



## Parent/Guardian Support & Resource Pages Week Ending of January 22, 2021



### CASE Collaborative Community News

Dear Parent/Guardians,

We have had a great response from families interested in our CASE sponsored workshop scheduled for February 11<sup>th</sup>. If you have not RSVP'd, please do so at your earliest convenience to [scampbell@casecollaborative.org](mailto:scampbell@casecollaborative.org). See details on the flyer below. This workshop is open to all so feel free to share. I have also attached a .pdf copy for your reference.

Happy Weekend,  
Sue



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: [scampbell@casecollaborative.org](mailto:scampbell@casecollaborative.org)

We hope you will join us for this informative presentation.

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

**CASE COLLABORATIVE**  
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[www.casecollaborative.org](http://www.casecollaborative.org)



2.11.21 MassHealth  
& PCA Workshop.pc



## Community Workshops and Conferences



FEDERATION FOR CHILDREN  
WITH SPECIAL NEEDS



### Basic Right Evaluation and Eligibility

**When: February 13, 2021 | Wed 7:00 pm to 9:00 pm**

**Format: Virtually via Zoom**

A good place to start is our Special Education Basic Rights Series: All of our Basic Rights workshops provide foundational information on the rights of families under state and federal special education laws.

A comprehensive introduction to special education laws and procedure:

- \*purpose of the law,
- \*when and how to make a referral,
- \*evaluations,
- \*the Team meeting process,
- \*standards for determining eligibility,
- \*services and placement,
- \*what to do if the team decides the student is not eligible,
- \*what happens after the close of the Team meeting,
- \*parent's response options to an IEP, and
- \*procedural due process rights for resolving disputes.

ALL families of Sudbury Public Schools' students and interested community members are welcome and invited to participate. Come join us! Co-hosted by Lincoln-Sudbury, Acton-Boxborough, Maynard, Concord-Carlisle, and Sudbury SEPACs, in collaboration with our respective school districts. To register visit <https://www.eventbrite.com/e/basic-right-evaluation-and-eligibility-tickets-137335968579>



### Autism Insurance: Advocacy & Beyond

**When: February 3, 2021 | Wed 6:00 pm - 7:30 pm**

**Format: Virtually via Zoom**

Webinar, February 3, 2021, with UMass Lowell. Free and open to the public. The UMass Lowell Center for Autism Research and Education (CARE) Online Expert Speaker Event will feature "Autism Insurance: Advocacy and Beyond."

- \* The speaker will be Amy K. Weinstock. Amy is Director of the Autism Insurance Resource Center at the University of Massachusetts Medical School's Eunice Kennedy Shriver Center; Instructor, Department of Psychiatry, University of Massachusetts Medical School. Amy is also the parent of a child on the autism spectrum, decided to merge her personal passions and professional experience.
- \* Amy Weinstock will discuss how grassroots advocacy efforts changed the system of care for people with autism. The presentation will also include current information on insurance coverage for autism, and advice for families and providers.
- \* This event is co-sponsored by UMass Lowell's Master of Science in Applied Behavior Analysis and Autism Studies and the UMass Lowell Interdisciplinary Minor in Disability Studies.

For the Zoom link, contact Ashleigh Hillier, Ph.D. Professor, Department of Psychology, [Ashleigh\\_Hillier@uml.edu](mailto:Ashleigh_Hillier@uml.edu) to register and receive the link.



## Transition and Beyond (ages 14-22)



### **Basic Rights: Transition Planning Webinar**

**When: January 26, 2021 | Tue 7:00 pm**

**Format: Virtually via Zoom**

Claire Vann from The Federation for Children with Special Needs will provide an overview of the transition planning process for youth with disabilities ages 14-22 on IEPs. It is never too early to start thinking about these things and be prepared for what is coming down the pike.

Learn about:

- \*What is transition and why it is important
- \*Legal Basis for Transition Planning
- \*Student Vision, Student Self-Determination, Student Advocacy,
- \*Student & Parent Roles
- \*Transition Planning Form (TPF)
- \*Age of Majority
- \*Timelines, Resources, and more!

All families welcome. This program is provided through the Westwood, MA, SEPAC. Register here [https://zoom.us/meeting/register/tJ0kd-6gqz8qGdNBXRXTWPtzF7e60Fm8jaAx?blm\\_aid=34829](https://zoom.us/meeting/register/tJ0kd-6gqz8qGdNBXRXTWPtzF7e60Fm8jaAx?blm_aid=34829)



### **Finding Your Fit: College Planning for the Atypical Learner**

**When: February 4, 2021 | Tue 7:00 pm to 8:30 pm**

**Format: On-Line Event**

Navigating the college planning process can be tricky—particularly when you have a child who needs extra academic support. Add a global pandemic into the mix and all bets are off. But don't lose hope just yet. Join us on Thursday, February 4, at 7pm, for a free webinar with Linda Katz, founder of Right Fit College Coaching. She'll review tips and suggestions to get on track and stay on track as you navigate the college planning process. This workshop will focus on helping your student make the most of their remaining time in high school (whether it be in-person, remote, or hybrid) and then choose colleges that will be a good fit for them academically, socially, financially, and with the right amount of support services. This presentation will be most helpful to caregivers of students in grades 9, 10 and 11. Register here

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ehipkasbb1c8b790&oseq=&c=&ch=>



## Community Support



### New 2021 Polar Plunge Season to Benefit Special Olympics

We are excited to bring you a brand new 2021 Polar Plunge Season aimed to offer everything you love about the Plunge, while encouraging you to plunge safely wherever you are. The 2021 Plunge Season will kick off on February 20, 2021 and close on March 28, 2021 -- with six Plunge Weekends in between!

You'll still be able to:

- \*Plunge with a team or on your own, and raise much-needed funds for local Special Olympics athletes in your community

- \*Compete for Best Costume, Top Fundraiser, and more.

- \*Access plenty of fundraising tips, tricks, and prize incentives to help you get to your goal.

What's new in 2021? This year you'll be able to choose where you plunge, how you plunge, and how often you plunge! We'll also be sharing some awesome digital Plunge stories and videos throughout the fall and winter -- be sure to check back here for opportunities to see, share, and be a part of that content! Learn more here

<https://fundraise.specialolympicsma.org/index.cfm?fuseaction=donorDrive.event&eventID=629>



### 2021 Virtual NAMI Mass Walk is Now Open for Registration!

**When: May 22, 2021 | Sat**

Many of you know how important this event is for NAMI Mass and this year we feel a community based event is needed now more than ever. Though virtual, the power of this event has grown, as NAMI affiliates across the country are planning their walk on the same day! Thousands of individuals throughout the country walking in support of Mental Health. Join us for A United Day of Hope. For the second year in a row, NAMI Walks will be a little different — while making a lot of difference. It's going to be “your way,” just like 2020's phenomenally successful events — as we prove our resilience by stretching our limits anew and making the event our own. Learn more and register here

<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=1054>



### **Reminder!** Friendship Circle's Great Bike Giveaway

It's almost time! Friendship Circle's Great Bike Giveaway is set to launch for its 10th year on February 10th, 2021. The Great Bike Giveaway has spent the past decade providing special bikes for children with special needs, giving them the chance to experience the independence and joy of riding a bike. We are pumped to break some records this year and provide more specialty bikes than ever before. For a child with special needs, bike riding is far more than a recreational experience. Bike riding offers a source of much-needed exercise and provides therapeutic value while contributing to an inclusive environment where a child with special needs can ride a bike like everyone else. Hundreds of children and teens with special needs require the use of an adaptive bike, yet most parents cannot afford the high costs and their children never get to experience the joy of riding a bike. That's why Friendship Circle created the Great Bike Giveaway, a platform where you can win an adaptive bike. SAVE THE DATE! From February 10th, 2021 to March 10th, 2021, participants have the opportunity to participate in the giveaway and win the bike best suited for them. Over the last 10 years, the Great Bike Giveaway has raised over one million dollars and provided over 1,350 adaptive bikes for children and teens with special needs. [https://www.greatbikegiveaway.com/?mc\\_cid=cc69477f07&mc\\_eid=c70fb5640d](https://www.greatbikegiveaway.com/?mc_cid=cc69477f07&mc_eid=c70fb5640d)



## Fun Activities and Recreation

### POPPINS AT HOME

#### **Poppins at Home**

This site is created by the people behind Mommy Poppins for the purpose of helping families and local businesses during the extraordinary Coronavirus outbreak. With schools closed or families practicing social distancing, people are staying at home and away from local play places and cultural institutions. This is creating a huge burden on parents who are now juggling their normal work and managing kids. But, it's also an enormous hardship for local businesses and organizations who have unexpectedly lost revenue and are faced with how to pay their employees and cover overhead for an undetermined amount of time. This national emergency requires that we all step up to help the larger good, both by acting responsibly for our greater communal health, but also to try to help local businesses and families. This platform is our small contribution to support our local businesses and families. Check out all class offerings here <https://learn.mommypoppins.com/pages/courses> Below are several classes/activities offered free of charge!

#### **\*HMSC Story Time**

Welcome to Nature Storytime! Join the Harvard Museums of Science & Culture staff as they read stories and share specimens and objects found in the museum galleries related to the books. All ages welcome! Register for free here <https://learn.mommypoppins.com/course?courseid=nature-story-time>

#### **\*The Science of Wizarding School/ Magical Potions**

For kids who wish the Harry Potter series was real! Play along at home as we use real science to bring magical worlds to life. Make wands and spell books, get sorted, take classes in magical potions and transfiguration. Learn secrets of invisibility, make bouncing "crystal balls" and more! Learn more and register for free here <https://learn.mommypoppins.com/course?courseid=the-science-of-wizarding-school-magical-potions>

#### **\*Sidekick "Play" Date**

Trusty Sidekick Theater Company is making its archive of imaginative and funny of full length performances available for free for a limited time. Register for free here <https://learn.mommypoppins.com/course?courseid=sidekick-play-date>



#### **Therapeutic Story Time & Crafts - Artful Animal Adventures for Children with Special Needs**

**When: January 27, 2021 | Wed 3:30 pm**

**Format: Virtual via Zoom**

Offered by The Lexington Recreation Department. For Ages 4 – 9. This program is inclusive, all abilities are welcomed to join.

\* Explore books with themes relating to feelings, goals, self-confidence and friendships followed by a group discussion and craft!

\* The craft supplies will be available for pick up the week prior to the session. The zoom information will be included in your registration receipt.

January 27 – Incredible Me

February 10 – How to Catch a Star

February 24 – Oh, The Places You'll Go

Fees apply, registration is required to [https://lexrecreation.activityreg.com/ClientPage\\_t2.wcs](https://lexrecreation.activityreg.com/ClientPage_t2.wcs) or contact Kate DeAngleis, CTRS 781-698-4817 \*information found at [www.spedchildmass.com](http://www.spedchildmass.com)



### **STEM LEGO Virtual Challenge Ages 8-22**

**When: Beginning February 3, 2021 | Wed 2:30 pm to 3:30 pm**

**Format: Virtual**

Accept the Challenge at Thrive's New STEM LEGO Virtual Group. Fees Apply.

Join Thrive Support & Advocacy's STEM challenge for ages 8-22. Each week's meeting will begin with a new challenge such as build a bridge or build something that moves. Participants will then work on the challenge while sharing tips and ideas on how to complete it. Challenge creations will be shared at the close of the meeting or participants can continue to work on their challenge and share it at the next meeting. This group runs Wednesdays from 2:30-3:30 pm beginning Feb. 3. To learn more or for registration visit <https://icanthrive.salsalabs.org/stemlegochallenge>



### **Creating Positive Change Through Music - Virtual Inclusive Rock Band**

**When: February 2, 2021 – June 10, 2021**

**Format: Virtual Class**

Plugged In is a 501(c)3 non-profit charitable organization. A non-profit music program committed to creating an inclusive, loving, and diverse community empowered to change the world. We educate musicians in a non-competitive environment, and provide band and individual performance opportunities in support of community and charitable causes. Virtual Class, February 22, 2021 through June 10, 2021, with a Needham, MA, non-profit music program. A rock band program for young musicians ages 6 – 19. All levels and needs welcome.

- \* In this innovative 8-week project-oriented program students will learn fundamental skills, techniques and tools to work with digital audio software.
- \* The program will culminate in a student created song or podcast project that will be in a live-stream concert.
- \* This is not a program adapted for online learning. The Digital Audio Production program was developed for, is geared towards, and is enhanced by a virtual environment.

Topics in the 90-minute weekly classes include:

Week 1: Intro to Digital Music

Week 2: Audio Editing and the Grid

Week 3: MIDI Editing and Drums

Week 4: Mixing and Effects

Week 5: Creative Arranging and Start of Final Projects

Week 6: Podcasting and Final Project Work

Week 7: History of Music Production and Digital Music Making and Final Project Work

Week 8: Exporting Final Projects and Conclusions

VIRTUAL PROGRAM for 2020/21. Each band class consists of 4-6 students and 1 teacher and is comprised of drums, guitar, bass, vocals, and can also include keyboards.

\* Students learn to play their individual instruments, develop a set list, and work as a group, all with guidance from our trained teaching staff.

\* Band sets can include original material and/or cover songs chosen by the students.

\* All bands will perform at an end of session concert.

FEES APPLY. To register or for more information contact 781-956-4281 or visit [www.pluggedinband.org](http://www.pluggedinband.org) \*information found at [www.spedchildmass.com](http://www.spedchildmass.com)



## Family Support & Special Interest



### Helping Kids Understand the Riots at the Capitol

We're all shaken by the events in Washington, DC this week. As kids of all ages look to us for guidance, here are some ways to help them understand what's going on and deal with any anxiety they may be feeling. Read full article here <https://childmind.org/blog/helping-kids-understand-the-riots-at-the-capitol>



### Cats May Improve Social Skills in Kids with Autism by Shaun Heasley | January 12, 2021

Adopting a cat can make a big difference for kids with autism, new research suggests. Children with the developmental disorder showed increased empathy and experienced fewer problem behaviors after welcoming a pet cat into their homes. They also displayed less separation anxiety, externalizing, bullying and hyperactivity or inattention. Read full article here <https://www.disabilityscoop.com/2021/01/12/cats-may-improve-social-skills-in-kids-with-autism/29145/>



### Social and Emotional Skills: What to Expect at Different Ages

When do kids gain social and emotional skills? Children start developing them as babies, and new skills emerge as they get older. Not all kids develop at the same pace. But there are some milestones you can expect kids to meet around roughly the same age. See this list of social and emotional milestones at different ages. Learn more here <https://www.understood.org/en/learning-thinking-differences/signs-symptoms/age-by-age-learning-skills/social-and-emotional-skills-what-to-expect-at-different-ages>



### Haircutting Training Guide

Haircuts can sometimes be difficult for people with autism. The challenges can range from sensory issues to anxiety about what will happen during the process. Autism Speaks has partnered with Snip-its and Melmark New England to develop a haircutting training guide that will make the haircutting experience more positive for children with autism. The haircutting training guide provides information for stylists about autism and what they can do to make the process more successful. It includes information for families about how to prepare for a haircut and a visual schedule to help the child understand the steps involved in the process. Information about home haircare is also included. To learn more and download the toolkit visit <https://www.autismspeaks.org/tool-kit/haircutting-training-guide>

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