

20 Years of Autism Heroes !

It's been twenty years since we began our annual walk for autism . Over the years we've been blessed with thousands of supporters who've raised over two million dollars to support the Center's Mission.! We've had some Super Heroes over the years, Connor's Team led the way back in 2001 and was a strong presence for many years. Matt Hicks was a superstar raising the bar and utilizing his work contacts to raise well over \$100,000 over the years as Cameron's Team. Team Nauman has been in it for the long haul they've been walking for nineteen years. Julie Ather-ton came roaring in as Team Strength in 2013 and began her wildly popular "Queens for Autism " event with her son Toxic and friend Kira Stone, raising awareness, acceptance and spreading love.



REGISTER ONLINE www.autismresourcecentral.org/fundraising/run-walk/

SUNDAY 04.26.20

2TH ANNIVERSARY

Autism RESOURCE CENTRAL 5K RUNWALK

Autism SUPERHERO

family festival

MASSAD KIDS FUN RUN

5K START TIME 10AM

RUNNERS \$25 BEFORE FEB 15
RUNNERS \$30 BEFORE APRIL 22
RUNNERS \$35 AFTER APRIL 22

Register by March 20th and receive a Tech shirt

\$10
KIDS (MUST BE ACCOMPANIED BY A REGISTERED ADULT)

REGISTER NOW!

\$15
WALKERS & EVENT ATTENDEES

FOR MORE INFORMATION
Call 508-298-1607

This is YOUR chance to become a n Autism Super Hero We've seen that teams tend to do better fundraising and want to encourage you to think about creating a team this year. It's going to be an epic event as we celebrate 20 years of dedication. The families we serve have always been the driving force behind this event , which is not only our signature fundraising event but also a family reunion. Please join us for the largest gathering of the year of our extended family, our autism community. Meet old friends and make new friends at a totally awesome day of autism family friendly activities . In addition to the 5K Run & Walk And Massad Kids Fun Run this day will be a festival of food, families and fun you won't want to miss. Ready? Set? GO!



Floortime® for Parents

HMEA's Autism Resource Central, in conjunction with the Astra Foundation will once again be offering a course on DIR® /Floortime for Parents, starting in March and running through April.

DIR® is an abbreviation for Developmental, Individual Differences, Relationship-based. DIR® is a model, a framework, for thinking about a child's complete development, from infancy into whole joyful personhood. While DIR® can be a helpful way to think about any child's development, it is particularly useful in working with children with developmental delays.

In this course, we'll discuss the basic principles of DIR®, and learn about Floortime, a strategic, emotion-driven way of playing and interacting with a child that helps a child initiate and respond at higher and higher developmental levels. We'll also discuss the importance of understanding each child's unique sensory profile and how to incorporate this knowledge into Floortime sessions.

Participants will be provided with a copy of The Child with Special Needs as part of their registration fee. Due to popular demand, this course will include the opportunity for parents to have 1:1 consultation with their child with instructor Sarah Measures on two separate dates as the program progresses.

The Course will take place at the Autism Resource Central on Wednesday Evenings.

Course Dates are as follows: Wednesdays from 7 PM —9PM : Mar 11, Mar 18, Mar 25, Apr 1, Apr 22, Apr 29 with two individualized mentoring sessions with your child on Mar 14 and Apr 18th (family times to be selected).

To register complete the form below and return with your registration fee to the Autism Resource Central , or register online

*****Floortime Course Registration*****

Name: _____

Address: _____

Child's Name _____ Age: _____

Phone _____ E-mail _____

Fee: \$25.00 for Parents registered with Autism Resource Central For Floortime. \$50.00 for Parents from outside the Central Massachusetts area.

Two class Options : I want to: attend at 712 Plantation St , _____ or Live Stream class from home _____

Make checks payable and mail to: Autism Resource Central, 712 Plantation Street, Worcester MA 01605 or register online., www.autismresourcecentral.org

Sensory , IEP, ADL & Clinics

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 the Center at 508-835-4278 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 the Center at 508-835-4278.

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 materials to create visuals.

1 Hour IEP Clinics Now Available with Live Streaming from Home

Meet with our Advocate, Gayle Greene from you home on your phone or computer 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 your scheduled meeting.

Available Dates :Feb 4, 11 & 25Th

Times 10 & 11AM, 1, 2, 5 & 6 PM

Call 508-835-4278 to book your time slot and an e-mail will be sent with instructions how to connect .

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. Parents will be given an individual "sensory diet" for their child.

Session 1 Feb 5th & 12th at the Center Feb 26th Live Stream Final report

Session 2 March 4th & 11th at Center March 26th Live Stream for final report

3PM - 4PM - 5PM

Donations

INCLUSION GRANTS (YMCA)

This very popular offering has no more funds available for new grants.

We'll have new funding in July 2020

Annual Appeal Donors

Fran & Kathy Joyce

Jennifer Potter

William & Susan Loring

Heidi Robbins

Eric & Maleah Gustafson

Joyce & George Leite

James & Karen O'Toole

Daniel Halloran

Michael & Pat Lynch

Joanne Stark

Serena Ma

In Honor of Camden McCarthy

Michelle Currie

Mary Haddad

Suzanne Daigneault

Kathleen Ricciardi

In Honor of Hannah & Eleanor Ricciardi

Dr Daniel Rosen

In Memory of Elsa Abele

MEMORIALS

In Memory of James Taylor

Betty Cloutier
Anonymous

In Memory of Erika Devereaux

Brian & Diane Devereaux

Winter Workshops & Classes




It's back ! Once again we are partnering with Adaptive Exercise LLC to provide an eight week group exercise program this winter. Our Instructor, 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. And it is fun!

David provides the adaptive movement utilizing positive behavioral support, encouraging and helping each individual to reach their personal best. Classes will take place on Monday evenings from 6:00-7:00 PM beginning on January 27th, run through February on the 3rd, 10th, and 24th, and March 2nd, 9th 16th and 23rd

There will be no class Monday of the February Vacation. Classes will take place at the Center, 712 Plantation Street in Worcester. Fee \$20.00/pp. In case of snow we will reschedule in April. This class is suitable for all ages young children to adults.

HMEA's
**Autism
RESOURCE
CENTRAL**

HIP HOP DANCE CLASS

 **beatz** DANCE STUDIO

Dates : January 9, 16, 23, 30,
February 6, 13th
5:30- 6:15 PM
Ages 8-12

\$15.00

College & Letting Go — Jaya Pandey

While driving Anand to his class I was taken back to my own memories of college. I went to school in a very small town in MP and couldn't go away for higher education so from elementary school to college, my life was shaped in such a "Balaghati" way.

Then 2 decades later I went to college here in Franklin, again a small college in a close-knit town. I took evening classes while working full time so it was not a perfect college education but for me it was an experience in itself. "Continuing Education" was the name of department that conducted the evening classes. It was a better way of saying adult education.

College was always in our mind for Anand, how and when and where came later. But we wanted him to have that experience regardless. Finally we could put that plan in action last spring semester with Mass Bay community college. Apprehensions and anxiety were part of the game. The session started and Anand seemed to like it. I, as usual, don't get much information and decided to let him handle his schedule and details. A protective mom had to take a step back so he could learn.



It's been hard not being part of this experience and I feel so helpless knowing very well I have to do this for him. A thought came to my mind to log in and check the status of his homework and what are they teaching in the class. But in the end I couldn't do it as I am the one who wants an independent son :) and failing is part of being independent and growing up. He is taking one class this semester, attends class twice a week and seems excited about it. He does his homework and keeps his dad posted.

His first day Dad took him to class but it was Anand who asked and figured out his class and room, went in and talk to his professor. I on the other hand was so restless because neither of them would give me the minute by minute details. The details I so wanted. Soon we got used to his routine. For the last 3 months, he has been going early to Mass Bay, waits for an hour for his class and then goes back to Accept (his program), twice a week. I was a worried mom for a couple of week. During the school vacation week I had to take him to his class. I was instructed where to park and shown the way to a waiting area, where I worked for the hour he was in class. I so wanted to talk to his teacher and see the classroom and meet his classmates but as a good mom I respected his wish and kept my nose out of his business, at least this once.

I ask once in a while about his course and get some responses depending on his mood. One day he told me they would start Excel once they finish Microsoft Word. I quietly mentioned that that's what I do at work, use excel all the time. The look on his face and shine in his eyes were the best sight of the day, soon they disappeared when I said I could help him with homework. "I will be fine" was the response to that. This week, he is working on his final project, next week final exam and we are done with his first college class. It has been an amazing journey so far. But at this point I am so ready to move past that and look forward to something exciting.

Creating a Circle of Support, because I know I won't be here forever: a hands-on workshop for parents & caregivers.

If your greatest fear is "who will take care of the person I love when I'm gone?" then you are NOT alone. If you've decided that the solution is to never die, you're also not alone - but that's not a solution. You may have heard the term "Circle of Support" floating around, but you're not sure what it means, you've rejected the idea as impossible or you're just not ready to hear it. This workshop will be emotional. It will be full of difficult conversation. Your heart and your mind will be challenged. Then, together, we will find a pathway and leave armed with the tools we need to create the most important gift we will ever give the person we love.

This workshop is for parents, adult siblings, caregivers, family members of people with disabilities. It will be most beneficial to those caring for adults over 22.

Presented by Cheryl Ryan Chan

Cheryl is, first and foremost, Mom to Nicky – a 26 year-old man severely impacted by autism and intellectual disabilities. Cheryl has spent over 20 years in Massachusetts, integrating her son and family into the disability community and becoming a well-known leader in community organization, legislative activism, mentoring and public speaking. She has served on Boards for a number of nonprofit human service providers, mental health providers, and Support Centers. Her work as a Person-Centered Planning Practitioner began in 2010 and has become her greatest passion. Cheryl has traveled to present, train and provide planning services in California, Wisconsin, Maryland, and across New England.

February 29, 2020 10 AM – 3 PM Fee: \$30.00 pp \$50 per couple (caring for the same person/people) Bring a bag lunch

SSI /SSDI Benefits and Able Accounts

Join us on February 5, 2019 at 7 PM for an informative evening with Attorney Christopher Sharry who will demystify the eligibility requirements for Supplemental Security Income for children and adults with disabilities. Want to open an ABE account but unsure about the rules about ABE accounts? Chris has the answers.



About Chris: Chris was born & raised in Worcester, Massachusetts where he currently practices law at Sharry & Monfette LLP. As the parent of a child with autism and a child with a developmental disability, Chris understands the impact of raising a child with special needs can have on a family, both legally and financially, and his practice is devoted to helping families with special needs planning, in addition to estate planning, elder law and Social Security Disability. As a licensed investment advisor representative, he has the unique ability to assist families with both legal and financial special needs planning. He is a member of the Academy of Special Needs Planners, the National Academy of Elder Law Attorneys and the Wealth Counsel and serves as the Chairman of the Advisory board at HMEA's Autism Resource Central and volunteers with Community Aid in Worcester.

Last year Chris ran the New Balance Falmouth Road race for the Center.

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.

Our Autism 101 series is designed to help families who are new to the diagnosis gain a solid footing to begin their journey. It includes an overview of autism, the medical management of ASD, how to access public supports, an overview of sensory issues seen in ASD, a workshop on Special Education Law and an organizational workshop.

This series will take place over six weeks on Thursdays at the Resource Center from 7-9 PM Live Streaming will be available for those who prefer at \$25.00

January 9, 2020 Overview of Autism— Sue Loring RN

January 23, 2020 Accessing Public Supports—Deb Henderson Support Broker

January 30, 2020 Special Education Law—Gayle Greene M.Ed.

February 6, 2020 Medical Aspects of Autism—Sue Loring RN

February 13, 2020 Sensory Processing Disorder—Mary Loughlin OTR/L

February 27, 2020 Let's Get Organized—Family Ties

Safety & The IEP: Advocacy, Goals & Being Prepared



Plan to join us on January 22nd at 7 PM when our presenter, Carrie Noseworthy, founder of A Safer Me will present an informative workshop.

During this training, Carrie will present new ways to think about what the word "safety" means to you and your child. She will help explain how to connect various documents your child may have with the IEP, how to translate need into goals, what areas you may not have thought of before that are connected to safety and how to advocate for safety to be addressed in the IEP.

Directed at caregivers, this training focuses on helping address safety concerns throughout the school day. Safety concerns can take many forms including bolting, aggression, toileting, learning how to access ALICE training and more. She works to empower the caregiver by discussing ways to translate the emotion and concerns around safety into action items and goals to address their concerns. Educators, school nurses, School Resource Officers, and Providers are always welcome.

Live streaming will be available for a small fee .

Calendar

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

DECEMBER



December 4, 2019

Parents of Adults Group

Parent Night Out

The Last Strand Theater

George Bailey Award honoring
Cid Deleo 5PM followed by movie

It's a Wonderful Life at 7 PM

December 11, 2019

Parents of Tweens & Girls

Support Group

6:30 PM –8:30 PM

December 15, 2019

Children's Holiday Party

The Manor Restaurant
242 West Boylston Street
Reservations Required

December 16, 2019

Center Closed

December 18, 2019

**Parents of Teens Support Group
& Teen Social Group**

6:30 –8:30 PM

VACATION FAMILY FUN

December 22, 2019

**Winter Wonderland
at Southwick Zoo**

Check in time: 4:45 PM

Fee: \$8.00/pp

December 24, 2019

Friends & Family Movie

Polar Express

West Boylston Cinema

10AM \$3.00/pp

Center Closes at 3 PM

December 25, 2018

CENTER CLOSED

December 27, 2019

New Year Dinner Dance
for Teens & Young Adults

See page 3

December 28, 2019

American Heritage Museum

568 Main St, Hudson Ma

10:30 AM Fee \$4.00 /pp

December 28, 2019

Meet the Author & Book Signing

Reece Arnold

IPM

December 28, 2019

Worcester Railers Game

Railers vs Maine Mariners

7:05 PM \$9.00/ pp

December 30, 2019

**Fun Stuff Party Place
Inflatables & Arcade Games**

791 Water St, Fitchburg, MA

9:00 AM - 12 PM

Fee : \$7.00/per jumper

December 31, 2019

CENTER CLOSES at 3 PM



JANUARY

January 1, 2020

Center Closed

January 8, 2020

Parents of Adults

Support Group

7-9 PM

January 11, 2020

Sibshop

Chinese New Year

Choey Lee's

**45 Sterling Street West
Boylston**

For Siblings ages 7 and older

\$10.00/pp \$15.00 cap

11:30M– 1:30 PM

January 12 , 2020

**Family Fun For Teens & Young
Adults**

O'Neil's Cinema

1208 Constitution Ave, Littleton, MA

Time & Movie TBA

January 15, 2020

**Parents of School Aged Kids &
Tweens Support Group**

6:30—8:30 PM

Camp Havvago

Information Night

January 19, 2020

Parents & Tots

10:30 AM — 12 PM



Calendar

All events take place at HMEA's Autism Resource Central 712 Plantation Street Worcester MA unless otherwise

January 20, 2020
CENTER IS CLOSED
Family Fun for Kids
Teens & Young Adults
Urban Air
189 Mechanic St
Bellingham, MA

10 AM
Fee: \$12.00/per participant

January 22, 2020
Parents of Teens Support Group
& Teen Social Group
Workshop: Safety & The IEP

A Safer Me
Carrie Noseworthy
7-9 PM

January 27 2020
Adaptive Exercise Resumes
See Page 4

January 29, 2020
Parents of Girls Support Group &
Girl's Social Group
6:30-8:30 PM

FEBRUARY



February 5, 2020
Parents of Adults
Support Group
Workshop : SSI/SSDI &
Able Accounts
Christopher Sharry Esq.
7-9 PM

February 8, 2020

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

February 9, 2020

Parents & Tots
10:30—12 PM

February 12, 2020
Parents of School Aged Kids &
Tweens Support
Kids hang out runs concurrently
6:30—8 PM

VACATION FAMILY FUN

February 17, 2020
CENTER CLOSED

February 18, 2020
Pizza & Bowling
Mohegan Bowladrome
51 Thompson Rd Webster MA
10 :30AM Bowling 11:30 AM Pizza
\$3.00/pp

February 19, 2020
Parents of Teens Support Group
& Teen Socialization Group
TEEN VACATION FUN
(All teens & Young Adults welcome)
Games Night & Pizza at Recess
216 West Boylston St W.Boylston
Fee: \$7.00pp
6:30 PM

February 21, 2019

Fitchburg Art Museum
Discover Ancient Egypt
185 Elm Street
Fitchburg, MA 01420
10 AM

February 22, 2019
Swim & Pizza Party
Whitins Community Center
60 Main St 'Whitinsville MA
12:15 PM Swim - Pizza at 2 PM

February 26, 2019
Parents of Girls Support
Group & Girls Socialization
Group
6:30 –8:30 PM

February 29, 2020
Creating a Circle of Support
A Workshop Presented by
Cheryl Chan
10AM—3PM
Fee: \$30—\$50/per couple
Bring a bag lunch





712 Plantation Street
Worcester, Ma 01605

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

Email: autism@HMEA.org

www.autismresourcecentral.org

HOURS

Monday through Thursday 9 AM– 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.

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