



Parent/Guardian Support & Resource Pages Week Ending of October 23, 2020



CASE Collaborative Community News

Dear Parents/Guardians,

With the unfavorable trending in the number of COVID cases and increased percentage of positive tests, we are delaying making any decisions about offering increased in-person learning until the situation stabilizes and the data are more favorable. Any changes are dependent on the decisions of local districts as well as DESE and DPH guidance. We are actively monitoring the situation and will continue to keep you informed.

CASE is committed to being prudent in our efforts to empower families and help navigate some of the challenges resulting from COVID-19. We are excited to announce that we will begin offering monthly workshops starting in mid-November. Our workshops and topics of discussion will be presented by various CASE staff as well as speakers from agencies who serve families of children with special needs. The workshops will be offered virtually via Zoom in the early evening hours. We have three topics/speakers identified for the months of November through January. We have listed the preliminary information below. More detailed information will follow shortly. We hope you will join us during our Zoom events!

November - Katharyn Vital, CASE Lead Nurse & Kellie Fitzgerald, CASE Classroom Nurse -
Topic of discussion will be "A Happy and Healthy Winter Season"

December - CASE Consultation, Education, and Training for Technology (CETT) Team -
Topic of Discussion will be "Zoom Classroom Tips"

January- Speaker TBD - Topic of Discussion will be 'Mindfulness Practice'

In closing, every October since 1996, the Massachusetts Down Syndrome Congress has been hosting its Buddy Walk & Family Festival to celebrate the Down Syndrome community and promote acceptance and inclusion. Held annually during National Down Syndrome Awareness Month, this signature walk continues to be the MDSC's largest public awareness and fundraising event. Check out the video link below to watch the debut of the 'Buddy Walk Dance Team' choreographed by Becky Robichaud - who is a parent to one of our former CASE students! Becky is also part of the very talented staff at 'The Dance Inn'. You can learn more about 'The Dance Inn' and adaptive dance lessons in the "Fun Activities and Recreation" section below. Enjoy!

https://drive.google.com/file/d/15AcTWYp8DD81dslclu_zN3UzHpRMYryY/view?usp=sharing

Be Well,
Sanchita Banerjee, Executive Director
Sue Campbell, Resource Assistant



Community Workshops and Conferences



FREE Online "Open" Q & A Helping Children & Teens Foster Friendships During COVID for Parents

When: October 27, 2020 | Tue 7:00 pm to 8:30 pm

Format: Virtually via Zoom

Jim Ross from the Widening the Circle project at the Arc of Massachusetts will speak and answer questions about ways to help our children and teens foster friendships under COVID-19 conditions. Jim Ross has worked in human services for 40+ years supporting people with disabilities. This work includes summer camps, disability-related information and referral, founding and directing a non-profit human service organization and providing direct care. Jim is currently co-coordinator of Widening the Circle, an Arc of Massachusetts project dedicated to helping bring people with and without disabilities together in deep and meaningful relationships. Jim has a life-long interest in supporting people with disabilities to participate fully in community life. He believes that people with and without disabilities should be together wherever they live, learn, work and play. Two of Jim's children have disabilities themselves, making this work intensely personal for him. To learn more and for registration visit <https://www.aane.org/event/online-open-free-q-a-with-jim-ross-for-parents-of-children-and-teens-10-27-20-700-pm-830-pm-et/>



Planning for Your Grandchild's Future

When: October 27, 2020 | Tue 7:00 pm to 8:00 pm

Format: Virtual via Zoom

COVID-19 has created significant stress for many families throughout the Commonwealth. Whether worrying about a child's education, their social and emotional well-being, or concerns about how to meet basic needs like food and shelter, this pandemic has affected all families in some way or another. As grandparents raising grandchildren, you have an additional worry: What will happen to my grandchild should I get sick or should something happen to me? The Commission on Grandparents Raising Grandchildren is offering a workshop to help grandparents and relative caregivers begin the discussion and process of planning for a grandchild's future. Register by emailing Colleen Pritoni at colleen.pritoni@state.ma.us. Please include any questions you may have ahead of the workshop.



Developmental Childhood Trauma Training for Caregivers

When: October 28, 2020 | Wed 6:30 pm to 9:30 pm

Format: Virtually via Zoom

Due to many requests, RTSC has decided to offer a trauma training for Caregivers. Are you raising a child with a history of trauma? Are you looking for a better understanding of the "why" of their challenges? The Recruitment, Training, and Support Center for Special Education Surrogate Parents is offering their Developmental Childhood Trauma Training to caregivers. Whether you are a parent, foster parent, kinship caregiver, grandparent raising their grandchild, or someone interested in learning more about trauma and how it impacts the child, this training is for you. This event is free and open to the public. Register here - https://zoom.us/meeting/register/tJclf-6grzgrHdBJ_XfKxQXMqMSVoMmlaD6i Questions can be addressed to Mary-Beth Landy at mlandy@fcsn.org



Wheelchair User? PCA? Join Us to Learn about Skin Protection!

When: November 4, 2020 | Wed 10:30 am to 12:30 pm

Format: Virtual

Learn how to protect skin and prevent pressure injuries. Each 2-hour Zoom session will include:

- *Skin protection in the wheelchair, bed, shower chair and transfers.
- *Use and application of Pressure Mapping Technology
- *Open conversation for questions, suggestions, helpful tips, etc.
- *Zoom format will be used to allow "face-to-face" conversation and sharing.

To Register: Visit <https://tinyurl.com/PMTworkshops>.

Supporting documents will be emailed in advance of the event, along with a brief survey to be completed following the workshop. The email will also include Zoom instructions, meeting link, and dial-in information. Sessions will be limited to 15 people per session. Please be sure to register as soon as possible.



Telling your Story

When: November 7, 2020 & November 14, 2020 | Sat 10:00

Format: Virtual via Zoom

Join Lauri Madeiros and Bethany Van Delft for a FREE 2-Part Workshop on telling your story!. This workshop is being hosted by the Metro-Boston region of Massachusetts Families Organizing for Change especially for parents and caregivers of individuals with disabilities and chronic medical needs. The first session will teach you how to effectively tell your story. The second session will focus exclusively on telling your story to legislators. This is a two-part workshop, and you must commit to attending both sessions. Details will be posted to mfofc.org soon In the meantime, save your seat for this sensational opportunity. Register at:

<https://massfamilies-org.zoom.us/meeting/register/tZltcOGrrjkoHNeTLhVP36u7Bv6yNUtGbPa7> After registering, you will receive a confirmation email containing information about joining the meeting.



Abilities Virtual Experience 2

When: November 20-22, 2020, Accessible 24 hours a day starting Friday, 9 am PST

Format: Online Globally - Live host, workshops and adaptive activities.

Abilities VE2 is Back and Better than Ever! The Abilities Virtual Experience is back to connect you with the disability-focused resources your need from the comfort of your living room. Thanks to all for the great feedback from the first virtual show. We kept everything you loved and improved on everything you didn't. So, settle in for more engagement, more interactivity and more accessibility! Are you registered yet? It's free. Learn more here

<https://www.abilities.com/virtual/>



Transition and Beyond (ages 14-22)



Applying for SSI Benefits for a Child with Special Needs

If you are a parent of a child with special needs, you will know how much added cost your family experiences, from therapy, medical bills, house modifications, and more. A child with special needs may be able to receive ongoing monthly income from the Social Security Administration (SSA). If approved, benefits are paid through the Supplemental Security Income (SSI) program and can be used to cover a child's everyday needs as well as medical care, educational costs, and other expenses. Read on here on how to apply

<https://magazine.parentingspecialneeds.org/publication/?m=13847&i=673824&p=22&ver=html5> Note: click on the 'continue reading' button for additional information and important resources.



Focus Group Discussion - Transitioning Out of Early Intervention

The Federation is helping to spread the word. MORE Advertising and Cambridge Focus are doing research for several agencies in MA and are recruiting parents of children age 3 to ~5 for virtual focus groups to discuss transitioning out of Early Intervention Services. They are looking for important feedback from families in Massachusetts! Participants are paid for their time! Anyone interested can contact the phone number below to see if they qualify!

*Who is eligible?

Parents with kids age 3-5 who previously received Early Intervention services and were found ineligible OR eligible for pre-school special education services. We're looking for families who have gone through this transition already.

*What is involved?

Participate in a virtual Zoom focus group discussion in English; total of 80 minutes
Dates are Nov. 5th, 9th, or 10th – Specific date will be shared with those recruited
Parents receive \$100 for participating!

How can parents sign up? One of two ways:

Complete an online screener and a recruiter will contact them – Quick Online Screener link below or
Call Karissa at (857)-331-1357 if you're interested and reference, "transition groups"

Thank you for helping us to better serve families!

https://www.research.net/r/Child_Education_November_Focus_Groups



DDS Presentation Available DDS Day and Employment Supports & Self Direction

At our October 13thth Webinar, co-sponsored by the Autism Insurance Resource, DDS Metrowest Regional Director Gail Gillespie discussed what is happening with DDS day and employment programs during Covid and beyond.

Gail was joined by Jennifer Benoit, who is in charge of self-directed services at DDS. Click on the following link below to view the recorded conference. <https://drive.google.com/drive/folders/1yBuFqQ670glm1l3ycEqFMumj2gKvd45V>



Community Support



REquipment

REquipment is a durable medical equipment (DME) re-use program offering free refurbished wheelchairs, scooters, shower chairs and more to adults, children and elders living in Massachusetts. REquipment will assign 1 piece of equipment per person per year in the following categories: power wheelchairs, manual wheelchairs, scooters. Some items are reserved for certain geographic locations. These items are noted in the comment section of the device description. Search our inventory and request items you need today! <https://dmerequipment.org/search.php>



Listen to the CDC's Kidtastic Podcast

Many parents are looking for screen-free options to keep kids entertained. Take a break from screens by listening to educational and kid-friendly podcasts. From food allergies to smart snacks, kids can learn about health topics with CDC's Kidtastic Podcast. These podcasts are for children, ages 5-10. They are short and entertaining and will help kids learn about things to keep them safe and healthy.

<https://tools.cdc.gov/medialibrary/index.aspx#/podcastseries/id/302099> *The podcasts are not disability specific.



MDDC October 27th Public Forum for 5 Year State Plan

When: October 27, 2020 | Tue 6:00 pm to 8:30 pm

Format: Virtual via Zoom

The Massachusetts Developmental Disabilities Council invites individuals with developmental disabilities, their family members and other stakeholders to a Public Forum to speak about issues and barriers affecting people with developmental disabilities living in Massachusetts. The Massachusetts Developmental Disabilities Council is an independent agency funded by the federal government to work with the Commonwealth of Massachusetts to better support people with developmental disabilities and their families. MDDC's mission is to help people with developmental disabilities have opportunities to lead successful lives in their communities by supporting inclusive education, greater employment opportunities, and the right to make choices about where, with whom, and how they live. Register here <https://www.eventbrite.com/e/mddc-1027-public-forum-for-5-year-state-plan-tickets-124283506313>



Fun Activities and Recreation



Trick-Or-Treating at the Boston Ability Center

When: October 31, 2020 | Sat 3:00 pm to 6:00 pm

Where: 10 Tech Circle, Natick MA

We are excited to host socially distant trick-or-treating at the Boston Ability Center! Children and families are invited to trick-or-treat between rooms at our Natick facility. Costumes are always welcome! Please be sure to read below in detail to understand the precautions that will be in place. For more information and registration visit

<https://hipaa.jotform.com/202885277390161>



45 of the Best Halloween Movies for Kids, According to Age

Snickers, Almond Joy, toothbrush...wait, what? Yep, we all know that a kid's trick-or-treating haul can be a mixed bag. It just so happens that Halloween festivities in general can be equally fraught with clear wins and dismal fails—like when your three-year-old starts talking about his costume in June and then realizes he's terrified of everything come October. Don't get us wrong, we love to dress up, carve pumpkins and eat candy—but when it comes to getting kids to feel the spooky holiday vibes (or satisfying them when they already do), this list of age-appropriate Halloween movies for kids might just come in handy. https://www.purewow.com/family/halloween-movies-for-kids?blm_aid=34829



Special Olympics
Massachusetts

Brave Yoga- Virtual Unified Yoga Program

When: October 27, 2020– November 24,2020 | Tue 4:30 pm to 5:00 pm

Format: Virtual

Join us for Yoga with Lisa from Brave Yoga!! Lisa the Co-Owner and Director of Programming from Brave yoga will be leading us through a 30-45-minute yoga session. Lisa is a licensed occupational therapist and is certified in yoga instruction and pediatric yoga. She currently works with youth at the New England Center for Children (NECC). For more information check out the program's page <https://www.specialolympicsma.org/brave-yoga-virtual-program/> or Register Here <https://www.specialolympicsma.org/brave-yoga-virtual-program-registration/>

Live Zoom Fitness Class

When: October 21, 2020 - December 2, 2020 | Wed 3:00 pm to 4:00 pm

Format: Virtual

Join us on Wednesday for Live Fitness Class via Zoom!! Our live classes look different each week (meaning the type of workout that we will be doing). Our weekly blog will provide the class topic each week. but for even more information and the zoom link check out the Live Wednesday Workouts page here <https://www.specialolympicsma.org/wednesday-live-fitness/>

MFA Beyond the Spectrum Art Activities go Virtual

When: Select Saturdays | Tue 10:30 am to 12:00 pm

Format: Virtually via Zoom

Beyond the Spectrum is a specially designed program for children and teens with Autism Spectrum Disorders. Online classes meet on select Saturdays from 10:30 am–12 pm. Each class lasts an hour and a half and combines close looking and discussion with an art-making activity. There are two separate programs offered.

***Beyond the Spectrum (age 8–12)**

Online classes offered for 8 to 12-year-olds feature close looking and discussion about artworks led by an experienced instructor, followed by a creative art-making workshop. Parents and caregivers are encouraged to participate. Classes meet one Saturday per month on Zoom.

***Beyond the Spectrum Teen Studio (age 13–18)**

Online classes offered for 13 to 18-year-olds focus on specific art topics and incorporate discussion, critical inquiry, and art making. Students will look at and discuss MFA artworks, and then work independently on a project with guidance from an experienced instructor. Caregivers and parents are welcome to attend and participate. Classes meet one Saturday per month on Zoom.

Click the button below to read through our updated class information, see upcoming class themes and activities, and purchase tickets. <https://www.mfa.org/programs/community-programs/beyond-the-spectrum>



The Dance Inn Adaptive Dance Fall 2020

When: October 31, 2020 - December 12th, 2020 | Sat 11:00 am to 11:30 am (No class Thanksgiving weekend)

Format: Virtual via Zoom

Becky Robichaud and Hannah Geller of The Dance Inn will be teaching a 6-week virtual adaptive dance class. The class will be a hybrid of six 30-minute live zoom classes with at-home practice videos to use between classes. Dance to your favorite music, see some old friends and meet new ones, and most of all have fun learning a dance.

Max: 10 students (ages 14-20)

Cost: \$75.00- Financial assistance is available!

Link for dance class registration

<https://app.thestudiodirector.com/thedanceinn/portal.sd?page=Login> <https://www.thedanceinn.com/>



2020 Halloween Coloring Contest for Children with Special Needs

Where: Market Basket Stores

Enter to win a \$50 gift certificate to Barnes & Noble! Three age groups. For ages 2-4yrs, 5-7yrs, and 8-10yrs. (No age restriction). Two prizes per store for each age group! Pick up your Coloring Pages at the Courtesy Booth at your local Market Basket. Everyone is a winner! All entrants will receive a treat!



Family Support & Special Interest



NEW Family Network Social Parents of Transition Age Youth (P-TAY) welcomes Erica Torres & Associate, Center for Living and Working

When: November 4, 2020 | Wed 6:00 pm to 8:00 pm

Format: Virtual via Zoom

Join us and learn what services are available for youth/young adults including independent living services and housing workshops. <https://zoom.us/j/99976478858>, Meeting ID: 999 7647 8858, (no password needed)

+1 646-558-8656 Questions? Email Kathy and Ann at Parentsupportgroup@ppal.net

NEW Family Network Social welcomes Pauline Menchin, Family Ties of MA “Let’s Get Organized”

When: November 12, 2020 | Thu 6:00 pm to 8:00 pm

Format: Virtual via Zoom

Learn how to get your child’s documents organized so you can feel less stress when attending IEP meetings and keep it all together! <https://zoom.us/j/98798978222?pwd=aWVzYndNeUp3Q1ZtUkZscWEwaHd5T09>, Meeting ID: 987 9897

8222, Password: 708467, +1 646-558-8656 Questions? Email Kathy and Ann at Parentsupportgroup@ppal.net



Gluten-Free Candy List (Updated January 2020)

Each year, it seems like more manufacturers identify candy as gluten-free, widening the choices for candy-loving kids and parents alike. Today, those who follow the gluten-free diet have numerous choices, including various long-time kid favorites such as Nestle’s Butterfinger candy bars and Jelly Belly jellybeans. Here are the latest U.S. gluten-free lists of candies, plus links to manufacturers’ websites. <https://www.verywellfit.com/gluten-free-candy-list-562806>



Ugg Launches Boot Collection For People With Special Needs

by Shaun Heasley | October 13, 2020

As the weather turns cooler, winter-wear staple Ugg is for the first time offering styles aimed at accommodating kids and adults with disabilities. Read on here <https://www.disabilityscoop.com/2020/10/13/ugg-launches-boot-collection-for-people-with-special-needs/>



Discussing The Election With Your Child

Not sure how to start a discussion about the upcoming election with your young child? Don’t worry! Picture books will do the hard work for you. Check out MASFEC’s Election Reading List for Young Children where you will find a selection of books and activities to help start discussion about elections. <https://masfec.org/an-election-reading-list/>

***Please Note: These resources are provided for informational purposes only.
Please do your own due diligence and research.***