



Parent/Guardian Support & Resource Pages Week Ending of October 30, 2020



CASE Collaborative Community News

Dear Parents/Guardians,

Starting in November we will begin our monthly parent workshop series! These monthly forums will be offered virtually via Zoom and held on the 2nd Thursday of each month from 7-8pm. I have included a copy of November's flier below. Please RSVP to scampbell@casecollaborative.org by November 9th.

Enjoy your weekend!
Sue Campbell



HOW TO PLAN FOR A HAPPY AND HEALTHY WINTER SEASON

**CASE NURSES,
KATHARINE VITAL AND KELLIE FITZGERALD,
WILL DISCUSS TIPS AND
RESOURCES FOR A SAFE WINTER AND HOLIDAY SEASON**

**NOVEMBER 12TH, 2020
THURSDAY, 7:00 – 8:00 PM**

Topics will include preparing for cold and flu season, the importance of vaccination, travel guidelines and how to help your child wear a mask effectively.

Zoom Link:

<https://us04web.zoom.us/j/79708162429?pwd=eVgyUTZOekpQWdJleVRzWWNNcEd4Zz09>



Meeting ID: 797 0816 2429
Passcode: 43mXJd

Meet Our Nursing Team

Please RSVP and email your questions in advance to scampbell@casecollaborative.org

*We Hope You Will
Join Us!*

CASE COLLABORATIVE

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Community Workshops and Conferences



FEDERATION FOR CHILDREN
WITH SPECIAL NEEDS

Basic Rights: Understanding the IEP A Free Virtual Workshop for Parents and Professionals

This presentation will delve into the Individual Education Program (IEP) document, its development, the breakdown of each section and understanding how the document will support a student.

Workshop Topics:

- *Why the IEP is Important*
- *Who is eligible for an IEP*
- *How the IEP is Developed*
- *Strengths and Concerns*
- *Vision Statements*
- *IEP Sections including PLEP A & B, Annual Goals and Service Delivery Grid*
- *Differences between Accommodations and Modifications*
- *Response, Placement and Consent*
- *Procedural Safeguards and more!*



About Your Host:

***Leominster Special Education
Parent Advisory Council (SEPAC)***

***The Leominster Special Education Parent
Advisory Council's mission is to educate,
empower, and enhance self-confidence in all
persons affected by a disability.***

Date: November 4, 2020

Time: 6:30-8:30PM

RSVP: Bonnie Budd:
LeominsterSEPAC@gmail.com

Registration Link:

<https://zoom.us/join/register?r=30vF-GurD0nl9cyP300s87kE6558gPyQzRc>

For more information about the educational workshops available from
The Federation for Children with Special Needs,
please visit us at fcsn.org/ptic/workshops or email: workshops@fcsn.org

Social Engagement in times of pandemic

Social connections can be sustained, deepened, and even built during pandemic times.



Thursday November 5th

12:30-2:30 *via zoom*

Register in advance:

[https://massfamilies-
org.zoom.us/meeting/register/tZArDQvoqDwrH9aD
BQj01ZbbcnGKIh1J3ye](https://massfamilies-org.zoom.us/meeting/register/tZArDQvoqDwrH9aDBQj01ZbbcnGKIh1J3ye)

This workshop will offer a brief presentation the *challenges we face* as related to our role and *relationship building* efforts amidst the current pandemic, as well as the opportunities to stay connected socially within our communities, while physically distancing.

Together, we will address the isolation and loneliness experienced during a pandemic, through shared practices in safe social engagement and connecting that foster belonging and friendships for all.

Hosted by Mass Families in partnership with Family Connections Center of the Nemasket Group.

Email Question: to kathleen@massfamilies.org



Creating Your Family Portfolio – Virtual Learning Series

When: November 5th and 19th, December 3rd and 17th, 2020 | Thursdays

Format: On-Line

In an effort to continue empowering families during this time, a free, interactive family training will be offered by MFOFC (Massachusetts Families Organizing for Change) on Zoom titled “Creating Your Family Portfolio”. This training is designed to help families develop a vision for a good life, and consider the following:

- *What we need to know and do to achieve the goal of a good life
- *How we can find and develop supports
- *What it will take to live the life we want to live
- *Why will this training be helpful for families?

This training will help families organize their ideas, vision, and goals for their current life situation as well as for their future life, with a concentration on building a life of inclusion and productivity. Families will be introduced to a user-friendly framework and visual tools that will help with present and future problem solving, navigating of systems, and advocating for supports.

Upon completion of the training, families will have:

- *Completed a family perspective portfolio
- *Explored and developed initiative and family leadership skills
- *Developed connections with other families/peers

This training will be organized into four weekly sessions and will convene via Zoom. There will be individual drop in sessions for families who need additional support.

Registered Families must:

- *Attend each session and complete short weekly assignments
- *Participate in activities during each session.

If you’re interested in participating, please download and complete the registration form below. Please email your completed registration form to Yvonne Carpenter – ycarpenter@hmea.org. We encourage you to return your registration form as soon as possible. Forms will be reviewed upon receipt, and families will be contacted upon acceptance. We look forward to hearing from you!

<https://www.autismresourcecentral.org/wp-content/uploads/2020/10/Portfolio-Course-registraion-packet.doc>



Autism 101 – Accessing Public Supports

When: November 5th, 2020 | Thu 7:00 pm to 9:00 pm

Format: On-line Event

If your child has recently been diagnosed with autism, we’re here to help you and your family figure out the best path for moving forward. Please join us for a series of educational workshops open to any family who would like to learn more about living with autism.

The topics we cover include:

- *Overview of Autism Spectrum Disorders and Center Services
- *Sensory Processing Disorder and Autism
- *Special Education Law
- *Medical Management of ASD
- *Accessing Public Supports
- *Lets Get Organized – Workshop and Organizational Tools.

This week, we’ll be joined by our director of operations, Kristin Cariglia, who will be giving an overview of how to access public supports. Register for this event by clicking here:

<https://events.r20.constantcontact.com/register/eventReg?llr=pg7iu8cab&oeidk=a07ehd8eg8dd737a925>



An Examined Life: Disability Policy, Autism Research & Me

When: November 9, 2020 | Monday

Format: Webinar

Autism Webinar for Special Needs Families Webinar, November 2nd, 2020, with the Northeast Arc of Danvers, MA. Part of the Adult Autism Specialist Virtual Speaker Series at the Northeast Arc. For families of Adults with an Autism Spectrum Disorder without an Intellectual Disability, and their Families. Speaker Gyasi Burks-Abbott is a Massachusetts-based writer, speaker, and autism self-advocate who has shares his experiences living with autism. Gyasi has also served on the boards of many autism organizations. Gyasi is a Gopen Fellow at the Institute for Community Inclusion at UMass Boston, a UCEDD that provides training, conducts research, and offers assistance to organizations to promote the inclusion of people with disabilities in all aspects of society. Fees apply, registration for the Zoom Link is required to pkizner@ne-arc.org or hburgess@ne-arc.org *information found at www.spedchildma.com



Strategies for Strengthening Family Relationships During the Pandemic

When: November 11, 2020 | Wed 6:00 pm to 7:30 pm

Format: Webinar

A Free Parent/Guardian Training. Please join us as we explore ways to assist you in taking care of yourself while maintaining healthy interactions and infusing some levity and positivity into your life. The changes in our lives over the past 8 months has been especially challenging for those who have loved ones with disabilities. Whether they are living with you with little or no external social interaction or living outside your home with your contact being limited, relationships within families are sometimes struggling with less patience and more tension. Gail Okerman, Ed.M., is the Owner of Five Points Counseling and Consultation. Having counseled children, adolescents and adults in public and private institutions and agencies over a thirty-year period, she utilizes a strength-based, collaborative, problem-solving approach that supports resilience and collaboration. She is an educational consultant working with numerous school districts, an Assistant Professor at Fitchburg State University and has co-authored the book "Developing Minds: Essential Brain Based Strategies to Support Success" with her colleague, Chandler Creedon. Please join us and bring your questions to this informative session. To register for this workshop, R.S.V.P. by Monday, November 9th to Jenny Mell: jmell@minutemanarc.org. Please include your phone number and e-mail when registering. (We will send you the Zoom link following registration)



AANE's Fall 2020 Virtual Daniel W. Rosenn Connections Conference

When: November 14, 2020 | Sat 9:30 pm to 3:45 pm

Where: Online

AANE is pleased to offer its annual fall conference completely online! During this full-day conference, three expert presenters will speak on living an authentic life and forming meaningful friendships. The conference will also include virtual discussion and networking groups, providing an opportunity for adults with Asperger/autism profiles, parents, and professionals to work together, learn, and connect. For registration and detailed conference agenda visit <https://www.eventbrite.com/e/aanes-fall-2020-virtual-daniel-w-rosenn-connections-conference-tickets-118028413161>



Transition and Beyond (ages 14-22)



Co-ordinating Your Special-Needs Financial & Estate Planning

When: November 2, 2020 | Monday

ABLE Account in Massachusetts Overview - Attainable Savings Plan Webinar, November 2nd, 2020, with the Northeast Arc of Danvers, MA. Part of the Adult Autism Specialist Virtual Speaker Series. For families of Adults with an Autism Spectrum Disorder without an Intellectual Disability, and their Families.

* A large part of financial planning for special needs is calculating how much money the child is going to need, both down the road (during the parents' retirement) and also once the parents pass away.

* It is also important for this planning to understand what public benefits may be available and doing proper estate planning so that these benefits are not jeopardized, as many are "means-tested" (the child can't have more than a certain amount of money in their name, often \$2,000).

Common questions covered include:

*What will my child do when they age out of public schools?

*Where will my son or daughter live down the road, especially when we're not around any longer?

*What estate planning do we need to make sure public benefits are preserved?

*How much money should we plan on leaving our child, and what is the best way to do this?

*Fees apply, registration for the Zoom Link is required to pkizner@ne-arc.org or hburgess@ne-arc.org. **information found at www.spedchildma.com*



Estate Planning Webinar with Atty. Michael Lahti

When: November 4, 2020 | Wed 10:00 am to 11:30 am

Format: Online

Please join Fletcher Tilton Tax Attorney and Certified Elder Law Attorney Michael T. Lahti for an informative webinar. In the comfort of your own home or office, you will learn why some wills do not work, even when drafted correctly. You will learn the necessary steps to protect your home from future nursing home expenses. You will learn how to reduce estate death taxes. (Never volunteer to pay taxes to the state.)

You Will Learn:

*How to protect your property, and reduce estate taxes

*Why up-to-date health care proxies and powers of attorney are now crucial

*How the new SECURE Act (of December 2019) can impact your estate planning

*Why a HIPAA release is essential in obtaining medical information

*How to keep your family out of probate

*How to obtain a free virtual estate planning meeting

All of this is presented live online, in a straightforward and clear manner. Once you register, you will receive an email with simple instructions for connecting to the webinar. Register here

<https://register.gotowebinar.com/register/7681100680054645771>



Community Support

ADDITUDE *Inside the ADHD mind*

21 Sensory Toys and SPD Exercises for Your Sensitive Child

Children with sensory processing disorder may bristle and bolt at loud noises, pick their skin, and even bump into and fall over things. They may also want to wrestle all the time. Use these sensory-friendly, OT-approved activities and sensory toys to help them manage their senses at home right now. Children with sensory processing disorder (SPD) may feel things intensely — or not at all. They may be hypersensitive to noise, fluorescent lighting, cafeteria smells, and new movement. Or they may feel their senses are muted and physically seek out stimulation — playing rough, bouncing boundlessly, or touching everything and everyone all the time. During school closures and summer months, parents can make a difference by addressing their kids' sensory needs at home.¹ Use the list below to incorporate sensory input in fun indoor and outdoor activities that will help your child achieve better focus and reduce unwanted sensory behavior. Read full article here <https://www.additudemag.com/sensory-toys-spd-exercises-child>



Keeping Kids with Autism Safe from Wandering | Safe and Secure Program

The Flutie Family Safe & Secure Program is a partnership between the Flutie Foundation and SafetyNet Tracking Systems in an effort to help those with autism who tend to wander. Through this partnership, the Foundation and SafetyNet Tracking Systems will be donating a limited quantity of SafetyNet Bracelets which include a Transmitter Bracelet, Tester, 6 Month Supply of Batteries and Straps (\$499 value) to caregivers of individuals with autism in select New England states with a history of wandering who could not otherwise afford them. SafetyNet enables public safety agencies to more quickly find and rescue individuals with cognitive conditions who are prone to wandering and becoming lost. The service is comprised of a SafetyNet Bracelet worn by a client that emits Radio Frequency signals, which can be tracked by local public safety officials via their SafetyNet Search and Rescue Receivers. To learn more, contact Ellen Fitzpatrick at 508-270-8855 or efitzpatrick@flutiefoundation.org.



MDSC/Bruins Hockey Benefit

When: November 22, 2020 | Sun tentatively at 4:00

Where: Virtual via Bruins Alumni TV

Every November, players on the MDSC All Star team, many of whom have a loved one with Down syndrome, sharpen their skates to face-off against Bruins greats of yesteryear. For more than a decade, the MDSC and the Boston Bruins Foundation have joined forces to support people with Down syndrome and their families. The foundation's steadfast support has raised significant funds to benefit our programs and has helped the general public understand that people with Down syndrome should not be defined by their diagnosis. This year, the Boston Bruins Alumni have completely re-imagined the charity hockey program during COVID-19, so that our skaters can come together safely to enjoy hockey and raise funds to support the important work of the MDSC. Now more than ever, the MDSC needs support your support so we can continue to a strong support for individuals with Down syndrome and their families. The benefit game will be played at the state-of-the-art Canton Ice House in Canton MA! Even though the current rules state that there will be "no fans allowed" in the arena for adult games, they will still have an opportunity to view the action and donate to the game's charity through Bruins Alumni TV! The funds raised are critical to supporting the MDSC's programs and services, including Parents First Call, the Self-Advocate Advisory Council, Teen and Young Adult Program, Educational Support and Legislative Advocacy, which work collaboratively to ensure individuals with Down syndrome are value, included, and given the opportunities to pursue fulfilling lives. Contact Reaghan Bik at hockey@mdsc.org if you are interested in playing on the MDSC All Star Team. Learn more here <https://mdschockey.org/>



Fun Activities and Recreation



Create, Cook, Talk: Monster Toes

Halloween Fun! Create some monster toes for dinner tonight! Fun that's Yum! Store-bought chicken nuggets topped with "hairy" cheese and cashew nails. Watch Facebook video here <https://www.facebook.com/watch/?v=821623841974941>



Massachusetts Wheelchair Accessible Trails and Maps

Looking for the best Wheelchair Accessible trails around Massachusetts? Find the top rated wheelchair accessible trails in Massachusetts, whether you're looking for an easy short wheelchair accessible trail or a long wheelchair accessible trail, you'll find what you're looking for. Click on a wheelchair accessible trail below to find trail descriptions, trail maps, photos, and reviews. <https://www.trailink.com/stateactivity/ma-wheelchair-accessible-trails/>



Polar Express Drive-In Movie Night for Special-Needs Families

When: November 21, 2020 | Saturday

Polar Express Drive in Movie Night for Families with Special Needs in Massachusetts. Outdoor Drive in Event, November 21st, 2020, 5 pm. and 8 pm, with the CORSE Foundation of Scituate and the South Shore Autism Center. A family-friendly community event.

* \$25.00 Per car, Due to COVID everyone must stay in their cars.

The CORSE Foundation (Community of Resources for Special Education) has designed an innovative model within a blended framework of integrated and specialized social, academic, recreation, therapeutic and work-skills development programs so children with special needs can reach their full potential. Their variety of programs are staffed with customized staffing ratios and special education expertise so all children, those with and without special needs, can successfully participate together within their community . For more information C.O.R.S.E. Foundation,

www.corsefoundation.org email: corsefoundation@comcast.net **The 8pm showing is sold out! To reserve a ticket for 5pm register now for the 5pm showing below!**

<http://events.r20.constantcontact.com/register/event?oeidk=a07ehcfiwhd2265f8ac&llr=opyuf6cab>



Family Support & Special Interest



Virtual Parent Support Group

When: November 9, 2020 | Mon 7:00 pm to 8:30 pm

Format: Virtual via Zoom

Free. Please join FFC's 1st Virtual Parent Support Group!

Foundation for Faces of Children has been thinking of families during this long COVID-19 pandemic. We are excited to have our first "Virtual Parent to Parent Support Group"!

7:00 pm – Our panel of 3 sets of parents who have children with a craniofacial difference in various stages will share their insights and experience.

7:30 pm – The group will divide into smaller age-based break out sessions supported by a medical professional, from Boston Children's Hospital, to allow for more in-depth open Q&A/discussions.

The Boston Children's Hospital professionals attending to provide support will be:

*Ingrid Ganske, MD (Department of Plastic & Oral Surgery)

*Olivia Oppel, RN (Maternal Fetal Care Center)

*Dorothy MacDonald, RN, retired

You will hear about other parents' experiences, can share your experience, bring your questions to other parents and professionals. There will be parents of all ages of children with craniofacial and Cleft Lip/Palate conditions from newborn to 18 years old in attendance. Register here <https://facesofchildren.org/event/nov9-virtual-parent-support/>



Help for Parents and Families at Asperger/Autism Network

Welcome to AANE - we look forward to getting to know you and your family. As parents and professionals, we know what it's like to raise children, teens and adults with Asperger profiles. We've personally experienced the ups and downs of parenting and peer relationships, and we talk with hundreds of families each year. Parents often tell us, "You're the first person who understands!" You are not alone! To help with the ongoing challenges caused by the pandemic, AANE is available via email, phone, and video conference, and has extended availability during evening hours. Reach us through the Contact Us page or schedule a free information and referral call, available for parents of children and teens, parents of adults, and spouses/partners in neurodiverse relationships. Learn more here <https://www.aane.org/resources/family-and-friends/>



NAMI Mass is excited to offer monthly virtual In Our Own Voice (IOOV) presentations that are open to the general public. IOOV is a powerful presentation that aims to change attitudes, assumptions, and stereotypes about people living with mental health conditions. Two trained presenters with lived experience of a mental health condition will talk openly about their experiences and how they have found pathways to hope and healing. Audience members will have the opportunity to ask questions, learn more about mental health, and challenge misconceptions. Advance registration is required. We hope you'll join us! Registration below. Visit our website to learn more <https://namimass.org/nami-in-our-own-voice/>

*Friday, November 20, 3:00 PM - 4:30 PM

Register here <https://us02web.zoom.us/meeting/register/tZEIf-2urz4sGNQUogD1C1STxnK3RU95r-2p>

*Friday, December 4, 4:00 PM - 5:30 PM

Register here <https://us02web.zoom.us/meeting/register/tZArfumvqzsrH9V2rxTIYVtuWcDJR2QE2Pk8>



EDUCATION PROGRAM

In Our Own Voice



Back by Popular Demand

**TUESDAY, NOVEMBER 10
VIRTUAL MEETING 7-8:15 PM**

Two guests from NAMI's powerful "In Our Own Voice" Program will share their personal experiences with mental illness and recovery. As leaders with lived experience, they will talk openly about what it is like to manage their mental health conditions and answer your questions.

Free and registration required at
<https://nami-cambridgemiddlesex.org/events/current-events/>

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