

## Fall into Fun

The days are getting cooler, nights are getting longer, Fall is in the air. For some it means a return to books, schedules and learning, be that remote, back to school some days, each week or in some communities every other week. Parents have had to make hard choices and set up classroom like areas in their homes. Time alone will tell if this will create a surge of illness or if we've taught our kids well enough how to be safe in these times. I'm often amazed at how natural it has become for my adult son on the spectrum to don a mask as we leave the house, how he washes his hands thoroughly after being outside. The same holds true with my grandsons, whose faces I've not seen without a mask in six months. Kids adjust to change sometimes better than adults.

Still this continues to be hard and returning to learning in what ever mode you've decided is best for your family will be stressful. No longer do we delude ourselves that it will only be for a few weeks. This is the new reality. For families who've homeschooled this is nothing new, and we can learn from them.

One of the things that homeschooling families will tell you is that you have to break up the day with time for fun and find ways for kids to socialize. That's a bit challenging for our families whose children do not socialize well. We've spent the past 6 months trying various ways to provide engaging activities that translate well to the current realities we face. This fall, thanks to funding from grants we've a line up of activities that we hope will help you and your family fill the need for fun and social time.

With funding from Bailey's Team we are beginning a new gaming group, Initially the grant envisioned groups that would meet at the Center, and we've purchased gaming equipment that will be used once we can safely do so, But we also have had to adjust and on Monday and Wednesday at 5:45 PM we'll be offering a Minecraft group virtually.

With funding from Acadia Insurance a WR Berkley Company, we will be offering STEM activities on Thursdays using Snap Circuit kits which we'll provide for families. We'll start with kids ages 5-8 in October for 5 weeks, then do five weeks for kids ages 8-12 in November, and December, we'll take a break for the holidays then resume the activities with teens ages 13-20, The Kits contain elements to do hundreds of projects beyond the ones each group will decide to do.

Last summer we offered painting & pottery kits from Claytime with funding from the Doug Flutie Jr Foundation. This fall we'll offer two paint nights for the artistically inclined using the remaining funds from the Flutie Foundation.

Some old favorites will return, Monday nights Adaptive Exercise with Dave Crowley will return, but sessions will be recorded so that families who subscribe can access the sessions whenever and as often as they like. Siblings are welcome to participate as well. Physical activity has been shown to be helpful in reducing anxiety for individuals with ASD. Remote learning, working and social distancing have reduced opportunities for all of us to stay active, sign up and incorporate exercise into your day!

Legos will continue to be offered with Cid being online for the kids on Monday, Wednesday, afternoon and Thursday evenings. We hope that the Stem activities will also be of interest to our builders. Karaoke has proven to be a popular activity for some and will switch to Monday nights at 7:15 PM for Teens and Young Adults.

December will be here before we know it and we're working with Santa and his elves to provide a visit for the kids. See page 4 !

The need for support has never been greater. We've more stress in our lives than the average family to begin with and support groups will resume on Wednesday evenings. Each week will have a focus, and Cid will have hang out time with the kids before the group. But if you need human contact, like me, you are welcome to join any week or every week.

## FUNdraising

### TEE UP FOR AUTISM - Virtual Golf Tournament

September 21 through October 16\*

Cyprian Keyes, Boylston, MA

**\$75 per player  
or  
register a foursome for \$280**

Includes:

18 holes

Golf Cart (1 per player)

Driving Range

Callaway Scoring

Prizes for Top 3 Players

Join HMEA's Autism Resource Central for a socially distant charity golf tournament to raise funds for programs that support 3,800 families affected by Autism in Central, MA.

Golf at your own convenience\* within the safety of a golf cart reserved just for you.

\* weekdays only



For full details and to register, visit:

**[www.autismresourcecentral.org/tee-up-for-autism](http://www.autismresourcecentral.org/tee-up-for-autism)**



Our Thanks to Team HARC five individuals who walked or ran the equivalent of the Falmouth Road Race in their own communities raising a total of \$2142 for HMEA's Autism Resource Central. Team Captain Kris Cariglia was joined by Advisory Council Chairman Chris Sharry, Kris's daughter Meghan Gregoire, her niece Lianne Renaud and Joshua Holmes and Amanda Ashley

Each participant had 2 weeks to walk 7 miles in the home edition of this running classic. We are grateful for their efforts and will put the funds they raised to good use.



# Ante **Up** for Autism

**Your \$2 CAN make a difference!**

**1 in 54 children in the US is diagnosed  
with an autism spectrum disorder**



**Add \$2<sup>.00</sup> to your bill  
throughout the month of October**

**Greater Good Imperial Brew Co. will donate all proceeds  
to autism programs at HMEA's Autism Resource Central  
in Worcester, MA.**



# SANTA CLAUS IS COMING TO TOWN!



A Socially Distant Meet and Greet  
with Santa Claus Himself! Sponsored by  
New Beginnings ABA



**DECEMBER 5TH & 6TH, 2020  
FROM 9:00 AM TO 6:00 PM**

SANTA CLAUS WILL VISIT YOUR DRIVEWAY AND ONE OF  
HIS ELVES WILL DROP PRESENTS FOR CHILDREN AGED 12  
AND YOUNGER ON YOUR DOORSTEP. IF KIDS SEND A  
LETTER TO SANTA C/O AUTISM RESOURCE CENTRAL  
TELLING SANTA WHAT THEY'VE DONE THIS YEAR TO BE  
A GOOD BOY OR GIRL, SANTA WILL ALSO LEAVE A  
PERSONALIZED LETTER WITH THE GIFTS.

CONTACT CID DELEO TO SCHEDULE YOUR VISIT  
508-298-1610

## There's No Place like Home for the Holidays

After Camp Safe at Home, we began dreaming of a week of virtual activities for the December vacation week. We're constrained this year by the lack of funds, but that doesn't keep us from dreaming big! We had a plan we just needed funds, that's when Hanover Insurance Group Foundation came in and made our dream a real possibility by providing the funding to make our No Place Like Home for the Holidays week happen! Our Thanks for their generosity.



**DECEMBER 24, 2020**



The longest day of every year for kids is Christmas eve. The hours drag and it feels like the day will never end. So sign in on December 24th and pull out the craft kit to make a gingerbread house to keep the kids occupied. Kids Karaoke will allow kids to enjoy the holiday classics and a Magic show will entertain.

The rest of the week's activities will take place after the long holiday weekend.

**DECEMBER 28, 2020**



Monday we'll be painting a winter themed canvas. All the materials will be provided for each child to create their own masterpiece. We've set aside some time so the kids can share what was the best gift they received, a holiday show & tell! After a break for lunch a puppet show with John McDonough is planned. After the show in the week's supplies will be materials for all the kids to make sock puppets!

**DECEMBER 29, 2020**



On Tuesday we'll "visit" the New England Aquarium via Zoom to learn about the different types of penguins housed at the Aquarium. The rest of the day will be focused on crafts, a penguin thermometer, and assembling bird feeders which will give hours of enjoyment watching the local birds feed through the winter.

**DECEMBER 30, 2020**



On Wednesday we'll be making tie dyed shirts and some "musical" instruments with recycling items in the house in the morning then Animal Adventures will be the entertainment for the afternoon and we'll wind down with an animal themed craft.



**DECEMBER 31, 2020**

Thursday is New Year's Eve. We'll start with a discussion of what 2020 has been like, the good, the bad and the ugly. Reflecting on the past year leads to thinking about what we'd like to accomplish in the new year. So we'll create a Family Time Capsule. Each family member will be able to write down what they'd like to accomplish in the new year, for themselves. After the time capsule is filled with the family's resolutions it will be sealed and put away until December 31, 2021 when everyone can see what they hoped to do or learn in 2021 and if they accomplished their goals. This could become a new family tradition!



## Building Confidence with Legos, STEM & Minecraft

### LEGOS

Since last spring Cid has been meeting online with kids each day to build with LEGOS. These sessions have not only given kids an hour of fun but have challenged them to think outside the box, to create without block by block instruction. A wonderful side effect has been the building of self confidence in participants and connecting with others who share similar interests. Friendships have developed and cooperative building allows kids to be part of a team. The success of this group has led us to create other groups for this fall which incorporate the same skills that are typically a strength for kids with ASD. Visual spatial skills and the thinking needed to follow steps to build.

LEGOS will continue to be offered three days a week Monday and Wednesday at 4:15 PM and Thursdays at 6PM. Kids of any age can join, all you need is some legos and an imagination! This program is open to kids with ASD and their siblings.

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



### S.T.E.M.

STEM is an acronym that stands for Science Technology Engineering and Math. These subjects have a natural appeal for kids on the spectrum and they often excel in concrete subjects. Education in STEM will promote critical thinking and problem solving. Thanks to a grant from Acadia Insurance, a Berkely Company, we are happy to offer a 5 week program which aligns with STEM. Using Snap Circuits participants will complete projects each week, building electrical circuits and confidence. Families will need to register and then pick up a snap circuit set at the Center. Families may sign up only one of their kids, but all kids can participate and only 1 kit will be issued per family.

The first group will be for kids 5-8 years old. The group will meet with Cid every Thursday starting October 8th at 4:15 PM for 5 weeks.

The next group will be for kids 8-12 years old. They will begin meeting on November 12th at the same time, 4:15– 5:15 PM finishing in December. We'll take a few weeks off for the holidays then resume for teens ages 13-20 on January 7, 2021.

Kits provide much more than 5 projects and will provide the kids with hours of fun.

Cost per family to participate is \$20.00  
Please register on our website

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

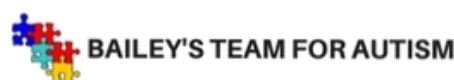
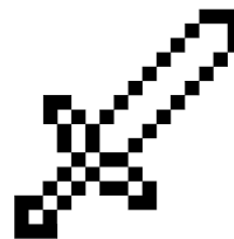


### MINECRAFT

Minecraft is all about building. You are dropped into a random world and can make tools and buildings out of raw materials. There are different modes. In **Creative Mode**, you start out with all the supplies you'll need to create buildings so you can just focus on building the most elaborate structures you can dream of.

In **Survival Mode**, you have to go out and gather the building materials. You also need food so you don't starve to death. You can build shelter and weapons to protect yourself against zombies and other enemies. On Mondays and Wednesdays from 5:45-6:45 PM, thanks to a grant from Bailey's Team for Autism, Cid will be online building and helping kids aged 7-12 connect virtually with friends in a Minecraft Group! When it is safe to come together at the Center, we've new gaming systems and equipment made possible by the grant and will be able to play and be together!

Space is limited to 10 kids so sign up your child to receive a zoom link from Cid to be part of the group.



## IEP & Sensory Clinics



Participants for clinics **MUST** be DDS eligible, and under the age of 18 for clinics.

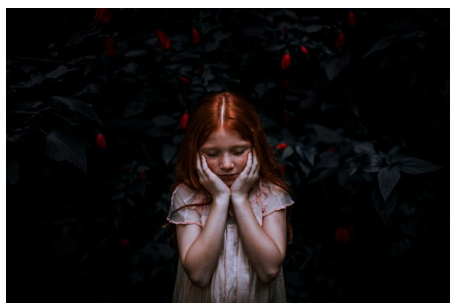
1 Hour IEP Clinics Now Available with Live Streaming from home. Meet with our Advocate, Gayle Greene from your home on your phone or computer to discuss your child's IEP, concerns and needs and how best to advocate for changes with your school. Please send a copy of your child's IEP to Gayle for review at [Advocatesplus123@comcast.com](mailto:Advocatesplus123@comcast.com) before your scheduled meeting.

Available Dates : October 6, October 13, October 27th November 10th

Times 6PM and 7 PM

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

## SENSORY CLINICS



Mary Loughlin MS OTR/L will provide consultation to families in the area of Sensory Processing Dysfunction. Child and Parent will meet with Mary for Three (3) 1 hour zoom sessions across 3 weeks.

A Sensory Profile Assessment will be sent to the parent to complete before the first zoom meeting which will identify any sensory specific needs their child may or may not have.

Parents may be asked to videotape any specific problems the child is experiencing for Mary to observe. Parents will be provided with resources including websites, DIY sensory equipment, sensory play and activities. Parents will be given an individual "sensory diet" for their child. Please call 508-835-4278 to book your clinic. Mary will e-mail you with a zoom link.

Session 1 4 PM & 5 PM October 15, 22, 29th

Session 2 4 PM & 5 PM November 5, 12, & 19th

## Donations And Memorial Gifts

### MEMORIAL GIFTS

#### In Memory Of Geraldine and Thomas Egan

*Robert Burke*

*Feysan Lodde*

*Paula Zanca*

*Robert and Marjorie Murphy*

*Leah Pengel*

### DONATIONS

*Joan Mikalauskas*

*Todd Toubert*

### UNITED WAY DONORS

*Melissa Barr*

*Meredith Blakely*

*To designate the Autism Resource Center as the recipient of your United Way Donation use the name Autism Resource Central and the code UN 00365*

### 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. Car Donations are accepted at <http://www.donateacar.com/> or call 800-240-0160 to speak to a representative of Car Program LLC

Our Thanks to the following who donated

*Jaime Walker*

## Autism 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 SPED law and an organizational workshop.

Autism 101 will take place in October and November On Thursday evenings from 7-9 PM via ZOOM

October 15, 2020: Overview of Autism Spectrum Disorders and Center Supports Deb Henderson Waiver Broker

October 22, 2020 : Special Education Law Gayle Green M.Ed.

October 29, 2020: Autism and Sensory Processing Disorder, Mary Loughlin OTR/L

November 5, 2020 Accessing Public Supports, Kristen Cariglia Director of Operations

November 12, 2020: Medical Management of ASD, Sue Loring RN

November 19, 2020 Let's Get Organized, Pauline Menchin , Family Ties

## Adaptive Exercise

It's back ! Once again we are partnering with Adaptive Exercise LLC to provide an eight week group exercise program this winter. 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 October 5, run through October and end November 30th. There will be no class Monday October 12th. Classes will virtual through Go to Training, fee: \$10.00/family. This class is suitable for all ages young children to adults.

Monday doesn't work for you? We will be recording classes and those who register will be able to access the recordings of each class throughout the week . The recordings will allow you to participate at a more convenient time. With few opportunities for exercise while we wait out the pandemic this provides a fun way to incorporate exercise into your daily routine. Need a break from remote learning? Exercise!

For kids with autism, studies show that vigorous activity for more than 20 minutes can help decrease stereotypical behaviors, hyperactivity, and aggression. Exercise not only helps children with autism better engage in the environment, but it also helps promote weight loss and leads to better overall health.



## Sibling Bonds—By Aubrey Elizabeth

*Aubrey was a frequent participant at Center activities when her sister was younger. She has participated every year in the 5K Run and walk and is exceptionally close to her sister. Like many families Covid 19 has made it difficult for them to be together. But love finds a way and Aubrey shares how she has maintained contact with her sister here.*

This pandemic that shut down Massachusetts in March has taken its toll on many families, in many different ways. My younger sister and I are very close, best friends, and always have been even with a nine-year age gap between us. She was diagnosed with Autism when she was 2 years old and I've always been extremely protective her. I don't live at home with my parents and my sister anymore, but I live only a few miles away. I would visit my sister in person, at least once a week. We'd go to the gym together, eat at Panera (because I got her hooked on their bacon mac and cheese), or go get cupcakes.

About a week before the state was shut down, my father, little sister and I went to the last Celtics game that will probably be played in Boston this year. We'd had the tickets since the Fall, and we make sure to go to at least one Celtics game every year. When I was in college, I got my little sister into watching basketball, specifically NBA basketball. She is now one of the biggest Celtics fans I know. She wears her Gordon Hayward jersey with pride. She can tell anyone what every player's salary is, what their stats are, and what college they went to before being drafted into the NBA. It's extremely impressive.

I haven't stepped foot in my parents' home since the beginning of March. My mother is considered high risk, and I'm trying to do my part to keep all of them safe. So instead of watching Celtics games together in my parents' living room, I call her during the games so she can hear me yell at the refs, and she'll tell me to calm down. We don't go get cupcakes together, but I will order some for curbside pick-up and drop them off for her to eat. I sit in the front yard at my parents' house and she will be up in her window. She'll tell me about what her and her friends have been talking about and how her boyfriend is doing. I'll tell her what dumb thing my cat did the other day, and then she'll tell me about how remote school is going well for her, and that it is taking time to adjust to all these changes. Despite these changes, she is thriving. This is not how she wanted to spend her senior year, but she is handling it with so much maturity. I couldn't be more proud of her.



## Legal Documents & Government Benefits

We want our children to have all the supports they are eligible for but the process is daunting, How do you apply for guardianship ? SHOULD you apply for guardianship,? So many acronyms and some hard decisions as our children on the spectrum come of age. Join us on October 22nd for 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 will also be discussed .

Knowledge is power, so plan to joins us when Moody Street will help demystify the oft times confusing documents on October 22nd at 7 PM in a special ZOOM session for parents of teens .



## **OCTOBER**

**October 1, 2020**

**Legos with Cid**  
6PM

**October 5, 2020**

**Legos with Cid**  
4:15 PM

**Adaptive Exercise**

6:30 –7:15 PM

**Karaoke for Teens &  
Young Adults**

7:15-8:15 PM

**October 7, 2020**

**Legos with Cid**  
4:15 PM

**Young Adults Hang out time  
with Cid**  
7-8 PM

**Parents of Adults  
Support Group**

8-9 PM

**October 8, 2020**

**STEM GROUP**

for ages 5-8  
4:15– 5:15 PM

**Legos with Cid**  
6PM

**October 12, 2020**

**CENTER CLOSED**

**October 14, 2020**

**Legos with Cid**  
4:15 PM

**MINECRAFT GAMING  
GROUP**

5:45 –6:45PM

**Hangout with Cid  
for Kids and tweens**  
7-8 PM

**Support Group for Parents  
of Children & Tweens**

8-9 PM

**October 15, 2020**

**STEM GROUP**

for ages 5-8  
4:15– 5:15 PM

**Legos with Cid**

6:00 PM

**October 17, 2020**

**Sibshop 9:30 AM—11:00 AM**

**October 19, 2020**

**Legos with Cid**  
4:15 PM

**MINECRAFT GAMING GROUP**

5:45 –6:45PM

**Adaptive Exercise**

6:30 –7:15 PM

**Karaoke for Teens &  
Young Adults**

7:15-8:15 PM

**October 21, 2020**

**Legos with Cid**  
4:15 PM

**MINECRAFT GAMING GROuP**

5:45 –6:45PM

**Teen Hangout with Cid**

7-8 PM

**Parents of Teens  
Support Group**

7-9 PM

**Workshop by Moody Street**

LEGAL DOCUMENTS &  
GOVERNMENT BENEFITS

**October 22, 2020**

**STEM GROUP**

for ages 5-8  
4:15– 5:15 PM

**Legos with Cid**  
6PM

**October 26, 2020**

**Legos with Cid**  
4:15 PM

**MINECRAFT GAMING  
GROUP 5:45-6:45 PM**

**Adaptive Exercise**

6:30 –7:15 PM

**Karaoke for Teens &  
Young Adults**

7:15-8:15 PM

**October 28, 2020**

**Legos with Cid**  
4:15 PM

**MINECRAFT GAMING  
GROUP 5:45 –6:45PM**

**Girl Time with Cid**

7-8 PM

**Support Group for  
Parents of Girls**

8-9 PM

**October 29, 2020**

**STEM GROUP**

for ages 5-8  
4:15– 5:15 PM

**Legos with Cid**  
6PM

**October 30, 2020**

**Virtual Halloween Costume  
Dance for Teens & Young  
Adults**

6:30 PM –8 PM

## **NOVEMBER**

**November 2, 2020**

**Legos with Cid**  
4:15 PM



**MINECRAFT GAMING  
GROUP 5:45-6:45 PM**

**Adaptive Exercise**  
6:30 –7:15 PM

**Karaoke for Teens &  
Young Adults**  
7:15-8:15 PM

**November 4, 2020**  
**Legos with Cid**  
4:15 PM

**MINECRAFT GAMING  
GROUP 5:45 –6:45PM**

**Young Adult's  
Hangout Time with Cid**  
7-8 PM

**Parents of Adults  
Support Group**  
8-9 PM

**November 5, 2020**  
**STEM GROUP**  
for ages 5-8  
4:15– 5:15 PM

**Legos with Cid**  
6:00 PM

**November 9, 2020**  
**Legos with Cid**  
4:15 PM

**MINECRAFT GAMING  
GROUP**  
5:45-6:45 PM

**Adaptive Exercise**  
6:30 –7:15 PM

**Karaoke for Teens &  
Young Adults**  
7:15-8:15 PM

**November 11, 2020**  
**Legos with Cid**  
4:15 PM

**MINECRAFT GAMING GROUP**  
5:45 –6:45PM

**Hangout with Cid  
for Kids and Tweens**  
7-8 PM

**Support Group for Parents  
of Children & Tweens**  
8-9 PM

**November 12, 2020**  
**STEM GROUP**  
for ages 8-12  
4:15– 5:15 PM

**Legos with Cid**  
6PM

**November 16, 2020**  
**Legos with Cid**  
4:15 PM

**MINECRAFT GAMING GROUP**  
5:45-6:45 PM

**Adaptive Exercise**  
6:30 –7:15 PM

**Karaoke for Teens &  
Young Adults**  
7:15-8:15 PM

**November 18, 2020**  
**Legos with Cid**  
4:15 PM

**MINECRAFT GAMING GROUP**  
5:45 –6:45PM

**Teen Hangout with Cid**  
7-8 PM

**Parents of Teens  
Support Group**  
8-9 PM

**November 19, 2020**  
**STEM GROUP**  
for ages 8-12  
4:15– 5:15 PM

**Legos with Cid**  
6PM

**November 21, 2020**  
**Sibshop**  
9:30 AM – 11AM

**November 23, 2020**  
**Legos with Cid**  
4:15 PM

**MINECRAFT GAMING GROUP**  
5:45-6:45 PM

**Adaptive Exercise**  
6:30 –7:15 PM

**Karaoke for Teens &  
Young Adults**  
7:15-8:15 PM

**November 25, 2020**  
**Legos with Cid**  
4:15 PM

**MINECRAFT GAMING GROUP**  
5:45 –6:45PM

**Girl Time with Cid**  
7-8 PM

**Support Group for Parents  
of Girls**  
8-9 PM

**November 26, & 27th 2020**

**CENTER CLOSED  
HAPPY THANKSGIVING**

**November 30, 2020**  
**Legos with Cid**  
4:15 PM

**MINECRAFT GAMING GROUP**  
5:45-6:45 PM

**Adaptive Exercise**  
6:30 –7:15 PM

**Karaoke for Teens &  
Young Adults**  
7:15-8:15 PM





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Email: [autism@HMEA.org](mailto:autism@HMEA.org)

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

#### **HOURS**

Monday through Thursday 9 AM – 5 PM

Wednesday 9 AM -9 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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