



## Parent/Guardian Support & Resource Pages Week Ending of November 27, 2020



### CASE Collaborative Community News



Dear CASE Families/Guardians,

I hope you had a safe and relaxing holiday yesterday. Despite the challenges associated with the COVID-19 pandemic, there is much to be grateful for. Yesterday allowed me time to reflect, take a deep breath, and look for the silver lining in the chaos that the year 2020 has brought.

After much thought and reflection, and an unprecedented Zoom "Thanksgiving celebration" with our sons, this is what became very clear to me.

I will never forget that fateful day when the doctor told us our then 6-year-old boy had a brain tumor. I recalled our journey. One day we were happily juggling our three son's school and recreational activities then the next we found ourselves in the ER at Children's Hospital praying that our son will survive his medical ordeal and fraught with worry about his siblings and the impact of what was about to unfold. Now here we are twenty years later, sitting at our kitchen table reminiscing about how quickly the years have passed by. It is surreal to me to look back and see how far we have come. Thanks to so many medical clinicians, therapists, educators, and agencies who supported our family throughout the years. We are so grateful.

I am also grateful for this opportunity to share resources in support of our families. My own endeavors to find support and information that guided us over the years, coupled with navigating the medical systems, special education services, and now the Massachusetts agencies that help support our son, has culminated onto the pages of this newsletter. I hope they lessen the load for you and your family during these challenging times.

I came across this blog post written in 2012 that I wanted to share with you. Although, this year we have an extra layer of challenges related to the pandemic, the perspective is unchanging.

A Special Needs Thanksgiving: 15 Things I Am Thankful For

<https://www.friendshipcircle.org/blog/2012/11/21/a-special-needs-thanksgiving-15-things-i-am-thankful-for/>

Enjoy the rest of your weekend!

Sue

**Please Join Us! This Workshop is Open to All. Feel Free to Share!**  
**Please RSVP by December 7<sup>th</sup>, 2020 to [scampbell@casecollaborative.org](mailto:scampbell@casecollaborative.org)**



**THE CASE CONSULTATION, EDUCATION, AND TRAINING FOR  
TECHNOLOGY (CETT) TEAM PRESENTS:**

**ZOOM TRAINING FOR PARENTS - TIPS AND TRICKS  
TO HELP YOUR CHILD**

**THURSDAY, 7:00 – 8:00 PM**  
**DECEMBER 10<sup>th</sup>, 2020**

You and your child probably have the Zoom basics down, but we want to show you a few things to make your child's experience better. You will also be able to ask questions and share what has helped your child.



To update to the latest version of Zoom click on the link below:  
<https://support.zoom.us/hc/en-us/articles/201362233-Upgrade-update-to-the-latest-version>

**Zoom Link:**  
**<https://us02web.zoom.us/j/84858642046?pwd=dG9MVi93eVFKVGFuMUp6UWVhOjRidz09>**  
**Meeting ID: 848 5864 2046**  
**Passcode: Zoom**

**Meet Our CETT TEAM –  
Q & A Session to Follow  
Presentation**

**Please RSVP and Email  
your Questions in  
Advance to [scampbell@casecollaborative.org](mailto:scampbell@casecollaborative.org)  
December 7<sup>th</sup>, 2020**

**\*\* This Workshop  
Requires the Latest  
Version of Zoom. Click the  
Link on the Bottom of the  
Flier to Upgrade to the  
Latest Version.**

**CASE COLLABORATIVE**

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## Community Workshops and Conferences



### **Celebrating the Holidays during COVID**

**When: December 2, 2020 | Wed 7:00 pm to 8:00 pm**

**Format: Virtual via Zoom**

Thanksgiving is now behind us, but what about December: Hanukkah, Christmas, Kwanzaa? Parties, special events, and family traditions may take a backseat this year. Join Finora Rodriques and learn strategies and tips to help make the season festive in a different way. With significant passion displayed throughout her work within the field of human services, Finora Rodriques serves as a Mental Health Clinician at a community-based mental health agency in the Boston area. In addition to her commitment to her professional work, Finora obtained a Master's Degree in Mental Health Counseling from Boston College in 2018. Register here

<https://arcmass.zoom.us/meeting/register/tZlucuuvpzMrGtz8op9YtZWqi5KIM7uxibCm>



### **Maintaining Social Connection For Students During COVID**

**When: December 3, 2020 | Thu 3:00 pm to 4:00 pm**

**Format: Virtual via Zoom**

Friendships between students with and without disabilities are important to all, but even in the best of times they may be hard to foster. The pandemic has made social connections even more difficult. Jim Ross is a parent and long-time worker in the human services world. Join him to talk about the importance of pursuing these friendships for children and youth and uncover tips on how to make them happen even during these trying times. Register here

[https://arcmass.zoom.us/webinar/register/WN\\_uyPvTtq9Ts-gcAONR7YI\\_Q](https://arcmass.zoom.us/webinar/register/WN_uyPvTtq9Ts-gcAONR7YI_Q)



### **Online "Open" Asperger's/Autism 101 – A Workshop for Parents of Newly Diagnosed Children/Teens/Young Adults (through age 22)**

**When: December 3, 2020 | Thu 7:00 pm to 9:00 pm**

**Format: Virtual via Zoom**

This two-hour workshop will go over what you can expect raising a child/teen/young adult (through age 22) on the autism spectrum. We will cover core strengths and challenges, some ways to cope at home, advocating at school, transition planning, and more. To learn more and for registration visit <https://www.aane.org/event/online-open-aspergers-autism-101-a-workshop-for-parents-of-newly-diagnosed-children-teens-12-3-20-700-pm-900-pm-edt/>



**Virtual Adult Autism Specialist Speaker Series**

## **Adaptive Driving Program** **with Mark Whitehouse**

Mark is the president of Adaptive Driving Program as well as Program Coordinator. With over thirty years in the rehabilitation driving field, Mark has worked with over 2,500 clients during his career including more than 300 van clients.

The thousands of people with special needs who have learned to drive with Adaptive Driving Program over the last 20 years testify to the experience, skill, and dedication of our staff. We take care to address all aspects of independence. We provide a unique team approach that includes the instructor, consultants, and the consumer.

**Monday, November 30th**  
**11:00 am**

Adults 18+ with ASD, no ID and Families

**RSVP to either of the following for Zoom links:**

Phyllis Kizner - [pkizner@ne-arc.org](mailto:pkizner@ne-arc.org)

Heather Burgess - [hburgess@ne-arc.org](mailto:hburgess@ne-arc.org)



Riverside Family Support Center

A SERVICE OF RIVERSIDE COMMUNITY CARE



**incompass**  
HUMAN SERVICES

NortheastArc

Autism Support Center



Sponsored By:

**Bridgewell**

NortheastArc

Family Resource Center



**RESCHEDULED – AANE Webinar: Building Meaningful Relationships – Dating,**

**When: December 7, 2020 | Mon 4:00 pm to 5:30 pm, \$10**

**Format: Virtual via Zoom**

Karen only really dated for the first time when she was 37 years old. By then she'd been married twice, among other relationship adventures. In that time between her second and current third marriage, she cultivated some simple lessons that helped her understand what dating was (and wasn't), and ensure a healthy approach to sex, love, and rejection. Our goal for this session is a candid conversation about different ways to approach relationships and dating while autistic. The webinar will also be recorded. The recording will be made available to registrants after the event has taken place. For more information and registration <https://www.aane.org/event/aane-webinar-building-meaningful-relationships-dating-11-12-20-400-pm-530-pm-et/>



**Adult Family Care (AFC): Is Your Loved One Eligible?**

**When: December 8, 2020 | Tue 6:30 pm to 7:30 pm**

**Format: Webinar**

Adult Family Care (AFC), also called Adult Foster Care, is a MassHealth funded program for adults with disabilities (and elderly) who cannot live alone safely because of a cognitive, medical, physical, or mental condition and who need daily assistance with one or more activities of daily living (ADLs). This is an important vehicle for obtaining assistance for your family, including funding. Who is eligible, how to apply, benefits, and other pertinent information will be addressed. To register for this workshop, R.S.V.P. by Friday, December 4th to Jenny Mell: [jmell@minutemanarc.org](mailto:jmell@minutemanarc.org) Please include your phone number and e-mail when registering. (We will send you the Zoom link following registration).



**“A Team To Carry On” Guardian Workshop**

**When: December 9, 2020 | Wed 6:30 pm to 7:25 pm**

**Format: Webinar Hosted by Seven Hills Pediatric Center**

A Team to Carry On covers the considerations beyond the wills and trusts: the details of living. We've learned from the families we have worked with over the past 20 years that planning for an individual with special needs requires a different team: a team of professionals, friends and family members who will form an infrastructure to carry on even when you are no longer there. Planning for the future of an individual with special needs requires marshaling financial resources but even more importantly, arranging for the human resources to carry on in the role of the parents. While no one person can duplicate what a parent does, the family should identify a person who will captain a team with at least three members with distinct roles: a trustee, a guardian and a money manager. Having a team provides the checks and balances that protect against any conflict of interest. RSVP: email/ 781-365-8586.



## **Self Advocates Save the Date!**

Thursday, December 10th, 6 - 7pm



Virtual Focus Group for new  
Self Advocacy Group Ages 18 - 35

***Join us to let us know:***

- *What is important to you?*
- *Would you like to meet new people?*
- *What's working?*
- *What's not working?*

**Register at the link below:**

<https://zoom.us/meeting/register/tJMrduCvrz0uHtc8Aq0z0qbRlcqBhy5e4sQf>

*For more info: Barbara Pandolfi, 978-373-0552 x206 or [Barbara.Pandolfi@thearcofghn.org](mailto:Barbara.Pandolfi@thearcofghn.org)*



Massachusetts Department of Public Health  
Division for Children & Youth with Special Health Needs is

## SEEKING VOLUNTEERS

to take part in a 1-hour interview  
(by phone or Zoom) to help us build our  
Health Transition Toolkit

**Who can help:**

- Caregivers of youth and young adults (ages 12-26) with special health needs and disabilities

**What we will talk about:**

- Changing doctors
- Taking greater responsibility for your health and health care

**What you will get:**

- \$25 gift card
- Information on Health Transition

**For more details, please contact our Health Transition  
Representative at [brianna.padron@mass.gov](mailto:brianna.padron@mass.gov)**



Massachusetts Department of Public Health  
Division for Children & Youth with Special Health Needs is

## SEEKING VOLUNTEERS

to take part in a 1.5-hour group interview  
on Zoom to help us build our Health  
Transition Toolkit

**TUESDAY  
DEC 1ST @ 7 PM**

**VOLUNTEERS WILL RECEIVE  
A \$35 GIFT CARD**

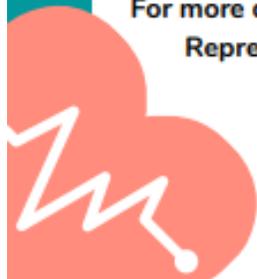
### Who can help:

- Caregivers of youth and young adults (ages 12-26) with special health needs and disabilities
- Must have access to a device with zoom capabilities

### What we will talk about:

- Changing doctors
- Taking greater responsibility for your health and health care

For more details, please contact our Health Transition  
Representative at [brianna.padron@mass.gov](mailto:brianna.padron@mass.gov)





## Fun Activities and Recreation



### **Sunday Squad - New Athletes Unlimited Program**

**When: Beginning November 22, 2020 | Sun 4:30 pm to 5:15 pm**

**Format: Virtual via Zoom**

Athletes 13 and under can join members of our Squad and Camp Echo Bridge staff for a Sunday afternoon with friends on Zoom. Have a chance to talk to friends you know, meet new friends, have a chat, play a game and get your move on. This program is specifically geared to our younger friends. First Program November 22 with your hosts Emma and Lucy <https://us02web.zoom.us/j/5554321212?pwd=NkFGRk1OUe9IVkRKQ0hUZGg2Z3pQQT09> Meeting ID: 555 432 1212 - Passcode: 12121234. Every Saturday, look for the weekly emails from Karen regarding the next weeks programs. It will include who is leading the Sunday Squad each week.



### **Accessible Martial Arts – Online Classes Only**

**When: Starting December 2, 2020 | Wed 4:00 pm**

**Format: Virtual via Zoom**

The Accessible Martial Arts Program is for people with and without disabilities who want to learn and practice self-defense, stretching, exercise, and relaxation techniques. Check out our story in the Worcester Telegram!

<https://www.telegram.com/photogallery/WT/20180615/NEWS/614009998/PH/1>

\*How to Participate? Email [youth@eastersealsma.org](mailto:youth@eastersealsma.org) to RSVP for our Zoom sessions.

\*Class Schedule? Every other Wednesday at 4:00pm we will hold a full class for you to follow along to that include all the elements of in-person classes.



### **Virtual Recreation Inclusion Forum for Massachusetts Families with Lexington Human Services Department**

**When: December 3, 2020 | Thu 6:30 pm**

**Format: Virtual**

Inclusion forum for parents / caregivers / support professionals for youth, teens and young adults with and without disabilities.

\* The beginning of the forum will be a short presentation about inclusive and adaptive recreation programs in Lexington.

\* After the presentation, attendees will be asked to participate in a forum to provide insight and guide the Lexington Recreation department in service decisions for youth, teens and adults with and without disabilities.

This forum is free but pre-registration is required to [https://lexrecreation.activityreg.com/selectactivity\\_t2.wcs](https://lexrecreation.activityreg.com/selectactivity_t2.wcs) or contact Kate DeAngelis, CTRS, Lexington Recreation & Community Programs [kdeangelis@lexingtonma.gov](mailto:kdeangelis@lexingtonma.gov) 781-698-4817 \*information provided by [www.spedchildmass.com](http://www.spedchildmass.com)



### **2021: Experience Inclusion**

**When: December 14, 2020 | Mon 7:30 pm**

**Format: Virtual**

A new Special Olympics is coming to Massachusetts - Special Announcement Event: December 14, 2020, 7:30 p.m. We're excited to share our plans for Special Olympics in the new year and beyond. Join members of the Special Olympics Staff, Special Olympics athletes, volunteers and other community members to learn how the movement will be expanding in the next year and beyond. We will continue to be athlete-focused, community-based and open to all. Experience Inclusion in 2021 with Special Olympics Massachusetts. To register visit

<https://gameon.specialolympicsma.org/2021>



### **Beyond the Spectrum Online Teen Class – Symbols of Power**

**When: December 19, 2020 | Sat 10:30 am to 11:30 am**

**Format: Virtual vis Zoom**

How are powerful people depicted in art throughout history? What symbols do artists use to denote power in different cultures? Examine artworks and discuss these questions, then create your own powerful symbolic portrait.

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. Don't miss it! Sign up for the class now! Click below to book your tickets before Monday, December 14<sup>th</sup> at 1 pm. Purchase tickets here <https://www.mfa.org/programs/community-programs/beyond-the-spectrum>

## **2020 LA SALETTE CHRISTMAS CELEBRATION OF LIGHTS LIGHT FROM AFAR**

**November 26, 2020 - January 3, 2021**

**ILLUMINATIONS DAILY FROM 5:00-9:00pm**

### **2020 Christmas Guest Guidelines**

Over the past few months, we've received several inquiries about how we are planning on handling the Christmas Celebration during COVID-19. Below, you will find a list of guidelines that we have put forward for all those visiting this year. Please take time to review them before visiting!

\*While on our property, all guests are required to wear a facial mask covering both their nose and mouth at all times, BOTH INDOORS AND OUTDOORS.

\*Guests/family groups must maintain a social distance of 6 feet from others while BOTH INDOORS AND OUTDOORS.

\*At 8:30 pm, all buildings open to the public will close. We will announce a reminder at 8:00 pm. Please plan accordingly.

\*The lights will be turned off promptly at 9:00 pm and all guests are asked that they vacate the property by that time.

\*Be advised, every indoor area is subject to occupancy limits to respect a social distance of 6 feet. Learn more here

<https://lasaletteattleboroshrine.org/christmas-festival>



## Family Support & Special Interest



### **Making Chromebooks Accessible for People with Disabilities**

Chromebooks come with helpful accessibility features created using inclusive design principles and based on user feedback, to empower people with disabilities to learn, play and connect. Learn more here

<https://www.google.com/chromebook/accessibility/>



### **The ADDitude Gift Guide for Kids with Sensory Needs**

NERF guns and LEGOs don't work for every child. Neither do skateboards and pogo sticks. Gift-giving must get creative — and smart — when your child has sensory challenges. Begin your shopping research with this list of sensory toys and gifts, large and small, road-tested by a boy with Sensory Processing Disorder, ODD, ADHD, and anxiety disorder. Sensory Processing Disorder (SPD) is a neurological condition that interferes with the brain's ability to convert sensory messages into appropriate motor and behavioral responses. A child with SPD may feel overwhelmed and over-stimulated in certain environments. Or bristle at harsh fabrics, exposed tags, and even a scent of perfume. Or trip and fall a lot. Or crave the sensory stimulation that comes from racing a sled down an icy hill or tackling a friend on the playground. In other words, SPD comes in many stripes. Understanding exactly how it impacts your child will help you further refine the list of sensory-friendly toys below, all of which are available on Amazon.com, approved by our son, and deemed worthy of inclusion in our tiny, 300-square-foot lifestyle. Read more here

<https://www.additudemag.com/slideshows/sensory-gifts-for-adhd-children/>



### **New Housing Concepts Emerge for Adults with Developmental Disabilities**

Communities of varying shapes and styles are popping up across the country, all aiming to address the severe shortage of housing options for those with developmental disabilities. Among the newest projects underway is a 15-acre community planned about 20 miles outside of Indianapolis that will offer homes for adults with and without developmental disabilities. The \$12 million project that's expected to open in 2023 will include various size homes as well as a community center and feature clubs and classes promoting independent living skills. Known as Crossbridge Point, the community being developed by the nonprofit ILADD, Inc. is among the first aimed at people with developmental disabilities that will allow families to purchase homes, though the plan also calls for rental units to be available. Read full article here <https://www.disabilityscoop.com/2020/11/20/new-housing-concepts-emerge-for-adults-with-developmental-disabilities/29093/>

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