

A WHOLE YEAR

Wow! This marks the start of the second year of our quarterly newsletter for adults. We continue to add new activities, meetups, workshops, and groups that are of interest to you. The focus of the coming year is to support and encourage individuals and their families to continue to foster relationships that have been made as well as to continue to facilitate resources and avenues for adults to make new connections and friendships. Together we are meeting our goal to build a network for adults on the spectrum in Central Massachusetts that is working towards meeting needs and improving lives.

With this goal in mind, I am excited to introduce, In Our Own Voice, which is a new section of the newsletter that features one of our members. This is a great way that members can become acquainted with each other as well as to learn about others who share common interests.

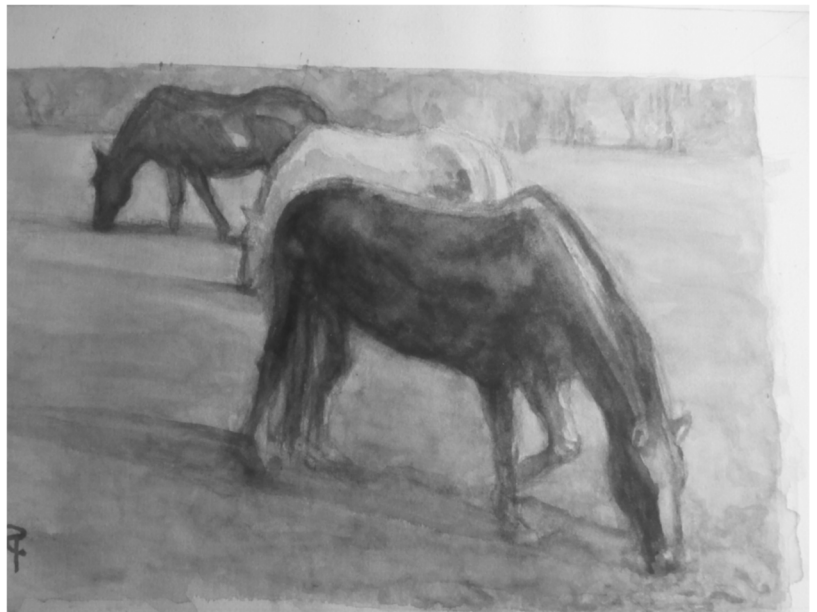
I want to thank Stephen Perkins for offering to be the first person to be featured in this new section. Contact Dianne if you would like to be a featured member in this new section of our newsletter. You can share your art work, hobbies, Interests or share your writings. Others would also enjoy knowing about jobs, classes, recreational groups, and other resources members participate in and enjoy.

IN OUR OWN VOICE

Featured Member: Stephen Perkins

It has been a blessing that I became fascinated about Art History and studio art while going to college forty years ago. I try to improve every day on my artistic ability creating drawings and paintings to my satisfaction. Trying to formulate my idea on to paper has not always been an easy task for me as many times I have been unsuccessful in my pursuit of perfection which can drive me crazy sometimes. But I keep on trying to create watercolors, mostly of pets and horses.

I only found out that I am autistic last year at the age of fifty-nine after years of agony not knowing who I was and being seen as stupid and lazy. It was learning how to read and becoming addicted for the written word that I started to see who I really was.



-Stephen Russell Perkins

The Three Amigos'

Announcing Our New

35+ Group



Support for Older Adults on the Spectrum

We are excited to announce our new 35+ group designed to support older adults on the spectrum with social relationships at work, home, and in the community. This group will support older adults in their various roles such as working professionals, spouse, parents, adult children of aging parents, etc.

The last Tuesday of the month starting in January 2018, 6:30PM - 8PM

WHERE: 71 Sterling St. West Boylston MA

Register at autismresourcecentral@hmea.org

ACTIVITIES

Video and Board Game Night!



VIDEO GAMES



BOARD GAMES

You have asked for it and so here it is, our first gaming night with both board games and video games.!!!

Come and connect with other video gaming and board game enthusiasts, Wednesday February 7, 2018 at the Community Room at the YMCA, 766 Main St. Worcester from 6:PM – 8:PM.

Thanks to all of you gamers for your input in developing the format for this game night. We will designate a minimum of 4 stations or areas: A game board area and a station for 3 different video games. The 3 video games chosen will be based on majority popularity and genre of game.

Contact Dianne prior to Wednesday, January 31, 2018 to discuss and organize what games and equipment will be needed.



CREATIVE ARTS MEETUP

Meet with artist Pat Davis
Learn about his art work and
some techniques he uses.

Thursday

February 8, 2018

6:PM - 8PM

Seven Hill family Support Center, Sturbridge



JOIN US AT THE MOVIES

Entertainment Cinemas
45 Sack Blvd., Leominster

Tuesday
January 2, 2018
Early Afternoon Movie
(Time to be announced
week of movie)



BOWLING MEETUP IN

HOPEDALE

December, 8 2017

January 12, 2018

February 2, 2018

5:30PM - 7:30PM

Bring money if you want to
order pizza with others.

Educational Series
For Families and Individuals on the Spectrum

Presented by
The Center for Autism and Neurodevelopmental
Disorders (CANDO) &
HMEA's Autism Resource Central



This Series will be presented monthly from January 2018 - June 2018 at the Resource Center on Tuesday evenings 6:30PM - 8PM. The Series is open to parents and individuals with ASD who are interested in learning more about ASD treatment modalities, supports, and current opportunities to participate in research. Meet with experts, expand your support network, and learn helpful strategies for coping with the challenges that life on the spectrum can bring.

WORKSHOPS

- January 9: Mental Health Considerations for Individuals with ASD -
 Yael Dvir MD
- February 13 : Autism Insurance Resource Center - *Amy Weinstock*
- March 13 : The Benefits of Medication - *David Cochran MD*
- April 10 : Understanding Neuropsychological Testing -
 Allan Rooney Psy.D.
- May 8 : Community Supports - *Kristen Cariglia*
- June 12: (Topic and Speaker To Be Announced)

REGISTER AT : www.autismresourcecentral.org



HMEA's
Autism Resource Central

71 Sterling Street
West Boylston Ma 01583

Phone: 508-835-4278
Fax: 508-835-3723
WWW.AUTISMRESOURCECENTRAL.ORG



GAME NIGHT



Meet Up at Quinsigamond Community College
November 30, 2017 / January 25, 2018 / February 22, 2018



Join Us

Meet with others monthly
to play games, draw, or
just hang out.

Game Night

Meet Up at QCC

Quinsigamond Community College

670 W Boylston St., Worcester

Harrington Learning Center

Egan Conference Room, R239

6:00PM - 7:30PM

For questions, more information

Contact Dianne Crossley at

dcrossley@hmea.org or

298-508-1611



Register at www.autismresourcecentral.org



WINTER CALENDAR



DECEMBER 2017

December 8, 2017

**Bowling Meetup /
Parents Group - Speaker: Celia
Brown from MFOFC**

Hopedale Community House
43 Hope St., Hopedale
Meetup 5:30PM - 7:30PM
Parents Grp. 6PM - 7:30PM
(Bring money if you want to order
pizza).

December 14, 2017

Bowling Meetup

Bogey Lanes
199 N Brookfield Rd.
East Brookfield
6PM - 8PM
Fee: \$5.00

December 15, 2017

**Women's Meetup
Making Holiday Cards**

Fidelity Bank
9 Leominster Connector
GPS - 478 Mechanic St.
Leominster
1PM - 3PM

December 18, 2017

**Sign up for Section 8 Housing
With Cathy Boyle**

Fidelity Bank
9 Leominster Connector
GPS - 478 Mechanic St.
Leominster
(Call to register for a 50 minute
appt., on the hour from 9AM -
11AM & 1PM - 4PM).

Happy New Year!

JANUARY 2018

January 2, 2018

Movies

Entertainment Cinemas
45 Sack Blvd., Leominster
Meet around 12PM - 1PM for ear-
ly afternoon movie.
(Exact time to be announced week
of event).

January 9, 2018

**Education Series: Mental Health
Considerations for Individuals
with ASD - Yael Dvir MD**

71 Sterling St. West Boylston
6:30PM - 8PM

January 12, 2018

Bowling Meetup

Hopedale Community House
43 Hope St., Hopedale
5:30PM - 7:30PM
(Bring money if you want to order
pizza).

NO PARENTS MEETING!

January 15, 2018

**CENTER CLOSED
Martin Luther King Day**

January 17, 2018

Parents Night Out

99 Restaurant
196 E Main St.
Milford
6PM - 8PM

January 18, 2018

Bowling

Bogey Lanes
199 N Brookfield Rd.
East Brookfield
6PM - 8PM
Fee: \$5.00

January 19, 2018

**Woman's Meetup
Making Valentine Day Gifts for
Children**

Fitchburg Firehouse
33 North St., Fitchburg
1PM - 3PM

January 25, 2018

**Game Night
Meet Up at QCC**

670 W. Boylston St. Worcester
RM239 Harrington Learning
Center
6:00PM - 7:30PM

January 30 2018

35+ Group

71 Sterling St.,
West Boylston
7PM - 9PM



FEBRUARY

February 2, 2018

**Bowling Meetup /
Parents Group - Speaker: Sue
Loring, Director of Center**

Hopedale Community House
43 Hope St., Hopedale
Meetup 5:30PM - 7:30PM
Parents Grp. 6PM - 7:30PM
(Bring money if you want to or-
der pizza).



February 7, 2018
Video & Board Games
Night

YMCA Central Branch
766 Main St., Worcester
6PM - 8PM

February 8, 2018
Meetup with Artist,
Pat Davis

208 Charlton Rd.
Sturbridge
6PM - 8PM

February 13, 2018
Educational Series
Autism Insurance
Resource Center -

Amy Weinstock
71 Sterling St. W. Boylston
6:30PM - 8PM

February 19, 2018
Center Closed
Presidents Day

February 22, 2018
Game Night Meetup at
QCC
6PM - 7:30PM

February 27, 2018
35+ Group
71 Sterling St.
West Boylston
6:30PM - 8PM

February 28, 2018
Gender Identity / LGBTQ
Workshop
71 Sterling St.
West Boylston
7PM - 9PM

Please Register for all Events
on our Website!!!

"If you want your family member to live independently by age 30, apply for Section 8 at 18"

-Cathy Boyle, Autism Housing Pathways

Many of you have asked for it and here it is -

Individual housing counseling sessions & **sign up for Section 8 Housing** with Cathy Boyle

Only 7 slots available, don't miss out, register soon!

Plan for the Future
Individual Housing Counseling Sessions for
Families with individuals 18 and older with
Autism Housing Pathway's
Cathy Boyle
December 18, 2016
At Fidelity Bank's Community Room
478 Mechanic St, Leominster MA
Appointments available
9 AM- 4 PM
Call HMEA's Autism Resource Central
at 508-835-4278 to register



PARENT MEETING / WORKSHOPS / INFO

PARENT MEETINGS IN HOPEDALE

Come and meet other parents of adults on the spectrum as well as learn of supports from various informed speakers.

Winter Schedule

MFOFC

December 8, 2017 - Theme is Effective Parent Advocacy, Guest Speaker - Celia Brown from Massachusetts Families Organizing for Change, MFOFC. Learn about effective ways to advocate for your adult child on the spectrum and meet other parent advocates.



January 17, 2018 - Theme is Fun for Parents, meet us at the 99 Restaurant in Milford for Parents Night Out. Enjoy a night out with other parents now that the holidays are over. (**NOTE CHANGE – This is on a Wednesday and not on Friday night during the Bowling & Pizza Meetup for Adults**). No Parent Meeting in Hopedale on Friday January 12, 2018.



February 2, 2018 - Theme is Learn more about HMEA's Autism Resource Central from its Director, Guest Speaker - Sue Loring. Hear more about the Center's supports and events such as our annual Run and Walk in April.

PARENT MEETINGS IN WEST BOYLSTON

Support meetings for parents of adults on the spectrum are held at our center on the first Wednesday of the month from 7PM - 9PM.

GENDER IDENTITY / LGBTQ WORKSHOP

A guest speaker from The Bridge of Central Mass will be presenting a training on gender identity and LGBTQ issues.

WHEN: Wednesday, February 28, 2018, 7PM - 9PM

WHERE: 71 Sterling St. West Boylston

INFO FROM OUR WRTA WORKSHOP



All individuals who have DDS, MRC, or DMH eligibility are automatically qualified for the TAP reduced fare card by providing a letter from their agency on official letterhead. An application does not need to be mailed in, or Section C filled out by a health care professional.

Individuals can obtain a TAP card by presenting a photo ID, letter from their agency, and a completed application at the WRTA's customer service window at 60 Foster St., Worcester. The fee is \$3.00. A photo will be taken and the ID will be prepared on the spot.

Customer service is open Mondays – Fridays, 8AM – 4PM. Be there before 3PM to have this process completed. Mailing the application will only delay the process further. Applications can be obtained there or on the WRTA's website under the 'Elderly and Disabled' tab.

Dianne Crossley, LICSW

Adult Services Specialist

dcrossley@hmea.org

www.autismresourcecentral.org

508-298-1611

