



## Parent/Guardian Support & Resource Pages

Week Ending of February 5, 2021



### CASE Collaborative Community News



#### COOKING WITH CASE!

We are trying a new project this year as a way to bring our community together. We wanted to create a cookbook - a collection of recipes that are a favorite in our kitchen.

The categories in the book are: Breakfast, Appetizers, Soups, Entrees, and Sweets & Snacks.

There are two ways in which you can contribute -

1) You can share a recipe that is a favorite in your house.

**Recipe:**

**From the Kitchen of:**

**Ingredients:**

**Directions:**

**Why is this your favorite recipe?**

AND/OR

2) You can have your child illustrate a favorite recipe or a cookbook category from above. These can be sent back as a picture or a scan whichever is easier for you.

Please send these back to Sue Campbell by February 26th - [scampbell@casecollaborative.org](mailto:scampbell@casecollaborative.org)

Thank you for your participation and we look forward to sharing the finished product with you.



HAVE FUN!

## Not too Late to Register!



REPRESENTATIVES FROM THE DEPARTMENT OF PUBLIC HEALTH  
AND UNITED CEREBRAL PALSY WILL PRESENT:

### A VIRTUAL TRAINING ON PUBLIC BENEFITS FOR CHILDREN WITH SPECIAL MEDICAL NEEDS

**FEBRUARY 11, 2021  
THURSDAY, 7:00 – 8:30 PM**

Please join us to learn about:

- Supplemental Security Income (SSI) – Eligibility & Application Process
- MassHealth Standard & CommonHealth - As a Primary or Secondary Insurance
- Premium Assistance Program - How the State Can Help Pay for Your Primary Commercial Insurance Premiums
- Kaileigh Mulligan Home Care Program - Home Care for Disabled Children
- Catastrophic Illness in Children Relief Fund – Provides Financial Assistance to Qualified Families Caring for Children with Special Health Needs and Disabilities
- FamilyTIES Resource and Referral Service - Provides Information on a Wide Variety of Topics, Including Community Resources and Services, Programs for Children and Youth with Special Health Needs, Public Benefits, and Support Groups
- Personal Care Attendant Program - How Families with MassHealth can get State Assistance to Pay Caregivers who Assist their Children with Disabilities with Activities of Daily Living

*The CASE Collaborative is Committed to Supporting Children with Special Needs and their Families*

Zoom Link will be emailed to registered participants

Gail Havelick, Department of Public Health, Public Benefits Training & Policy Specialist and Kayla Buchanan - Craig, United Cerebral Palsy, Director of PCA Program will share resources and information about these programs, how to apply, and answer your questions.

Please register via email to:  
[sccmhell@casecollaborative.org](mailto:sccmhell@casecollaborative.org)

We hope you will join us for this informative presentation.

Parent's, caregivers, and professionals are welcome to attend.

#### CASE COLLABORATIVE

120 Meriam Road  
Concord, MA 01742  
978-318-1534

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



## Community Workshops and Conferences

**Community  
Conversations  
with Topics  
that Matter to  
Families**

### 2020-21 Family Café Series



Café #2

**February  
9th 2021  
5:30-7pm**

### Dealing With BIG Emotions in Healthy Ways

**Save the date: Café #3 ~ May 11<sup>th</sup>**

**Register in advance:**

<https://youinc.zoom.us/meeting/register/tZwrdemgrTooEtD8Tw2YunA5ldlE7vWg3WYH>

After registering, you will receive a confirmation email containing information about joining the meeting.

This event is a community collaboration brought to you by:



Parent/Professional  
Advocacy League



An Affiliate of Seven Hills Foundation



DONNA SHEA FROM PETER PAN CENTER,  
BOXBOROUGH, MA PRESENTS

# Love Has No Limits— But Parenting Does !

This FREE Zoom workshop will cover the benefits  
of limit setting and realistic expectations, and  
how to eliminate entitlement.



Thursday, February 11 at 7p  
Registration Required



To register visit

<https://us02web.zoom.us/meeting/register/tZcsdu6trDgqG9Z21M5om1UqdSfSzJzNu8qE?fbclid=IwAR3dvZsgCF025W0N7QAq7HTSwdlu3ja-rt5Yv9h3SjGgwsxP08xNtyB27FY>



### Computer Literacy

**When:** February 18, 2021 | Th 1:00 pm

**Format:** Virtual via Zoom

Computer Literacy. Learn the very basics of traditional computers to build a foundation of understanding that will allow you to be more confident in the growing demand of computer usage. Register here

[https://us02web.zoom.us/webinar/register/WN\\_HwgfY2-1TgW9WSXsHq7r3w?\\_x\\_rtaid=r6sDx5U9Slu-bF-JwBjNCA.1612352744671.3a800e9edf67d00ba98ba730b3c7fcc8&\\_x\\_rhtaid=26](https://us02web.zoom.us/webinar/register/WN_HwgfY2-1TgW9WSXsHq7r3w?_x_rtaid=r6sDx5U9Slu-bF-JwBjNCA.1612352744671.3a800e9edf67d00ba98ba730b3c7fcc8&_x_rhtaid=26)

## ADDITUDE Inside the ADHD mind

### 12 Principles for Raising a Child with ADHD

**When:** February 25, 2021 | Thu 1:00 pm

**Format:** On-line Webinar

There is nothing more rewarding -- or challenging -- than raising a child diagnosed with ADHD. Research shows that a parent who provides unconditional support, who is always in their child's corner, can help their child grow into a well-balanced child, behaviorally and emotionally. But how does a parent achieve that in the face of daily meltdowns and academic and organization challenges? Dr. Russell Barkley shares important principles — culled from the latest research and 40 years of working with thousands of families — that parents can use to raise a happy, confident child with ADHD. The webinar is based on Russell Barkley's new book, 12 Principles for Raising a Child with ADHD (2021, Guilford Publications).

In this webinar, you will learn:

- \*The keys to successfully parenting a child with ADHD
- \*How to use rewards and touch to encourage desired behavior
- \*How to become more mindful of your child and your interactions with her
- \*How to lovingly shepherd your child through life's challenges

Register here <https://www.additudemag.com/webinar/parenting-a-child-with-adhd>



### Autism and Eating Disorders by Professor Tony Attwood

**When:** February 27, 2021 | Sat 11:00 pm to 1:30 pm

**Format:** Webinar via Zoom

Fees Apply. Eating Disorders Families Australia are so excited and proud to announce our exciting International webinar with the world renowned Professor Tony Attwood covering the links between Autism and Eating Disorders. It is estimated that 1 in 4 Anorexia Nervosa sufferers are believed to have Autism. Research suggests that autistic traits may not have been recognized or diagnosed prior to eating disorder treatment. Significantly, these heightened autistic traits are associated with poorer treatment outcomes, suggesting that treatment may need to be adapted for this population\*. BOOK NOW at <https://edfa.org.au/tony-attwood-autism-and-eating-disorders-webinar/> Carers and Clinicians welcome!! Includes half hour question and answer time.



## Transition and Beyond (ages 14-22)



### New Attainable Resources

We recently created three new resources that provide information helpful to individuals with disabilities and their families. Click each title below to access its contents.

\*Our [Start a New Year's Resolution to Save in Attainable webinar](#) provides a high-level overview of Attainable accounts and includes special guest Ann Guay, a mother to an Attainable account owner sharing her perspective on the importance of ABLE accounts

\*Watch our [MA College Programs for Students with Disabilities webinar](#) to hear directly from three colleges in the Commonwealth offering post-secondary opportunities specifically for college students with diagnosed learning disabilities

\*Our [3 College Programs in Massachusetts for Students with Disabilities blog post](#) summarizes our webinar above, and provides details and direct links for each program

If you have any questions about Attainable, we're happy to provide more information. Reach out to us at (844) 458-2253 or [attainable@mefa.org](mailto:attainable@mefa.org).



### AANE's Winter 2021 Jody Acford Conference Details

**Available:** February 24, 2021 – April 30<sup>th</sup>, 2021

**Format:** On-Demand (Pre-recorded Conference)

**AUDIENCE:** Adults and teens on the spectrum, parents of individuals on the spectrum, and professionals.

**DETAILS:** This annual AANE conference covers benefits and supports for adults with Asperger and similar autism profiles. This year, AANE has created an expanded, pre-recorded conference for both MA and NY audiences, which will be available to registrants from February 24, 2021, through April 30, 2021. Registrants can select either the MA Edition or NY Edition below. If there is an interest in accessing both editions, please contact [janet.barbieri@aane.org](mailto:janet.barbieri@aane.org). Financial assistance is available and no one will be turned away for the inability to pay. To inquire about financial assistance, contact [events@aane.org](mailto:events@aane.org). For more detailed information and registration to MA edition visit <https://www.aane.org/training-education/ja-winter-2021-conference/>



### Join Us for Success Fest! PPAL to Present on Transitioning Decision-Making from Parents to Youth

**When:** February 24, 2021 | Wed 2:30 pm to 4:00 pm

**Format:** On-line

PPAL is excited to be part of Success Fest, in collaboration with DMH. PPAL's Joel Khattar, Dawn Christie, and Dev Kaplan will present the topic "I Am Driving but Still Need an EMERGENCY KIT!" This presentation will discuss the paradigm shift from parents to youth in the driver's seat of their health and other decision-making. Hear about a Multicultural young adult & parent approach to shifting the transformation to be independent & successful - **OR - Behind the Smile: Brooke's Journey to Wellness and Self-Love** - Hear a personal journey that shares how they discovered coping skills and language important to use in supporting someone with mental health challenges. For more information, visit the Success Fest website <https://success-fest.com/>.

# Raising Expectations for Better Futures

FREE ONLINE TRAINING FOR FAMILIES!



Do you envision employment as part of your loved one's future? Do you find it hard to imagine what employment might look like? Learn more about the possibilities, including real-life examples from parents in Massachusetts who started from a young age preparing their children with disabilities for adult success. Join us to learn more about how to envision and support a successful future.



## Work is For Everyone

2/9 | 9-10:30am

## Setting Goals and Taking Action

2/23 | 9-10:00am

## Essential Skills for Employment Success: What Families Can Do At Home

3/2 | 9-10:00am

## Understanding and Navigating Employment Supports in Massachusetts

3/9 | 9-10:00am

## Follow up Coaching Session

Join us for a follow-up session to discuss what you've learned and think about next steps, with guidance from our trainers.

3/16 | 9-10:00am

Parents, Guardians, other family members, advocates, and professionals who support people with intellectual or developmental disabilities, are welcome to join in this training launch.

- ▶ For more information or to request accommodations:  
**Jennifer Sulewski | jennifer.sulewski@umb.edu | (617) 287-4356**
- ▶ To Register for any or all sessions:  
**<https://urls.communityinclusion.org/Better-Futures/>**



This training was developed by the Massachusetts Partnership for Transition to Employment (MPTE), a federal system change project designed to improve transition outcomes that lead directly to paid employment and/or post-secondary options for individuals with ID/DD. The MPTE is led by the Massachusetts Department of Developmental Services with partners that include Department of Developmental Services, MA Rehabilitation Commission, Department of Elementary and Secondary Education, Executive Office of Labor and Workforce Development, Autism Commission, Institute for Community Inclusion, Mass Advocates Standing Strong, The Arc of MA, the Federation for Children with Special Needs, MassFamilies, and the MA Developmental Disabilities Council. MPTE is funded through September 2021 by a 5-year federal grant from the Administration on Intellectual and Developmental Disabilities.



## Community Support



### Baker Budget Incentivizes Hiring Employees with Disabilities

FYI. Fresh on the heels of a legislative report that identified ways Massachusetts could promote the employment of people with physical or intellectual disabilities, Gov. Charlie Baker's latest budget proposal revived his recommendation to establish a tax credit for companies that hire people with disabilities. Policy sections of the governor's budget call for a \$2,000 tax credit for certain businesses that employ an individual with a disability for a minimum of 18 consecutive months. Budget chief Michael Heffernan said the administration filed the same proposal a year ago. It would become effective for hires on July 1, 2021 or later and the credit would kick in for the tax year starting Jan. 1, 2023. As of 2019, about 80 percent of individuals without disabilities in Massachusetts were employed while just 38.2 percent of people with disabilities were employed, the WorkAbility subcommittee of the Joint Committee on Children, Families and Persons with Disabilities found. After spending nearly two years studying workforce development for people with disabilities, the subcommittee led by Rep. Josh Cutler earlier this month released a 33-page report outlining ways state government could address the issue, including a recommendation that the state establish its own employer tax credit and promote existing federal ones. "A recurring, and encouraging, theme in our conversations with Bay State business leaders is the extent to which many have embraced disability inclusive hiring practices into their business models, not just for altruistic or public relations purposes, but as a tangible boost to their bottom line," Cutler wrote in a letter that accompanied the subcommittee's report. "Spreading this message to smaller and mid-sized businesses that do not necessarily have the same institutional knowledge or advantages is paramount. And some nudges and nurturing from the Commonwealth can help." The subcommittee said New York, Louisiana, Delaware, Iowa, North Dakota and Tennessee offer state tax credits for companies that hire people with disabilities (similar to Baker's proposal), and other states including Arizona, Iowa, Kansas and Maryland allow businesses to claim credits for some costs of making their workplaces accessible. - Colin A. Young/SHNS



### Disabilities Bill Sharing Session for Massachusetts' Families

**When:** February 24, 2021 | Wed 10:00 am to 12:00 pm

**Format:** Virtually via Zoom

The Council's Bill Sharing event is an opportunity for the general public to learn about State legislation being filed that will have an impact on Individuals with Developmental/Intellectual Disabilities and their families. Disability organizations, advocates, legislators and staff, individuals and other stakeholders are invited to present information about bills they are sponsoring in the 2021-2022 legislative session. There will be time provided for the public to ask the presenters questions about the bills presented. You will receive a confirmation email with the Zoom link and call-in instructions. Deadline to register, submit bills, and sign up to speak—Friday, February 19, 2021. If you need any reasonable accommodations to participate in this meeting, please send an email to [mddcsurveys@gmail.com](mailto:mddcsurveys@gmail.com) by Friday, February 12, 2021.



### COVID-19 Vaccine Social Stories

The COVID-19 vaccine is a medicine that prevents you from getting COVID-19. Like most vaccines, the COVID-19 vaccine is given by shots using a needle. These social stories can help you understand what you can expect when you get the vaccine, and after getting the vaccine. View Social Stories below.

\*[What to Expect During My COVID Vaccine](http://community-autism-resources.com/wp-content/uploads/2021/01/What-to-Expect-During-My-COVID-Vaccine-Sandblom-and-Sousa-PDF.pdf) <http://community-autism-resources.com/wp-content/uploads/2021/01/What-to-Expect-During-My-COVID-Vaccine-Sandblom-and-Sousa-PDF.pdf>

\*[Getting a COVID Vaccine: A Social Story for People with Intellectual and Developmental Disabilities](https://www.yai.org/sites/default/files/gettingacovid19vaccinesocialstoryidd-f.pdf)

<https://www.yai.org/sites/default/files/gettingacovid19vaccinesocialstoryidd-f.pdf>

\*[After my Vaccine](https://aidinpa.org/resource/covid-19-vaccine-social-stories/) <https://aidinpa.org/resource/covid-19-vaccine-social-stories/>

Help for our loved ones who may wander.

**IFINEEDHELP**

When lost or needing help, their code can be scanned by mobile device or manually entered on the IfINeedHelp.org site to access the contact info.

Call us: 661.52HOPE2 [Twitter](#) [Facebook](#)

- Your own individual QR code
- Change your info in real time
- Profile can be emailed to others if search is needed
- Identification as a person who needs help
- A way to communicate for those who cannot
- Secure site to keep important information

IFINEEDHELP.ORG  
PO Box 803356  
Santa Clarita, CA 91354  
661.524.6732  
[Info@ifineedhelp.org](mailto:Info@ifineedhelp.org)  
A 501(C)(3) Non Profit  
EIN #46-5166303

IFINEEDHELP.ORG  
154V8601

### Special Needs Safety Products and Emergency Registry

The Northeast Arc recently received grant funding from DDS in the northeast region to partner with If I Need Help non-profit to offer free ID safety-kits and memberships for families they serve in the northeast catchment area. If I Need Help provides special needs safety products and a system to help reunite you with your loved ones in the event that they wander or have issues communicating in a critical situation. If you have a loved one who has Autism, Down Syndrome, Epilepsy, Alzheimer's disease, or other issues with disorientation, they can get lost more easily and have more problems communicating to any bystanders that they need help. The If I Need Help system mitigates the risks to your loved one by bypassing communication barriers.

The If I Need Help system accomplishes this through several steps:

- \*A free online membership
- \*A profile for your loved one on our special needs registry
- \*A confidential Emergency question and answer section that can be printed or emailed in an emergency
- \*A QR-code enabled ID tag that can be worn or fastened to your loved one's clothing

When you or your loved one is discovered lost or needing help, any finder can notice the QR code tag, scan it, and instantly have access to the information you have chosen to include in your profile, including contact information, one's name and condition, and anything else relevant to an emergency.

We understand the panic that can overtake caregivers, people with special needs, and the community at large when they or a loved one goes missing and cannot communicate with others or advocate for themselves due to disability or disorder. If this risk exists for you and your family, we would like to help. Please visit our website to learn more <https://ifineedhelp.org/>



## Fun Activities and Recreation



**February Family Literacy Calendar - Early Childhood, Help with Academics, Reading Tips, Resources for Families, Resources in English for Families** - Our family literacy calendars are designed to reinforce reading fundamentals and the love of reading. February is African American History Month, and all of the books featured on this month's calendar are written and illustrated by African American authors and artists. One of our favorite children's authors, Ezra Jack Keats, is featured throughout the month. We hope you enjoy these wonderful books!

**LET'S HAVE FUN WITH READING!**  
Literacy activities for young children and their families **FEBRUARY 2021**

**WEEK 1**  
**READ ALONG + DISCUSS**  
Black is a Rainbow Color  
**SPOTLIGHT ON**  
EZRA JACK KEATS  
The Snowy Day  
**READ ABOUT GREAT AFRICAN AMERICANS**  
Moses: When Harriet Tubman Led Her People to Freedom  
**READ ABOUT GREAT AFRICAN AMERICANS**  
Mae Among the Stars  
**SPOTLIGHT ON**  
EZRA JACK KEATS  
Peter's Chair

**WEEK 2**  
**READ ALONG + DISCUSS**  
I Am Enough  
**READ ABOUT GREAT AFRICAN AMERICANS**  
Harlem's Little Blackbird  
**FEBRUARY 11:**  
**INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE**  
Computer Decoder  
**SPOTLIGHT ON**  
EZRA JACK KEATS  
Whistle for Willie  
**FEB 14: VALENTINE'S DAY**  
**The Case for Loving: The Fight for Inter-racial marriage**

**WEEK 3**  
**FEBRUARY 15**  
**PRESIDENTS DAY**  
Of The I Sing  
by Barack Obama  
**READ ABOUT GREAT AFRICAN AMERICANS**  
I Am Jackie Robinson  
**READ ABOUT GREAT AFRICAN AMERICANS**  
In the Garden with Dr. Carver  
**SPOTLIGHT ON**  
EZRA JACK KEATS  
A Letter to Amy  
**READ ABOUT GREAT AFRICAN AMERICANS**  
Muhammad Ali

**WEEK 4**  
**READ ABOUT GREAT AFRICAN AMERICANS**  
J. Matthew Henson  
**SPOTLIGHT ON**  
EZRA JACK KEATS  
Hey Cat!  
**READ ABOUT GREAT AFRICAN AMERICANS**  
Ida B. Wells: Let the Truth Be Told  
**READ ABOUT GREAT AFRICAN AMERICANS**  
Preaching to the Chickens: The Story of Young John Lewis  
**SPOTLIGHT ON**  
EZRA JACK KEATS  
Pet Show

Dear Families,  
February is Black History Month, and this month's family literacy calendar is entirely focused on works by and about African Americans.  
Read with us and celebrate great inventors, explorers, scientists, artists, athletes and leaders. We also shine a special spotlight on the influential artist and children's book author, Ezra Jack Keats.  
Happy reading!

**FEDERATION FOR CHILDREN'S SETH ENGAGEMENT CENTER**

Click on link here to access interactive calendar <https://masfec.org/february-family-literacy-calendar/>



## Night Activities - Early Childhood, Resources for Educators, Resources for Families, Resources in English for Families

Winter days are short, which means there is more time when children can see the night sky. This is particularly exciting for preschoolers, whose early bedtimes often mean that in the summer, they go to bed and wake up in the sunlight. Here are some ideas for taking advantage of the early darkness and getting children curious about the night.

<https://masfec.org/night-activites/>



## Beyond the Spectrum Teen Studio (age 13–18) - Marvelous Maps

**When:** February 20, 2021 | Sat 10:30 pm to 11:30 am

**Format:** Virtual via Zoom

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. Don't miss it! Sign up for the class now! Click below to book your tickets before Monday, February 15th at 1 pm. How do artists show the world around them through maps? Do maps need to be functional? Explore these questions by looking at examples of maps from different parts of the world and different time periods. Then, make your own map of a real or imaginary place! Sign up here <https://www.mfa.org/programs/community-programs/beyond-the-spectrum>



## At-home Activities from Discovery Museum Staff

Families are spending a lot of time at home together as our community works to slow the spread of COVID-19. We want to share with you some of our favorite at-home fun-and-learning activities from our staff, and also share some of the terrific interactive opportunities offered by museums, individuals, organizations, and other creators around the world. Children learn through play, and these resources are intended as guidelines and inspirational starting points that can be adapted to your situation and your child. Expanding on your child's curiosity is always the primary goal, even if that looks different than what the activity instructions suggest. We hope the links below inspire fun and interactive ways to play, learn, and explore with your children. Check out this comprehensive list here!

<https://www.discoveryacton.org/education/discovery-home>



## Family Support & Special Interest



### Joey's Fund Grant Program & Spectrum for Hope Fund Opens on Monday, February 8, 2021!

At our core, our mission is to help people and families with autism live life to the fullest. When Dougie Jr. was diagnosed with autism at age two, Doug and Laurie Flutie understood the immense challenges and financial barriers that many families face when caring for a loved one with autism. Through our grants of direct financial support to families, people with autism have more access to support to things like art classes, music therapies, communication software, recreational and social programs, and more. In 2020, we announced our new partnership with Spectrum for Hope. This year's grant cycle will have a more profound impact in the autism community with increased leverage to help families with multiple members with special needs. Together, through the Joey's Fund Grant Program | Spectrum for Hope Fund, we hope to help even more people and families with autism. Applications will open on Monday, February 8, 2021. Click here to read eligibility guidelines and to learn more about the grant. <https://www.flutiefoundation.org/joey-s-fund-grant-program-spectrum-hope-fund>



### A Complete Guide on Dental Care for Children with Special Needs BY DR. GREG GRILLO

Dental care is extremely important to someone's overall health and well-being. It's important for individuals to establish a good relationship with their dentist and develop healthy oral hygiene habits. However, for children with special needs, going to the dentist and developing these habits can be more difficult. Luckily, there are many ways to prepare for positive dental visits and establish a dental care routine at home. I have been practicing family dentistry for more than 17 years and am committed to helping my patients have positive dental experiences. That's why I have come up with a complete guide for dental care for your child with special needs to share with you. <https://www.parentingspecialneeds.org/article/a-complete-guide-on-dental-care-for-children-with-special-needs/>



### 2021 Brushing Calendar Month-by-Month

Keep track of your child's brushing and flossing in a fun way. The top of the calendar can be colored, and each day, you and your child can mark off when their teeth are brushed and flossed. Download individual calendars here <https://www.mouthhealthy.org/en/resources/activity-sheets/brushing-calendar-2021>



### Bite-n-Clean Turtle Toothbrush

Turtle is double bristled for brushing upper and lower teeth simultaneously. The importance of dental hygiene cannot be understated. Dental health extends far beyond white teeth or a nice smile. The health of gums and teeth is directly linked to a person's overall physical and mental wellbeing. Turtle gets the job done in half the time! Designed to prevent over-insertion. Colorful and fun turtle brush has an easy grip handle molded into the back of the turtle. Little ones hands slip right in! <https://www.got-specialkids.com/dental-care-s/175.htm>

***Please Note: These resources are provided for informational purposes only.***

***Please do your own due diligence and research.***