCA in Worcester

Montachusett YMCA in Fitchburg

Tri Community YMCA in Southbridge

Hockomock YMCA, Franklin Branch,

Boroughs YMCA Branch in Westborough

The Clark YMCA in Winchendon

Children who qualify may be accompanied by 1 parent or a 1:1 aide. Access to some of the program areas for children under the age of 13 may require the person accompanying the child to have a CORI & SORI check done, which would take 24 hours.

## SPLASH SWIM PROGRAM

**( see page 2)** DDS eligible children will be funded for this program at the Greendale YMCA. Call Donmarie Smith at 508-298-1609 to be approved, then register with Kate Dupont at the YMCA.

# Autism 101

When you first receive an autism diagnosis it can be overwhelming. There's the initial emotional shock, which is quickly followed by feelings of inadequacy as there is no manual for parenting itself, let alone parenting a child with an autism spectrum disorder. And there is SO much to learn.

Autism 101 is designed to help families who are new to the diagnosis gain a solid footing to begin their journey. This course is designed for parents new to the diagnosis, but is open to all parents who feel they may need a refresher or simply were overwhelmed when they first received the diagnosis and are now ready to take this course. Some individual sessions may be attended as noted, at a cost of \$5.00, as space allows.

To give parents a stronger foundation as they begin their journey, we include an on-line learning experience from UMass Medical School called UDiscovering : Discovering Behavioral Interventions. This interactive online course will be made available to parents who register for Autism 101 for a period of 3 Months. Going at your own pace, you will learn about ABA and thus be better equipped to meet the challenges of parenting your child on the spectrum. We are pleased to be able to make this affordable for parents.

Autism 101 will begin on Thursday October 1st from 7-9 PM . Space limited to 10 Parents There will be a \$25.00 fee for the complete course. series

October 1, 2015, **Overview of Autism Spectrum Disorders**, UDiscovering sign in codes – Sue Loring & Cid Deleo

October 8, 2015: **Autism and Sensory Processing Disorder**, Mary Loughlin MS OTR/L \$5.00

October 15, 2015: **Accessing Public Supports**, Kristen Finne-Gregoire—Autism Waiver Support Supervisor \$5.00

October 22 2014: **Medical Management of ASD**, Sue Loring RN \$5.00

October 29, 2015: **Special Education Law** : Elaine Rabbitt, Advocate \$5.00

November 5, 2015: **Let's Get Organized**, Barbara Donati , Family Ties \$5.00

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Register online at [www.autismresourcecentral.org](http://www.autismresourcecentral.org) or mail this form to the Center with payment. Autism 101

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

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

Child's Name \_\_\_\_\_

Age: \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Fee: \$25.00

Make checks payable to & mail to : Autism Resource Center, 71 Sterling St., West Boylston MA 01583



# Halloween Costume Ball For Teens and Young Adults

Manor Restaurant , Route 12 West Boylston

October 30, 2015

6 :30 PM- 9:30 PM

Italian Dinner Buffet (GFCF dieters will be accommodated )

Dancing & Karaoke with D.J. Gregg \$15.00/pp /\$35 .00 Family Cap

Parent Night Out at The Manor 7-9 PM for parents of teens at dance and others

Register online at [www.autismresourcecentral.org](http://www.autismresourcecentral.org) or call Cid Deleo at 508-298-1610

BEFORE October 23rd.



## YOU ARE CORDIALLY INVITED TO OUR CHILDREN'S HOLIDAY PARTY

FOR FAMILIES WITH CHILDREN UP TO AGE 12  
( OLDER SIBLINGS PERMITTED )

MANOR RESTAURANT, ROUTE 12 WEST BOYLSTON

DECEMBER 6, 2015

SIX 1 HOUR SEATINGS

11 AM~12:15 PM ~1:30 PM~2:45 PM~ 4:00 PM & 5:15 PM

ITALIAN DINNER BUFFET ,PRESENTS & VISIT WITH SANTA  
(GFCF DIETERS WILL BE ACCOMMODATED )

KARAOKE WITH D.J. GREGG

TO REGISTER CALL 508-835-4278 BEFORE NOVEMBER 24TH



Register for Events @ [www.autismresourcecentral.org](http://www.autismresourcecentral.org) or call 508-298-1610 Fees for Events are as stated on site

## SEPTEMBER

**September 7, 2015**

**Center Closed**

**Family Fun & Fitness**

Walking at DCR Lake Park 6 –7 PM

**September 9, 2015**

**Support Group for Parents of  
More Able Kids on the Spectrum**  
7-9 PM

**September 12, 2015**

**Sibshop for Siblings 7 –18 10A-2PM**  
Fee: \$10.00/per child \$15 family cap

**September 14, 2015**

**Family Fun & Fitness**  
Strength Training with Julie O'Mara  
3 Bartlett Pond Way Sterling 6-7 PM

**September 16, 2015**

**Support Group for Parents of  
Kids More Challenged by Autism**  
7-9 PM

**September 17, 2015**

**Grupo de Apoyo  
Centro Las Americas**  
11 Sycamore St Worcester 10 AM

**September 20, 2015**

**Family Fun at  
Turn Back Time**  
250 Marshall St Paxton MA 1 PM  
fee \$2.00/pp OR 2 canned goods /pp

**September 21 2015**

**Parents & Tots Support Group**  
4:30 –5:30 PM  
**Family Fun & Fitness**  
Healthy Eating Dinner at B Good  
Shrewsbury MA 6 PM

**September 23, 2015**

**Parents of Adults Support Group**

7-9 PM

**September 24, 2015**

**Family Fun for Families of  
Teens & Young Adults**  
Pizza & A Movie 6 PM  
fee \$2.00/pp or 2 canned goods /pp

**September 28, 2015**

**Family Fun & Fitness**  
Strength Training with Julie O'Mara  
3 Bartlett Pond Way Sterling 6 PM

**September 30, 2015**

**Parents of Teens Support Group**  
**Topics in Transition :**  
Adult Family Care & Shared Living  
Presented by HMEA's Jeanne Clapper &  
David Placido 7-9 PM  
Teen Social Group runs  
concurrently

## OCTOBER

**October 5, 2015**

**Family Fun & Fitness**  
Walking at St V's Atrium 6 PM

**October 6, 2015**

**Support Group for Parents of More  
Able Kids on the Spectrum**  
7-9 PM

**October 7, 2015**

**Center Closes at 5 PM**

**October 12, 2015**

**Center Closed**  
**Family Fun & Fitness**  
Strength Training with Julie O'Mara  
Bartlett Pond Way Sterling 6-7 PM

**October 14, 2015**

**Support Group for Parents of Kids  
More Challenged by Autism**  
7-9 P

**October 15, 2015**

**Grupo de Apoyo  
Centro Las Americas**  
11 Sycamore St Worcester 10 AM

**October 17, 2015**

**Family Fun Fall Festival  
at West End Creamery**  
11 AM Fee: \$4.00/pp

**October 19, 2015**

**Parents & Tots**  
4:30– 5:30 PM  
**Family Fun & Fitness**  
Healthy Eating  
Dinner at il Forno W.Boylston 6 PM

**October 21, 2015**

**Parents of Teens Support Group**  
**Topics in Transition :**  
**AHP: Thinking about Housing**  
presented by AHP 7 PM  
Teen Social Group runs concurrently

**October 24, 2015**

**Sibshop for Siblings 7 –18**  
United Parish of Lunenburg Main St  
Lunenburg MA 10 AM—2 PM  
Fee: \$10.00/per child \$15 family cap

**October 26, 2015**

**Family Fun & Fitness**  
Strength Training with Julie O'Mara  
Bartlett Pond Way Sterling 6PM

**October 28, 2015**

**Parents of Adults Support  
Group 7 PM**

**October 30, 2015**

**Halloween Costume Ball for  
Teens and Young Adults  
At the Manor Restaurant**  
( see page 5)  
**Parent Night Out**  
runs concurrently

Register for Events @ [www.autismresourcecentral.org](http://www.autismresourcecentral.org) or call 508-298-1610 Fees for Events are as stated on site

## NOVEMBER

**November 2, 2015**

**Family Fun & Fitness**

Walking at St V's Atrium 6 PM

**November 4, 2015**

**Support Group for Parents of  
More Abled Kids on the Spectrum**

*Planning for the Future:*

*Special Needs Trusts, Social*

*Security and ABLE Accounts*

presented by Christopher Sharry Esq.

7-9 PM

**November 9, 2015**

Strength Training with Julie O'Mara

Bartlett Pond Way Sterling 6PM

**November 11, 2015**

**Family Fun at Purgatory Chasm**

Pack a picnic lunch and meet us at the

Chasm to Hike -open to all ages

11 AM

**Support Group for Parents of**

**Kids More Challenged by Autism**

7-9 P

**November 16, 2015**

**Parents & Tots**

4:30- 5:30 PM

**Family Fun and Fitness**

Healthy Eating at EVO

Worcester MA 6 PM

**November 18, 2015**

**Paint Night for Parents & Teens**

*(all parents may attend )*

Turner Hall

70 Branch St Clinton MA

6:30 PM Fee: \$35.00 /painting

**November 19, 2015**

**Grupo de Apoyo**

**Centro Las Americas**

11 Sycamore St Worcester 10 AM

**November 23, 2015**

**Family Fun & Fitness**

Strength Training with Julie O'Mara

Bartlett Pond Way Sterling 6 PM

**November 26 & 27, 2015**

**Center Closed**

**HAPPY THANKSGIVING**

**November 30, 2015**

**Family Fun & Fitness**

Walk at St V's Atrium 6 PM

## DECEMBER

**SAVE THE DATES**

**December 6 2015**

Children's Holiday Party

Manor Restaurant See page 5

**December 22, 2015**

Autism Friendly A Christmas Carol

Hanover Theater 6 PM

*Tickets may be purchased on Hanover*

*Theater's web site*

**December 30, 2015**

New Years Eve Dinner Dance for

Teens & Young Adults 6:30 PM

### Family Fun and Fitness

This will be the third year that we have offered this program to Families. Over time the program which takes place on Monday evenings, by default, has evolved to serve older teens and adults. Initially we walked every week, but last year we added an exercise component with Juli O'Mara, a certified personal trainer who also is autism savvy. We chose to work on Core Strengthening exercises since poor trunk control impacts so many aspects of functioning and is a common facet of the physical aspects of autism. This group is open to all with older teens and adults who need to work on improving their physical fitness. Many of those on the spectrum lack outlets for physical activity and tend to engage in sedentary recreational pursuits like computers and video gaming. Additionally the food aversions commonly seen in ASD help to establish poor nutritional habits.

To address this we will expand the program to include one night a month where participants will explore healthy eating choices through dining at health conscious restaurants and sharing food. This will bring a social aspect to the program while demonstrating better choices and expanding the food selections of participants. This is a Parent /Adult Child program but is open also to participation by and with shared living providers and staff from group homes. For parents of adults, the benefits are obvious, as the years of caretaking frequently lead us to be neglectful of our own health and needs. We hope you will join us. Tuition for the next three months is \$30.00/per family. Siblings and Parents are welcome to participate which will include personal training. Dining costs will not be included. In December the group will share a Pot Luck dinner. Parents of Younger Children may also subscribe to improve their health.



71 Sterling Street  
West Boylston MA

Phone: 508-835-4278 Fax: 508 -835-3723

Email: [autism@HMEA.org](mailto:autism@HMEA.org)

[www.autismresourcecentral.org](http://www.autismresourcecentral.org)

**Sue Loring RN - Director**

**Cid DeLeo - Assistant to Director**

**Donmarie Smith Autism Information Specialist**

**Kris Gregoire , Autism Waiver Supervisor**

**David Iborra - Autism Waiver Support Broker**

**Wanja Kiraguri- Event & Development Coordinator**

**Monday, Wednesday & Thursday 9 AM– 9 PM**

**Tuesday 9AM –5 PM Friday 9 AM–3 PM**

## **We are the Center of the autism community**



The Resource CONNECTION is a quarterly publication of HMEA's Autism Resource Central

*The Autism Resource Center does not endorse any treatments, programs or products. Articles, announcements and resources are provided for information purposes only.*

### **Introducing Donmarie Smith**

We've a new Autism Information Specialist here at the Center, although Donmarie is NOT a new face to many of you. Donmarie has been a member of the Center since 2006, and was a member of our Family Advisory Board prior to coming on board as a staff member on July 1st.

Donmarie has six sons, three of which are on the Autism Spectrum. She has a degree in accounting and worked for a number of years before she decided to become a Stay at home Mom. She works providing home day care for twenty years so that she could be at home and meet the needs of her boys.

With her years of experience parenting three boys on the spectrum with various presentations and challenges as well as gifts she is uniquely qualified to take on the role of Autism Information Specialist.

*"I appreciate all that the Autism Resource Center has offered and done for my family over the years and I'm looking forward to helping other families"* Donmarie

### **Family Advisory Board Chair**

**Mia McDonald** ( Worcester)

### **Vice Chair**

**Heidi Robbins** ( Millbury)

### **Secretary**

**Hope Marie Bonilla** (Gardner)

### **AFAM Liaison**

**Erica Ploof** ( Sterling)

**Carrie Noseworthy** (Leominster)

**Kim Athanassiades** (Oxford)

**Stacey Levine-Lavelly**( Shrewsbury)

**Tina Colbert** ( Worcester)

**Kristen Saad** (Worcester)

**Hope Marie Bonilla** (Gardner)

**Kelly Carey** (Shrewsbury)

**Lisa Thompson** ( West Boylston )

**Tina D'Asti** ( Bellingham)