

Wild About Wine

Friday September 21, 2018

Southwick's Zoo | Mendon, Massachusetts



Wild About Wine is a signature fundraiser to benefit HMEA's Autism Resource Central. Join us at the Daniels Room, located on the lower level of the Galliford's Restaurant and Tavern building at Southwick's Zoo. The room opens out to an additional oversized walk-out patio area and large fire pits. Enjoy a delectable mix of wine tasting, hors d'oeuvres, socializing and a visit to the zoo. Bring your friends for a fun evening or make it a romantic couple's night out. You deserve it! If you like, you can begin or end your evening with dinner at Galliford's Restaurant & Tavern which is a full service restaurant, located at the Zoo. Call ahead for reservations at 508-928-0928

Our event will begin at 6 PM and will include wine tasting, hors d'oeuvres, exclusive access to the zoo which will be closed to the public. Enjoy a stroll or take it in with the expanded Skyfari Skyride. There will be raffles, a silent auction and socializing with friends.

This is an adult only event. Guests must be at least 21 years old and present a valid photo ID at entry. No babies, children or strollers are allowed. Guests without a valid photo ID will not be permitted to enter the event.

Event Sponsorship

Is your company interested in sponsoring this event? We have many different types of packages that will fit your company's goals. Please contact Wanja Kiraguri at wanjak@hmea.org or 508-298-1607 for more information.



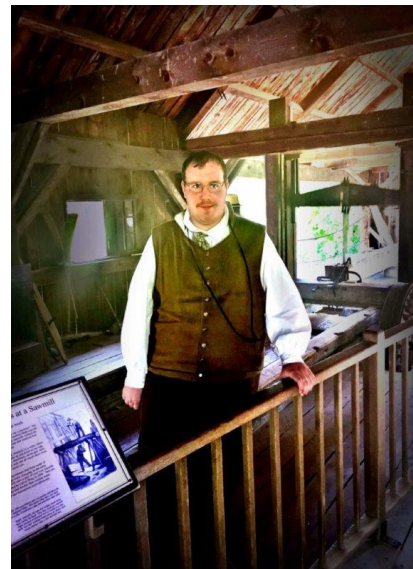


In His Own Voice—Zachary Smith

My name is Zachary Smith. I have been a member of the Center for thirteen years. My mother works at the Center. I attend Quinsigamond Community College and my goal is to be a history major. I am currently an intern at Old Sturbridge Village. I heard about this internship in February from my aunt. I thought about doing this for a couple of months and talked to my parents and my friends about it. I was not sure at that time if I wanted to do it because I was concerned I would be rejected, as this has happened when I applied for other jobs. All my friends and family told me I love history, and I would be excellent at this job.

I also spoke with two of my college professors and a former teacher with whom I am friendly with. Everyone encouraged me to apply. At my request, my professors wrote recommendations for the internship application. I am thankful for their support and feedback which contributed to my decision to apply. I lacked self-confidence because of my Autism. I have been rejected from so many jobs. I always wondered if I did something wrong or if it was because I have Autism.

I was contacted by Old Sturbridge Village for an interview. My interview was done on Skype because they have many out-of-state candidates, so this is the best way for them to interview. I felt more comfortable with this interview because I was in familiar surroundings. This prevented me from feeling flooded with too much sensory input and other information, which can cause me to freeze up during interviews, turning my focus on scanning the room.



I felt I did better at this interview than I have with other interviews in the past. I was better able to answer their questions about my experiences with making items out of metal, wood, and other materials. On Skype, I was able to show them items I had made of these materials. I wore an appropriate outfit for a job interview, but I did not have to wear my dress shoes which are uncomfortable. This was a very successful interview. I would recommend requesting to have a Skype interview to others with Autism, if this is possible. Interviewing in person can be one of the most difficult job skills for adults with Autism. Unlike past interviews, I had a positive feeling about this one and I was offered the internship position.

I am enjoying my internship at Old Sturbridge Village this summer. I often work in the saw mill, tin shop, and the carding mill which processes wool. I am an interpreter which means I explain to visitors what the equipment does, what it was used for, and what life was like in the 1830's. I don't just do demonstrations. when I work at

the saw mill I am making timbers to repair, rebuild, or build buildings in the village, and when I work at the tin shop, I am making tin items to be sold at the gift shop. I especially enjoyed being a part of the militia on the Fourth of July because I was taught military skills, including how to fire a musket.

I am so grateful for this opportunity and that I did not let my doubts and past negative experiences prevent me from pursuing what I wanted to do.





**HALLOWEEN COSTUME BALL
FOR TEENS, YOUNG ADULTS & SIBLINGS**

FRIDAY OCTOBER 19, 2018

THE MANOR RESTAURANT

6:30 PM – 9:30 PM

\$15.00/PP \$45.00 FAMILY CAP

ITALIAN DINNER BUFFET, DANCING & KARAOKE

WITH DJ GREGG

PARENT NIGHT OUT RUNS CONCURRENTLY

Staff News and New Staff

KRIS CARIGLIA - Assistant Director

I am more than pleased to announce that Kris Cariglia will be taking on the role of Assistant Director. Kris became a Center Staff member in 2006 before the Autism Waiver Program became a reality. When the program was started she became the first Autism Support Broker and her skill in supporting families and implementing waiver program goals led to her becoming the Autism Waiver Support Broker Supervisor as the program expanded. Kris has demonstrated care management skills, has a thorough understanding of all aspects of the Center's Mission and is a vital team member. Kris has been promoted to Assistant Director, to meet the plans for growth of the Center as we move to our new home.

CID DELEO—Autism Center Family Activities Coordinator

Cid DeLeo joined our staff over nine years ago as Assistant to the Director. Her natural chemistry with children has served the Center well as she connects with and encourages children to be their best. Cid's primary focus has been coordinating Family Activities, Facilitating Sibshops, and the Girls Socialization Group. She has been an asset in many ways to the Center. Cid's title will be changing to Family Activities Coordinator in recognition of the talents and skills she brings to Center Families. Please join me in recognizing both Kris and Cid for their ongoing commitment to our mission. We are lucky to have them.

WELCOME TO NEW STAFF DEB HENDERSON & BETHANY JENSEN We've added new staff this spring, after multiple interviews and reading many resumes we were pleased to add Deb Henderson and Bethany Jensen to our staff last April.

They have settled in and are now valued members of our team.

DEB HENDERSON—Autism Waiver Broker

Deb is delighted to be a member of the HARC team as an Autism Waiver Support Broker. She holds a bachelors in neuroscience and behavioral biology with a minor in sociology from Emory University. Deb worked as a direct support in ABA during college, while also volunteering at a local Boys and Girls club tutoring local children in Atlanta. Deb served as a mentor for teens of alcoholic parents for five years. She volunteered with a program, Building Dreams, mentoring children of parents who were currently or had been incarcerated and Meals on Wheels, delivering meals to those in need. Deb currently serves as a court appointed special advocate (CASA) for children in foster care where she advocates for them and provides emotional support as their cases move through the court process. She lives in Grafton with her husband and two young sons.



BETHANY JENSEN—Autism Waiver Broker

Bethany joined the HARC team after a long history in the Special Education field. Starting in middle school, volunteering in a program called, "Circle of Friends." She traveled around the Worcester county area putting on shows using puppets with various special needs. In high school, she continued volunteering, working in the choir helping peers with learning disabilities, learn all the lyrics and their singing parts. Music is still a passion for Bethany and her husband, where she sometimes lends background vocals to her husband's Christian Rock band, Faith's Road. Bethany started her professional career working in group homes, and even spent a time working for DYS. She began working with the Autism community as a Special Education Teacher's Assistant at the Durham Center for Education. After having her son, she became an in-home ABA therapist, so she could be home more with her family. She now lives in Gardner with her husband and son, Logan.



Sensory , IEP & ADL Clinics Inclusion Grants

Participants for all groups MUST be DDS 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 are 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. Call Donmarie Smith 508-298-1609 at the Resource Center to request funding

Once your DDS status has been verified 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 Board maker Program and material to create visuals.

1 Hour IEP Clinics

Meet with an Advocate to discuss your child's IEP, concerns and needs and how best to advocate for changes with your school. Please send a copy of your child's IEP to Center before meeting.

October 10, 2018

Leominster Public Library

33 West St Leominster MA
Advocate Gayle Greene M.Ed.
9, 10, 11 AM, 12, 1, 2 PM

October 30, 2018

Jacob Edwards Library

236 Main St Southbridge MA
Advocate Elaine Rabbitt
9:30, 10:30, 11:30AM, 12:30, 1:30 PM

October 24, 2018

Autism Resource Central
Advocate Gayle Greene M.Ed.
9, 10, 11 AM, 12, 1, 2 PM

Sensory Clinics with Mary Loughlin MS OTR/L

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.

**October 17, 21, Nov 7, & 11th
3PM - 4PM - 5PM**

INCLUSION GRANTS

Please call Donmarie at 508-298-1609 to request Inclusion Grants for Youth 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 2019.

Greendale YMCA in Worcester

Montachusett YMCA in Fitchburg

Tri Community YMCA in Southbridge

Hockomock YMCA, Franklin Branch, Bourghs YMCA Branch in Westborough

The Clark YMCA in Winchendon

Whitins Community Center in Northbridge

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.



Groups & Programs

TEEN SOCIAL GROUP

Teen group will meet generally on the 3rd Wednesday of the month, and will be facilitated by Dianne Crossley. This group is limited to teens 13 years up to the age of 21. Participants should be capable of conversing with others, and to participate in a group without presenting challenging behaviors. Games, activities, discussion and crafts are all possibilities. Participants will decide what activities they would like Parents MUST accompany their teens to the Center the night of the group, and will attend the Parents of Teens group with presentations and discussions which are designed to meet the issues of transition and parenting teens on the spectrum. To join, we ask that group members make a commitment of attending all sessions to help create a cohesive group. Limited to 14 participants. Group will meet Sept 19th, Oct 17th, No Group in November and Dec at the New Years Dinner Dance Dec 28th, Jan 23rd, 2019, Feb 20th, March 20th, April 17th, May 15th, June 19th. Cost \$ 40.00 for the year. Fee includes pizza & soda .

UNDER THE PINK UMBRELLA

Our group for Girls on the spectrum will run the 4th Wednesday of the month, during the Support Group for Parents of Girls on the Spectrum. This group, facilitated by Cid DeLeo, is open to girls on the spectrum ages 9 and older, who are capable of conversing with others, and are able to participate in a group without presenting challenging behaviors. This is a chance for your daughter to make friends and share common interests Parents must accompany their child to the group. The group will decide what activities they would like, games, simple cooking, crafts etc., month to month. Sept 26th, Oct 24th, Nov 28th, Jan 30th, Feb 27th, March 27th, April 24th, May 22nd , Cost is \$40.00/year and we ask that group members make a commitment of attending all sessions to help create a cohesive group. Fee includes pizza & soda

FAMILY FUN & FITNESS

The Center has since 2012 offered a Family Fun & Fitness Program. Obesity continues to be a major health challenge for individuals with ASD. This Fall we are partnering again with Adaptive Exercise LLC to provide a six week group exercise program. David Crowley, is a special educator and personal trainer. Adaptive Exercise was formed in accordance with the American Council on Exercise using Applied Behavior Analysis based strategies. Programming is individualized and developed based on assessments, to ensure client success, and establish positive exercise experiences. David provides the adaptive PE at The Darnell school. Classes will take place on Monday evenings from 6:30-7:30 PM beginning on October 15th and ending on November 26th No class on Veterans Day Nov 12th Classes will take place at Our New Center, 712 Plantation Street in Worcester. Fee \$30.00/pp



THE PLAY'S THE THING

This Fall we launch our new program geared to older teens and adults. We'll try to procure group rate tickets (if available,) to 4- 5 local theater productions for individuals, family members, friends or 1:1 aides to accompany individuals to plays . Depending on the time of day we may include a dining out component prior to or after the play. There are many theater groups here in Central Massachusetts who provide great entertainment at a reasonable cost. The aim is to attend with the general public and not attend "sensory friendly" productions. We'll launch with The Sterling Community Theater Production of Bye Bye Birdie on September 15, 2018 at 2 PM . Tickets are \$20 and can be purchased at <http://www.sterlingtheatre.com/> We'll meet you there!

The Winter Play will be a holiday themed production there are several options .

Moving Day !

As we go to press, we are still unsure as to when we will be moving but all indicators point to October 1, 2018. We'll be packing up the office and probably will be closed for a week, working remotely as our office is moved and then spending a few days unpacking and organizing. Having spent years always having to have a Plan B I'm confident that we will be able to meet the needs of our families as we transition! Those who have been long time members of the Center will remember our last move to 71 Sterling Street and how we ended up working out of the parking lot and at home for a few days when things weren't quite ready !

You can change your address books for us to 712 Plantation Street. It's beginning to shape up, we're quite excited about our new space and will have an open house once we settle in. Our e-mails of course will not be changing and our phone numbers will remain the same, except for the main number.

Stay tuned , I'll be sharing more as the date approaches. Check our website and Facebook Page.

October is Fire Safety Month

I grew up as the daughter of a firefighter and EMT, so my family was probably ahead of the curve in being prepared for emergencies. We had family fire drills LONG before October became Fire Safety Month. Additionally each of us was presented with a fire extinguisher when we left home. Being one of the first EMT's in the state my father made sure that each of us had First Aid training and first aid kits for our home and our cars.

So taking a page from my Dad's Book I'm writing to encourage you all to develop and run a Family Fire drill this month.

Pick a meeting spot away from the house. Purchase fire escape ladders if bedrooms on the second floor only have one way of escape. You can get them on Amazon for less than \$50.00 Teach your kids how to use the ladder and practice so in an emergency they are ready and able to use it Growing up we older siblings were assigned to get younger siblings out of the house.

Studies have shown that children can sleep through a fire alarm. So position alarms in their rooms., in addition to the hardwired alarms in your home. Ten year battery operated alarms can cost as little as \$20.00.

A twice a year fire drill can be tough to remember, so a monthly drill may be a better choice for families with a different learner, practice makes perfect. Teach your kids to crawl in the house to exit as smoke rises, so they will have less inhalation .

Teaching your child to dial 911 in an emergency is also important. You should file a 911 Disability Indicator as well.


You can find more resources here:

911 Disability Indicator : https://www.mass.gov/files/documents/2017/11/09/Disability%20Indicator%20Form_r1.pdf

Home Safety Plan : <https://www.nfpa.org/Public-Education/By-topic/Safety-in-the-home/Escape-planning>

The Massachusetts Office on Disability has a great emergency preparedness download here:

<https://www.mass.gov/files/documents/2017/11/07/mods-personal-emergency-preparedness-supplemental-information-packet.pdf>



Please join us for our annual children's

HOLIDAY PARTY

Italian Dinner Buffet,
Cake, Soda & Coffee

Visit with Santa
& gifts for kids 12 & younger

Sunday, December 2, 2018

11:30 AM, 12:45 PM,

2 PM, 3:30 PM 4:45 PM

The Manor Restaurant

242 West Boylston St.

West Boylston

RSVP to 508-298-1610

NEED HELP?



Does your family include someone with a developmental disability?

When a family includes a child with special needs parenting becomes even more of a challenge. There are no manuals and finding the help that is available becomes a full time job . Nobody has time for THAT! Learn how to navigate the system, receive assistance with applications, connect with others facing similar challenges, and give your other children the chance to explore their feelings about the difference in their family while having fun by participating in a Sibshop !

Through a grant from the Massachusetts Developmental Disability Council, HMEA's Autism Resource Central will bring this program to your Community Health Center and help you get a footing for the road forward. With the right supports your and your family can achieve more, feel the confidence that comes with knowledge, and experience less stress .

This program is open to ALL with a child diagnosed with a developmental delay. Call today to register .

Free One Day Conference for Families with Disabilities KDC

**1 Maple St Milford MA
September 27, 2018**

9:15 AM — 11 AM

SPECIAL EDUCATION LAW

Learn how to work effectively with your child's school to support your child to achieve goals and to learn.

11:15AM PM – 1PM

SENSORY PROCESSING

Many children with disabilities also experience sensory challenges. Learn how to make your child more comfortable in his world.

1:15 PM — 3PM

ACCESSING PUBLIC SUPPORTS

Learn about public supports that will help you raise your child with a disability. Get assistance with applying to DDS, Mass Health & more

SIBLING SUPPORT

Brothers & Sisters often have questions and concerns about their sibling . Sibshops address the unique challenges these special siblings face in a fun format including games and food !



**CHILDCARE, INTERPRETERS &
LUNCH WILL BE PROVIDED**

508-835-4278

Calendar

Register for Events @ www.autismresourcecentral.org or call 508-298-1610 Fees for Events are as stated on site

SEPTEMBER

10AM– 1:30 PM

Life Insurance & Trust Funding
7-9 PM



September 7-9 2018
Family Camping Weekend
Willard Brook State Park
10 Townsend Rd Ashby

September 12, 2018
Parents of School Aged Kids & Tweens Support Group
7 –9 PM

September 13, 2018
Family Fun for Teens & Young Adults — Pizza & A Movie
6 PM

September 15, 2018
Community Theater Group
Bye Birdie
Sterling Community Theater
2:00 PM
Purchase Tickets at
<http://www.sterlingtheatre.com/>

September 19, 2018
Parents of Teens Support Group & Teen Group
7-9 PM

September 22, 2018
Sibshop
United Parish Church
Mass Ave Lunenburg MA
For Siblings ages 7 and older
\$10.00/pp \$15.00 cap

September 23, 2018
Family Fun at Great Wolf Lodge
2-8 PM
Registration wait listing

September 26, 2018
Parents of Girls Support Group & Girls Socialization Group
6:30 –8:30 PM

OCTOBER



October 3, 2018
Parents of Adults Support Group
7-9 PM

October 8, 2018
CLOSED

October 10, 2018
Parents of School Aged Kids & Tweens Support Group
7 –9 PM

October 15, 2018
Parents & Tots
4:30– 5:30 PM

October 17, 2018
Parents of Teens Support Group & Teen Socialization Group
Workshop Financial Wellness

October 19, 2018
HALLOWEEN COSTUME BALL For Teens, Young Adults & Siblings & Parent Night Out
(see page 3)

October 24, 2018
Parents of Girls Support Group & Girls Socialization Group
Financial Wellness Workshop
Trusts & Wills
6:30 –8:30 PM

October 27, 2018
Sibshop
Zion Lutheran Church
60 Main St Oxford MA
For Siblings ages 7 and older
\$10.00/pp \$15.00 cap
10AM– 1:30 PM

October 27, 2018
Family Fun at West End Creamery
Fall Festival
481 Purgatory Rd, Whitinsville, MA
2:30 PM

October 31, 2018
Closing at 5 PM
Happy Halloween





Calendar

Register for Events @ www.autismresourcecentral.org or call 508-298-1610 Fees for Events are as stated on site

NOVEMBER



November 1, 2018

PAINT NIGHT

Turner Hall
60 Branch St Clinton MA
6:30 PM \$35.00/pp

November 7, 2018

**Parents of Adults
Support Group 7-9 PM**

November 12, 2018

Friends & Family Movie

West Boylston Cinema
Rt 12 West Boylston 10 AM \$3 pp

November 14, 2018

**Parents of School Aged Kids &
Twins Support Group
7 –9 PM**

November 17, 2018

Sibshop

For Siblings ages 7 and older \$10.00/pp
\$15.00 cap
10AM– 1:30 PM

November 19, 2018

**Parents & Tots
4:30-5:30 PM**

November 21, 2018

Closed at 3PM

Closed Until Monday

HAPPY THANKSGIVING

November 28, 2018

**Parents of Girls Support Group
& Girls Socialization Group
6:30 –8:30 PM**

DECEMBER



December 2, 2019

Children's Holiday Party

The Manor Restaurant
242 West Boylston Street
Reservations Required
See Page 8

SAVE THE DATE

December 28, 2018

New Year Dinner Dance
for Teens & Young Adults



DONATIONS

Car Donations

En Saulnier

Georgette Distini

Third Party Fundraisers to Benefit the Center

Beal Early Childhood Center

Fidelity Bank Jeans Day

United Way of Mass Bay & Merrimac

Anonymous Donors

GRANTS

We were very fortunate to have the support of two organizations to help us make Camp Havvago a reality for kids this summer. Without their generous support we would be unable to fund this program which has been so instrumental in the growth of so many kids over the past 6 years. We are absolutely beyond grateful to these organizations for their generous grants which helped us provide the Camp Havvago program to some very happy campers!

DCU For Kids Foundation

Enterprise Holdings Foundation



71 Sterling Street
West Boylston MA

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

Email: autism@HMEA.org

www.autismresourcecentral.org

HOURS

Monday through Thursday 9 AM– 9 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.

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