

## Here's to the Next Twenty Years !



**2018**  
**HAPPY NEW YEAR**

You are cordially invited to  
HMEA's Autism Resource Central's  
New Years Eve Dinner Dance  
For Teens, Young Adults, & Their Families  
Saturday, December 30, 2017  
The Manor Restaurant

42 West Boylston St , West Boylston Ma

Italian Dinner Buffet Regular and GFCF on request  
6:30 PM — 9:30 PM ~ RSVP before December 23, 2017  
Call Cid at 508-298-1610 or Donmarie at 508-298-1609

# Autism 101

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. Let's Get Organized and Autism Specific Workshops will be presented at the Resource Center on Tuesday Mornings in January 10 AM-12 PM

January 9, 2018 : **Overview of Autism Spectrum Disorders and Center Supports**—Cid Deleo

January 16, 2018 : **Let's Get Organized**, Barbara Donati , Family Ties

January 23, 2018 : **Medical Management of ASD**, Sue Loring RN

Remaining workshops will be presented in multiple locations across the region as part of the MDCC Grant Training Project we are facilitating and participants can register to attend any one of the sessions that best fits their schedule.

## **Autism and Sensory Processing Disorder**, Mary Loughlin OTR/L

Presented the following dates and locations:

January 16, 2018 : Family Behavioral Health, 387 Main St Oxford MA . 11:30 AM—1:30 PM

January 23, 2018 : North Village at Webster, 18 Village Drive Webster MA 3-5 PM

March 6, 2018 : Hosanna Gospel Center, 120 Stafford St Worcester MA 3-5 PM

## **Special Education Law:**

Presented the following dates and locations:

January 23, 2018 : Family Behavioral Health, 387 Main St Oxford MA . 11:30 AM—1:30 PM

January 30, 2018 : North Village at Webster, 18 Village Drive Webster MA 3-5 PM

February 27, 2018 : Hosanna Gospel Center, 120 Stafford St Worcester MA 3-5 PM

## **Accessing Public Supports, Kristen Cariglia**—Autism Waiver Support Supervisor

Presented the following dates and locations:

January 16, 2018 : North Village at Webster, 18 Village Drive Webster MA 3-5 PM

January 30, 2018 : Family Behavioral Health, 387 Main St Oxford MA . 11:30 AM—1:30 PM

February 13, 2018 : Hosanna Gospel Center, 120 Stafford St Worcester MA 3-5 PM

PLEASE CALL THE CENTER TO INDICATE WHICH WORKSHOP YOU WILL ATTEND SO WE CAN HAVE ADEQUATE MATERIALS AVAILABLE .

## Sensory, IEP Clinics and Social Skills 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 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

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 :

#### February 1, 2018

#### Leominster Public Library

#### 33 West St Leominster MA

#### Advocate Elaine Rabbitt

9:30, 10:30, 11:30 AM 12:30, 1:30 PM

#### February 6, 2018

#### KDC Family Support Center

#### Milford MA

#### Autism Spectrum Advocacy

9, 10, 11 AM, 1, 2 & 3 PM

#### February 8, 2018

#### Autism Resource Central

#### Advocate Elaine Rabbitt

9:30, 10:30, 11:30 AM 12:30, 1:30 PM

### 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.

**Session 1** January 10, 17, 24, 31st

## Donations

### UNITED WAY DONORS

Michael J. Manone  
Gregory Facticeau  
Julie McKechnie  
Sharon Dwelley  
Stacy Stephenson  
Brittany M. Tirozzi  
Michael Couturier  
Yari A. Ayala  
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William F. Maher

### 20th Anniversary Donations

Mia & Pat McDonald  
David Placido  
Michele Mayer

### Giving Tuesday Donors

Joy Odeyemi  
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Craig Goldstein  
Pat Lynch  
Brian Kovalski  
Yvette Prayor  
Kate Harris  
Sarah Hallock  
Catherine Gabriel  
Bonnie Budd  
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Rosemarie Derry  
Mary Loughlin  
Heidi Robbins  
Joan Lavasaur  
Kathy Tognazzi  
Karen Kowalik  
Lynn Dupuis  
Erin Ryan  
Sue Loring

### Memorial Gifts

In Memory of Betty Cloutier

Pat Lynch



## ABA For Parents

Once again the Autism Resource Center will offer a parent training course on Applied Behavior Analysis (ABA) for parents of children with Autism. ABA is a researched based approach that has been shown to be effective in the education and treatment of children.

Parents who attend will gain an understanding of the basic concepts and principles of ABA, and how these are applied in the treatment and education of children with autism. Parents will work with the instructor to identify a behavior to shape, create a program to address the behavior and implement the program. Topics will include:

What is ABA?

ABA and Effective Treatment Programs

Basic Concepts and Principles of ABA

Using ABA to teach

Using ABA to address problematic behavior

The class format is intended to provide parents with ample opportunity to discuss and apply what they are learning to their child, and to assist them in understanding how they can be effective in doing so.

Class schedule: Thursday Evenings 7-9 PM

February 8, 15, 22, March 1, 8th Snowdate March 15th

Class location: Autism Resource Center

Instructor: Stacey Hansen BCBA

Included in your registration is the supplemental text:

Autism 24/7 A Family Guide to Learning at Home and in The Community

Limited to 14 parents please send payment with the information below by mail or register online

\*\*\*\*\* **ABA Registration** \*\*\*\*\*

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

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

Child's Name \_\_\_\_\_ Age: \_\_\_\_\_ Diagnosis \_\_\_\_\_

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

Fee: \$25.00 : for Center Parents \$50.00 for parents from outside the Central Massachusetts area

Make checks payable to: Autism Resource Center mail to: 71 Sterling St, West Boylston MA 01583 or register online at [www.autismresourcecentral.org](http://www.autismresourcecentral.org)



## Floortime® for Parents

The Autism Resource Center, in conjunction with the Astra Foundation will once again be offering a course on **DIR® /Floortime for Parents**, starting March .

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 instructor Sarah Measures on three separate dates as the program progresses

The Course will take place at the Autism Resource Center on Wednesdays . Course Dates are as follows:

Wednesdays from 10:00 AM —12:00 pm: March 7, 14, 21, 28th April 4th & 11th

Mentoring dates: March 10 , 31st

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

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

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

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

Child's Name \_\_\_\_\_ Age: \_\_\_\_\_

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

Fee: \$25.00 for Parents registered with Autism Resource Center For Floortime

\$50.00 for Parents from outside the Central Massachusetts area for Floortime

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)



## Celebrating 20 Years



Jackie Puglisi ,Maria Cupo & Cid



Dave, Ita Murphy, & Michelle DellaValle



Dr Jeffrey Robinson & Kris



Jason Freilich , Donmarie & Izzy Vega



Dianne, the Dee Family & Christine Jones



Priya, Kelly & Wayne Carey, Coach Smith & " Mrs. Coach"



Jackie Puglisi, Amanda & Matt Jones & Cid



Dianne, Christal Bello & Lisa Thompson



Scott Morin & Kris



## Our Guiding Stars and Other Luminaries



Priya, Alana Dion & Stacey Lavelly



Deb Borowko & Donmarie



Dave & Coach Chip Collins



HMEA CEO Mike Moloney &  
VP Ron Barnes



Cid, Joshua Hinkson & Connor Ploof



HMEA President & COO Jule Noack



Gala Committee Member Cheryl Chan



Gala Committee Member Chris Sharry



VP Donna Boucher, Kris, Sue & Cid



## **Dad's Night Out**



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

**Tickets \$9.00 PP**

**January 19, 2018**

**Dinner & Hockey Game**

**Meet at UNO's**

**25 Major Taylor Blvd.**

**Worcester, MA 01608**

**5:15 PM**

**Game**

**Worcester Railers**

**VS**

**Jacksonville Icemen**

**7:00 PM**

## **Advisory Board News**

Our Advisory Board has had a few folks who've stepped down. We want to thank Tina D'Asti for her years of service, Tina has taken on being the chair of the SEPAC in Bellingham. Brian Kovalski has moved from the area so he is stepping down. Bill Geary BCBA has also stepped down with multiple obligations on his plate, we are grateful for their time with us.

We've been planning to add some self advocates to the board and I'm thrilled to announce that Reggie Williams has joined the board as our first self advocate. Yvette Prayor, as the parent of an adult with ASD has also joined the board to give a voice to the concerns of that population. We've now a vacancy to fill with Tina's departure and we are seeking a parent of a younger child to serve as many of the members of the board have served since their children were young and are now teens. So if you are the parent of a youngster and you'd like to be a voice for your compadres please contact Sue at 508-298-1605, or e-mail at [Sloring@hmea.org](mailto:Sloring@hmea.org).

At the recent board meeting elections were held and we've new officers. We'd like to thank Heidi Robbins for her years as chairperson. Kristen Saad has moved into that role and Lisa Thompson was elected to be the new Vice Chair. Tina D'Asti's departure left the secretary's position open and we are pleased that Mia McDonald volunteered to take on those duties.

Serving on the board is a great way to help the Center stay relevant and responsive to the needs of families, it's also a chance to be part of a forward thinking group. Those who'd like to help out on short term projects might think about volunteering on a subcommittee like the 5K Walk & Run or Golf Committee.





## **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**



# Calendar

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

## DECEMBER



**December 3, 2017**  
**Children's Holiday**  
**Party**  
**Reservations Required**

**December 4, 2017**  
**CENTER CLOSED**

**December 6, 2017**  
**Parents of Adults Support Group**  
 7 –9 PM

**December 7, 2017**  
**Paint Night for Adults & Teens**  
 Turner Hall 60 Branch Street  
 Clinton Ma  
 6:30-9 PM \$35.00/pp

**December 13, 2017**  
**Parents of Children**  
**Support Group**  
 7-9 PM

**December 21, 2017**  
**Grupo de Apoyo**  
 Centros - 11 Sycamore St. Worcester  
 10AM – 1 PM

**December Vacation Family Fun**

**December 26, 2017**  
**Roller Skating**  
**Roll On America**  
 90 Duval Rd, Lancaster MA  
 10:30 AM Fee: \$3:00/pp

**December 27, 2017**  
**Jump Around at Skyzone**  
 290 Turnpike Road  
 Westboro MA

10AM

Fee: \$5.00/per bouncer

**December 28, 2017**  
**Enchanted Christmas Village**  
 Jordans Furniture  
 100 Stockwell Dr  
 Avon MA  
 10:30 AM Fee: \$200

**December 29, 2018**  
**Friends & Family Movie**  
 West Boylston Cinema  
 10 AM \$3.00/pp  
 Despicable Me 3

**December 30, 2017**  
**New Year's Eve Eve Dinner**  
**Dance for Families of**  
**Teens & Young Adults**  
 Reservations Required  
 ( see Page 1 )



## JANUARY

**January 3, 2018**  
**Parents of Adults Support Group**  
 7 –9 PM

**January 9, 2018**  
**Mental Health Considerations for**  
**Individuals with ASD**  
 Dr Yael Dvir  
 6:30– 8PM

**January 10, 2018**  
**Parents of Children**  
**Support Group**  
 7-9 PM

**January 15, 2018**  
**MLK Day**

**Center Closed**

**Friends & Family Movie**  
 West Boylston Cinema  
 Rt 12, West Boylston MA  
 10 AM

**January 17, 2018**  
**Parents of Teens Group**  
 7-9 PM  
 Teen Pizza & Game Social Group runs  
 concurrently

**January 18, 2018**  
**Grupo de Apoyo**  
**Autismo 101**  
 Centros -  
 11 Sycamore St. Worcester  
 10AM – 1 PM

**January 18, 2018**  
**Camp Havvago**  
**Information Night**  
 7-9PM

**January 19, 2017**  
**Dad's Night Out**  
 Dinner & Hockey Game  
 See page 8

**January 20 , 2018**  
**Sibshop**  
 10 – 1:30 PM

**Zion Lutheran Church**  
**60 Main St Oxford MA**  
*For Siblings age 7 and older*  
*\$10/pp \$15.00 family cap*

**January 22, 2018**  
**Parents & Tots**  
**Networking & Play Group**  
 4:30 PM—5:30 PM

**January 24, 2018**  
**Parents of Girls Group**  
 6:30-8:30 PM  
 Girls Social Group runs concurrently

**January 25, 2018**

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

## Family Fun for Teens & Young Adults

Pizza & Movie  
Meet at Center at 6 PM

## FEBRUARY



**February 7, 2018**  
**Parents of Adults**  
**Support Group**  
7 –9 PM

**February 13, 2018**  
**The Benefits of Medications**  
Dr David Cochrane  
6:30– 8 PM

**February 14, 2018**  
**Parents of Children**  
**Support Group**  
7-9 PM

**February 17, 2018**  
**Sibshop**

Chinese New Years  
10 AM –1:30 PM

\$10/pp \$15 /family cap

## February Vacation Family Fun

**February 20, 2018**  
**Pizza & Bowling**  
Mohegan Bowladrome  
51 Thompson Rd Webster MA  
10 AM Bowling 11 AM Pizza  
\$3.00/pp

**February 21, 2018**  
Wachusett Meadow Snowshoeing  
113 Goodnow Rd, Princeton, MA  
10-11:30 AM and 12-1:30 PM  
\$3.00/pp

**February 21, 2018**  
**Parents of Teens Group**  
**Pizza & Movie**  
6-9 PM \$3.00/pp

**February 22, 2018**  
**Grupo de Apoyo**

Centros - 11 Sycamore St.  
Worcester 10AM – 1 PM

**February 22, 2018**  
**Bowling & Pizza**  
**at Gardner Ten Pins**  
560 W Broadway, Gardner, MA  
10:30 AM—\$3.00/pp

**February 23, 2018**  
**Friends & Family Movie**  
West Boylston Cinema  
10 AM \$3.00/pp

**February 26, 2018**  
**Parents & Tots**  
**Networking & Play Group**  
4:30 PM—5:30 PM

**February 28, 2018**  
**Parents of Girls Group**  
Workshop—LGBT issues  
6:30-8:30 PM  
Girls Social Group  
runs concurrently

## ALL ABOARD! IT'S AUTISM RESOURCE CENTRAL NIGHT AT THE WORCESTER RAILERS



## SUPPORT YOUR CENTER WHILE HAVING FUN

March 11, 2018

3:05 PM

Railers vs. Adirondack Thunder

DCU Center, Worcester MA.

All Tickets Lower Bowl Behind the Nets are \$16.00

\$2.00/ ticket will be donated to HMEA's Autism Resource Central

Chuck a Puck Sales also will benefit the Center

Purchase Tickets here : <https://railers.isportstix.com/order/seats/116/>





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)

#### HOURS

Monday through Thursday 9 AM– 9 PM Friday 9 AM–3 PM

Some evenings activities outside the Center result in the closing of the office , call ahead to verify that the office is open.

## 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.

#### Advisory Board

##### Chair

**Kristen Saad** (Worcester )

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**Mia McDonald** (Worcester)

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**Cid DeLeo - Assistant to Director**

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**Priya Tikku - Waiver Support Broker**

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**Wanja Kiraguri- Event & Development Manager**