

Volume 22, Issue 83

Spring 2020

# April 26, 2020 ★ Worcester, MA



**5K**  
WALKRUN  
★ AUTISM ★  
SUPERHERO



**Register at [events.hmea.org/autismsuperhero](https://events.hmea.org/autismsuperhero)**

Spring is right around the corner, which means it's time for our 20<sup>th</sup> Anniversary Autism Super Hero's 5K Walk/Run on April 26th! This annual day filled with family fun is a great opportunity for our community to join together to celebrate and support Autism Resource Central.

- **Register to Walk or Run the 5k!**

- \$30.00 Runner registration fee before April 22, \$35.00 after.

- \$15.00 Walker registration fee.

- **Massad Kids Fun Run!**

- \$10.00 per child (With registered adult)

The day will include food, fun and a variety of events for people of all ages including the fun run and a Teen/Adult Corner. For more details and to register please visit [www.hmea.org/autismsuperhero](https://www.hmea.org/autismsuperhero)

We are currently looking for:

**Sponsors:** Does your company want to have a table or pavilion at the event? We would love to have you!

**Volunteers** for the day of the event- if you or your group wants to volunteer please contact [majohnson@hmea.org](mailto:majohnson@hmea.org)

**Raffle items:** We are currently accepting donations for our raffle baskets.

If you are interested in any of the above please contact Maryann Johnson at [majohnson@hmea.org](mailto:majohnson@hmea.org)  
We look forward to seeing everyone April 26<sup>th</sup> to celebrate the 20<sup>th</sup> Anniversary of this event!



## A Parent Guide to Executive Function: Facts and Solutions

Join us on the evening of March 16th for this presentation by Dr. Kalyani Krishnan. Dr. Krishnan will provide parents with comprehensive information about executive function processes as they affect their children's behavior and learning. Her presentation will include definitions and description of executive function processes as well as a discussion of how these processes influence children's success in school and at home. Ms. Krishnan will describe effective approaches to parenting children with executive function weaknesses, as well as present a selection of research-based, tried and true strategies. There will be time set aside at the end for Questions and Answers. Please feel free to write down your concerns, particular situations that arise in your family, and questions that you have and hand them to the speaker when you arrive.

Dr. Kalyani Krishnan is a learning disabilities specialist, a nationally certified school psychologist, and licensed as a school psychologist in Massachusetts, and earned her doctorate in School Psychology from Northeastern University. She has been practicing in the Boston area for nearly three decades, during which she has conducted comprehensive evaluations of children, adolescents, and adults with learning and attentional difficulties, and worked individually with students of all ages (ranging from age 5 to 58), who have unique learning and emotional abilities and needs. Currently, she provides therapeutic tutoring and psychoeducational counseling at her office in Concord, MA to learners who may have learning disorders (including dyslexia), ADHD, anxiety, and difficulties with executive function. Dr. Krishnan also works with parents of children who exhibit challenging and disruptive behaviors. She specializes in understanding the processing strengths and weaknesses of individuals and identifying instructional strategies based on individual learning profiles. Dr. Krishnan is an expert in learning, executive function, and self-regulation, and has consulted extensively with parents, special education PACs, PTO's, and schools to help them support diverse learners more effectively.

*Dr. Krishnan's research has been published in peer-reviewed journals. She has also contributed to a number of books with her colleagues Research I/DD including, *Executive Function in Education* (Guilford Press, 2007), *A Parent Guide to Hassle-Free Homework*, (Scholastic, 2007), and *Promoting Executive Function in the Classroom* (Guilford Press, 2010).*

## Voter Registration

President Trump's 2021 federal budget request announced this month includes sweeping cuts to programs that are lifelines for people with intellectual and developmental disabilities (I/DD). The President's budget proposal is a clear threat to people with I/DD who need and rely on programs like Medicaid and other social service safety nets for basic survival and life in the community. The budget proposal reaffirms that the Administration's priorities are not aligned with the well-being of millions of people with I/DD in the U.S., including children and families seeking quality and fair education.

How can we make a difference? We can VOTE and so can our sons and daughters. Let's get prepared for November, we start by getting people registered to vote. We're collaborating with PACIO to hold 2 Voter registration days here at the Center. This Spring we will be available from 5:30 PM—8:30 PM on March 26th to assist people with registering. PACIO will have all the forms, can answer questions for voter registration, and will get the forms to the individual Town Halls of the registering voter. What could be easier? We'll have snacks & drinks available. We will hold a second event in the fall, prior to the election, and have materials on ballot questions and candidates. Let's make our voices (all of them) heard!



## 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.

### I Hour IEP Clinics Now Available with Live Streaming from Home

Meet with our Advocate, Gayle Greene from your 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. Watch the Weekly Update for dates that Gayle will be available

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

## INCLUSION GRANTS (YMCA)

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

We'll have new funding in July 2020

## Donations

### Annual Appeal Donors

*Jen & Michael DiSalvo*

*Christopher Sharry*

*Dr Joyce Rosenfeld & Jill DeBender*

*International Ceramic Engineering*

*Jackie Puglisi*

*Dr Lisa Kamean Silva*

*Dr Beverly Hay*

*Richard Zajchowski & Celia Brown*

### MEMORIALS

**In Memory of**

**Norma Gardner**

*Paul Millionis*

*Winifred & John F Connolly Jr*

*Clark University Financial Services*

## Going To College



### Are you considering college?

But, not sure where to start or where to go to have your questions asked? Then -

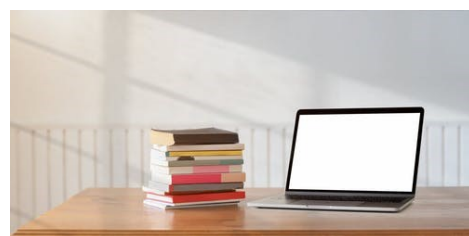
Join us for this informative workshop on, Getting Ready for College! Come and meet our knowledgeable presenter, Kristie Procter who is the Director of Disability Services at Quinsigamond Community College. Kristie is dedicated to assisting individuals on the spectrum to attend college as well as to receive needed supports and services to do so.

When: Tuesday March 31, 2020

Where: At the Center, 712 Plantation St., Worcester

Time : 5:30 PM - 7 PM

Pizza will be served



## Spring Workshops & Classes




Due to popular demand we will continue to work with Adaptive Exercise LLC to provide a spring eight week group exercise program. 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 6:30-7:15 PM beginning on March 30th run through April on the 6th, 13th, and 27th, and May 4th, 11th, 18th ending June 1st.

There will be no class Monday of the April Vacation or on Memorial Day. Classes will take place at the Center, 712 Plantation Street in Worcester. Fee \$20.00/pp. This class is suitable for all ages: young children to adults.

HMEA's  
**Autism  
RESOURCE  
CENTRAL**

# HIP HOP DANCE CLASS

 **beatz** DANCE STUDIO

Dates : March 5, 12, 19, 26th  
April 2, 9th  
5:30- 6:15 PM  
Ages 8-12

**\$15.00**



## FINANCIAL WELLNESS WORKSHOPS for PARENTS

*Opportunities for Parents of our programs to help them plan their overall financial well-being.*

### WORKSHOP #1

712 Plantation St ,Worcester – March 18, 2020 7-9PM  
Franklin – September 2020

**BALLIN' ON A BUDGET with Teens & Parents** – A money management and finance 101 with a football theme. We break it down into 4 quarters: 1) Financial Game Plan (budget & cash flow), 2) In the Red Zone (credit & loans), 3) How to Tackle Debt (understanding the cost of debt) and 4) Planning like a Pro (put it all together going forward).

### WORKSHOP #2

712 Plantation St Worcester - May 20, 2020 7-9PM  
Franklin – November 2020

**COLLEGE PLANNING** – Ways to Save On College. A review of the different funding options available to parents and how they can impact aid eligibility. FASFA, CSS and the other forms needed to apply. Are there strategies that can help save ON the cost of higher education. Should you be considering care needs for your child away at school?

### WORKSHOP # 3

8 Forge Park East ----Franklin -April 21, 2020 7-9PM  
Worcester – October 2020

**ABLE (529A) ACCOUNTS & ASSET PROTECTION** – Legacy planning for your child. Planning & protection strategies for you and your family. What are the different types of policies and what purpose do they serve? Ins & Outs of 529(A) ABLE Accounts. Why a Beneficiary Review is so important. How different assets can affect a child's benefits and options for designations.

### WORKSHOP #4

8 Forge Park East Franklin – June 16, 2020  
Worcester – December 2020

**LEGAL DOCUMENTS & GOVERNMENT BENEFITS** – A deeper dive into each of the documents you should be considering for your child. Conservator or Guardianship and should either be an option for your family? Medicaid, SSI, SSDI, and other available benefit programs. How and when to apply and what forms are needed. Post-secondary educational benefits.





## Grupo de Apoyo

The Autism Resource Center, in collaboration with Centro, is pleased once again to offer a support group for families who speak Spanish and have a family member with Autism Spectrum Disorder. This group will meet monthly at Centro, 11 Sycamore St in Worcester MA and will be co-facilitated by staff from HMEA's Autism Resource Central and Centro Staff .

The first meeting will be on Thursday March 21, 2020 at 10 AM, and the group will meet monthly through June. Dates may be found on HMEA's Autism Resource Central's website in the calendar at [www.autismresourcecentral.org](http://www.autismresourcecentral.org).

Parents will be assisted in securing services through the Department of Developmental Services, including IEP clinics, financial assistance to enable their child to attend a social skills group, as well as the support and camaraderie found in other parents facing similar challenges. Workshops to address the needs of the group will be offered as needed.

## Autismo 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 Centro 11 Sycamore St from 10am –12 PM . Live Streaming will be available for those who prefer at \$25.00 Translation only on site and materials in Spanish available .

May 7, 2020 Overview of Autism— Sue Loring RN

May 14, 2020 Accessing Public Supports—Deb Henderson Support Broker

May 21, 2020 Special Education Law—Gayle Greene M.Ed.

May 28, 2020 Let's Get Organized—Family Ties

June 4, 2020 Sensory Processing Disorder—Mary Loughlin OTR/L

June 11, 2020 Medical Aspects of Autism—Sue Loring RN

Register on our website . [www.autismresourcecentral.org](http://www.autismresourcecentral.org)

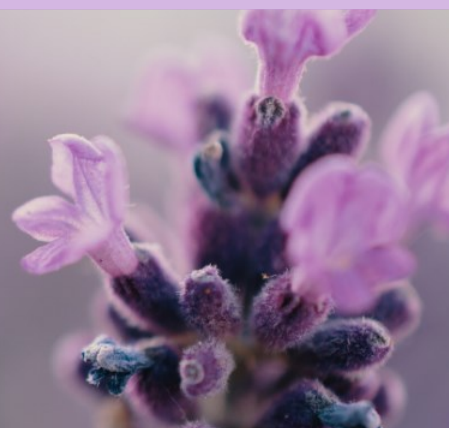
## Spring Fling

MAY 8, 2020  
MANOR RESTAURANT

# Spring Fling!

*Teens 13- 20 5:00 - 7:00 PM  
Adults 20 + 7:30 - 9:30 PM  
Dinner ~ Dancing ~ Karaoke  
\$15.00/pp \$30.00 Family Cap  
Parent Night Out runs concurrently*

*Save the Date*  
MOTHER'S RETREAT  
JUNE 6-7, 2020  
COLONIAL HOTEL





## ADVOCACY DAY AT THE STATEHOUSE

Join us for AFAM's Annual  
**Autism Advocacy Day**  
At the State House



**Safe, Secure, Successful – Tuesday, April 7, 2020**

Great Hall - The State House  
Boston, Massachusetts

- 
- 9:30 Registration – Refreshments will be served
- 10:15 Program begins
- Welcome: **Michael Borr**, Chairman, AFAM
  - Emcees: **Heather Hegedus** (*Boston 25 News* morning anchor) and **Reggie Williams** (self-advocate)
  - Autism Advocacy Month Proclamation
  - Nicky's/Dana's Law Remarks: **Senator Michael Moore**
  - Rise Up – Vocals by **Lavender Darcangelo** (self-advocate)
  - Distinguished Legislators of the Year: **Senator Patrick O'Connor and Representative Christine Barber**
  - Police Training: **Carrie Noseworthy**, parent
  - Operation House Call: **Kim Walsh (parent) and Braeden Yee (self-advocate)**
  - Budgetary and Legislative updates: **Maura Sullivan**, Director, Government Affairs, The Arc of Massachusetts
  - Acknowledgements: **Michael Borr**
- 11:30 Visit with Legislators
- Use this link to find the office numbers of your legislators:  
<https://malegislature.gov/Search/FindMyLegislator>



## Your Picky Eater — Dr Jeanne Chaclas

Do you have a picky eater? Does your child only eat 3 foods and the foods all white or yellow? The macaroni & cheese, chicken nugget, potato chip diet? Are mealtimes a battleground?

It's fairly common behavior for children on the spectrum and as a result their nutritional status suffers. There is a way to expand your child's food repertoire. Join us on May 13th to hear Dr Jeanne Chaclas speak about the feeding program at Monarch Clinic

The Monarch Clinic assesses and treats feeding issues related to reduced oral motor skills, oral sensitivity, or delayed development with respect to feeding. To address food aversions, The Monarch Clinic employs a Sequential Oral Sensory (SOS) approach to feeding, whereby clients work toward eating novel foods in a hierarchical manner. Utilizing visual supports and a token reward system, clients experience a greater level of tolerance and interaction with food by means of smell, touch, taste, and ultimately, the intake of new textures.

Jeanne E. Chaclas, MBA, CScD, CCC-SLP is the owner and director of The Monarch Clinic. She focuses her clinical practice on assessment, treatment, and advocacy for individuals experiencing neurodevelopmental cognitive-communication weaknesses such as autism spectrum disorders (ASD), as well as related feeding issues. A seasoned clinician, Dr. Chaclas delivers current evidence-based research to client-centered care. Her research efforts are centered on universal design for learning (UDL) teaching approaches, best practices of utilizing technology in treatment, and issues in speech-language pathology for diverse populations.

## Self Defense & Self Advocacy Classes

Due to the social impairments seen in autism our kids are often easily duped, bullied and tricked in the social world. This spring we will offer a 3 part series to teach older teens how to set boundaries and prevent abuse. The workshops will be facilitated by Impact:Ability

IMPACT:Ability empowers people and organizations to prevent abuse. Boston Public Schools students take IMPACT:Ability classes to learn how to safely interact with people they don't know while on their way to school or work. Adults use their safety skills to set clear boundaries with personal care assistants and enjoy living in their communities. IMPACT:Ability is an evidence-based initiative that equips people and organizations through Safety and Self-Advocacy Classes. People with disabilities work with highly trained coaches to learn how to defend themselves. They use their voice and bodies to establish safe boundaries, discourage potential threats, and defend themselves in a moment of danger. In addition, they learn how to report unsafe interactions to at least two trustworthy people.

Topics to be covered this Spring: Self Defense and Self Advocacy Topics including Safety with Strangers, Setting Boundaries around what you like and don't like, Setting Boundaries around Touch, Someone touching you inappropriately, Dealing with Bullying, Dealing with Rumors, Setting boundaries around dating Physical Self Defense Skills

Trainings will take place on Thursday evenings 6-9 PM on May 7th, May 14th & June 4th.

Classes will be limited to 12 participants, between the ages of 14 and 22, participants must be DDS eligible.

Please register on our website.



# Calendar

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 4, 2020**  
**Parents of Adults Group**  
 7-9 PM

**March 11, 2020**  
**Parents of Children & Tweens**  
**Support Group**  
**Kids Hangout time with Cid**  
 6:30 PM –8:00 PM

**March 15, 2020**  
**Parents & Tots**  
 10:30 AM— 12PM

**March 16, 2020**  
**A Parent Guide to Executive**  
**Function: Facts and Solutions**  
**Presented by Dr Kalyani Krishnan.**  
 7-8:30 PM See page 6

**March 18, 2020**  
**Parents of Teens Support Group**  
**& Teen Social Group**  
**Workshop Balling On A Budget**  
**Moody Street Group**  
 7 –9 PM

**March 19, 2020**  
**Grupo de Apoyo**  
 Centro 11 Sycamore St Worcester  
 10 AM—12 PM

**MARCH 21, 2020**  
**Sibshop**  
 For Siblings ages 7 and older \$10.00/pp  
 \$15.00 cap  
 United Parish Main St Lunenburg  
 10 AM –1:00 PM  
 Pajama Day

**March 21 2020**  
**Family Fun For All**  
**Matinee Movie**  
**West Boylston Cinema**

Times :TBA

**March 21, 2020**  
**Dads Night Out**  
**Worcester Railers Game**  
 (see page 7)

**March 25, 2020**  
**Parents of Girls Support Group**  
**& Girls Social Group**  
 6:30-8:30 PM

**March 26, 2020**  
**Voter Registration**  
 5:30-8:30 PM

**March 31, 2020**  
**Going to College**  
**Kristi Proctor**  
 5:30 –7 PM

## APRIL

**April 1, 2020**  
**Parents of Adults**  
**Support Group**  
 7-9 PM

**April 2, 2020**  
**Eleventh Annual Autism**  
**Awareness Celebration**  
 UMass Medical School  
 5:30-8:00 p.m.

**April 4, 2020**  
**Autism Awareness Day**  
**at the Redsox**  
 1:30 PM

**April 5 , 2020**  
**Parents & Tots**  
 10:30 AM — 12 PM

**April 7, 2020**

**Autism Advocacy Day**  
**Statehouse**  
**CENTER CLOSED**  
 (see Page 8)

**April 8, 2020**  
**Parents of Children & Tweens**  
**Support Group**  
**Kids Hangout time with Cid**  
 6:30—8:00 PM

**April 10, 2020**  
**Visit with the Bunny & Egg Hunt**  
 HMEA Sterling  
 3 Bartlett Pond Rd Sterling  
 4:30 PM– 5:30 PM

**April 15, 2020**  
**Parents of Teens Support**  
**Group & Teen Social Group**  
 7-9 PM

**April 16, 2020**  
**Grupo de Apoyo**  
 Centro  
 11 Sycamore St, Worcester  
 10 AM—12PM

**April 20, 2020**  
**CENTER CLOSED**

**April 21. 2020**  
**Family Fun Laser Tag at**  
**Mohegan Bowladrome**  
 151 Thompson Rd Webster Ma  
 Time: TBA

**April 21, 2020**  
**ABLE Accounts**  
**& Asset Protection**  
 HMEA  
 8 Forge Park East, Franklin Ma  
 7-9 PM



# Calendar

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

**April 22, 2020**  
**Parents of Girls Support Group & Girl's Social Group**

**FAMILY FUN FOR ALL**  
**RECESS 2**  
**West Boylston St**  
6:30-8:30 PM

**April 23, 2020**  
**Family Fun at Mapledell Farm**  
96 Fitchburg Rd Townsend Ma  
10:30 AM

**April 24, 2020**  
**Family Fun at the Movies**  
West Boylston Cinema 10 AM

**April 26, 2020**  
**Autism Superhero Walk /Run**  
**Bancroft School**

## MAY

**May 6, 2020**  
**Parents of Adults**  
**Support Group**  
7-9 PM

**May 7, 2020**  
**Autism 101**  
**Autism Overview**  
Centro, 11 Sycamore St Worcester  
10 AM—12PM

**May 7, 2020**  
**IMPACT: Ability**  
**Self Advocacy & Self Defense**  
Class 6-9 PM

**May 19, 2020**  
**Parents & Tots**  
10:30—12 PM

**May 8, 2020**  
**Spring Fling**  
**Manor Restaurant**

**May 13, 2020**  
**Parents of School Aged Kids & Tweens Support**  
**Kids hang out time with Cid**  
**Workshop :Your Picky Eater**  
6:30—8 PM

**May 14, 2020**  
**Autism 101**  
**Accessing Supports**  
Centro, 11 Sycamore St ,Worcester  
10 AM—12PM

**May 14, 2020**  
**IMPACT: Ability**  
**Self Advocacy & Self Defense**  
Class 6-9 PM

**May 16, 2020**  
**Sibshop Family Day**  
**Lunch & Minigolf at Mulligans**  
124 Leominster Rd Sterling  
11 AM

**Family Fun**  
**Minigolf at Mulligans**  
12:30 PM

**May 20, 2020**  
**Parents of Teens Support**  
**Group & Teen Social Group**  
**College Planning**  
see page 5  
7-9 PM

**May 21, 2020**  
**Grupo de Apoyo**  
**Autism 101 Sped Laws**

Centro, 11 Sycamore St  
Worcester  
10 AM—12 PM

**May 25, 2020**  
**CENTER CLOSED**

**May 27, 2020**  
**Parents of Girls Support**  
**Group & Girl's Social Group**  
7-9 PM

**May 28, 2020**  
**Autism 101**  
**Let's Get Organized**  
Centro  
11 Sycamore St, Worcester  
10 AM—12PM

## JUNE

**June 4, 2020**  
**Autism 101**  
**Sensory Processing**  
Centro, 11 Sycamore St Worcester  
10 AM—12PM

**June 4, 2020**  
**IMPACT: Ability**  
**Self Advocacy & Self Defense**  
Class 6-9 PM

**June 6-7, 2020**  
**Mothers Retreat**  
**Colonial Hotel**  
625 Betty Spring Road Gardner Ma  
\$100.00

**June 11, 2020**  
**Autism 101**  
**Medical Aspects of Autism**  
Centro  
11 Sycamore St, Worcester  
10 AM—12PM



712 Plantation Street  
Worcester, Ma 01605

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– 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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