



## Parent/Guardian Support & Resource Pages Week Ending of December 18th, 2020



### CASE Collaborative Community News

Dear CASE Parents/Guardians,

I wanted to spread a little holiday cheer and share with you an email I received earlier in the week from a fellow CASE family member. It is a sweet story and creative solution to adapting traditions and celebrations to life during a pandemic.

This is what she wrote.

"I have a solution to a Holiday cookie decorating party - a favorite with my grandchildren that we cannot participate in this year. However, thanks to modern technology we did have our party and it was a blast - we decorated our cookies together using ZOOM. We got to share our creations, laugh together - Nanny (ME) baked the cookies and sent them undecorated to the kids - with tubes of frosting, sprinkles, silver balls etc. I also included Holiday mugs for our hot chocolate. We all opened our boxes (yes I packed mine too) together and had a ball. The added benefit - my grand children in other States also got to participate - we may not be able to celebrate together but we definitely shared a fun Christmas memory. There is a good possibility this will become a Holiday tradition. We will repeat the Zooms to share Christmas present unwrapping too. - Elaine"

Thank you Elaine for sharing with us! I find your sentiment uplifting and I am sure our community will also! If anyone else wants to share a new holiday tradition, Please do!

Be Safe, Stay Warm!

Sue





## Community Workshops and Conferences



### **Promoting Self-Regulation for Everyday Life: A Practical Review of The Drive Thru Menus for Calming and Stress Busting**

**When: January 12, 2021 | Tue 7:00 pm to 8:30 pm**

**Format: Webinar**

Now, more than ever the need to promote a sense of grounding, wellness and overall wellbeing is needed for people of all ages. If you are looking to learn, then teach some strategies that promote focus, being present, self-awareness and skill attainment in the area of self-regulation, come join me! Take away some ideas and accommodations to reach any age group. Presenter Information: Tere Bowen-Irish, OTR/ L. Tere Bowen-Irish is a Certified Mindful Schools teacher and has been practicing Occupational Therapy for over 40 years in pediatrics and psychiatry. Through her business, All the Possibilities Inc., she offers workshops for therapists, parents and educators with a focus on service delivery, classroom management, mindfulness, wellness and prevention for all school age students. She is a regular presenter for UNH Professional Development. Tere is also the creator of The Drive Thru Menu Suite of Exercises, which is an initiative to bring movement into today's classrooms. She is a certified YogaKids teacher and author of Yoga and Me, Come be a Tree and co-author of My Mindful Music with Mary-Ann Harman. To register visit

<https://register.gotowebinar.com/register/7935664011927180560?source=website>



### **Community Call: Supported Decision-Making**

**When: January 14, 2021 | Thu 8:00 pm to 9:30 pm**

**Format: Virtual via Zoom**

Supported decision-making (SDM) is an alternative to guardianship that allows an individual to make decisions about his or her own life with a team of chosen supporters. SDM enhances people's lives and maximizes their independence. MFOFC Community Calls will occur on the first Monday of every month and scheduled on additional Mondays and/or Thursday evenings as the need arises. These calls are conducted in the spirit of collaboration and partnership, in a manner that is solution-oriented and supportive of all voices and positions, in accordance with MFOFC's Core Values and Guiding Principles. The purpose of these calls is to empower all stakeholders to Imagine Better, to form new collaborations, and to work collectively to support all families. Join Zoom Meeting

<https://massfamilies-org.zoom.us/j/81956051792?pwd=ZXIhbU5wMEJNaXloQXZWenhRFNjQT09>, Meeting ID: 819 5605 1792, Passcode: community. To learn more about Mass Families Organizing for Change (MFOFC) visit

<https://mfofc.org/>



## Transition and Beyond (ages 14-22)



### Section 8 and Beyond

When: January 5, 2021 | Tue 2:00 pm to 3:00 pm

Format: Webinar

Autism Housing Pathways has updated and expanded its companion website, [www.18section8.org](http://www.18section8.org), to provide an overview of the full range of affordable and subsidized housing options in Massachusetts. Step by step directions for completing many applications are provided, as is a spreadsheet to help track applications and keep them up to date. There is also a PowerPoint on site to help transition and family support professionals learn how to support families through the housing application process. This work was made possible by the generous support of a grant from CHNA 15. Register here <https://thearcofmass.org/event/webinar-section-8-and-beyond>



### DDS SELF-DIRECTED SERVICES

Please join us for an interactive discussion about expanding choices and control in your life through Self-Directed Supports. This is an opportunity to hear how participants and their families can design individualized services to meet their needs through the

**Participant Directed Program**  
or  
**Agency with Choice**

#### WHEN:

- 1/6/21 1:00pm to 2:30pm
- 1/27/21 4:00pm to 5:30pm
- 2/2/21 10:00am to 11:30am
- 2/24/21 4:00pm to 5:30pm
- 3/9/21 10:00am to 11:30am
- 3/31/21 4:00pm to 5:30pm

Offered via WEBEX

To register please contact: [jennifer.r.benoit@mass.gov](mailto:jennifer.r.benoit@mass.gov)



## Community Support



### **The Arc Survey - DDS Family Support Services During COVID**

DDS Services During Pandemic - DDS has encouraged disabled individuals and their family members or other caregivers to contact their DDS area offices if they are unable to receive adequate assistance from the state during the pandemic. After you have reached out to your DDS area office, we encourage you to fill out our short survey to determine whether or not you received adequate services in response to your request. The Arc will use this information in our outreach to DDS to better serve our families during this pandemic and beyond. Please complete the survey by January 15, 2021. Thank you! Please find your DDS Area Director here. <https://areaofficelocator.dds.state.ma.us/Home/LookupByCity> Complete the short survey here <https://www.surveymonkey.com/r/DDSCOVIDsurvey>



### **COVID-19: Leo's Letter: The Coronavirus Vaccine Is Coming. Our Community Must Get It.**

*-December 11, 2020 COVID19, Government Affairs, Leo's Letters, News*

During my weekly webinar, I shared a piece from the Boston Globe's Hanna Krueger, who described the disillusionment of "many infectious disease experts." Their emotions reflect frustration with so much of the public who have ignored warnings or guidelines. Read More here <https://thearcofmass.org/post/covid-19-leos-letter-the-coronavirus-vaccine-is-coming-our-community-must-get-it>



### **Did You Know about Operation House Call?**

Operation House Call (OHC) teaches young medical professionals essential skills to enhance the health care of persons with autism and other intellectual and developmental disabilities (I/DD). Offered by The Arc of Massachusetts, OHC turns to families, parents and individual self-advocates as educators in a health care field that seldom focuses on more than making a diagnosis. It is a rare and important training opportunity. Through OHC, students begin to build confidence and interest in working with individuals with I/DD, including autism, and their families. Read more here <https://thearcofmass.org/ohc>



## Fun Activities and Recreation



### **Beyond the Spectrum Class - Amazing Animals**

**When: January 2, 2020 | Sat**

**Format: Virtual via Zoom**

Why is there so much art about animals? Animals have always been vital to human cultures around the world, and artists show this important connection in a variety of different ways. We'll look at examples of animals in art from different cultures and time periods, and then make our own special animal sculptures! Online classes meet via Zoom. If you would like to receive a materials kit, please make sure to provide a mailing address when you purchase your ticket. You can update your address information in your MFA account settings. Tickets will go on sale Monday, December 21st at 10 am! Click the link below to see registration details and more information.



### **Science Games**

Did you know that scientists get to solve puzzles every day? Science and research involve finding solutions from the clues given. Help your young scientists stay engaged in different topics like health and the environment with these fun, educational games from NIH. <https://kids.niehs.nih.gov/games/index.htm>



### **Therapeutic Community Valentine Event**

**When: January 10, 2021 – February 10, 2021**

Virtual Event, January 10th – February 10th, 2021, with The Lexington Recreation Department. For All Ages. Spread the Valentine's Day cheer by making a card for local group homes and organizations for people with disabilities.

- \* Card kits which make two cards can be purchased for \$5 or you can create a card using what you have at home.
- \* Cards can be dropped off at the Community Center in the designated box outside. \* To purchase a card kit, register online and pick up instructions will be located in your receipt.
- \* Cards must be dropped off by February 10th

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



## Ongoing Holiday Related Festivities



### Best Christmas Lights on Boston-Area Homes

#### Where: Various Locations

For some of us, it's a struggle to put Christmas lights on a single tree without losing a bulb (or our tempers). Others—including some of our Boston-area neighbors—are veritable pros at creating spectacular Christmas light displays on their homes. Next time you have a free evening, pack some hot chocolate in a thermos, buckle up the kids, and visit these joyful dwellings from the safety of your own cars. Between the beautiful lights and the charities that many of these families support with their efforts, it's sure to inspire holiday spirit (and maybe some ideas for your own house). To see locations visit <https://mommypoppins.com/boston-kids/holidays/homes-with-awesome-holiday-lights-and-decor-around-boston>

### Safe Online Santa Visits: Zoom with Santa Claus and Virtual Santa Photos for Kids

In order to safely keep kids on the nice list, even Santa Claus has had to learn how to Zoom. Santa photos and visits 2020 style add a bit of extra technological magic to create a different, but plenty jolly, way for kids to meet Santa online. From customized video calls to online Santa photo ops, plus interactive games and cameos from Mrs. Claus and the elves, there are so many ways to hang with the big guy himself from the comfort and safety of your own home. Silver linings: no long lines and the ability to really personalize your visit, making your 2020 Santa meet-and-greet a little extra special. Read on for some of our favorite virtual Santa visits, coming to you from a few of our partners who sure know how to spread the holiday cheer when we need it most. <https://mommypoppins.com/kids/holidays/safe-virtual-santa-claus-visits-photos-online-video-calls-2020> *\*this event is not disability specific*

### 25 Christmas Jokes for Kids and Holiday Riddles

Give everyone a little comedic relief with these Christmas jokes for kids. Shopping deadlines, cookie baking, and lights untangling can make the final weeks of anyone's holiday season stressful. Lighten the mood by telling a few holiday jokes for kids while frosting gingerbread men or just enjoying a family meal. We rounded up our favorite reindeer jokes, snowmen jokes, Hanukkah jokes, holiday riddles, and plenty of Santa and Christmas jokes for kids. All of these two dozen jokes are rated G and most are simple enough for kids to memorize and retell to their friends.

<https://mommypoppins.com/kids/25-christmas-jokes-for-kids-and-holiday-riddles>



### Waltham Lions Drive-Through Holiday Light Show

When: November 27, 2020 – January 3<sup>rd</sup>, 2020

Where: 200 Trapelo Road, Former Fernald School, Waltham, MA

Over 1 mile of roadway transformed into a glittering display of over 1 million LED lights and animatronic scenes. Listen to music played through FM radio in your own vehicle during this safe, holiday experience. All tickets must be purchased on-line at <https://greaterbostonlightshow.com/> *\*this event is not disability specific*



**REMINDER: To Save the Date for our FIRST EVER holiday "Carol-A-Long"**

Join us on December 22<sup>nd</sup>, at 8:00 pm EST, when we will be featuring our **Sing-Along-Carolers**. Make sure you are a part of this fun and festive night! All voices are welcome! If your family or child is interested in joining us live on Facebook (as a part of our Zoom choir), please email us for more information at: [michele@parentingspecialneeds.org](mailto:michele@parentingspecialneeds.org)



**12th annual Festival of Trees**

**When: November 27 - December 20, 2020**

**Where: The Gardens at Elm Bank, 900 Washington Street, Wellesley, MA**

A Magical Holiday event for the Whole Family. Massachusetts Horticultural Society's twelfth Festival of Trees showcases dozens of decorated trees as well as Snow Village, including a model railroad display. This annual event takes place at the Society's headquarters at The Gardens at Elm Bank, 900 Washington Street, Wellesley, MA 02482. The venues are handicapped accessible. Mostly displayed in the Hunnewell Building, the Festival offers beautifully decorated holiday trees that are donated and decorated by local businesses, garden clubs and other organizations, and individuals. Visitors 'vote' with their raffle tickets, selecting the tree(s) they would like to win at the end of the event. Tree sizes vary from one foot to nine feet in height and some have gifts in addition to the decorations. This year there will also be a virtual Festival in addition to the physical display. Another and totally different experience is provided by Snow Village, an indoor exhibit occupying a whole room. This large display features model trains wending their way through villages and vignettes, including Christmas in the City (Boston of course!), Fenway Park, a Dickensian village, the North Pole and hundreds of decorated houses and lights. There are too many Santas to count as well as skaters galore. This is a visual treat for young and old alike and each year it is a little different. Outside there are decorations in The Gardens at Elm Bank. Visitors can keep warm and cozy melting S'mores at the fire pit. Timed-entry tickets must be purchased in advance. In strict observance of all COVID protocols, visitors will be escorted through the Festival in small groups. Purchase Tickets here <http://masshort.org/Festival-of-Trees/> \*this event is not disability specific



**Enjoy the Magic of Christmas! - By popular demand we continue the tradition in a safe and responsible way.**

**When: November 7, 2020 – December 24, 2020**

**Where: Various Store Locations**

Free photo with Santa. Kids can mail their letter to Santa and bring home a craft kit. All activities + photo are free. Details here Must reserve in advance online. Each day opens 7 days in advance, at midnight. Bass Pro spots fill almost immediately. Cabela's spots tend to last longer before filling. Learn more here

[https://www.basspro.com/shop/en/santas-wonderland?cm\\_sp=StWndldNov2017\\_HMR](https://www.basspro.com/shop/en/santas-wonderland?cm_sp=StWndldNov2017_HMR) *\*this event is not disability specific*

## **OLD STURBRIDGE VILLAGE**

**Christmas by Candlelight 2020 - An Outdoor New England Holiday Tradition**

**When: December 4-6, 11-13, 18-20, 23 & 27-30, 2020**

**Where: Sturbridge Village, Sturbridge MA**

Come experience the history of Christmas traditions at Old Sturbridge Village. Our programs are designed with your safety in mind – featuring a vast array of outdoor festivities. Relish old traditions and create new ones as we highlight homemade Christmas decor. See demonstrations of classic Christmas projects like knitting stockings, wreath making, and making natural ornaments. Watch as we make a traditional Christmas meal, punch tin lanterns, make ice skates or a sled, and other special projects. You'll enjoy strolling from the Common to the Countryside as you enjoy our festive, outdoor decorations, Christmas Tree Trail, and Christmas Wish Bridge. And Christmas by Candlelight wouldn't be complete without a horse-drawn carryall ride and warming up by the bonfires. We hope your family will join ours, as we celebrate a very special Christmas. To learn more and purchase tickets visit <https://www.osv.org/event/christmas-by-candlelight-2020/> *\*this event is not disability specific*



**Winter Wonderland at Southwick's Zoo**

**When: November 27<sup>th</sup>, 2020 - December 30<sup>th</sup>, 2020 | Wed – Sun 4:30 pm to 8:30 pm, Closed Mondays & Tuesdays, \*Closed December 25<sup>th</sup>**

**Where: Southwick's Zoo, Mendon MA**

Take a magical journey through Southwick's Zoo with friends and family to view spectacular holiday lights! This year's Winter Wonderland will be a drive thru, so guests will stay cozy and warm in their vehicles as they venture through the zoo. The Winter Wonderland Drive Thru tour will take guests through the Frozen Forest where they may spot a few of our fallow deer. Guests will also drive through Whoville to encounter the Grinch himself. Don't forget to keep an eye out for the yeti! Park your vehicle, either before or after your Drive Thru tour, and stroll through Santa's Enchanted Village. Here guests can enjoy a socially distanced meet and greet with Santa Claus as well as entertainment, interactive musical lights, reindeer games, a petting zoo (we know how much our visitors miss the goats over the winter!), and more. Concessions will be available in this area, so be sure to warm up with a hot toddy or smores! The Purple Peacock Gift Shop will be open for holiday shopping, so be sure to stop by for gifts and to say hello to Mrs. Claus. Galliford's Restaurant & Tavern will also be open and offering holiday themed food and drink specials. For ticketing information <https://southwickszoo.com/winter-wonderland/> *\*this event is not disability specific*



### Drive-Through Holiday Light Show at the Lancaster Fairgrounds

**When: November 25 – January 3rd**

**Where: Lancaster Fairgrounds, 318 Seven Bridge Road, Lancaster MA**

Over 1 mile of roadway is transformed into a glittering display of over 1 million LED lights — featuring a 90' Christmas Tree and 85' giant LED wreath! Listen to music played through FM radio in your own vehicle during this safe, holiday experience. To learn more and for tickets visit <https://lancasterlightshow.com/> *\*this event is not disability specific*



### 7th Annual Festival of Lights Day 1 of 4

**When: December 12, 13, 19, 20, 2020 | 4:00 pm to 9:00 pm**

**Where: KOA, 438 Plymouth St, Middleborough, MA**

Drive through acres decorated with over 500,000 lights. Due to Covid19 people must remain in their cars. If you would just like more information about the Festival, contact us at [discovermiddleborough@gmail.com](mailto:discovermiddleborough@gmail.com), visit us on facebook at <https://www.facebook.com/MiddleboroToday/>

This event is sponsored by Middleborough Tourism Committee, Rockland Trust and the Mass & Local Cultural Councils. To learn more and purchase tickets visit <https://www.facebook.com/MiddleboroToday/events/> *\*this event is not disability specific*



### Bright Nights at Forest Park

**When: November 25, 2020 - January 6, 2021**

**Where: Bright Nights at Forest Park, 300 Sumner Avenue | Springfield, MA**

Bright Nights at Forest Park opens for its 26th season. The lights will be lit from November 25th through January 6th. Tickets must be purchased in advance online or at Big Y World Class Market. Bright Nights will have COVID-19 safety protocols in place and will only be a drive through experience. Pure Magic

Since 1995, Bright Nights has been a unique public/private collaboration between the City of Springfield's Department of Parks, Buildings & Recreation Management and the Spirit of Springfield, a private non-profit organization. Together they have welcomed more than 6 million visitors. It has been calculated that if every bus that had visited were lined bumper to bumper, they would go from Springfield to Cape Cod. The cars would go as far as California. *\*this event is not disability specific*



### 2020 Christmas Guest Guidelines

A popular walk-through light display that has a religious emphasis. Free admission and parking, but donations are welcome. Can be extremely crowded on weekends. Arrive by 4:30 on weekends and make s'mores while waiting. Learn more here <https://lasaletteattleboroshrine.org/christmas-festival> *\*this event is not disability specific*



## Family Support & Special Interest



### Christmas during COVID-19 story

This story is to support those who are choosing to stay away from their family and friends during the holiday season in 2020. This story is about Christmas in particular.

[https://drive.google.com/file/d/1-RZM\\_sXt0vQIbU6YfTnknKdZEF0jKOCq/view](https://drive.google.com/file/d/1-RZM_sXt0vQIbU6YfTnknKdZEF0jKOCq/view)



### Winter Break Social Story

Help prepare your student or child for winter break with this short and sweet social story for children with autism and other disabilities. Actually, this story is for any young child who benefits from being prepared for changes in their routine! [https://drive.google.com/file/d/1c3hUqDqzOliLdHjJUP\\_W6FFaZRLu6VH\\_/view](https://drive.google.com/file/d/1c3hUqDqzOliLdHjJUP_W6FFaZRLu6VH_/view)



### Zappos Doubles Shoe Program for People with Disabilities

Zappos is expanding a first-of-its-kind program designed to make it easier for people with special needs to buy shoes.

<https://www.disabilityscoop.com/2020/12/15/zappos-doubles-shoe-program-disabilities/29119/>

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