

AUTISM RESOURCE CENTRAL  
**5K**  
RUN  WALK  
FOR AUTISM  
ACCEPTANCE

## Saturday April 28, 2018

DCR's Quinsigamond State Park  
284 Lake Avenue • Worcester, MA

Family Fun Activities,  
Games & Live Music!  
Prizes for top three male  
and female finishers!  
USATF certified route!



**7:30-9:30 am** 5K Run and Walk Registration  
Fee: Runners \$30 / Walkers \$10

**10:00 am** Run and Walk Begin

**10:50 am** Award Ceremony

**11:15 am** Energy Monster, Inc.  
Kids Fun Run Obstacle Course Begins  
Fee: Kids 3-12 \$5

Register online:  
[www.autismresourcecentral.org/fundraising/run-walk/](http://www.autismresourcecentral.org/fundraising/run-walk/)

Register offline:  
Contact Wanja at [wanjak@hmea.org](mailto:wanjak@hmea.org) or call 508-298-1607

Follow us on social:

 <https://www.facebook.com/communitywalkrun/>

 <https://twitter.com/Autismcentralma>

#5KAutismAcceptance

## Walk & Run Strategies

In 1999, when our walk first began, we envisioned a small gathering of our families who would have solicited donations to the Center and recorded pledges on a sheet and passed the sheet into us with collected money. We had 3 walks that 1st year, one in each DDS area. South Valley at Nichols College, where 4 people attended and raised a few thousand dollars, North Central at the Deven's Job Corp site, where we collaborated with Job Corp to coordinate a walk and their students participated. Job Corp showed us a ghost of walk future by arranging a barbeque, music and raffles as part of that walk. Finally a week later we met in Worcester at Quinsigamond Community College and in total the walks raised \$16,000 dollars. The next year we pared back to one walk located Centrally at Quinsigamond Community College. Our number of participants went up despite pouring rain, and so did the funds raised.

Over the years we've had amazing support from our families but the past few years we've seen fewer families being involved as services through ARICA evolved. We now have ABA agencies who support the walk with sponsorships to the event and their families come to enjoy the day but this has also resulted in fewer families participating in the fund-raising aspect of the day. In 2012 we raised \$230,000, last year we raised \$160,000. This has meant we've had to pare back on the supports we can offer families. This year, when we heard of families in crisis, we were not able to send emergency money. This year we were unable to offer scholarships to conferences. This year we were unable to fund SEPACS to bring in speakers on autism. For 18 years The 5K Run and Walk has been the lifeblood for the Center and allowed us to expand services to meet the ever growing need.

Funds raised allow us to provide the monthly activities for families, to have kids participate in Camp Havvago, to host the Children's Holiday party, provide the gifts that Santa gives them and the New Years Eve Dinner Dance. With the inclusion of adults through the expanded eligibility the need has never been higher.

Over the years we've seen people use different strategies to fundraise. I tend to use social media, posting regularly the need for donations and thanking every donor on Facebook. I've been able to achieve my goal each year. Others form teams. The first team ever, Connor's Team was created by friends of Steve and Advisory Board Member Erica Ploof as a surprise, the second year they walked. Connor's Team became a powerhouse for years, often being the top fundraising team. They often had fundraising events that augmented their solicited donations. Matt Hicks was legendary for approaching his business contacts, he raised upwards of \$30,000 some years. Julie Atherton, whose connection to autism is a bond of the heart, a next door neighbor with autism, has been the top fundraiser for the past few years. Initially she had evenings with music, food and more raffle prizes than you can shake a stick at, but the past few years her connection to an incredible group of performers has seen her event evolve into "Queens for Autism." This year she has two shows due to popular demand. I'll be there, I wouldn't miss it for the world, it's a phenomenal event.

So what can you do? First Register at <https://www.firstgiving.com/arccm/5k-run-and-walk-for-autism-acceptance-2018> create a page & tell your story, send it out to family and friends. If you are uncomfortable about asking for money, think about a third party event . Need ideas?

Check out the Fundraising Ideas on our Walk page <http://www.autismresourcecentral.org/fundraising/run-walk/>

There is a list of companies that will work with you to raise money, An evening out with friends enjoying good food can result in 15-20% of the bill being donated to the Center. A few years ago one of our families hosted an event at the 99, and included raffles and awareness items as part of the event, raising more than money but also awareness. Our sons and daughters attending the event raised acceptance as their inclusion showed that people with autism are more like others than different from others. Get the kids involved, bake sales, car washes, lemonade stands, offering services like shoveling, dog walking or babysitting teaches kids to be socially responsible and gives them a sense of pride knowing they can contribute, which is priceless.



## Director's Note

### CHANGES

As we cope with the joys of winter, snow, ice, the cold and darkness we get through by remembering that all things pass and soon it will be spring, bringing flowers, warmer temperatures and longer days. We embrace that change.

Sometimes change is difficult, we all know how upsetting change is for our kids, and will sometimes jump through hoops of fire to avoid setting off a meltdown. We buy the same clothes year after year in ever larger sizes for them, serve the same meals and follow structure and routine to keep them on an even keel. However, much as we try to manipulate the environment to keep things the same, change is inevitable.

So it is with our center. Each year, since 2000, we have offered Family Fun Days at Camp, a program that was wildly popular and beneficial to a whole generation of youngsters and families who came together on a beach and built relationships which became the backbone of our autism community in Central Massachusetts. However, times change, with the passage of ARICA, families now have the opportunity to have their sons and daughters on the spectrum involved in treatment programs. Now the weeks of summer not covered by extended school year programs see kids on the spectrum at their programs. The need that the Camp program covered no longer exists and we've seen attendance drop from 140 people at day at camp to a handful. So while it is sad to let go, it no longer is financially feasible to continue the program. So this year there is no sign up for camp page in our Spring Newsletter.

### SATELLITE OFFICE HOURS

We cover a large geographic area, we now have sufficient staffing to allow us to provide outreach to the outer edges of our service area. We are piloting the idea this spring offering a remote "office" in two different locations once a month.

The first Thursday of the Month we have access to the Conference Room at FLLAC's office in Shirley from 9:30 AM – 3:30 PM. The First Friday of the month we will be at the TriCommunity YMCA in Southbridge from 9AM–3PM. We'll hold a support group at each location from 10 AM – 12 PM.. We will be able to bring resources, like library books, information people may need and do intakes for people who may drop by at each site. If there is a need we can have speakers as well. Those who attend will define how the group will look and what it can offer.

For the Shirley site you will travel to Shaker Road in Shirley and look for Phoenix Park. **The FLLAC Central Office** is located in Building D on the second floor. When entering the main entrance for Building D (Phoenix Park sign) turn left in the lobby and proceed up the stairs. Turn right at top of stairs and take first left to building D hallway. The FLLAC Central Office is the 7<sup>th</sup> door on the right, suite 215. I will most likely be the staff person who will meet you there.

The TriCommunity YMCA is located at 43 Everett St, Southbridge, MA 01550. Donmarie will be the staff person more often than not at that site.

If there is a good response to these two remote sites, we will add a South Valley East location in the Fall.

Turn the page to read about new initiatives we are piloting for families and individuals on the spectrum.

## Announcing New Initiatives

### RESPITALITY

We are quite excited to be launching a new initiative, Respitality. What is it?

HMEA's Autism Resource Central's Respitality will give caregivers a break, in a local hotel, with complimentary meals and extras such as gift certificates, spa services, flowers and tickets to local events. While caregivers are relaxing and enjoying their night off, a stipend covers the cost of care for the loved one with a disability by a person of the caregivers' choice.

We know that providing care for a child or an adult with autism spectrum disorder requires energy and commitment. At HARC we understand the demands placed on a caregiver; we know that caregivers are often in a continuous state of alert and we know this stress can take its toll on families and relationships. HARC's Respitality will give caregivers a minivacation to relax, reconnect, recharge, refocus, recommit and reduce stress.

HARC is always seeking to expand our array of services for families and realize our vision for a future in which people with autism will have every opportunity to learn, grow, work, live and thrive in our community. As a community, we also embrace the families who provide care and assistance to children and adults with autism spectrum disorders.

We will be seeking sponsors for this program. Sponsorships will cover the respite payment to a family's provider. Donations of gifts in kind, gift certificates, tickets for entertainment, gift certificates for spa services will all be requested as well as donations of hotel accommodations. Couples will be drawn in a lottery for available midweek get aways. We will launch with 2 getaways and then expand the program next fall. Watch our website and weekly updates for more information.

We are thrilled to be partnering with Publick House in Sturbridge, which has donated 2 overnights with Dinner & Breakfast included. The Courtyard by Marriot in Westboro has donated accommodations for two with breakfast

### THE PLAY'S THE THING

In the fall, we will be launching a new program geared to older teens and adults. We'll procure group rate tickets to 4-5 local theater productions for individuals, family members, friends or 1:1 aides to accompany individuals to plays. Depending on the time of day we may include a dining out component prior to or after the play. There are many theater groups here in Central Massachusetts who provide great entertainment at a reasonable cost. The aim is to attend with the general public and not attend "sensory friendly" productions. We may look at such venues as The Hanover Theater, Theater at the Mount, Stratton Players, Stepping Stone Theater and Open Door Theater.

The group would also take in one production in Boston in the spring. This would of course be more expensive than local productions but also give people the experience of using public transportation, and where else could we see Blue Man Group?



The Center has since 2012 offered a Family Fun & Fitness Program. Obesity continues to be a major health challenge for individuals with ASD. This Spring, we are partnering with Adaptive Exercise LLC to provide a six week introductory group exercise group. David Crowley, is a special educator and personal trainer. Adaptive Exercise was formed in accordance with the [American Council on Exercise](#) using Applied Behavior Analysis based strategies. Programming is individualized and developed based on assessments, to ensure client success, and establish positive exercise experiences. David provides the adaptive PE at The Darnell school. Classes will take place on Monday evenings from 6:30-7:30 PM beginning on April 9 and ending on May 14th. Classes will take place at HMEA in Sterling 3 Bartlett Pond Way, Sterling MA. Fee : \$30.00.

## Sensory, IEP Clinics and Social Skills Grants

**Participants for all groups MUST be DDS eligible, and under the age of 18. Parents must register within 30 days of request for funding. Families may apply for funding a second time this spring**

### Social Skills

Those who would like to enroll their child in a Social Skills Groups with a clinician may apply for funding, up to \$300.00 towards a group session. Funds will be sent directly to providers, and families would be responsible for any fees beyond \$300.00. If a provider charges less than \$300.00 the fee will be covered in total by the funding. Funding for social skills groups is limited to eligible candidates under the age of 18 who meet the criteria for participation as set by the clinician. Contact the Resource Center to secure possible funding by calling Donmarie Smith at 508-298-1609. Once your DDS status has been verified your provider may invoice the Center for payment of \$300.00 for your child.

### IEP, ADL & VISUAL CLINICS

To book all clinics please call Donmarie Smith at (508) 298-1609.

### ADL and Visuals Clinics are by appointment

ADL Clinics are booked only upon request. For Visual Clinics, parents may drop by the Center at any time during regular business hours to access the Boardmaker Program and material to create visuals.

### 1 Hour IEP Clinics

Meet with an Advocate to discuss your child's IEP, concerns and needs

and how best to advocate for changes with your school. Please send a copy of IEP to Center before meeting

**April 12, 2018**

**Autism Resource Central  
Advocate Gayle Greene M.Ed.**

9, 10, 11 AM, 12:30, 1:30 & 2:30 PM

**April 24, 2018**

**Jacob Edwards Library  
236 Main St Southbridge MA**

**Advocate Elaine Rabbitt**  
9:30, 10:30, 11:30AM, 12:30, 1:30 PM

**April 25, 2018**

**Leominster Public Library  
33 West St Leominster MA**

**Advocate Gayle Greene M.Ed.**  
9, 10, 11 AM, 12:30,  
1:30 & 2:30 PM

**April ( Date TBA )**

**Whitins Community Center**

**60 Main St Northbridge**

**Advocate TBA**  
9 AM, 10: AM, 11AM, 1, 2 & 3 PM

**Sensory Clinics with  
Mary Loughlin MS OTR/L**

Clinic will provide consultation to families in the area of Sensory Processing Dysfunction. Child and Parent will meet with Mary for four (4) 1 hour sessions across 4 weeks. A Sensory Profile Assessment will be done which will identify any sensory specific needs their child may or may not have. Parents will be provided with resources including websites, DIY sensory equipment, sensory play and activities. At conclusion of the sessions parents will be given an individual "sensory diet" for their child.

**Session 1** May 2, 9, 16, 23

**Session 2:** May 30 June 6, 13, 20

## Donations

### UNITED WAY DONORS

Michael J. Manone  
Gregory Facticeau  
Julie McKechnie  
Sharon Dwelley  
Stacy Stephenson  
Brittany M. Tirozzi  
Michael Couturier  
Yari A. Ayala  
Jigar Gada  
William F. Maher  
Stephanie Faecher  
Nicholas Grilli  
Lauren Benoit

### Annual Appeal Donors

Fran & Cathy Joyce  
Thomas Tribastone  
Amy & Joe Comeau  
Maureen Foley  
Jeff Terrace  
Joyce Rosenfeld  
International Ceramic Engineering  
Xuan Zong  
Mary Haddad  
Diane Palmer  
Pamela & David Robbins  
Deborah Giuffre  
Lisa Kamean-Silva  
Margaret Lock  
Leslie McGann-Sturgeon  
Kathleen Ricciardi  
John Carpentier  
James & Joan Sundstrom  
Paul & Catherine Revell  
Jennifer Kremer

### GRANTS

Harvard Pilgrim Health Care  
Staples Foundation  
Fallon Community Health

# Mother's Retreat

Mark your Calendar and start making child care arrangements NOW for the weekend of June 2 & 3rd—It's the 18th Annual Mothers Retreat, at the Colonial Hotel in Gardner. What happens at the Retreat ? We laugh and share stories of the triumphs and tribulations of raising our special children. We enjoy each other's company and the amenities of the Hotel, feeling very pampered indeed to simply not have to cook, chase children or do household triage !

Check in time is 3 PM you may register with a friend you've made at the Center if you like, as rooms are double occupancy. Fee this year is \$100.00 which you must send in with your registration. However \$50.00 cash will be returned to you when you arrive at the event. If you register and do not attend you forfeit your fee.

We've a Saturday afternoon program planned with Advisory Board member Jaya Pandey, who will talk about Indian Culture . Following the class our drop in Hospitality Room will have snacks and a craft project for those who wish to participate. Or you can spend your time relaxing in the pool, hot tub or poolside. Dinner together is followed with an evening as you like it. Socializing in the Pub, dancing or a Movie & snacks in the hospitality room. Meet new friends at the breakfast buffet the next morning before check out at 11 AM.

\*\*\*\*\*

Name: \_\_\_\_\_ (optional)

Roomate \_\_\_\_\_

\_\_\_\_\_ Arrange my roommate for me

Fee enclosed : \$100.00 (\$50 refund upon arrival )

Make check payable to Autism Resource Center and mail to 71 Sterling St , West Boylston, MA 01583

## ADVISORY BOARD NEWS



We are happy to have Jaya Pandey join the Advisory Board. Jaya will be a voice for two communities, families who live in the South Valley East area and families who are Indian. Many of you may know Jaya, she has been a fixture at the yearly Mother's Retreat and frequent poster on our Facebook Group. Jaya also has been featured on our blog with excerpts from her blog "Mom Loves Anand."

My name is Jaya Pandey and I live in Franklin with my husband Ashish and son Anand. I have two sons Ajey is 20+ and Anand is 17, who is the reason I got connected to the center.

I grew up in India and moved to United states in 1999. I am a business analyst and currently unemployed BUT I am working on building a community together for Indian moms who have children on the spectrum.

# Floortime® for Parents

HMEA’s Autism Resource Central, in conjunction with the Astra Foundation will once again be offering a course on **DIR® /Floortime for Parents**, starting in April .

DIR® is an abbreviation for Developmental, Individual Differences, Relationship-based. DIR® is a model, a framework, for thinking about a child’s complete development, from infancy into whole joyful personhood.

While DIR® can be a helpful way to think about any child’s development, it is particularly useful in working with children with developmental delays.

In this course, we’ll discuss the basic principles of DIR®, and learn about Floortime, a strategic, emotion-driven way of playing and interacting with a child that helps a child initiate and respond at higher and higher developmental levels. We’ll also discuss the importance of understanding each child’s unique sensory profile and how to incorporate this knowledge into Floortime sessions.

Participants will be provided with a copy of The Child with Special Needs , as part of their registration fee.

Due to popular demand this course will include the opportunity for parents to have 1:1 consultation with instructor Sarah Measures on three separate dates as the program progresses

The Course will take place at the Autism Resource Central on Wednesdays . Course Dates are as follows:

Wednesdays from 10:00 AM —12:00 PM: April 25, May 2, 9, 16, 23, June 6, 2018

Mentoring dates: May 5 & June 2

To register complete the form below and return with your registration fee to the Autism Resource Central , or register online

\*\*\*\*\***Floortime Course Registration**\*\*\*\*\*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Child’s Name \_\_\_\_\_ Age: \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Fee: \$25.00 for Parents registered with Autism Resource Central For Floortime

\$50.00 for Parents from outside the Central Massachusetts area for Floortime

Make checks payable and mail to: Autism Resource Central, 71 Sterling St., West Boylston MA 01583  
or register online. [www.autismresourcecentral.org](http://www.autismresourcecentral.org)

# Guiding Stars

The goal of the Center is to promote the well being of people with autism at home, at school, and in the community. We do this through a variety of ways, but one of the most enjoyable is through the Annual Recognition Dinner which will be held this year on May 16th, 6:00 PM, at The Wachusett Country Club, 187 Prospect St, West Boylston.

Is there someone who has made a significant contribution to the success of your family member on the spectrum in any of these areas? Why not tell them so by having them honored at the dinner? The dinner is a lovely affair in an elegant setting where families, nominees and supporters gather to listen to inspiring stories and show their appreciation for one another.

It is one of the most memorable events of the year and one we look forward to with anticipation. Not only do the awards provide great personal satisfaction but they also reinforce the values and relationships within our community. What a wonderful way to show your appreciation! Please take the time to thank someone who has made a positive difference in your life. Complete a nomination form and the Center will do the rest. All nominees will receive a certificate from the Center and one winner from each category will be invited to the dinner. Attendance at the event is open to all our parents and friends. (Please no children) Tickets for the evening are \$30.00/pp Honorees and a guest of their choice attend as the Center's guests.

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**NOMINATION AND TICKET ORDER FORM**

**CATEGORIES :** Educators: (Early Intervention through College ), Adult Services (22 and older), Service Providers ( eg ABA, OT, Speech, Social Skills, Direct Service Provider Adult & Children), Service Organizations, Parent Community Leader, Legislator, Self Advocate, Volunteers, Religious Groups

Your Name & Address \_\_\_\_\_

Name of Nominee: \_\_\_\_\_

Profession : \_\_\_\_\_

Address: \_\_\_\_\_ Phone # \_\_\_\_\_

Category: \_\_\_\_\_

Tell us in **150 words or less** why you feel this person deserves recognition and attach to this form and mail to:

HMEA's Autism Resource Central 71 Sterling Street West Boylston, MA 01583 before April 18, 2018

\*\*\*\*\*

We would like to attend the evening

Name(s) \_\_\_\_\_

No. of Tickets@\$30.00 \_\_\_\_\_

Make checks payable to HMEA's Autism Resource Central



**SAVE THE DATE**

**Join us for AFAM's Annual  
Autism Awareness and Acceptance Day  
At the State House**

**Thursday, April 12, 2018  
Great Hall  
The State House  
Boston, Massachusetts  
9:30 AM to 12 PM**

**ALL ABOARD!  
IT'S AUTISM RESOURCE CENTRAL DAY  
AT THE WORCESTER RAILERS**



**SUPPORT YOUR CENTER  
WHILE HAVING FUN**

March 11, 2018

3:05 PM

Railers vs. Adirondack Thunder  
DCU Center, Worcester MA.

All Tickets Lower Bowl Behind the Nets are \$16.00  
\$2.00/ ticket will be donated to HMEA's Autism Resource Central

Chuck a Puck Sales also will benefit the Center





# Financial Wellness Series



Raising a child can be expensive, Estimates of the lifetime costs of raising a child with autism range from \$1.4 million to \$2.5 million, according to Adam Beck, professor of health insurance and director of the Center for Special Needs Planning at The American College in Bryn Mawr, Pa. That compares with about \$300,000 up until age 18 for a typical child.

## **FAILURE TO PLAN IS PLANNING TO FAIL**

Join us this spring and next fall to learn the basics from the experts at Moody Street Group so you can begin to plan for your child's future

April 11, 2018 – **Social Security, Medicare & Long term Care Planning**  
YMCA in Worcester 766 Main Street Worcester MA 6:30- 8:00 PM

May 2, 2018 **Retirement/Legacy Planning**  
Autism Resource Central 71 Sterling Street West Boylston 7-9 PM

October 17, 2018- **Life Insurance/Trust Funding**  
Autism Resource Central 71 Sterling Street West Boylston 7-9 PM

October 24 , 2018 **Trusts & Wills**  
Autism Resource Central 71 Sterling Street W. Boylston MA 6:30- 8:30 PM

# ★ HMEA's Autism Advantage @ WORK

We are introducing Autism Advantage @ Work. A career development collaboration between HMEA and Dell/EMC has been established and is based on a successful model developed by the ARC of Philadelphia at the SAP North American headquarters in Pennsylvania. In fact, we are bringing the ARC of Philadelphia to the collaboration with DELL EMC, as a partner with HMEA, to replicate their program here in Massachusetts.

The program is designed to employ workers on the autism spectrum.

We would like your help **finding applicants** for these highly sought after positions

Dell EMC will provide 5-7 job opportunities across multiple business units for this engagement. Each job opening will have required skill sets that all candidates must display competency and/or experience in previous settings.

Candidates will be found using a wide network of State Agencies like MRC and DDS as well as local colleges, trade schools and Adult Service Providers. The goal is to develop a candidate pool of up to 6 candidates per job opening, so the pool will be 40+ candidates.

Out of the Candidate pool, Applicants will be selected to participate in a 4-week Enterprise Readiness Training period referred to as a Cohort, encompassing Social Skills, Work Skills, and Industry Specific Content. At the end of the Cohort, Dell Hiring Managers will make offers of paid internships to Applicants they select. All Applicants not selected will be considered for future openings with Dell or positions with other employment partners.

If you have any questions about this program please feel encouraged to call one of us.

I look forward to our conversation and thank you in advance for any assistance you provide in finding qualified applicants.

Best regards,

Herb Cabral  
Autism Advantage @Work Coordinator  
HMEA  
978-808-3302  
[hcabral@hmea.org](mailto:hcabral@hmea.org)

Philip Campbell  
VP of Strategic Planning  
508-298-1103  
[pcampbell@hmea.org](mailto:pcampbell@hmea.org)

# Autism 101

Autism 101 is designed to help families who are new to the diagnosis gain a solid footing to begin their journey. This course is designed for parents new to the diagnosis, but is open to all parents who feel they may need a refresher or simply were overwhelmed when they first received the diagnosis and are now ready to take this course.

Let's Get Organized and Autism Specific Workshops will be presented at the Resource Center on Tuesday mornings in March from 10 AM-12 PM

March 6, 2018 : Overview of Autism Spectrum Disorders and Center Supports, Cid Deleo

March 13, 2018 : Let's Get Organized, Barbara Donati, Family Ties

March 20, 2018 : Medical Management of ASD, Sue Loring RN

The one day Conference for Parents on March 26, 2018 will complete the series for individuals who register. (See page 13)

Call Donmarie at 508-298-1609 to register.

## Light It Up Blue

**SAVE THE DATE!**  
**Monday, April 2, 2018**

**Autism  
Awareness &  
Acceptance  
CELEBRATION**

UMASS Medical School  
Albert Sherman Center  
Worcester, MA



5:30 – 7:45 p.m. – Family Activities and Provider Fair  
7:45 – 8:00 p.m. – Light Up UMASS Medical School Blue!

Website with more information coming soon!

Questions? Contact us:

Child and Adolescent Psychiatry  
UMass Medical School

[ChildResearch@umassmed.edu](mailto:ChildResearch@umassmed.edu)

774-455-4100

or

Autism Resource Central  
508-835-4278



*You Are Cordially Invited*  
*HOMER's*  
*Autism Resource Central's*  
*Spring Fling Semi Formal*  
*for Teens & Young Adults*  
*May 18, 2018*  
*The Manor Restaurant*  
*42 West Boylston Street*  
*West Boylston,*  
*Massachusetts*  
*6:30 PM - 9:30 PM*  
*Dinner Buffet, Dancing & Karaoke*  
*Tickets : \$15.00*  
*RSVP by May 10, 2018*  
*www.autismresourcecentral.org*  
*Parent Night Runs Concurrently*

## NEED HELP?



### Does your family include someone with a developmental disability?

When a family includes a child with special needs parenting becomes even more of a challenge. There are no manuals and finding the help that is available becomes a full time job . Nobody has time for THAT! Learn how to navigate the system, receive assistance with applications, connect with others facing similar challenges, and give your other children the chance to explore their feelings about the difference in their family while having fun by participating in a Sibshop ! Sibshop will be held on April 19, 2018, from 11-1.

Through a grant from the Massachusetts Developmental Disability Council, HMEA's Autism Resource Central will bring this program to your Community Health Center and help you get a footing for the road forward. With the right supports your and your family can achieve more, feel the confidence that comes with knowledge, and experience less stress .

*\* This program is open to all with a child diagnosed with a developmental delay, not just autism.*

## A Free Conference for Parents of Children with Developmental Disabilities

Monday March 26, 2018

Worcester Public Library

3 Salem Street, Worcester, MA

9:00 AM—3:00 PM

### ACCESSING PUBLIC SUPPORTS

9:15am—11:00am

Learn about public supports that will help you raise your child with a disability Get assistance with applying to DDS, Mass Health & more

### SENSORY PROCESSING

11:15am—1:00pm

Many children with disabilities also experience sensory challenges. Learn how to make your child more comfortable in his world.

### SPECIAL EDUCATION LAW

1:15pm -3pm

Learn how to work effectively with your child's school to support your child to achieve goals and to learn.

**Childcare, interpreters and lunch will be provided**

**Call to Register**

508-835-4278

Register online

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



Register for Events @ [www.autismresourcecentral.org](http://www.autismresourcecentral.org) or call 508-298-1610 Fees for Events are as stated on site

## MARCH



**March 1, 2018**

### HARC at FLLAC Collaborative

9:30AM– 3:30PM

#### North Central

#### Parent Support Group

10 AM – 12 PM

Conference Room

2 Shaker Road, Phoenix Park,  
Suite D215, Shirley, MA. 01464

**March 2, 2018**

### HARC at Tri-Community YMCA

9AM – 3PM

### South Valley West Support Group

10 AM - 12PM

43 Everett St, Southbridge, MA 01550

**March 3, 2018**

### Dad's Night Out

### MARCH MADNESS

UMass Basket Ball Game

Amherst, MA

\$5.00/pp

**March 7, 2018**

### Parents of Adults Support Group

7 –9 PM

**March 11, 2018**

### Family Fun for All Ages

Autism Resource Center Day

at the Worcester Railers

3:05 PM

See page 9

**March 13, 2018**

### CANDO Educational Series

#### Benefits of Medication

Dr. David Cochran

6:30– 8 PM

**March 14, 2018**

### Parents of Children

#### Support Group

7-9 PM

**March 17, 2018**

#### Sibshop

10 – 1:30 PM

United Parish,

Mass Ave Lunenburg MA

*For Siblings age 7 and older*

*\$10/pp \$15.00 family cap*

**March 19, 2018**

#### Parents & Tots

4:30 PM—5:30 PM

**March 21, 2018**

### Parents of Teens Group

7-9 PM

Teen Pizza & Game Social Group runs  
concurrently

**March 28, 2018**

### Parents of Girls Group

6:30-8:30 PM

Girls Social Group runs concurrently

**March 30, 2018**

### Visit with the Bunny & Egg Hunt

HMEA

3 Bartlett Pond Way Sterling MA

3:30-4:45pm \$2.00 per child

## APRIL



**April 4, 2018**

### Parents of Adults Support Group

#### Workshop Self Directed Services

Pam Hickey DDS & Parent Panel

7 –9 PM

**April 5, 2018**

### HARC at FLLAC Collaborative

9:30AM– 3:30PM

### North Central

#### Parent Support Group

10AM – 12 PM

Conference Room

2 Shaker Road, Phoenix Park,  
Suite D215, Shirley, MA. 01464

**April 6, 2018**

### HARC at Tri-Community YMCA

9AM – 3PM

### South Valley West Support

Group 10 AM - 12PM

43 Everett St, Southbridge, MA 01550

**April 9, 2018**

#### Parents & Tots

4:30 PM—5:30 PM

**April 10, 2018**

### CANDO Educational Series

#### Neuropsychological Testing

Dr Allan Rooney

6:30-8PM

**April 11, 2018**

### Parents of Children

#### Support Group

7-9 PM

**April 16, 2018**

### Patriots Day

Center Closed

### VACATION FAMILY FUN

**April 17, 2018**

### Southwick's Zoo

2 Southwick St Mendon

1pm \$6 pp

**April 18, 2018**

### Mulligan's Mini Golf

124 Leominster Rd Sterling

\$3.00 pp 11am

**April 18, 2018**

### Vacation Fun

#### for Teens & Adults

LazerCraze

166 Milk St Westborough

5:45-8pm

All Activities take place at HMEA's Autism Resource Central unless otherwise stated

\$15 (2 games of laser tag, slice of pizza, and \$7.50 in arcade money )

### Parent Night Out

Runs Concurrently at  
Spices Punjabi Dhaba 164 Milk St

**April 19, 2018**

### Edaville Railroad

5 Pine St Carver  
10 am \$12pp

**April 20, 2018**

### Friends & Family Movie

West Boylston Cinema  
10 AM \$2.00/pp

**April 25, 2018**

### Parents of Girls Group

6:30-8:30 PM  
Girls Social Group runs concurrently

**April 28, 2018**

### 5K Run & Walk

See Front Page

## MAY



**May 2, 2018**

### Parents of Adults Support Group

7 -9 PM

**May 3, 2018**

### HARC at FLLAC Collaborative

9:30AM- 3:30PM

### North Central

### Parent Support Group

10AM - 12 PM

Conference Room

2 Shaker Road, Phoenix Park,  
Suite D215, Shirley, MA. 01464

**May 4, 2018**

### HARC at Tri-Community YMCA

9AM - 3PM

### South Valley West Support Group 10 AM - 12PM

43 Everett St, Southbridge, MA 01550

**May 9, 2018**

### Parents of Children Support Group

7-9 PM

**May 10, 2018**

### Paint Night for Adults & Teens

Turner Hall 60 Branch Street  
Clinton Ma  
6:30-9 PM \$35.00/p

**May 19, 2018**

### Explore Willard Brook State Forest

10 Townsend Rd Ashby ( free )  
10:30am

### Sibshop Cookout

12 Noon

**May 16, 2018**

### Guiding Stars Awards

West Boylston Country Club  
See page 8

**May 18, 2018**

### Spring Fling

Manor Restaurant,  
42 West Boylston St West Boylston  
6:30-9:30 \$15 pp

### Parent Night Out

Runs Concurrently

**May 21, 2018**

### Parents and Tots

4:30—5:30 PM

**May 23, 2016**

### Parents of Teens Group

7-9 PM

Teen Pizza & Game Social Group  
runs concurrently

**May 28, 2018**

Center Closed

**May 30, 2018**

### Parents of Girls Group

6:30-8:30 PM

Girls Social Group runs concurrently

## JUNE

**June 2 -3 , 2018**

### Mother's Retreat

Colonial Hotel  
630 Betty Spring Road  
Gardner, MA  
Fee: \$100.00  
( see page 6)

(\$50 refund upon arrival )



## COMING IN THE FALL!

Save the date September 23, 2018 for the Second Annual Autism Acceptance Day at Great Wolf Lodge, generously sponsored by our friends at BCI .

Families may book a room for up to five family members at a deeply discounted rate of \$149 for Saturday night. (excluding tax. Limited number of rooms available Call for the Discount Code at 508-835-4278





71 Sterling Street  
West Boylston MA

Phone: 508-835-4278 Fax: 508 -835-3723

Email: [autism@HMEA.org](mailto:autism@HMEA.org)

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

**HOURS**

Monday through Thursday 9 AM– 9 PM Friday 9 AM–3 PM

Some evenings activities outside the Center result in the closing of the office , call ahead to verify that the office is open.

## We are the **CENTER** of the autism community



The Resource CONNECTION is a quarterly publication of HMEA's Autism Resource Central

*The Autism Resource Center does not endorse any treatments, programs or products. Articles, announcements and resources are provided for information purposes only.*

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