

Resource Connection News for Adults

We are the **Center** of the **Autism** Community

Spring 2018 Issue 6

Resource Connection News for Adults



Saturday April 28, 2018

DCR's Quinsigamond State Park 284 Lake Avenue • Worcester, MA



7:30-9:30 am 5K Run and Walk Registration

Fee: Runners \$30 / Walkers \$10

10:00 am Run and Walk Begin

10:50 am Award Ceremony

11:15 am Energy Monster, Inc.

Kids Fun Run Obstacle Course Begins

Fee: Kids 3-12 \$5

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

Contact Wanja at wanjak@hmea.org or call 508-298-1607

Follow us on social:

f https://www.facebook.com/communitywalkrun/

https://twitter.com/Autismcentralma

#5KAutismAcceptance







Thank you to our sponsors!

Notes from Dianne

Spring is an exciting and busy time of year at HMEA's Autism Resource Central. Look at all the events happening this quarter!

ACTIVITIES: Several new activities are being offered: "Dinner Out Night", at Applebee's in Millbury and "An Evening at the Worcester Art Museum", which will start with a 30-minute tour. Also, back by popular demand is Laser Tag at Laser Craze in Westboro which is an All - Center Teen and Adult Activity.

WORKSHOPS: An expanded number of educational workshops are being offer as requested by our members, (See pg. 5).

ADCOCACY: We are offering various opportunities for you to learn to become effective self- advocates as well as legislative advocates for increased funding in the Fiscal Year 2019 State Budget to meet the needs of the growing number of adults with autism in Massachusetts.

FUNDRAISING: April is Autism Acceptance Month which we end with our annual 5K Run & Walk fundraiser which makes all that the Center does throughout the year possible. Learn how you can get involved. We can't do it without you! (See pg.3)



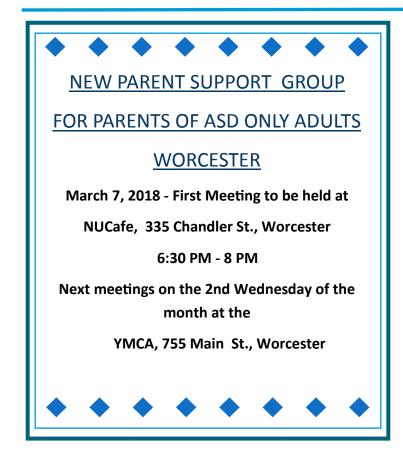
DINNER NIGHT OUT



WORCESTER ART MUSEUM



LASER CRAZE





Annual 5K Run & Walk



The 5K Run & Walk for Autism Acceptance is the primary annual fundraiser for HMEA's Autism Resource Central. It helps raise funds for activities, support groups, workshops, and books for our resource library as well as other supports to benefit you and your family. It is a great cause and a great day.

It is a day to promote Autism Acceptance. We have had about 500 runners and 1,000 walkers participating in the past. We welcome you to join in the run and walk and to participate in the activities during the day.

On April 28, 2018, the 5K Run & Walk starts at 10:00am. Registration for the Run is open from 7:30 AM - 9:30 AM, the registration for the Walk will remain open. There will be food, raffle and other entertainment until 2:00 PM in the park. Raffle winners are announced at the end of the event but you do not need to be present to win. Different vendors or businesses will have exhibit tables with information on the services they offer.

Create a team and make it a friends & family event! If you are a runner or have a family member who runs, you can all be on the same team and all participate together. Everyone who registers before March 25th, 2018 will get a T-Shirt, although many teams like to create their own look with a team t-shirt.

If you haven't participated in the past, this is your invitation to join us on April 28th! It is easy to register. You can register by visiting http://www.autismresourcecenral.org/fundraising/run-walk/. For detailed instructions on how to register, you can click on, "How to Register and Create a Page".

The Autism Walk & Run for Autism Acceptance raises much needed funding to give children and adults on the spectrum and their families the information, resources, and support they need to thrive and live meaningful lives as vital members of their communities.





In Our Own Voice - Featured Member: Tyler Burns

My name is Tyler Burns and I live in Whitinsville MA. I'm 23 and I graduated from Blackstone Valley RVTHS in Upton back in 2012. I took some courses at Dean College in Franklin MA and now have a certificate in Business Administration from Quinsigamond Community College in Worcester. It took a long time but with the help from Mass Rehab, I got a part time job at The Home Depot in Bellingham as a Lot Associate. I have worked there since the spring of 2017 where I help with loading and unloading, cleaning and organizing the parking lot & assisting customers.

Another big part of my life is volunteering. Two mornings a week I volunteer at the Northbridge Senior Center. When I'm there, I assist with the Meals On Wheels program & I help to serve the lunch of the day and interact with my "senior friends" as well as the staff. I'm going into my 5th year of service.

During Christmas of 2017 my family and I went for our 3rd volunteer service trip to Give Kids The World in Kissimmee Florida. Give Kids The World "gives cost free vacations to families with children who have life threatening illnesses." My volunteering includes food service, games/rides assistance, helping with events like "Photos with Disney Characters, Halloween Parties and Holiday Parties." This special trip is a way my family enjoys spending Christmas together.

I really like my job at The Home Depot and volunteering. Last fall, I started my involvement with HMEA's Autism Resource Center. I went to Hopedale for the Pizza & Bowling nights. I am also in a bowling league and my other hobbies are reading, listening to music & podcasts as well as maps such as MapQuest, Google Maps & Google Earth.

Spring Fling - All Center Teen & Adult Activity

You Are Cordially Invited, HMEA's Autism Resource Central's

Spring Fling Semi Formal For Teens & Young Adults

May 19, 2018, 6:30 PM - 9:30 PM

The Manor Restaurant

42 West Boylston St, West Boylston, MA

Dinner Buffet, Dancing & Karaoke

Tickets: \$15.00, RSVP by May 10, 2018

www.autismresourcecentral.com

Parent Night Out Runs Concurrently

Workshops



LEGISLATVE ADVOCACY & YOU

Friday March 9, 2018 - Hopedale

Presenter: To Be Announced

Topic: Steps to Effective Advocacy

A workshop to learn strategies to effectively advocate for more funding in the FY 2019 State Budget to meet the increasing needs of the growing number of ASD Only Adults in MA.



RIGHTS & PROTECTIONS AGAINST

DISCRIMINATION

Thursday March 29, 2018 Worcester

Presenter: Mass Commission

Against Discrimination

Topic: Your Rights & Protections

A workshop on rights & protections for individuals with disabilities regards to: Public Services /Disability Accommodations/Harassment /How to File a Complaint.



SOCIAL SECURITY, MEDICARE, &

LONG TERM CARE PLANNING

Wednesday April 11, 2018-Worcester

Presenter: The Moody St. Group

Topic: Social Security, Medicare &

Long Term Care Planning

First workshop of four of a series on Financial Wellness for Parents during this spring and next fall to learn the basics of financial planning for the future for your adult child.



METRWEST REGIONAL TRANSIT AUTHORITY (MWRTA)

Friday April 13, 2018 - Hopedale

Presenter: Speaker from MWRTA

Topic: Services Provided by MWRTA

A workshop on the various types of services & eligibility criteria for public transportation for individuals with disabilities by MWRTA as: Travel Training, Reduced Fairs, etc. Also, services for Bellingham & Franklin.



ASD, COMMUNITY SAFETY, & the

POLICE

Wednesday May 2, 2018 - Auburn

Presenter: Officer Ryan Roettger who trains police about ASD

Topic: Sharing Concerns, Ideas, & Discussing Possible Solutions

This is an open forum discussion for adults and families regards to ASD Adults and interactions with the police.



Creating Opportunities For Independent Living And Work

MASS REHAB COMMISSION

Friday May 11, 2018 - Hopedale

Presenter: Rachel Reyes, MRC Director for the South Valley Area

Topic: Services Provided by MRC

A workshop on the services MRC provides adults with disabilities to increase their skills and abilities to work and live more independently. Focus will be on vocational services to obtain & maintain employment.

Page 6



Financial Wellness Series





Raising a child can be expensive, Estimates of the lifetime costs of raising a child with autism range from \$1.4 million to \$2.5 million, according to Adam Beck, professor of health insurance and director of the Center for Special Needs Planning at The American College in Bryn Mawr, Pa. That compares with about \$300,000 up until age 18 for a typical child.

FAILURE TO PLAN IS PLANNING TO FAIL

Join us this spring and next fall to learn the basics from the experts at Moody Street Group so you can begin to plan for your child's future

April 11, 2018 – Social Security, Medicare & Long term Care Planning YMCA in Worcester 766 Main Street Worcester MA 6:30-8:00 PM

May 2, 2018 Retirement/Legacy Planning
Autism Resource Central 71 Sterling Street West Boylston 7-9 PM

October 17, 2018- Life Insurance/Trust Funding
Autism Resource Central 71 Sterling Street West Boylston 7-9 PM

October 24, 2018 **Trusts & Wills**Autism Resource Central 71 Sterling Street W. Boylston MA 6:30-8:30 PM

Educational Series

Presented by

UMASS Center for Autism and Neurodevelopmental Disorders (CANDO)

And

HMEA's Autism Resource Central





March 13: The Benefits of Medication - David Cochran MD

April 10: Understanding Neuropsychological Testing - Allan Rooney Psy.D

May 8: Autism Insurance Resource Center - Amy Weinstock, Director

June 12: Research & Clinical Trials - Lucy Lorin, Research Coordinator

All seminars will be held at the Autism Resource Central, 71 Sterling St. West Boylston

6:30 PM - 8:00 PM



ALL ABOARD! IT'S AUTISM RESOURCE CENTRAL 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

https://railers.isportstix.com/order/group/AutismResourceCentral

HMEA's Career Development Collaboration with Dell/EMC



We are introducing Autism Advantage @ Work. A career development collaboration between HMEA and Dell/EMC has been established and is based on a successful model developed by the ARC of Philadelphia at the SAP North American headquarters in Pennsylvania. In fact, we are bringing the ARC of Philadelphia to the collaboration with DELL EMC, as a partner with HMEA, to replicate their program here in Massachusetts.

The program is designed to employ workers on the autism spectrum.

We would like your help **finding applicants** for these highly sought after positions Dell EMC will provide 5-7 job opportunities across multiple business units for this engagement. Each job opening will have required skill sets that all candidates must display competency and/or experience in previous settings.

Candidates will be found using a wide network of State Agencies like MRC and DDS as well as local colleges, trade schools and Adult Service Providers. The goal is to develop a candidate pool of up to 6 candidates per job opening, so the pool will be 40+ candidates.

Out of the Candidate pool, Applicants will be selected to participate in a 4-week Enterprise Readiness Training period referred to as a Cohort, encompassing Social Skills, Work Skills, and Industry Specific Content. At the end of the Cohort, Dell Hiring Managers will make offers of paid internships to Applicants they select. All Applicants not selected will be considered for future openings with Dell or positions with other employment partners.

If you have any questions about this program please feel encouraged to call one of us.

I look forward to our conversation and thank you in advance for any assistance you provide in finding qualified applicants.

Best regards,

Herb Cabral Autism Advantage @Work Coordinator HMEA 978-808-3302 hcabral@hmea.org Philip Campbell
VP of Strategic Planning
508-298-1103
pcampbell@hmea.org

Resource Connection News for Adults

Page 9





SAVE THE DATE Join us for AFAM's Annual Autism Awareness and Acceptance Day At the State House Thursday, April 12, 2018 Great Hall The State House Boston, Massachusetts

The Importance of Legislative Advocacy and You!

Spring is also a very important time of year because the budget for the next fiscal year that begins on July 1st is debated in the state legislature. The need for additional funding for supports and services for adults with autism is imperative as more and more individuals become DDS eligible for ASD Only Adult Services. It is also imperative that we all have a basic understanding of the state budgeting process, enabling us to become actively involved by contacting our legislators to share our needs, our stories, so to put, "Nothing about us, without us".

Determining the state budget is a multi-step process which starts in January with the release of the Governor's version of the state budget for the upcoming fiscal year. Each branch of the legislature (House and Senate) in turn develops a budget on which they ultimately agree and send to the Governor for his signature prior to July 1st. The specific steps of this process are:

GOVENOR'S BUDGET - HOUSE WAYS AND MEANS BUDGET - HOUSE DEBATE - SENATE WAYS AND MEANS DEBATE - SENATE DEBATE - SENATE BUDGET - CONFERENCE COMMITTEE - FINAL BUDGRET

For Fiscal Year 2019 the Governor's Budget proposes a 5 million dollar increase for adults with autism which is listed in the budget as Supporting Adults under Autism Omnibus. However, the Governor's initial proposal often changes as the budget is debated through this process. This is why our voices need to be heard, loudly and now! Please look at the following websites for more information on the FY2019 Budget and legislative advocacy:

https://malegislature.gov/Budget/FY2019/Final Budget, thearcofmass.org/advocacy/state-budget/, and www.afamaction.org/leg08.html.

April 12th is Autism Awareness and Acceptance Day at the State House. We need your help to make a difference. You can set aside the day and travel in to Boston with friends to meet with your legislators and tell them your own personal stories. If you are unable to go to Boston, you can call or write a letter to your State Representative and Senator that day to share your story and needs, these methods are more effective than sending emails. You can find out who your legislators are and how to get in contact with them by going to, https://malegislature.gov/Search/Find My Legislator.

esource Connection News for Adults.



March 2018 Calendar



Mon	Tue	Wed	Thu	Fri
\$5.00 towards the to pay for the ren 6/2/18 - 6/3/18 - 2018. Colonial Ho 11AM Sunday. Do	Dinner Night Out at Applebee' e cost of their food. Participants naining cost of their purchase. MOTHER'S RETREAT: Registrati etel, Gardner, MA. Check -In 3PN puble Occupancy, Dinner & Brea	on open until May 1, 1 Saturday, Check - Out	1	2
5	6	7 Wednesday NEW ASD Only Adults Parents Support Group NUCafe 335 Chandler St. Worcester 6:30PM - 8:00PM	8	9 Friday Bowling & Pizza / Parents Support Grp Workshop: Legislative Advocacy and You Hopedale Community House 43 Hope St., Hopedale 5:30PM - 7:30PM
12	Educational Series: The Benefits of Medication David Cochran MD Medical Director, UMass CANDO Center 71 Sterling St. West Boylston, 6:30PM - 8PM	14	15 Thursday "Dinner Night Out" at Applebee's The Shoppes at Blackstone Valley 70 Worcester-Providence Turnpike, Millbury 6:30PM - 8:00PM (See Notes, Top of pg.)	16
19	20	21	22 Thursday Board Game Night Meetup at QCC 670 W. Boylston St. At Harrington Leaning Center, Rm. 239 6:00PM -7:30PM	23
26	27 Tuesday 35+ Group Group will determine location 6:30PM - 8:30PM	28	29 Thursday Workshop: Know Your Rights and Protections Against Discrimination Worcester YMCA 766 Main St. Worcester 6:30PM-8:00PM	30

Page 11



April 2018 Calendar



Mon	Tue	Wed	Thu	Fri	Sat
2 Monday Light It Up Blue (All Center Event) UMass Med School 55 Lake Ave., North Worcester 5:30PM - 8:00PM	3	4	5	6	7
9	10 Tuesday Educational Series: Understanding Neuropsychological Testing, Allen Rooney PsyD. 71 Sterling St. West Boylston, 6:30PM - 8:00PM	Parents Support Grp. Workshop: Social Security, Medicare, Long Term Planning, Worcester YMCA 766 Main St. Worcester 6:30PM - 8:00PM	12	13 Friday Bowling & Pizza / Parents Support Grp Workshop from MWRTA Hopedale Community House 43 Hope St., Hopedale 5:30PM - 7:30PM	14
16 Monday	17	18 Wednesday	19 Thursday	20	21
Patriots' Day		Laser Tag	Game Night at QCC		
Center		(All Center -Teens & Adults Event) Laser Craze	670 W.Boylston St. Harrington Leaning		
Closed		\$15.00 pp 166 Milk St. Westborough 5:45PM - 8PM	Center Rm.239 6:00PM - 7:30PM		
23	24 Tuesday 35+ Group Autism Resource Central 71 Sterling St. West Boylston 6:30PM - 8:30PM	25	26	27	28 Saturday 5K RUN & WALK Quinsigamond State Park 284 Lake Ave. Worcester (See Front Page)
30	tel, 630 Betty Spring Double Occupancy,	3/18 - MOTHER'S RET g Rd., Gardner, MA. Ch Includes Dinner and B 00 refund upon arrival	neck in at 3PM on 6/2 Breakfast Buffett, Afte	/18 - Check out at 11	AM on 6/3/18.



May 2018 Calendar



Mon	Tue	Wed	Thu	Fri
	1	2 Wednesday Workshop ASD, Community Safety and the Police HMEA Program, Millbury 6 Latti Farm Rd., Millbury 6:30PM - 8:00PM	3	4
7	8 Tuesday Educational Series: Autism Insurance Resource Center Amy Weinstark, Director 71 Sterling St. West Boylston, 6:30PM - 8:00PM	9 Wednesday Parents Support Group / Workshop: Social Security, Medicare, & Long Term Care Planning YMCA 766 Main St., Worcester 6:30 PM - 8:30PM	10	11 Friday Bowling & Pizza Meetup/ Parents Support Grp. Workshop - Services Provided by MRC Hopedale Community House 45 Hope St. Hopedale 5:30PM - 7:30PM
14	15	16	17 Thursday Evening at the Worcester Art Museum 55 Salisbury St. Worcester 5:15PM - 8:00PM Tour: 5:30PM - 6PM	Spring Fling (All Center Teen and Young Adult Activity) Manor Restaurant Fee \$15.00 pp 42 West Boylston St., West Boylston 6:30PM - 9:30PM
21	22 Tuesday 35+ Group Location to be Determined by Grp. 6:30PM - 8:30PM	23	24	25
28 Monday Memorial Day Center Closed	29	30	31	