

## A WHOLE YEAR

Wow! This marks the start of the second year of our quarterly newsletter for adults. We continue to add new activities, meetups, workshops, and groups that are of interest to you. The focus of the coming year is to support and encourage individuals and their families to continue to foster relationships that have been made as well as to continue to facilitate resources and avenues for adults to make new connections and friendships. Together we are meeting our goal to build a network for adults on the spectrum in Central Massachusetts that is working towards meeting needs and improving lives.

With this goal in mind, I am excited to introduce, In Our Own Voice, which is a new section of the newsletter that features one of our members. This is a great way that members can become acquainted with each other as well as to learn about others who share common interests.

I want to thank Stephen Perkins for offering to be the first person to be featured in this new section. Contact Dianne if you would like to be a featured member in this new section of our newsletter. You can share your art work, hobbies, Interests or share your writings. Others would also enjoy knowing about jobs, classes, recreational groups, and other resources members participate in and enjoy.

### IN OUR OWN VOICE

#### Featured Member: Stephen Perkins

It has been a blessing that I became fascinated about Art History and studio art while going to college forty years ago. I try to improve every day on my artistic ability creating drawings and paintings to my satisfaction. Trying to formulate my idea on to paper has not always been an easy task for me as many times I have been unsuccessful in my pursuit of perfection which can drive me crazy sometimes. But I keep on trying to create watercolors, mostly of pets and horses.

I only found out that I am autistic last year at the age of fifty-nine after years of agony not knowing who I was and being seen as stupid and lazy. It was learning how to read and becoming addicted for the written word that I started to see who I really was.



-Stephen Russell Perkins

*The Three Amigos'*

*Announcing Our New*

## 35+ Group



### Support for Older Adults on the Spectrum

We are excited to announce our new 35+ group designed to support older adults on the spectrum with social relationships at work, home, and in the community. This group will support older adults in their various roles such as working professionals, spouse, parents, adult children of aging parents, etc.

The last Tuesday of the month starting in January 2018, 6:30PM - 8PM

WHERE: 71 Sterling St. West Boylston MA

Register at [autismresourcecentral@hmea.org](mailto:autismresourcecentral@hmea.org)

# ACTIVITIES

## Video and Board Game Night!



### **VIDEO GAMES**



### **BOARD GAMES**

You have asked for it and so here it is, our first gaming night with both board games and video games.!!!

Come and connect with other video gaming and board game enthusiasts, Wednesday February 7, 2018 at the Community Room at the YMCA, 766 Main St. Worcester from 6:PM – 8:PM.

Thanks to all of you gamers for your input in developing the format for this game night. We will designate a minimum of 4 stations or areas: A game board area and a station for 3 different video games. The 3 video games chosen will be based on majority popularity and genre of game.

**Contact Dianne prior to Wednesday, January 31, 2018 to discuss and organize what games and equipment will be needed.**



#### CREATIVE ARTS MEETUP

Meet with artist Pat Davis  
Learn about his art work and  
some techniques he uses.

Thursday

February 8, 2018

6:PM - 8PM

Seven Hill family Support Center, Sturbridge



#### JOIN US AT THE MOVIES

Entertainment Cinemas  
45 Sack Blvd., Leominster  
  
Tuesday  
January 2, 2018  
Early Afternoon Movie  
(Time to be announced  
week of movie)



#### BOWLING MEETUP IN

##### HOPEDALE

December, 8 2017

January 12, 2018

February 2, 2018

5:30PM - 7:30PM

Bring money if you want to  
order pizza with others.

# Educational Series For Families and Individuals on the Spectrum

Presented by  
The Center for Autism and Neurodevelopmental  
Disorders (CANDO) &  
HMEA's Autism Resource Central

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**This Series will be presented monthly from January 2018 - June 2018 at the Resource Center on Tuesday evenings 6:30PM - 8PM. The Series is open to parents and individuals with ASD who are interested in learning more about ASD treatment modalities, supports, and current opportunities to participate in research. Meet with experts, expand your support network, and learn helpful strategies for coping with the challenges that life on the spectrum can bring.**

## WORKSHOPS

- January 9:      Mental Health Considerations for Individuals with ASD -  
                         *Yael Dvir MD*
- February 13 :   Autism Insurance Resource Center - *Amy Weinstock*
- March 13 :      The Benefits of Medication - *David Cochran MD*
- April 10 :       Understanding Neuropsychological Testing -  
                         *Allan Rooney Psy.D.*
- May 8 :          Community Supports - *Kristen Cariglia*
- June 12:        (Topic and Speaker To Be Announced)

**REGISTER AT : [www.autismresourcecentral.org](http://www.autismresourcecentral.org)**



HMEA's

Autism Resource Central

71 Sterling Street  
West Boylston Ma 01583

Phone: 508-835-4278  
Fax: 508-835-3723  
[WWW.AUTISMRESOURCECENTRAL.ORG](http://WWW.AUTISMRESOURCECENTRAL.ORG)





# GAME NIGHT



Meet Up at Quinsigamond Community College  
November 30, 2017 / January 25, 2018 / February 22, 2018



## Join Us

Meet with others monthly  
to play games, draw, or  
just hang out.

### Game Night

#### Meet Up at QCC

Quinsigamond Community College

670 W Boylston St., Worcester

Harrington Learning Center

Egan Conference Room, R239

6:00PM - 7:30PM

For questions, more information

Contact Dianne Crossley at

[dcrossley@hmea.org](mailto:dcrossley@hmea.org) or

298-508-1611



Register at [www.autismresourcecentral.org](http://www.autismresourcecentral.org)



# WINTER CALENDAR



## DECEMBER 2017

**December 8, 2017**

**Bowling Meetup /**

**Parents Group - Speaker: Celia Brown from MFOFC**

Hopedale Community House

43 Hope St., Hopedale

Meetup 5:30PM - 7:30PM

Parents Grp. 6PM - 7:30PM

(Bring money if you want to order pizza).

**December 14, 2017**

**Bowling Meetup**

Bogey Lanes

199 N Brookfield Rd.

East Brookfield

6PM - 8PM

**Fee: \$5.00**

**December 15, 2017**

**Women's Meetup**

**Making Holiday Cards**

Fidelity Bank

9 Leominster Connector

GPS - 478 Mechanic St.

Leominster

1PM - 3PM

**December 18, 2017**

**Sign up for Section 8 Housing**

**With Cathy Boyle**

Fidelity Bank

9 Leominster Connector

GPS - 478 Mechanic St.

Leominster

**(Call to register for a 50 minute appt., on the hour from 9AM - 11AM & 1PM - 4PM).**

# Happy New Year!

## JANUARY 2018

**January 2, 2018**

**Movies**

Entertainment Cinemas

45 Sack Blvd., Leominster

Meet around 12PM - 1PM for early afternoon movie.

(Exact time to be announced week of event).

**January 9, 2018**

**Education Series: Mental Health Considerations for Individuals with ASD - Yael Dvir MD**

71 Sterling St. West Boylston

6:30PM - 8PM

**January 12, 2018**

**Bowling Meetup**

Hopedale Community House

43 Hope St., Hopedale

5:30PM - 7:30PM

(Bring money if you want to order pizza).

**NO PARENTS MEETING!**

**January 15, 2018**

**CENTER CLOSED**

**Martin Luther King Day**

**January 17, 2018**

**Parents Night Out**

99 Restaurant

196 E Main St.

Milford

6PM - 8PM

**January 18, 2018**

**Bowling**

Bogey Lanes

199 N Brookfield Rd.

East Brookfield

6PM - 8PM

**Fee: \$5.00**

**January 19, 2018**

**Woman's Meetup**

**Making Valentine Day Gifts for Children**

Fitchburg Firehouse

33 North St., Fitchburg

1PM - 3PM

**January 25, 2018**

**Game Night**

**Meet Up at QCC**

670 W. Boylston St. Worcester

RM239 Harrington Learning Center

6:00PM - 7:30PM

**January 30 2018**

**35+ Group**

71 Sterling St.,

West Boylston

7PM - 9PM



## FEBRUARY

**February 2, 2018**

**Bowling Meetup /**

**Parents Group - Speaker: Sue Loring, Director of Center**

Hopedale Community House

43 Hope St., Hopedale

Meetup 5:30PM - 7:30PM

Parents Grp. 6PM - 7:30PM

(Bring money if you want to order pizza).



**February 7, 2018**

**Video & Board Games  
Night**

YMCA Central Branch  
766 Main St., Worcester  
6PM - 8PM

**February 8, 2018**

**Meetup with Artist,  
Pat Davis**

208 Charlton Rd.  
Sturbridge  
6PM - 8PM

**February 13, 2018**

**Educational Series  
Autism Insurance  
Resource Center -  
Amy Weinstock**

71 Sterling St. W. Boylston  
6:30PM - 8PM

**February 19, 2018**

**Center Closed  
Presidents Day**

**February 22, 2018**

**Game Night Meetup at  
QCC**

6PM - 7:30PM

**February 27, 2018**

**35+ Group**

71 Sterling St.  
West Boylston  
6:30PM - 8PM

**February 28, 2018**

**Gender Identity / LGBTQ  
Workshop**

71 Sterling St.  
West Boylston  
7PM - 9PM

Please Register for all Events  
on our Website!!!

*"If you want your family member to live independently by age 30, apply for Section 8 at 18"*

*-Cathy Boyle, Autism Housing Pathways*

Many of you have asked for it and here it is -

Individual housing counseling sessions & sign up for Section 8 Housing with Cathy Boyle

Only 7 slots available, don't miss out, register soon!

**Plan for the Future  
Individual Housing Counseling Sessions for  
Families with individuals 18 and older with  
Autism Housing Pathway's  
Cathy Boyle  
December 18, 2016  
At Fidelity Bank's Community Room  
478 Mechanic St, Leominster MA  
Appointments available  
9 AM- 4 PM  
Call HMEA's Autism Resource Central  
at 508-835-4278 to register**



# PARENT MEETING / WORKSHOPS / INFO

## PARENT MEETINGS IN HOPEDALE

Come and meet other parents of adults on the spectrum as well as learn of supports from various informed speakers.

### Winter Schedule

## MFOFC

December 8, 2017 - Theme is Effective Parent Advocacy, Guest Speaker - Celia Brown from Massachusetts Families Organizing for Change, MFOFC. Learn about effective ways to advocate for your adult child on the spectrum and meet other parent advocates.



January 17, 2018 - Theme is Fun for Parents, meet us at the 99 Restaurant in Milford for Parents Night Out. Enjoy a night out with other parents now that the holidays are over. (**NOTE CHANGE – This is on a Wednesday and not on Friday night during the Bowling & Pizza Meetup for Adults**). No Parent Meeting in Hopedale on Friday January 12, 2018.



February 2, 2018 - Theme is Learn more about HMEA's Autism Resource Central from its Director, Guest Speaker - Sue Loring. Hear more about the Center's supports and events such as our annual Run and Walk in April.

## PARENT MEETINGS IN WEST BOYLSTON

Support meetings for parents of adults on the spectrum are held at our center on the first Wednesday of the month from 7PM - 9PM.

## GENDER IDENTITY / LGBTQ WORKSHOP

A guest speaker from The Bridge of Central Mass will be presenting a training on gender identity and LGBTQ issues.

WHEN: Wednesday, February 28, 2018, 7PM - 9PM

WHERE: 71 Sterling St. West Boylston

## INFO FROM OUR WRTA WORKSHOP



All individuals who have DDS, MRC, or DMH eligibility are automatically qualified for the TAP reduced fare card by providing a letter from their agency on official letterhead. An application does not need to be mailed in, or Section C filled out by a health care professional.

Individuals can obtain a TAP card by presenting a photo ID, letter from their agency, and a completed application at the WRTA's customer service window at 60 Foster St., Worcester. The fee is \$3.00. A photo will be taken and the ID will be prepared on the spot.

Customer service is open Mondays – Fridays, 8AM – 4PM. Be there before 3PM to have this process completed. Mailing the application will only delay the process further. Applications can be obtained there or on the WRTA's website under the 'Elderly and Disabled' tab.

Dianne Crossley, LICSW  
Adult Services Specialist  
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www.autismresourcecentral.org  
508-298-1611

