



Parent/Guardian Support & Resource Pages
Week Ending of October 16, 2020



CASE Collaborative Community News

Dear Parents/Guardians,

As parents of children with special needs, we spend considerable amounts of time and energy caring for our children. There is always more to do, more appointments to go to, more things to learn, more strategies to try. The work never ends.

Our hope is to give you resources and help on where you can go to find additional support for whatever specific challenges you are facing at home. Most communities have local support groups now being offered virtually. When it is too hard to leave home, meeting up online can create the connection you need. Having a support group made up of people who understand what you are going through has been proven to reduce stress and isolation.

Also, as children with special needs age, they have different needs and require different degrees of care. It is no different for their parents and caregivers, and their needs will evolve and change as well as their child grows. Our children require greater care, supervision, and help, as well as having more medical, therapeutic, and educational needs than other children. This can be taxing physically, mentally, emotionally, and financially.

The resources shared in my weekly newsletters will assist you in finding information to help guide you through the various challenges and stages of raising a child with special needs. Did you know that the weekly Parent Support & Resource Pages are posted on the CASE Collaborative website? Just go to www.casecollaborative.org and select the 'for parents' tab to view these. The agencies and resources listed can be viewed at anytime to help you find support and guidance. They will be there when you need them.

Be Well,

Sue 



Community Workshops and Conferences

Challenging Choices, Difficult Decisions: Finding Strength in the Pandemic

Are you and your family experiencing stress and anxiety in navigating the changes and challenges of living in our "new normal" during the coronavirus?

It can be tough to know if you are making the right decisions for you and your family. For instance, should you go out to eat or attend a family function? Do you have concerns about going into the office? How do you respond to situations when your friends, families and colleagues make different decisions than you?

Join us for this FREE community presentation on ways to address these challenges and support your decisions for you and your family.

Guest Speaker

Christine Runyan, PhD, ABPP
Clinical Health Psychologist
Professor, Department of Family Medicine and
Community Health at University of Massachusetts
Medical School and Co-Founder, Tend Health



Join us on
October 20, 2020
6:30-8 p.m.

To attend, please request a Zoom link by emailing community@melrosewakefield.org or calling 781-338-7561.

Moderator

Marian T. Ryan
Middlesex County District Attorney

Welcoming Remarks

Daniel Carlat, MD
Chair of Psychiatry, MelroseWakefield Healthcare

The event is sponsored by the Regional Behavioral Health Coalition, Middlesex District Attorney Marian Ryan, MelroseWakefield Healthcare, the Mystic Valley Public Health Coalition, and the National Alliance on Mental Illness, Action Ambulance, Armstrong Ambulance, Cataiko Ambulance Company, Elliot Community Human Services, Wayside Youth and Family Support Network, Riverside Community Care, AdCare Hospital, Respond, Portal to Hope, Boston Area Rape Crisis Center, The Samaritans, Malden Warming Center, Everett, Malden, Medford YMCA, Action for Boston Community Development (ABCD), Mystic Valley Elder Services, and local police, fire and municipalities.





Remote Learning: Communication, Documentation, and Implementation

When: October 20, 2020 | Tue 12:30 pm

Format: Webinar

How to effectively communicate with school (Who do you reach out to?), Documentation (behaviors, styles, progress, concerns etc.), Implementation (setting up physical space, distractions, accommodations -Plep A and B, google add ons – Microsoft tools to assist students). Registration Required. https://zoom.us/webinar/register/WN_vb7tEMqaQrW-YxXE2YztA



Virtual Resource Fair for Grandparents Raising Grandchildren and Relative Caregivers

When: October 21, 2020 | Wed 7:00 pm & October 29, 2020 | Thu 9:30 am

Format: Virtual via Zoom

Join the Commission on Grandparents Raising Grandchildren and our community partners to learn about services and resources for your grand-family. Although we would rather be seeing you in person, it is just not safe to do so at this time. Since we can't meet in person, we will meet via Zoom! When you register, please indicate which workshop you would like to sign up for. Register by email to colleen.pritoni@state.ma.us.



Discovery Museum Speaker Series 2020 Featuring Dr. Ellen Winner - The Psychology of Artistic Behavior in Children

When: October 21, 2020 | Wed 6:30 pm to 8:30 pm

Format: Virtual via Zoom

Join the conversation at the Discovery Museum 2020 Speaker Series featuring Ellen Winner, Ph.D., Professor of Psychology at Boston College and Senior Research Associate at Project Zoo, Harvard Graduate School of Education. Dr. Winner directs the Arts and Mind Lab, which focuses on cognition in the arts in typical and gifted children as well as adults. She has written over 200 articles and is author of four books and co-author of three, including 2018's How Art Works: A Psychological Exploration. Dr. Winner has served as President of APA's Division 10, Psychology and the Arts in 1995-1996, and received the Rudolf Arnheim Award for Outstanding Research by a Senior Scholar in Psychology and the Arts from Division 10 in 2000. She is a fellow of APA Division 10 and of the International Association of Empirical Aesthetics. Dr. Ellen Winner will discuss the "U-shaped curve" in the development of artistry in the young child. Young children's paintings and drawings are high in play, exploration, and creativity, and they bear a striking resemblance to the works of some modernist artists such as Paul Klee, Juan Miro, or Hans Hofmann. But during the middle childhood years, creativity typically declines as artworks become conventionalized and far less creative. We call this the "literal stage." We see this same kind of decline not only in visual art but also in children's use of metaphorical language. For those who go on to become artists (or poets), there is later on a rise in creativity and exploration in adolescence. Dr. Winner will describe approaches to visual art education that stifle children's natural creativity, and other approaches that foster creativity as well as suggestions on how parents might use the creation of art as a tool to help their children through these difficult times. Register here <https://26033.blackbaudhosting.com/26033/Discovery-Museum-Speaker-Series-2020-Featuring-Dr-Ellen-Winner>



Transition and Beyond (ages 14-22)



COVID-19: A Survey on Turning 22 During COVID-19

If your young adult will be Turning 22 between March 2020 and July 2021, we want to hear from you! We want to hear about your experience! What have been the challenges and the successes? Complete the survey at the link below and let us know your transition experiences: what is happening, the challenges faced, and the success stories. <https://www.surveymonkey.com/r/GCKFBCK>



Getting around During COVID – 19

When: October 20, 2020 | Tue 11:00 am

Format: Webinar via Zoom

Rachel Fichtenbaum, EOHHS Mobility Manager at MassMobility, will present options for community transportation during the pandemic! Do you have a question on access to resources, information or support during the COVID-19 Crisis? Kerry Director of Education and Outreach at The Arc of Massachusetts will help problem solve and provide information and resources. Register here https://arcmass.zoom.us/meeting/register/uJckd-qurTsvUXAU0_STCu_geT94aQ6MBA



The Power of the Disability Vote: Preparing for the 2020 Election

When: October 22, 2020 | Thu 12:00 pm

Format: Webinar via Zoom

We are now less than a month away from the 2020 Presidential Election. Ellen Taverna and Kathleen Amaral from The Arc of Massachusetts are here as a resource to help ensure that our community is prepared to vote and that our community is educated on the issues in this important election.

We want to answer any questions you may have like:

- * How do you vote by mail?
- * How do you know if you're registered?
- * How do you make a voting plan?
- * How do I know if I'm entitled to receive an accessible electronic vote by mail ballot?

Who you vote for impacts your access to healthcare, housing, education, transportation and other critical issues. Let's get out the vote to support the disability community! To register visit <https://arcmass.zoom.us/meeting/register/tZ0oc-2gqD4uG91BqRRkR7DQ6c-778F-PMYn>



Legal Documents & Government Benefits

HMEA's/Autism Resource Central

Presents online

Wednesday, October 21, 2020, 7 PM

To register for the Webinar:

https://us02web.zoom.us/join/zoom/register/tZAuc-GoqT0qEt0gxljDEpHwmpD_XTku8hLp

SUPPORT



Note: This webinar will be recorded and a copy will be available upon request
Guest Speakers

Tom Alessi & Craig Richardson of The Moody Street Group

This workshop will cover the following topics:

- Legal Documents every family should have
- Government Benefits & resources available
- Letter of Intent
- Guardianship timeline & considerations

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BRIDGEWATER

STATE UNIVERSITY

EXCEL Program - Extraordinary Expectations Career - Education – Life.

When: October 23, 2020 | Fri 9:00 am to 11:00 am or November 23, 2020 | Mon 1:00 pm to 3:00 pm

Format: Virtual

The EXCEL Program at Bridgewater State University (BSU) is a fully-inclusive postsecondary program for young adults with intellectual and/or developmental disabilities. Students in the EXCEL program share the same experiences as their college peers in the areas of academics, socialization, professional development, and independent living. Students become more independent and actively engaged in creating and living their lives. Our program honors dignity and worth and fosters self-determination. Our vision is for full inclusion to be a permanent fixture of the institutional fabric for all stakeholders at BSU. Interested students, families, and districts are encouraged to attend an EXCEL program Information Session. The EXCEL staff will offer a comprehensive overview of the program. EXCEL students and peer mentors host an informative panel where they share their experiences and field questions from the audience. Register for a Virtual Information here <https://www.bridgew.edu/academics/EXCEL-program>.



60 MINUTES

Recruiting for Talent on the Autism Spectrum

Many adults with autism have a hard time finding a job, but more companies are discovering the unique skills and potential people with autism offer. Anderson Cooper reports. Read full article here

<https://www.cbsnews.com/news/autism-employment-60-minutes-2020-10-04/>



Webinar on Domestic Violence

When: October 27, 2020 | Tue 1:00 pm

Format: Webinar

Join the Boston Center for Independent Living and Domestic and Sexual Violence Awareness Advocate Maggie Whited for a webinar to learn about why domestic violence is a prominent issue for the disability community. They will also examine how domestic violence may present for those with a disability, the barriers survivors face in receiving support, as well as resources to support survivors. Email Maggie at MWhited@BostonCIL.org for the webinar link or further information. See flyer below.





Community Support



Yoga for Strength & Resilience

An Online Benefit Class
to Support
Boston Children's Hospital
w/ Deirdre McWade
of Revolution Community Yoga
Friday, October 16th
@ 7:30pm
www.Revolution.Yoga



Yoga Reaches Out
harnesses the power of
yoga around the world to
make a difference in the
lives of children as they go
through the toughest tests
of their young lives.

Yoga for Strength & Resilience

An Online Benefit Class to Support Boston Children's Hospital

w/ Deirdre McWade of RCY • Friday, October 16th @ 7:30pm

Learn more at <https://yogaacton.com/yoga-for-strength-resilience/>



Catastrophic Illness in Children Relief Fund (CICRF)

If you are caring for a child or youth under 22 and need financial relief for large medical and related expenses, you may be eligible for the Catastrophic Illness in Children Relief Fund (CICRF). Available through the Commonwealth's Division for Children & Youth with Special Health Needs. The Catastrophic Illness in Children Relief Fund (CICRF) provides financial assistance to qualified families caring for children with special health needs and disabilities. The CICRF can help families with certain medical and related expenses that are not covered by insurance, public benefits or other financial source. For more information and to see if you qualify visit www.mass.gov/catastrophic-illness-in-children-relief-fund-cicrf or contact 508-533-1400 x116 lhickey@local4funds.org



Fun Activities and Recreation



Special Edition Southwick Zoo Club featuring Creepy Crawly Creatures including: Spiders, Cockroaches, Snakes, and Centipedes. This program is open to all ages. Home and school classrooms that support students with autism are invited to join. Join Zoom Meeting <https://advocates-telehealth.zoom.us/j/99070495064?pwd=NHNybzdl1a1Q0Y2VLTnkzV2FSVEZOZz09>, Meeting ID: 990 7049 5064
Passcode: 119632

Open Door Theater presents

HALLOWEEN 2020 CAR PARADE

- Socially-distant Halloween photo
- Contactless trick-or-treat goodie bag
- Wave hello to some of your favorite characters

OCT. 25, 1-2:30 PM
SARGENT MEMORIAL LIBRARY
REGISTRATION REQUIRED




Making theater accessible
on both sides of the curtain

Open Door invites you to join us for a Halloween Car Parade on Sunday, October 25, 1-2:30 pm at the Sargent Memorial Library in Boxborough. Put on your best costumes and drive through for a socially-distant Halloween photo and a trick-or-treat goody bag while waving to some of your favorite characters. Find more information and register for this free event here. <https://www.eventbrite.com/e/halloween-trick-or-treat-car-parade-registration-123535703615> We will follow all CDC and town guidelines for COVID safety. Masks are required while car windows are open.



Riverside Family Support Center
 A SERVICE OF RIVERSIDE COMMUNITY CARE

Clubs, Classes & Events - During this time of Social Distancing, Riverside Family Support is doing virtual classes!

When: Seven days a week – See link to schedule of offerings below.

Format: Virtual – click here <https://www.riversidefamilysupport.org/clubs-classes-events.php>

In conjunction with Bridgewell Family Support and Life Links Inc., we are offering classes every day of the week. All you need to do is go to <https://zoom.us/home?zcid=2478> and put in the meeting code to join any of our classes! Here is what we are offering virtually. For Links to classes, please e-mail Katie Davis at kdavis2@riversidecc.org. Our Family Support Center offers a wide array of supports in the home and in the community for adults and children with disabilities living with their families. These services may include respite, recreational activities, provision of adaptive equipment, skill training, and intensive staff support when necessary. The primary goal of the Family Support Center is to enable people with disabilities to stay together with their families and to be welcomed, contributing members in their community. We help parents and caregivers provide assistance in their own home for a child or relative with an intellectual and/or developmental disability. Our program provides the individualized resources necessary to support each family's efforts. Funding for the program is provided by the Massachusetts Department of Developmental Services (DDS). The Center is available to any family that has a member living in the home who is eligible for services through DDS and resides in the Central Middlesex area. Cities and towns we serve: Acton, Arlington, Bedford, Boxborough, Burlington, Carlisle, Concord, Lexington, Lincoln, Littleton, Maynard, Stow, Wilmington, Winchester, and Woburn. However, we welcome any individual who wants to participate in our clubs, classes or events.



Family Support & Special Interest



Looking Forward, Looking Back: Thoughts and Reflections from Adult Siblings

When: October 29, 2020 | Thu 12:00 pm

Format: Virtual via Zoom

The Arc of Massachusetts and the Massachusetts Sibling Support Network are proud to host a virtual adult sibling panel to share experiences and information and answer universal sibling-related questions. Register here to hear the thoughts and reflections of 4 adult siblings. Join them on October 29 to learn from adult siblings of people with disabilities. <https://arcmass.zoom.us/meeting/register/tZMrdemuqTkrGNGNymie8NlljNmKRLWaDjRZ>



Wear A Mask Song For Kids | Mask Around Me By Drs Bop 'n Pop

Coronavirus has led to further CDC recommendation to wear masks even more frequently these days! We created this song to help encourage kids to wear their masks and ease their anxiety about the practice of wearing masks.



Fluffster Wears a Mask

Sesame Workshop, the nonprofit organization behind "Sesame Street," is hoping to help through a new collection of videos and resources designed to help children with autism and their families cope with adjusting to life during the coronavirus epidemic. <https://youtu.be/wRYfw5hIWwM>



Getting my Flu Shot Social Story

<https://bloomerang->

[bee.s3.amazonaws.com/images/clapton_cysx6cjdvalm_us_west_2_rds_amazonaws_com_advocates/Getting%20My%20Flu%20Shot%20Social%20Story.pdf?blm_aid=35215](https://bloomerang-bee.s3.amazonaws.com/images/clapton_cysx6cjdvalm_us_west_2_rds_amazonaws_com_advocates/Getting%20My%20Flu%20Shot%20Social%20Story.pdf?blm_aid=35215)



During this time, who doesn't need a reminder to make room for joy?

Format: Podcast

In this episode, hosts Amanda Morin and Bob Cunningham hear from families about the (sometimes unexpected) ways joy creeps into everyday life—even on the most challenging days. https://www.understood.org/en/family/podcast-make-it-through-parenting?utm_medium=email&utm_source=dedicated-send&utm_campaign=podcast-oct20-fm&utm_content=send

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