



VOLUME 25 ■ ISSUE 10 ■ APRIL 2017

The Autism Support Center

The Spectrum

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Open House at
ASC!
April 12th
4-6pm

Social Enrichment

CONTRIBUTED BY CARRIE CHAPMAN BREAUX, MA, BCBA-LABA
DIRECTOR, NORTHEAST ARC'S SPOTLIGHT PROGRAM

“Sam will independently approach a peer on the playground with a statement of initiation across 3 days and 3 novel peers.”

How many have read a statement like that on an IEP? This statement might reflect a goal pertaining to social skills. Social skills... Let's talk about those words. A quick Google search yielded us this:

“A social skill is any skill facilitating interaction and communication with others. Social rules and relations are created, communicated, and changed in verbal and nonverbal ways. The process of learning these skills is called socialization.”

In plainer English: social skills mean interacting with another person and learning the verbal and nonverbal cues. The process itself is called socialization. So we need a process of socialization to build skills.

Got it. But how?

Many programs look at “skills” to teach and may create goals like the example above. Programs could be made to target specific goals. However let's talk about the environment. Environment is the crucial piece often forgotten when teaching specific skills. A safe space and a connection to the members around an individual could offer a far more enriched social experience than discrete skill building.

So what is a socially enriched environment? It really depends on the person and that person's interests. If you have a young individual who dislikes sports and loves video game coding, then a sports team may not be a socially enriched environment. Additionally if an individual in her 50s would like to meet people, and loved to cook, a cooking class or meet up might be more of a socially enriching environment than a book club. Once the culture of the group is established and those in attendance all have something in common tied to the group and the social environment. While engaging in shared interests, the process of socialization can be fostered and facilitated in a more naturally occurring way.

(Continued on page 10)

IT'S A FACT:

Autism is the fastest growing serious developmental disability in the United States.

Congratulations, Gloria!



Congratulations to ASC's own **Gloria Ricardi Castillo!** Gloria was recognized recently at the annual Federation for Children with Special Needs conference in Boston. She received a well-deserved **Community Partnership Award for Community Outreach.** Read more:

"Gloria's journey started in Chile. As a young newlywed she moved to Massachusetts with her husband, eventually giving birth to her three children—two beautiful girls and a handsome boy who eventually was diagnosed with autism. Gloria found it difficult to attend church with her family due to her son's sensory and behavioral issues, so she campaigned to create a Special Needs Ministry. As a result, parents of children with special needs had the opportunity to fully participate during Sunday services while their children were in Sunday school with their typical peers.

Gloria continued her journey of advocacy by volunteering at the Northeast Arc, as a parent advisory council member, she was offered a position in the family support division, and eventually became the co-director of the Autism Support Center, her current position. – Gloria is one of a very small group of Latino parents who hold community leadership positions; part of her work at the Autism Support Center is to help designed outreach strategies for vulnerable communities. Gloria is also instrumental in organizing a Spanish Language Conference, providing training to support families that have a loved one with autism in the northeast. Finally, she helped launch the successful "Touch to Talk" program, where children/families, having completed Northeast Arc training, receive an iPad for use as an assistive technology device. "Touch to Talk" has become an indispensable program for families who otherwise would not be able to access this type of intervention. The program now serves three public schools in the North Shore, for a total of 125 families and school personnel."



Dr. Carolyn Langer, CMO,
MassHealth and Gloria



DDS Commissioner Elin Howe
and Gloria



Gloria and Margaret Van
Gelder of DDS

Le Invitamos a que participar con AFAM
en el **Día de la Conciencia y la Aceptación del Autismo**
En la Casa del Estado



Apoyo A Través De La Vida

Lunes, 10 de abril de 2017
Gran Salón y Escalera Central
Casa del Estado
Boston, Massachusetts

9:30 Matrícula (gratuita) – Se servirán refrigerios

10:15 Comienza el programa Bienvenida: **Michael Borr**, Presidente, AFAM

Maestros de Ceremonia: **Shirley Leung (Boston Globe)** y **Gyasi Burks-Abbot**

¿Qué sucede después (que su hijo/a cumple 22)?

Yvette Prayor, madre

Testimonio de una madre, **Nancy Farnsworth** – leído por **Gyasi Burks-Abbott**

Distinguido legislador del año: **Rep. John Scibak**

Actualizaciones legislativas y presupuestarias: **Senador Jen**

Flanagan y Senadora Barbara L'Italien

Actualizaciones de la Comisión sobre el Autismo – **Carolyn Kain**, Directora Ejecutiva, Comisión del Autismo

La importancia del apoyo y cuidado al adulto y la familia (AFC)– **Lisa Jennings**, madre

Reconocimientos: **Michael Borr**

11:30 Visitas con los Legisladores

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



Advocacy Across the Lifespan

Monday, April 10, 2017
Great Hall and Grand Staircase
The State House
Boston, Massachusetts

9:30 Registration – Refreshments will be served

10:15 Program begins

Welcome: **Michael Borr**, Chairman, AFAM

Emcees: **Shirley Leung** (*Boston Globe* columnist) and
Gyasi Burks-Abbott (self-advocate)

What happens next (after your child turns 22)?

Yvette Prayor, parent

Parent testimony, **Nancy Farnsworth** – read by
Gyasi Burks-Abbott

Distinguished Legislator of the Year: **Rep. John Scibak**

Budgetary and Legislative updates: **Senator Jen Flanagan**
and **Senator Barbara L'Italian**

Autism Commission Update – **Carolyn Kain**, Executive
Director, Autism Commission

The importance of AFC supports – **Lisa Jennings**, parent

Acknowledgements: **Michael Borr**

11:30 Visit with Legislators

PROUDLY PRESENTED BY:



sugarmesweetnsc.com

APRIL IS AUTISM AWARENESS MONTH

ANNUAL AUTISM AWARENESS FUNDRAISER

APRIL 08 10AM - 3PM

DANVERS POLISH CLUB

12 CHEEVER ST

100%
RAFFLE TABLE PROCEEDS
TO BENEFIT



Northeast Arc

Lifelong support for people with disabilities

Admission is FREE! (Donations are welcome)

<https://www.facebook.com/events/1072630116192358/>

2nd



SHOPPING EVENT
with 23 +
Vendor & Crafters

Balloon Entertainment
10am to 11:30am



Guest MC - Gardner S. Trask III

The Autism Support Center presents....

Adult Family Care or Personal Care Management?

Adult Family (Foster) Care and Personal Care Management are two regulated MassHealth programs. In some cases, individuals who need assistance with daily personal care may qualify for either program (you can only be enrolled in one). In order to make the best educated decision about which would best meet your needs, come to this informative workshop to hear about the differences, the similarities, and the benefits of these two programs.

Presenters:

Iluminada DeLaCruz, AFC coordinator, Northeast Arc

Lester McNab, PCM assistant director, Northeast Arc

Northeast Arc

Leading残障人士的社区生活



Tuesday, April 25, 2017– Martes 25 de Abril, 2017

Community Room, Lynn Housing Authority, 10 Church Street, Lynn

English presentation: From 9:30am to 11:00am

Presentación en Español: De las 11:30am to 1:00pm



Call or e-mail

Gloria Ricardi Castillo

ASC, Co-Director

978-624-2301

gcastillo@ne-arc.org

Coffee and munchkins

Will be served!



¿Cuidado Familiar Para Adultos o Cuidado de Manejo Personal?

Cuidado Familiar para Adultos y Manejo de Cuidado Personal son dos programas regulados por MassHealth. En algunos casos, las personas que necesitan asistencia con el cuidado personal diario pueden calificar para cualquiera de los dos programas (sólo puede inscribirse en uno). Con el fin de tomar la decisión más acertada sobre cuál sería el más adecuado para satisfacer sus necesidades, venga a este taller informativo para escuchar sobre las diferencias, las similitudes y los beneficios de estos dos programas.

Presentadores:

Iluminada De la Cruz, AFC coordinadora, Northeast Arc

Lester McNab, Asistente Director, PCM, Northeast Arc

The Autism Support Center presents....

Adult Family Care or Personal Care Management?

Adult Family (Foster) Care and Personal Care Management are two regulated MassHealth programs. In some cases, individuals who need assistance with daily personal care may qualify for either program (you can only be enrolled in one). In order to make the best educated decision about which would best meet your needs, come to this informative workshop to hear about the differences, the similarities, and the benefits of these two programs.

Presenters:

Sally Grimaldi, AFC director, Northeast Arc

Cindy Mazzaglia, PCM director, Northeast Arc

Northeast Arc

Leading残障人士的社区生活



Friday, April 14, 2017- Viernes 14 de Abril, 2017

Lawrence Heritage Museum, 1 Jackson St, Lawrence, MA 01840

English presentation: From 9:30am to 11:00am

Presentación en Español: De las 11:30am to 1:00pm



¿Cuidado Familiar Para Adultos o Cuidado de Manejo Personal?

Cuidado Familiar para Adultos y Manejo de Cuidado Personal son dos programas regulados por MassHealth. En algunos casos, las personas que necesitan asistencia con el cuidado personal diario pueden calificar para cualquiera de los dos programas (sólo puede inscribirse en uno). Con el fin de tomar la decisión más acertada sobre cuál sería el más adecuado para satisfacer sus necesidades, venga a este taller informativo para escuchar sobre las diferencias, las similitudes y los beneficios de estos dos programas.

Presentadores:

Iluminada de la Cruz, AFC coordinadora, Northeast Arc

Lester McNab, Asistente Director, PCM, Northeast Arc

SUPPORTED DECISION MAKING

Massachusetts Down Syndrome Congress

20 Burlington Mall Road

Lower Level Conference Room

Burlington

April 12th, 2017
7:00 p.m. – 9:00 p.m.

supported decision-making (SDM) is slowly establishing a foothold in the United States as a viable alternative to guardianship. Under this model, a person with a disability identifies anyone where he or she needs help understanding decision options and/or communicating decisions, and selects trusted family members and friends to provide that assistance. Backed by that support, he or she makes his or her own decision.

The Center for Public Representation, a national disability rights organization, collaborated with Nonprofit Resource Associates, a social service provider, to develop the first supported decision-making pilot in the country. Nine adults with intellectual and developmental disabilities created their own support networks. Over the course of the past three years, these adults and their decision supports incorporated supported decision-making into their lives. Their progress and challenges were chronicled by the Human Services Research Institute, which produced two evaluations, monitoring the development and the impact of the pilot.

Tonight, we will talk about supported decision-making – what it is, how it works and why it's important. We'll talk specifically about the pilot and how these individuals use SDM, and what it means to them and their supporters. We'll also talk about supported decision-making as a national movement that is helping individuals with disabilities retain – or reclaim – their voice, advance self-direction and self-determination, and become more confident citizens.

Please RSVP to D. Sophia Johansson at sophia.johansson@gmail.com

This workshop will be presented by Marco Routhay, pilot coordinator at Center for Public Representation, and Elizabeth Peet, social worker and former Policy Associate at the Human Services Research Institute.



Riverside Community Care



A Full Life Ahead is a series of monthly workshops designed for parents and caregivers as they plan for the future of their loved ones with a disability. The series focuses on transition, employment, housing, friendships, and other topics that will lead to independent and interdependent full lives in the community.



Meet Red Sox Mascot Wally



Autism Eats

at

Maggiano's

April 24, 2017–6:00pm to 8:00pm

(We have our own room!)

4 Columbus Ave-Park Square, Boston



Visit www.AutismEats.org to make your family dinner reservations

Autism Eats provides Autism-friendly non-judgmental environments for family dining, socializing and connecting with others who share similar joys and challenges



MAGGIANO'S

SPARK

IT'S A FACT:

Autism is the fastest growing serious developmental disability in the United States.

The Many Roles of a Direct Provider

CONTRIBUTED BY BAILEY STRANGMAN, MA, BCBA-LABA
NORTHEAST ARC'S AUTISM ABA PROGRAM

Last month's article, *The Many Roles of the BCBA* by Jill McEntee M.S., BCBA, LABA, highlighted some of the roles and responsibilities of a BCBA, or Board Certified Behavior Analyst. This month we will focus on the role of a **direct (ABA) provider**. But before we dive into the specific responsibilities of a direct provider, it should be said that these individuals can also be referred to as providers, ABAs, paraprofessionals, therapists or ABA providers. Regardless of all the synonymous titles, each direct care provider at the Arc performs the same roles and responsibilities.

After a direct provider completes the Autism ABA Services hiring and training procedures, he/she will be placed on a case within his/her geographical region. Once assigned a case, a schedule will be determined that works for both the provider and the family. The number of sessions and hours per week will depend on the client and the amount of hours that were approved by their insurance company. These direct care providers will offer one-to-one therapy in home and community settings (again this is client specific) under the direction of a BCBA.

A direct provider's role and responsibilities within sessions consist of:

Direct providers follow the protocols and programs that the BCBA creates: As mentioned last month, BCBA's conduct assessments, gather initial data for behaviors for increase and decrease and formulate protocols and programs based on that data. A direct provider will meet with his/her BCBA prior to attending their first session to review the individualized behavior intervention (BIP) plan, programs for increase and decrease, corresponding program data sheet, reinforcement schedule, etc. Throughout each and every session, the direct provider will follow the behavior guidelines written by the BCBA. Direct providers cannot change or alter any procedures without notifying and/or gaining approval of their BCBA.

Direct providers collect data and track progress: Once the direct provider has established rapport with the client over the first couple of sessions, he/she will have some knowledge on potential reinforcers (preferred activities/edibles, etc.) for the client. Prior to running programs and collecting data, a direct provider should gather different potential reinforcers. Direct providers take behavioral and program data while consistently running programs the same way each and every session. They track skills that are broken down into a series of manageable steps that are easier to learn; all while providing the client with multiple opportunities to practice and perfect each step of the skill. Direct providers

track progress through systematic collection for BCBA's evaluation purposes. Each skill is taught with a focus toward their use, integration, and generalization into the individual's daily life.

Direct providers report to their supervising BCBA: The direct provider should inform their supervising BCBA if the magnitude or frequencies of the individual's behaviors change (for worse or for better). Usually twice a month, for two hours or so, the BCBA provides supervision and observes the direct provider in session. That being said, the direct provider is working one to one with the individual multiple times a week and should inform the BCBA if they think a program or procedure is or is not working. For example, in this hypothetical situation, the initial data collected by the BCBA reported that the client was not able to state his name when asked. However, the direct provider indicates that the client can in fact state his name and his age. When the BCBA is out for observation, they would then have the direct provider run that program and if applicable the direct provider would move on to the next target, like his address potentially. Direct providers also have the responsibility of informing the BCBA and office staff of schedule changes, cancellations and incidents within 24 hours, both critical and non-critical.



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Support Groups

GROUP NAME	GROUP DESCRIPTION	MEETING DETAILS	CONTACT INFO
Central Middlesex Area			
Mandarin Group	ASC-sponsored For Mandarin-speaking parents of children diagnosed with ASD; connect and network with other families; enjoy periodic family days	Acton Memorial Library, 486 Main St, Acton. Bi-monthly meetings, TBA. Facilitator: Wen Li	ASC at 978-777-9135 or asc@ne-arc.org
Burlington Group	ASC-sponsored General discussion and networking for parents of children and teens with ASD. Occasional guest speakers.	@ Burlington Public Library, 22 Sears St, Burlington. Meets the 1 st Monday of the month @ 6:30pm Facilitator: Chris Curtin	ASC at 978-777-9135 or asc@ne-arc.org
Merrimack Valley Area			
Spanish Group	ASC-sponsored for Spanish-speaking parents of children with disabilities. Occasional workshops & events offered	@ Family and Youth Initiative, 130 Parker Street, Lawrence; Meets 3rd Friday of the month, 9:30-11:30 am. Facilitator: Gloria Ricardi Castillo	Gloria Ricardi Castillo at 978-624-23201 or gcas-tillo@ne-arc.org
Newburyport Group	ASC-sponsored for parents of children diagnosed with ASD. General discussion and networking.	@ Newburyport 5 Cents Bank, State St, Newburyport; Meets the 2 nd Thursdays at 7 pm. Facilitator: Nancy Lucier	Contact Susan Gilroy at 978-624-2302 or asc@ne-arc.org
North Shore Area			
Parents of Adults (18+) with AS New Day & Time!	ASC-sponsored for parents of adults with Asperger's, high cognitive autism; general discussion, info sharing.	@ Autism Support Center, 6 Southside Rd, Danvers; 1st Thursdays, 6-8 pm; Facilitator: Phyllis Kizner	Phyllis Kizner at 978-624-3747 or pkizner@ne-arc.org
Grandparents' Group	ASC-sponsored for grandparents coping with ASD. Networking, info sharing, support.	@ Autism Support Center, 6 Southside Road, Danvers; 3 rd Mondays at 10-11:30 am Facilitator: Susan Gilroy	Susan Gilroy at 978-624-2302 or sgilroy@ne-arc.org
Danvers Group	ASC-sponsored for parents of young children (under 10), info sharing and occasional workshops/guest speakers	@ Autism Support Center, 6 Southside Rd, Danvers, 6 to 7:30 pm; 3 rd Thursdays; Facilitator: Jackie Murphy	Jackie Murphy at 978-624-3721 or jpmurphy@ne-arc.org
Transition Group	NeArc-sponsored for parents of transition-aged youth ((14-22). Discussion and workshops on turning 22 related topics	@ NeArc, 6 Southside Rd, Danvers; 3 rd Tuesdays at 6:30-8:30 pm; Facilitated by Nancy Lucier	Nancy Lucier at 978-624-2350 or nalucier@ne-arc.org
Adult Group (18+)	ASC-sponsored for adults with Asperger profile, high cognitive autism.	@ Breaking Grounds Café, 67 Main St., Peabody. 1 st Thursday, 11am-noon. Facilitated by Phyllis Kizner	Phyllis Kizner at 978-624-3747 or pkizner@ne-arc.org
Danvers Panera Group	NeArc Family Resource Center sponsored; for parents of children with disabilities; general discussion	@Panera Bread, Liberty Tree Mall, 100 Independence Way, Danvers; 2 nd Tuesdays at 10 am. Facilitated by Aymee Lucifora/Fariba O'Donald	Fariba O'Donald at 978-624-2381 or Aymee Lucifora at 978-624-2380
Lynn Group	NeArc Family Resource Center sponsored; for parents of children with disabilities; general discussion	@ Brothers Deli, 41 Market Street, Lynn; Last Thursday at 10 am. Facilitated by Fariba O'Donald	Fariba O'Donald at 978-624-2381 or Aymee Lucifora at 978-624-2380
Lynn Spanish Group	NeArc Family Resource Center sponsored; for Spanish-speaking parents of children with DD; general discussion	@ CenterBoard, City Hall Sq.Lynn; 2/28 Facilitated by Aymee Lucifora	Aymee Lucifora at 978-624-2380

APRIL VACATION WEEK FUN

REGISTRATION IS REQUIRED. For more information or to register, please contact the Autism Support Center at 978-777-9135. Parent supervision is required at all events.

TOWN LINE BOWLING



April 18th 1:00 pm

665 Broadway, Malden

Ages 13+ are invited to join us for three strings of ten pin bowling (large balls). Bowling shoes must be worn with socks. COST: Bowling is free, but shoes must be rented by family at the front desk. Please know your child's size.

BEAUTY AND THE BEAST



April 19th 10:00am

347 Main St, Reading

Join us for a screening of Beauty and the Beast! Price includes admission and snack pack. No substitutions. COST: \$10 for 1-3 people; \$15 for 4 or more

BIKE CLINIC



April 20th 11am-1pm

Proctor School, 60 Main St, Topsfield

This hands-on clinic is for children on the autism spectrum (or with other developmental disabilities) and their siblings ages 5 and up. Skilled volunteers will be available to work with participants on this fun, healthy activity. Bring your own bike & helmet. COST: FREE

PLASTER FUN TIME



April 21st 9:00am

255 Lincoln Ave, Haverhill

Youth ages 5 and up may pick one item to paint from the red wall and can take it home that day! COST: FREE

JUMP ON IN



April 21st 11am-12pm

100 Phoenix Ave, Lowell

Join us in a private and safe environment where children under age 10 can burn off energy playing, sliding and jumping on the inflatable equipment and trampolines. COST: FREE

Please note that pictures will be taken at the event for marketing purposes (e.g. for use in newsletters, on our website and Facebook page), and by attending you grant Northeast Arc permission to use your image unless you notify us otherwise in advance.



Northeast Arc
Creating opportunities for people with disabilities

The Arc
LIVE UNITED
LIVE FREE
LIVE INDEPENDENTLY

Northeast Arc Autism Support Center
6 Southside Road, Danvers, MA 01923

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Focus On Adults



MassHealth at Age18

If you are not applying for SSI (where if you get approved, you automatically get MassHealth), make sure that you apply for MassHealth separately when you turn 18. MassHealth members may be able to get doctors visits, prescription drugs, hospital stays, and many other important services at little or no cost. You can have this coverage, even if you are on your parent's health insurance. MassHealth becomes your secondary insurance. It is important that you remember to check the "disabled" box within the online application. You can apply online at <https://www.mahealthconnector.org/> or;

If you need help with your application, there are several [MassHealth Enrollment Centers](#) that can offer in-person assistance. It is important that you let the assister know that you have a disability.

An application can be taken over the phone by contacting 800-841-2900.

You can call 888-665-9993 if you have any questions about your eligibility.

If you have questions about Turning 22 and adult autism services, contact Phyllis Kizner, Adult Specialist, at 978-624-3747.

A REAL TREAT IN SALEM

BitBar Event

On March 20th, a dozen of us participated in a "meet-up" at the BitBar in Salem. The BitBar is located in the old Salem jail and in addition to their eclectic menu and bar, the big draw is their classic arcade games, including a separate room which houses numerous pinball machines. We held our event on a quiet Monday evening and were able to enjoy good conversation and food, in between playing the arcade games (which were only a quarter each, by the way). One participant stated that, "This has been a real treat for me".

This event was part of our monthly effort to gather people 18+ with an Asperger profile together in the local community. **For more information on upcoming events, please contact Phyllis Kizner at 978-624-3747.**



IT'S A FACT:

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Spotlight Social Skills For All Ages! Contact Chris Curtin @ 978-624-2335



Ladies Night Out!
\$20.00/week (includes pizza)
March 31st - May 19th
RSVP by Friday at Noon
Call Chris
978-624-2335

Girls are...

Amazing, awesome, fun, inspiring, incredible! However so are ALL kids! Girls face their own unique challenges socially, and Spotlight Friday Night is a place for ladies to come and relax and hang out in a supported environment to be who they are with no judgement or expectations. It's a time to unwind and have fun!



Pizza and Video Game Night

\$20.00/week

March 31st-May 19th

RSVP by Friday at noon!

Call Chris

978 624 2335

Why video games?

Not only are Video Games super fun they have a lot to offer to enrich a social experience. Video games create opportunities for turn taking, collaboration, sportsmanship, and tolerance all the while throwing bananas!



NWii

Spotlight Program

2017
Summer

Welcome to Spotlight Summer 2017!

Dates: July 5th-August 11th, (no camp July 21st)

- Social Scenes (ages 9+)
- Next Scenes: Transition Programming (ages 16+)
- Monday thru Thursday 9:00am to 3:00pm &
Friday 9:00am to 2:00pm
- Six week session includes:
movie making, improv
games, field trips & swim.

**Covenant Christian Academy
83 Pine Street
West Peabody, MA**

Call or email Chris Curtin
at 978-624-2335 or
email ccurtin@ne-arc.org



NortheastArc
Lifelong support for people with disabilities

LIVE UNITED
United Way


United Way
of Massachusetts Bay
and Merrimack Valley

SAVE THE DATE

for Northeast Arc's
EVENING OF
Changing Lives

Saturday, April 29th
Danversport Yacht Club
 HONORING
Jeffrey Musman, Partner,
Seyfarth Shaw LLP
 with the
Changing Lives Award

Northeast Arc

Lifelong support for people with disabilities

www.ne-arc.org
www.facebook.com/NortheastArc



Research Opportunity



Improving Social Behaviors:

A clinical research study to determine the effectiveness of Sulforaphane in the treatment of Autism

Children with Autism age 3-12 years may qualify

The UMass Medical School Department of Pediatrics is seeking volunteers for a new clinical research study examining the effectiveness of Broccoli Sprout Extract containing sulforaphane in treating symptoms of autism.

Sulforaphane, present in Broccoli Sprout Extract, protects cells against the effects of cellular stress, which has been documented in autism. Results of an earlier study showed promising improvements in behavioral symptoms of young adult males with autism who were given sulforaphane. This clinical trial will investigate whether similar improvements can be achieved in younger children, both male and female.

50 boys and girls age 3-12 years with autism will be enrolled in the study. Participation in this study will last up to 36 weeks and will involve 6 follow-up visits to the clinic site.

Study procedures will include:

- Medical and Neurological Exams
- Blood and urine sampling
- Assessments of social communication and behavior

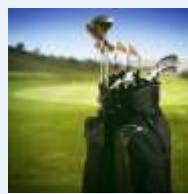
For more information please contact:

Kanwaljit Singh, MD MPH, 617-953-1480

Eileen Diggins, 508-856-4107

BroccoliStudy@umassmed.edu

Approved UMass Medical School IRB



THE JOY OF GOLF!

FREE GOLF CLINICS FOR ADULTS AGES 35+ WITH AUTISM

Tuesdays from May 16 to October 10, 2017
 9:00 - 10:30 am OR 11:00 am - 12:30 pm

Leo J. Martin Golf Course
 190 Park Rd, Weston, MA 02493

This clinic serves the full range of the autism spectrum including people with Asperger syndrome, people who are non-verbal, and people with limited mobility who use wheelchairs or adaptive vehicles. Reflecting our commitment to inclusion, the program welcomes golfers with autism to mix and socialize with volunteer golfers. Golf instruction is tailored to each participant and is taught by PGA professionals who are certified for teaching adaptive golf. The Joy of Golf is sponsored by the NLM Family Foundation.

Registration opens March 31. For more information, or to register, contact:

Gisele Marquis, Joy of Golf Project Coordinator
 Email: gisele22@myfairpoint.net
 Tel: 857-231-6992



Boy's Drawing Club!
 a 6-week adventure starting
 Saturday, March 25th
 1:00pm-2:15pm

The Boys Drawing Club is creative, supportive, and therapeutic art group, focused on building members self-confidence, social skills, and imagination through individual and collaborative art activities. Each six-week group will center on a different theme meant to spark member's creativity and encourage personal expression through a variety of artistic mediums. Within each group session members will be encouraged to participate in a variety of short, and long art prompts designed to appeal to a wide range of young artists of all levels and ability. Each group session will also involve opportunities for members to share their work and give positive, encouraging feedback as a way to practice and experience nurturing social interaction.

Group Facilitator:

Gabe Pastel is a creative, compassionate, social service professional with over ten years' experience working with youth and children. He currently works as an Outpatient Clinician at Children's Friend and Family Services and holds a Master's Degree from Boston College in Social Work with a concentration in Children, Youth, and Families. In addition Gabe holds a minor in Art from Ithaca College, and has been practicing expressive arts since he was a child. Gabe has completed a number of short and long comics, as well as two public art pieces in Brighton, MA.

Group will meet at The Artful Life Counseling Center and Studio,
 234 Cabot Street, Lower Level in Downtown Beverly

Price for 6-week group is \$175

Register now at www.artfullifecenter.org/

IT'S A FACT:

Autism is the fastest growing serious developmental disability in the United States.

Open Dance @ NeArc



Put on your dancing shoes

4th Tuesday every month!

April 25 & May 23

6:30 to 8:30 pm

Center for Developmental Excellence

6 Southside Road, Danvers

Ages— Teens and adults

\$5

Drinks and snacks provided.

More info? Contact Katie Sweet at 978-624-2308

SOCIAL ENRICHMENT (CONTINUED FROM PAGE 1)

The most important piece is to always validate a person's involvement in the group and the individual's personal definition of "social skills". It is important to ensure the skill is not only socially relevant to the zeitgeist of the community, but more so, important to the individual.

We at Spotlight are mindful about the use of the words "appropriate and inappropriate". In our environment we choose to say we "appreciate" other's actions as opposed to naming them as appropriate. Oppositely we use the term "potentially upsetting/bothersome/embarrassing" in exchange for inappropriate. Appropriate and inappropriate are subjective terms, and celebrating a person's special interest and validating it within the environment further deepens the opportunity for enrichment. Appreciating someone's contribution reinforces their connection to the environment and hopefully creates opportunities for like-minded individuals to form strong bonds that are uniquely individualized—blossoming from social enrichment.

If you need information on the Spotlight Program, please contact Chris Curtin, ccurtin@ne-arc.org or 978-624-2335.



Carrie Breaux and her Spotlight friends

IT'S A FACT:

Autism is the fastest growing serious developmental disability in the United States.

Friendship!



BIKE CAMP

BICYCLE CAMP FOR INDIVIDUALS WITH DISABILITIES NOW ACCEPTING APPLICATIONS

iCan Shine is a non-profit organization that teaches individuals with disabilities to ride a conventional two-wheel bicycle through its iCan Bike program. This five-day camp, requiring riders to attend only one 75-minute session per day, is taking place August 13th - 18th, 2017 at the Cambridge War Memorial.

iCan Shine is a non-profit organization that collaborates with local organizations to host camps in their communities. This camp is being hosted by local high school students Nina Katz-Christy and Zaida Block in collaboration with the Cambridge Recreation Department.

iCan Shine uses adapted equipment, trained professionals and volunteers. With 75 minutes of instruction over five days, over 80% of riders learn to ride a conventional bicycle independently by the end of camp.

To be eligible to enroll, riders must be at least eight years old, have a disability and be able to walk without an assistive device such as a walker or cane. Riders must be able to side-step quickly to both sides. Riders must have a minimum inseam measurement of 20 inches and weigh no more than 220 pounds.

Cost of the camp is \$250. Rider Registration and Volunteer Registration forms can be found at:

<http://icanshine.org/ican-bike-cambridge-ma/>. FOR MORE INFORMATION, CONTACT:

icanbikenc@gmail.com -- Nina Katz-Christy and Zaida Block
[iCan Shine Cambridge Bike Camp](http://icanshine.org/ican-bike-cambridge-ma/) Coordinators
icanbikenc@gmail.com

Widening The Circle's

"Building Friendships" Toolkit Series

Since 2012, Widening the Circle has been creating resources to help individuals and organizations support friendships between people with and without disabilities. One of our initiatives is developing a series of "Toolkits" that reflect our strong belief that the friendships between people with and without disabilities can be found wherever people LIVE, LEARN WORK and PLAY. Each Toolkit contains helpful strategies, resources and contact information

Building Friendships at Work

The ["Building Friendships at Work Toolkit"](#) will help organizations that provide employment supports take better advantage of opportunities to facilitate relationships between the people they support and their co-workers—especially co-workers who do not have disabilities—in community settings.

Making Friends in School

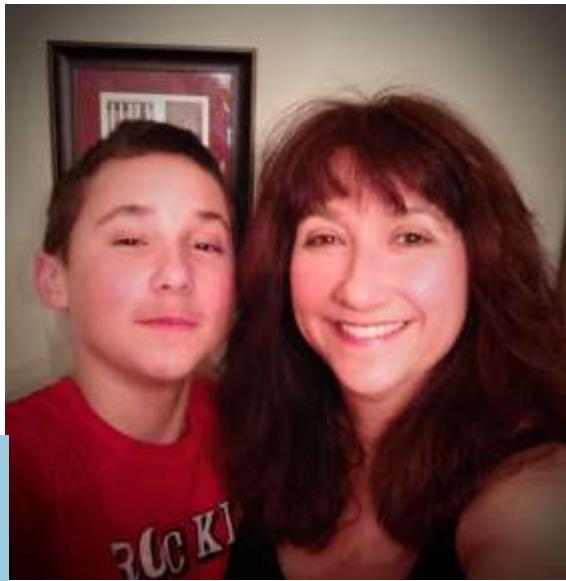
This "Making Friends in School Toolkit" will help teachers, paraprofessionals and parents take better advantage of opportunities to facilitate relationships between students with and without disabilities. It includes strategies at all grade levels, from elementary school through college.

<http://thearc.org/toolkit/>

IT'S A FACT:

Autism is the fastest growing serious developmental disability in the United States.

Ask the Advocate



Ask the Advocate!

Nancy Lucier
Northeast Arc Advocacy Program

Question: I have a very difficult time reading and understanding my son's Individualized Education Program (IEP) because my native language is not English. Do you have any advice on what I should do?

Answer: Request, in writing, to be provided a translated IEP in your native language.

You have the right to request an interpreter fluent in the primary language spoken at home, for communications that are made orally or in writing, whichever is appropriate.

"All communications and meetings with parents and students must be in simple and commonly understood words in both English and the primary language of the home if such primary language is other than English".

Massachusetts Education Laws and Regulations
Special Education - Parent Involvement
603 CMR 28.07 (8)

If you need an advocate, please call our Advocacy Intake Coordinator at: 1-978-762-8352

LET'S TALK ABOUT TRANSITION

Massachusetts requires that beginning when the eligible student turns 14, the school district must plan for the student's need for transition services and the school district must document this discussion annually as part of the IEP process. A transition planning form (TPF) is that documentation.

It is very important that this form is maintained with the IEP, and revisited each year as the *student's vision, related needs and action plan changes and evolves*. Parents can also request a transition planning meeting at any time. This form is only a guidance tool, the IEP should include goals and related services in order to achieve the student's post-secondary vision.

Contributed by Nancy Lucier

Contact Judy Bouffard at 978-624-2321 if you need assistance with transition issues.



Life-Quest Guardianship Workshop

Wednesday April 26, 2017 6-8 pm

Northeast Arc, 6 Southside Road, Danvers

This workshop will cover guardianship basics:

Full or Limited, Rodgers, Power of Attorney
Health Care Proxy, Rep Payee, Financial Decisions
Shared decision Making

Presented by: Barbara D. Jackins, Attorney

Barbara Jackins has been an attorney for 35 years and
a Parent of an individual with disabilities for 30.

In her law practice, she specializes in the areas of guardianship,
public benefits, and estate planning, including special needs trusts.
She also volunteers for several non-profit groups that assist people
with disabilities and their families.

All Workshops are Free but you must register.

We need to contact you in case of cancellation!



To register please contact Family Resource Center
(978) 624-2381, or e-mail alucifora@ne-arc.org



United Way
of Massachusetts Bay
and Merrimack Valley

Need help with an IEP?

April

**Educational
Advocacy**

**IEP
Consults**

Tuesday

April 11th & 18th

9:00am - 10:15am - 11:30am

**@ Northeast Arc
Center for Excellence**

Monday

April 3rd & 24th

9:00am - 10:15am - 11:30am

**@ Centerboard
16 City Hall Square, Lynn, MA**

**1 hour - Individual IEP
Consults - \$25**

(Regularly \$80)

Thanks to the Support
from Department of
Developmental Services
and the United Way of
the North Shore these
Consultations may be
FREE to eligible
families through the
North Shore
Area office.



For more information or to schedule an appointment, please contact:

alucifora@ne-arc.org / 1-978-624-2381

or

fodonald@ne-arc.org / 1-978-624-2380



For people with disabilities
and developmental disabilities

LIVE UNITED



United Way
of Massachusetts Bay
and Merrimack Valley

IT'S A FACT:

Autism is the fastest growing serious developmental disability in the United States.

Recreation Department Family Meet & Greet



Please join us for a family

Meet & Greet

Tuesday, April 25, 2017

6:30-7:30 pm

6 Southside Road, Danvers

Learn about recent changes in the Recreation Department and discuss new opportunities with Special Olympics

Snacks and refreshments will be served.

We hope to see you there!

RSVP to Katie Sweet by phone or email:
978-624-2308 or ksweet@ne-arc.org

The Spectrum

The Spectrum is a monthly electronic publication of the Autism Support Center. This newsletter is published to inform parents and professionals of resource information, upcoming events, and other autism-related topics. ASC is funded primarily by the Mass. Dept. of Developmental INFORMED. EMPOWERED. CONNECTED. Services. The views expressed do not necessarily reflect those of the funding source. ASC does not endorse any product, service or theory referred to in this newsletter. Articles, resources and announcements are included for information only.

Anyone wishing to contribute information for this newsletter should send it to asc@ne-arc.org or to our mailing address. Parent contributions are encouraged. Announcements are *included as space is available*.



**PLEASE CONTACT
ASC AT 978-777-9135
OR VISIT [HTTP://NE-ARC.ORG/SERVICES/AUTISM-SERVICES/](http://NE-ARC.ORG/SERVICES/AUTISM-SERVICES/)
FOR MORE INFORMATION.**



6 SOUTHSIDE ROAD, DANVERS MA 01923

NortheastArc
Lifelong support for people with disabilities

