

This year marks 15 years that we have been walking, running, writing and talking to spread awareness and acceptance for autism.

Fifteen Years! Where has the time gone? When we first started this event in 2000, we had a modest goal in mind, to raise \$10,000. At that time that sum seemed like a fortune, and in some respects it still is, but we need about 25 times that amount to continue to provide the services we do at the level we currently do! So this year I take on the role of Cheer Leader, which has been filled over the years by very capable and enthusiastic volunteers. I went through several years of newsletters looking at what words others used that sparked a huge response from our families and grew this event into the major fundraiser it is for our families.

From 2006, written by the first Walk Chair, “Cheryl Chan, who was focusing on GOALS , I found this.....

*“This is, by far, the most exciting walkathon ever for me, and I think I speak for a lot of us when I say that. A big part of the reason for that is the new, online fundraising system at [www.firstgiving.com](http://www.firstgiving.com), where lots of families have already created their own pages and started collecting donations ...There are many reasons why this is the most exciting walkathon ever for me – we’re going to raise more funds than ever, which translates into more family activities and events. My family is going to meet our own personal goal, which is*

*higher than we ever thought we could reach. Antoine de Saint-Exupery said “ A goal without a plan is just a wish. “ So plan to join us on Sunday April 22nd at Quinsigamond Community College and become part of the extended family that is the Autism Resource Center. “*

Cheryl became a staff member and passed on the position of chair to Julie Coppentrath, who wrote in 2009

*“The Autism Resource Center has been part of my family's life for the past 2 1/2 years. I still remember the day I walked in and was greeted by Sue Loring. I was stressed over Helen's school's lack of empathy and needed general "I know exactly how you are feeling right now" support. She kindly invited me to attend a support group that night. I can't explain how comforting this was - I had been looking long and hard for somewhere where I could go and be understood. I had found hope at the Center and have not looked back. I have since attended many support meetings and have found a new “family “ so to speak. The Center has not only given me support, it has given me knowledge and many events for my family to attend that are Autism friendly. I give back by giving my time.”*

Sean Daly joined the TEAM in 2008 as well when we launched the 5K Run component of the day and took on being the “Run Chair”. In 2012, I twisted his arm when Julie had to step down to take on chairing the entire event . His words that year :

*“In talking with fellow autism people in many different regions and states, I feel safe in saying Central Massachusetts is*

*the very best in which to live. The catalyst for this is the Center and how it brings people in our situations together. Through Center-sponsored activities. ....Now is the part where in any other region I would give my hard sell for runners, walkers, teams and volunteers. ....such sales pitches and pleas are unnecessary. I know our extended family will step up just like we always do. Our dedication to one another epitomizes why there is no other place I'd rather take this unique autism journey in than Central Massachusetts with all of you.“*

So how do I top that? By telling you that the need has never been greater? You know that, you’re living that. To tell you that the Center depends on all of you to come together on this special day to make it possible for us to be there for you and all the people who will call in 2015 after getting a diagnosis? That is the truth, and together we can make amazing things happen for our children and young adults on the spectrum. That has always been our source of strength and power. It isn’t possible to face autism alone but collectively we are powerful. We’ve shown that in creating legislative change, policy change and social change. Ready to get started? You need to go to [www.firstgiving.com/arccm](http://www.firstgiving.com/arccm) and set up your fundraising page so you can join us on April 26, 2015 for the biggest autism event in Central Massachusetts. Let’s Move towards Autism Acceptance, do it for your sons and your daughters and for your family. We can do this !

*Spring*

*Fling*

*A Semi-formal for Teens with ASD and Teen Siblings*

*May 15, 2015*

*The Manor Restaurant*

*242 West Boylston Street*

*West Boylston 6:30 PM- 9:30 PM*

*Italian Dinner Buffet with GF/CF options*

*Dancing & Karaoke with D.J. Gregg*

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

*Ticket Order Form*

*Name(s) \_\_\_\_\_ Ages \_\_\_\_\_ GF/CF? \_\_\_\_\_*

*Number of adults for Parent Night Out \_\_\_\_\_ (Dinner on your own—we'll make a reservation for the group. This allows teens easy access to parents during the event if they need you.)*

*Number of Tickets for dance @ \$15.00 each \_\_\_\_\_ (Family cap \$30.00)*

*(Deadline May 9, 2015) You may also register online at [www.autismresourcecentral.org](http://www.autismresourcecentral.org)*

**Socialization Group for Teens & Young Adults**

As our children get older the opportunities to socialize with peers become more difficult to find and our teens become isolated, leading to depression and low self esteem. The Autism Center is offering a 4 month Teen & Young Adult Socialization Group to give teens an opportunity to connect with each other and develop friendships based on mutual interests.

This Spring we will ask that families commit to 4 months (March– June) and register their teens and young adults for this opportunity to have an activity a month to look forward to! First month we will go to a Sharks Game, April the teens will decide with group facilitators Deb Gonzalez and Lori Lauria what activities they would like to do in May & June and make plans at the Center

Parents will be required to accompany the teens as they explore the community. We'd like at least 6 kids to participate. The Family Fun & fitness walks and monthly teen events will offer teens other opportunities to connect and develop friendships and social skills

You can register online or Call Cid Deleo at 508-298-1610

# Floortime™ for Parents



HMEA's Autism Resource Center in partnership with Astra Foundation is pleased to offer the workshop, **Floortime™ for Parents**.

**When:**

Six Tuesdays from 7:00 pm to 9:00 pm on Mar 24<sup>th</sup>, Mar 31<sup>st</sup>, Apr 7<sup>th</sup>, Apr 14<sup>th</sup>, Apr 28<sup>th</sup> & May 5<sup>th</sup> with two individualized mentoring sessions on Saturdays Mar 21<sup>st</sup> and Sat Apr 11<sup>th</sup> (family times to be selected). 7-9 PM

**Where:**

**Autism Resource Center, 71 Sterling St, West Boylston MA**

**Tuition: \$25.00 for parents registered with the Center  
\$50 for parents who live outside the Center's service area**

In this Floortime™ workshop, you will learn DIR® techniques developed by Stanley Greenspan, MD and Serena Wieder, PhD. DIR® focuses on the child-parent (or caregiver) relationship as the heart of learning and development. You will learn how to play with your child to better support his/her development and emotional growth. The individualized family mentoring sessions tightly couple theory and practice to help you master specific skills to help your child. This class is suitable for parents of children ages 2 to 10, with issues of behavior, regulation, communication or developmental delays.

We will discuss child development and watch videotapes of child play to understand how Floortime™ may help your child:

- ✓ Improve attention.
- ✓ Engage with you more strongly.
- ✓ Be more calm and organized.
- ✓ Communicate more effectively.
- ✓ Play with more complexity.
- ✓ Better understand themselves and others.

To register visit  
[www.autismresourcecentral.org](http://www.autismresourcecentral.org)  
or contact Cid Deleo at  
508-298-1610

For course information contact  
the instructor:  
Sarah Measures:  
[sarahmeasures@yahoo.com](mailto:sarahmeasures@yahoo.com)  
617-413-1355



## Autism Division Funded Programs

**Participants for all groups MUST be Autism Division eligible, and under the age of 18.**

**SOCIAL SKILLS GROUPS** Those who would like to enroll their child in a Social Skills Groups with a clinician may apply for funding, up to \$300, 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 508-298-1609. If approved, your provider may invoice the Center for payment of \$300.00 for your child.

### IEP Clinics

Hour long IEP clinics are a chance to meet with a Parent Professional Advocate to review your child's IEP, to ask questions regarding securing services and fine tune your own input into the IEP. Please contact Kathy at 508-298-1609 to make an appointment for your clinic. Our Thanks to Autism Spectrum Advocacy for the donation of time and talent!

### March 23, 2015

HMEA – Franklin  
Autism Spectrum Advocacy  
10am & 11am (3 openings for each time)

### April 9, 2015

Leominster Public Library  
Elaine Rabbitt  
9:30am, 10:30am, 11:30am, 1pm & 2pm

### April 16, 2015

HMEA – Franklin  
Elaine Rabbitt 9:30am, 10:30am,  
11:30am, 1pm & 2pm

### April 30, 2015

Autism Resource Center  
Elaine Rabbitt 9:30am, 10:30am,  
11:30am, 1pm & 2pm

### Visual Clinics

Parents may call the center to book a clinic to create visual systems for their child at home. Some pre-made schedules are available as well for activities of daily living and for a small materials fee, we stock Velcro, foam board, books and rings which make your visuals portable to other settings. Call Kathy O'Neill at 508-298-1609.

### H2O Fit– Greendale YMCA with Aerobics Instructor Harriet Fradellos Parent & Youth (8-18yrs.)

Parent and Youth welcome to participate in a fun and energetic minimal impact water class, designed to build strength, condition muscles, improve balance and coordination. No swim skills required. Must be able to stand in 4ft of water. Please bring a towel, water bottle and water shoes (optional).

**Dates :** March 17, 24, 31st . April 7, 14, 21, 28th May 5, 12, 19, 26th June 2nd

**Time :** 6:20 PM—7 PM  
Fee: \$30.00

### COMMUNITY INCLUSION GRANTS

*Please call Kathy 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.

**YWCA of Central MA** Worcester  
**Greendale YMCA**, Worcester  
**Central Community YMCA** in Worcester  
**Montachusett YMCA** in Fitchburg,  
**Tri Community YMCA** in Southbridge  
**Hockomock YMCA**, Franklin Branch,  
**Boroughs YMCA** Branch in Westboro  
**The Clark YMCA** in Winchendon  
**YMCA of Greater Nashua** in NH

Children who qualify must 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.

### Martial Arts

The Autism Resource Center will fund 1 month of inclusion in a martial arts program at the following studios.  
MJA Martial Arts in Spencer or  
New Horizons Martial Arts in West Boylston .

If you are enrolled in a class elsewhere call Kathy @ 508-298-1609 to inquire for funding.

## Donations and Memorial Gifts

### UNITED WAY DONATIONS

*Donna Austin  
Maleah Gustafson  
Amy Krysiak  
Bobbi-Jo Lewis*

#### **Hanover Insurance**

*Brian Kelly  
Margo McCaffrey Bishop  
Maria Panerelli  
Kevin Ertell  
Coreen Gaffney*

#### **UPS**

*John Amorello*

#### **Liberty Mutual**

*Debra Noonan  
Matthew Desimone  
Brittany Tirozzi*

*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***

### DONATIONS

#### **DCU for Kids Foundation**

##### **Microsoft**

*John & Elaine Gailey  
Devens Grill*

##### **Kim Digioia**

*The Hidden Jewel*

##### **Michael Harrington**

*The Publick House*

#### **International Ceramics Engineering**

#### **Clark University Volleyball Team**

*Jenna Trueman*

*Pam Corbett*

*Mike & Pat Lynch*

*Luann & Tom Tribastone*

*The Rizk Family*

*The Shrewsbury Firefighters Association*

*Mary Haddad*

*Ann & Hank Paszko*

*Peter Metz & Phyllis Pollack*

#### **Giving Tuesday Donors**

*Janet Amorello*

*Amy Comeau*

*Mirella Sawyer*

*Jennifer Kremer*

*Peggy Papazian*

*Pamela Robbins*

*Danielle Kokoski*

*Heidi Robbins*

*Jenna Trueman*

*Pam Corbett*

### MEMORIALS

#### **In Remembrance of Robert Buckley**

*Patricia Fitzgibbon*

*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.*

#### **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. We make donating a car more convenient than selling it and more rewarding than trading it in.

## Meet Wanja



*We are very excited to welcome our new Events & Development Coordinator Wanja Kiraguri to the center after an exhaustive search. We are certain that she brings the right combination of experience, education and energy to the position and look forward to her expanding and building on the foundation developed by her predecessors.*

I am Wanja Kiraguri, Event & Development Coordinator. I am very excited to jump on board and work with the team of staff, volunteers and families to make sure that the mission of the Autism Resource Center is accomplished. Sue and the team here have already made me feel welcome.

I graduated from Worcester State University and majored in Business Management. Previously I worked at The Bridge of Central MA as the Resource Development & Volunteer Coordinator. I look forward to seeing everyone at the different events hosted by the center. I hope to meet many of you at the 5 K Run and Walk in April.

# Family Fun Days at Camp 2015

Come join friends and families for a week of summer fun, designed to fill the gaps in your school's summer program. Parents, grandparents, and siblings may accompany a child with autism for a day or a week of family fun. (One to one aides are welcome for families with multiple children on the spectrum but may not substitute for the presence of a parent; all children must be accompanied by a parent or legal guardian).

Due to late school closings we will offer a week of Day Trips the last week in June, as opposed to a camp, watch the Summer Newsletter for details. In August a full week of camp activities is scheduled, although parents may choose to attend as little or as much as their child prefers. Camp offers swimming, crafts, games, archery, canoeing and entertainment for the children. It also offers a chance to network and visit for the adults. There is an evening cookout and swim that can include those parents who are away from home during the day. An optional overnight, for those families that are ready for the experience, follows the extended day,. Family Fun Days is a great way to entertain the entire family in a safe and supportive environment. Come spend time with old friends and make new ones.

**August 24-28 9 AM—4PM cook out & overnight on Thursday Camp Green Eyrie, 69 Still River Road ,Harvard**

**WHAT TO BRING :** Bathing suits, towels, floatation devices if used for safety, sunscreen, flip-flops & beach chairs for the beach, Fishing poles and bait . Shoes for wear in camp, change of clothing, bag lunches and drinks (refrigeration available)



Complete, detach and mail in with payment or register online at [www.autismresourcecentral.org](http://www.autismresourcecentral.org)

Name \_\_\_\_\_

Address \_\_\_\_\_

Names & ages of children \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

- Visa                       MasterCard  
 Check                       American Express

Credit Card # \_\_\_\_\_

Exp. date \_\_\_\_\_ CV \_\_\_\_\_

Signature \_\_\_\_\_

### August Camp

Sign up for:		Cost	total
<input type="checkbox"/> Monday	# of participants X	\$2.00/pp	
<input type="checkbox"/> Tuesday	# of participants X	\$2.00/pp	
<input type="checkbox"/> Wednesday	# of participants X	\$2.00/pp	
<input type="checkbox"/> Thursday	# of participants X	\$2.00/pp	
<input type="checkbox"/> Thurs cookout	# of participants X	\$2.00/pp	
<input type="checkbox"/> Thurs Overnight	# of participants X	\$5.00/pp	
<input type="checkbox"/> Friday	# of participants X	\$2.00/pp	
		Total	



# Autism 101

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 exciting 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 very excited about this collaboration and to be able to make this affordable for parents.

Autism 101 will begin on April 9, 2015 7-9 PM and run on Thursdays in April and May. Parents will have access to UDiscovering for 90 days. Space limited to 10 Parents There will be a \$25.00 fee for this course.

**April 9, 2015 : Overview of Autism Spectrum Disorders, UDiscovering sign in codes** – Sue Loring & Cid DeLeo

**April 16, 2015 : Making Sense of Health Care** - Cathy Hickey MFV \$5.00

**April 23, 2015 : Let’s Get Organized**, Barbara Donati , Family Ties \$5.00

**April 30, 2015 : Medical Management of ASD**, Sue Loring RN \$5.00

**May 7, 2015 : Accessing Public Supports**, Kristen Finne-Gregoire—Autism Waiver Supervisor \$5.00

**May 14, 2015 : Special Education Law:** Elaine Rabbit, Parent Professional Advocate \$5.00

\*\*\*\*\* **Registration** \*\*\*\*\*

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

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

Child’s Name \_\_\_\_\_ Age: \_\_\_\_\_

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

Fee: \$25.00 for Parents registered with Autism Resource Center /\$50.00 for Parents from outside the area  
Make checks payable and mail to: Autism Resource Center, 71 Sterling St., West Boylston MA 01583  
or register online at [www.autismresourcecentral.org](http://www.autismresourcecentral.org)



# Doing Your Piece Awards

The goal of the Center is to promote the well being of people with autism at home, at school, and in the community. We do this through a variety of ways, but one of the most enjoyable is through the Annual Recognition Dinner which will be held this year on May 20th, 6:30 PM ,at The Manor Restaurant, 42 West Boylston St., West Boylston.

Is there someone who has made a significant contribution to the success of your child in any of these areas? Why not tell them so by having them honored at the dinner? The dinner is a lovely affair in an elegant setting where families and nominees gather to listen to inspiring stories and show their appreciation for one another.

It is one of the most memorable events of the year and one we look forward to with anticipation. Not only do the awards provide great personal satisfaction but they also reinforce the values and relationships within our community. What a wonderful way to show your appreciation! Please take the time to thank someone who has made a positive difference in your life. Complete a nomination form and the Center will do the rest. All nominees will receive a certificate from the Center and one winner from each category will be invited to the dinner. Attendance at the event is open to all our parents and friends. It's a Parent Night out with a Purpose! (Please no children) Tickets for the evening are \$20.00/pp Honorees and a guest of their choice attend as the Center's guests.

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## NOMINATION AND TICKET ORDER FORM

**CATEGORIES : Early Intervention (0-3) Preschool (3-5) , Kindergarten (5-7), Elementary School (7-11), Middle School & Junior High (12-15) High School (15-22) Post secondary Education ( 8-22) Adult Services (22 and older) Service Providers ( eg ABA, OT, Speech, Social Skills ) Sports & Recreation, Service Organizations, Religious Organizations, Extended Family, Neighbors & Friends.**

Your Name & Address \_\_\_\_\_

Name of Nominee: \_\_\_\_\_

Profession : \_\_\_\_\_

Address: \_\_\_\_\_ Phone # \_\_\_\_\_

Category: \_\_\_\_\_

*Tell us in 150 words or less why you feel this person deserves recognition and attach to this form and mail to the Autism Resource Center 71 Sterling Street West Boylston, MA 01583 before May 9, 2014*

\*\*\*\*\*

*We would like to attend the evening*

Name(s) \_\_\_\_\_ No. of Tickets@\$20.00 \_\_\_\_\_

Meal Choices : \_\_\_\_\_ Steak Tips \_\_\_\_\_ Chicken Piccata \_\_\_\_\_ Salmon Oscar

# World Autism Awareness Day



**Autism Spectrum Awareness and Acceptance Day**

**At the State House**

**April 2, 2015**

**9:30 AM Registration & Refreshments**

**10:30 AM– Program**

## **HOUSING OPTIONS FOR ADULTS ON THE SPECTRUM**

**Featuring speakers: Cathy Boyle of Autism Housing Pathways, Deborah Flaschen of 3L Place, and Self Advocates**

**Honoring our Legislator of The Year**

**Senator President Stan Rosenberg**

**11:30 AM—Visit with your Legislators**



Department of **Psychiatry** **EVENT**  
*Transforming Lives Through Research, Clinical Care and Education*



*In Collaboration with The Autism Resource Center*

### *Autism Awareness & Acceptance Celebration*

Join us On the evening of April 2, 2015

5:30 pm –8:00 pm

UMASS Medical School University Campus

Albert Sherman Center, First Floor

55 Lake Avenue North, Worcester, MA

We'll have a providers fair, interactive activities, entertainment for all ages and light refreshments culminating in lighting up the Sherman Building Cube Blue at 8 PM and we'll have blue glow sticks for the kids.

Register online at [www.autismresourcecentral.org](http://www.autismresourcecentral.org)

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

## MARCH



### March

**March 2, 2015**

#### Family Fun & Fitness

Walking at St Vincent Hospital  
6-7 PM

**March 4, 2015**

#### Support Group for Parents of More Able Children on the Spectrum

7-9 PM

**March 7, 2015**

#### Family Fun

**Autism Awareness Night at  
The Worcester Sharks**  
7 PM \$5.00/pp

**March 9, 2015**

#### Family Fun & Fitness

Walking at St Vincent Hospital  
6-7 PM

**March 11, 2015**

#### Paint Night with The Tinkers Cart Art

Turner Hall  
60 Branch St, Clinton MA  
\$35.00/pp

**March 14, 2015**

#### Sibshop

Zion Lutheran Church  
60 Main St Oxford MA  
\$10.00/per child \$15.00 /family cap

**March 16, 2015**

#### Parents & Tots

4:30– 5:30 PM

**March 16, 2015**

#### Family Fun & Fitness

Strength Training with Julie O'Mara 3  
Bartlett Pond Way Sterling MA  
HMEA 6-7 PM

**March 18, 2015**

#### Teen Socialization Group

Worcester Sharks Game DCU Center  
7 PM

**March 23, 2015**

#### Family Fun & Fitness

Walking at St Vincent Hospital  
6-7 PM

**March 25, 2015**

#### Classic Autism Support Group

7-9 PM

**March 30, 2015**

#### Family Fun & Fitness

Strength Training with Julie O'Mara  
3 Bartlett Pond Way Sterling MA  
HMEA 6-7 PM

## APRIL



**April 1, 2015**

#### Support Group for Parents of More Able Children on the Spectrum

7-9 PM

**April 2, 2015**

**World Autism Awareness Day  
CENTER CLOSED  
Autism Awareness & Acceptance  
Day at the Statehouse**

(see page 9)

**April 2, 2015 - Light It Up Blue**

#### UMASS Medical School

**University Campus  
First Floor Sherman Center**  
(See page 9)  
55 Lake Avenue, Worcester, MA

**April 3, 2015**

#### Visit with the Bunny & Egg Hunt HMEA

3 Bartlett Pond Way Sterling MA  
3:30 PM—4:30 PM

**April 6, 2015**

#### Family Fun & Fitness

Walking at St Vincent Hospital  
6-7 PM

**April 8, 2015**

#### Parent Night Out

**Ollie's Italian Eatery**  
339 W.Boylston St, W.Boylston MA  
7-9 PM

**April 13, 2015**

#### Parents & Tots

4:30– 5:30 PM

#### Family Fun & Fitness

Strength Training with Julie O'Mara  
3 Bartlett Pond Way Sterling MA  
HMEA 6-7 PM

**April 15, 2015**

#### Parents of Teens Support Group Teen Socialization Group

7-9 PM

**April 20, 2015**

#### PATRIOTS DAY CENTER CLOSED

**Family Fun & Fitness**  
Walking at St Vincent Hospital  
6-7 PM



# Calendar

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

## APRIL VACATION FUN

**April 21, 2015**

### Southwick Zoo Outing

2 Southwick St, Mendon MA 01756  
Group Meets at gate to enter at 10 AM

**April 22, 2015**

### Bouncing Around

#### Skyzone

290 Turnpike Rd Westboro MA  
For Teens (ages 13 and older)  
11 AM

For Children 12 and Under

#### Hop On In

217 Hamilton St, Leominster  
10 AM

#### Pump It Up

810 Boston Turnpike Shrewsbury  
10 AM

#### Zoinks

7 Pioneer Drive, Oxford MA  
10:15 AM

**April 23, 2015**

#### Ecotarium

222 Harrington Way, Worcester  
10 AM

**April 24, 2015**

### Friends & Family Movie Cinema World

John Fitch Highway Fitchburg MA  
10 AM

**April 26, 2015**

### 15th Annual Community Walk & 5K Run for Autism

Run 10 AM ~ Walk 11:30 AM

#### Register at

[www.firstgiving.com/arccm](http://www.firstgiving.com/arccm)

**April 27, 2015**

### CENTER CLOSED

### Family Fun & Fitness

Strength Training with Julie O'Mara 3  
Bartlett Pond Way Sterling MA  
HMEA 6-7 PM

## MAY



**May 4, 2015**

### Family Fun & Fitness

Strength Training with Julie O'Mara  
3 Bartlett Pond Way Sterling MA  
HMEA 6-7 PM

**May 6, 2015**

### Support Group for Parents of More Able Children on the Spectrum

7-9 PM

**May 11, 2015**

### Family Fun & Fitness

Walking at St Vincent Hospital  
6-7 PM

**May 13, 2015**

### Classic Autism Support Group

7-9 PM

**May 15, 2015**

### Spring Fling Dance for Teens & Young Adults

&

### Parent Night Out

(see page 2)

**May 16, 2015**

### Sibshop Cook Out

3 Bartlett Pond Way Sterling MA  
HMEA

11-1 PM

**May 18, 2015**

### Parent & Tots

4:30-5:30 PM

### Family Fun & Fitness

Strength Training with Julie O'Mara  
3 Bartlett Pond Way Sterling MA  
HMEA 6-7 PM

**May 20, 2015**

### Doing Your Piece Awards Night

Manor Restaurant  
242 West Boylston St  
West Boylston MA 6:30 PM  
See Page 3

**May 27, 2015**

### Teen Socialization Group

### Parents of Teens Support Group

### Teen Socialization Group

7-9 PM

**May 30, 2015**

### Family Fun

### Mini Golf at Mulligans

Route 12 Sterling MA  
10 AM

## MOTHERS RETREAT

**June 6-7, 2015**

### Registration Closes May

#### Colonial Hotel

630 Betty Spring Road  
Gardner MA

Check in 3 PM Saturday  
Check out 11 AM Sunday

All rooms double occupancy include room, use of pool & health spa dinner off the menu at Abigail's and breakfast buffet. Afternoon Program in hospitality room with old & new friends. Fee: \$90 (1/2 of fee returned upon arrival)



**71 Sterling Street  
West Boylston MA**

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

**Email: autism@HMEA.org**

**www.autismresourcecentral.org**

**Sue Loring RN - Director**

**Cid DeLeo - Assistant to Director**

**Kris Gregoire , Autism Waiver Supervisor**

**Kathy Taylor, David Iborra - Autism Waiver Support Brokers**

**Kathy O'Neill - Autism Information Specialist**

**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 The Autism Resource Center of Central Massachusetts

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

### **Family Fun and Fitness for Teens & Young Adults**

Join us each Monday night this spring to get fit. This Spring we will alternate walking each Monday evening with group training sessions with Julie O’Mara, a certified personal trainer who is familiar with the low muscle tone and core strength deficit that can impair the motor functioning of individuals with ASD . She will lead Parents and Teens through exercises designed to build core strength, improve balance and stretch muscles. We’ll walk at St Vincent Hospital and as weather improves we will move outside to reap the benefits of fresh air. Participants will want to wear comfortable clothing, sneakers and bring a water bottle. We’ll exercise at HMEA’s Day & Employment site at 3 Bartlett Pond Way in Sterling. As we move into late spring in June the group will decide on physical activities they will do on alternate weeks in the community, such as bowling, minigolf, swimming or hiking. Come get ready for the Walk in April with us and improve your health !

Fee: \$20/family

Register online or Call Cid Deleo at 508-298-1610

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