

VOLUME 25 ■ ISSUE 5 ■ NOVEMBER 2016

## The Autism Support Center

# The Spectrum

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## Tips for Air Travel for the Holidays

### Holiday Preparation Tips: Will You Be Traveling by Air for the Holidays? From The Autism Society of America

The Transportation Security Administration (TSA) has created a "What to Expect" document to help people with disabilities or medical conditions. Navigating unfamiliar airports, the security screening process and flying in general can be very stressful! This information may be helpful in planning ahead, and in better understanding what to expect if you are traveling during the holidays with someone with autism spectrum disorder.

#### Things to know:

- Children with disabilities can be screened without being separated from their parents or guardians. Parents or guardians should inform the officer conducting the screening of the child's needs before screening begins. Parents or guardians may offer suggestions on the best way to approach and screen their children.
- Adult passengers with intellectual disabilities or developmental disabilities, such as autism, can be screened without being separated from their traveling companions. The passenger, or his or her traveling companions, should inform the officer conducting the screening of the passenger's needs before screening begins. The passenger, or his or her traveling companions, may offer suggestions on the best way to approach and screen the passenger, especially if it is necessary to touch him or her during screening.
- Passengers can be screened using imaging technology or walk-through metal detectors only if they can walk through on their own.
- If a passenger cannot or chooses not to be screened by imaging technology or a walk-through metal detector, the passenger will be screened using a thorough patdown procedure instead. A patdown procedure is also used to resolve any alarms from a metal detector or anomalies identified by imaging technology.

TSA Cares is a help line to assist travelers with disabilities and medical conditions. Travelers may call TSA Cares toll free at 1-855-787-2227 with questions about screening policies, procedures and what to expect at the security checkpoint. The TSA recommends that passengers call 72 hours ahead of travel for this information. *These tips originally appeared on the Autism Society of America site: <http://www.autism-society.org/>*

# IT'S A FACT:

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

## Support Groups

| GROUP NAME                      | GROUP DESCRIPTION                                                                                                                                  | MEETING DETAILS                                                                                                                                                      | CONTACT INFO                                                                                                              |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Central Middlesex Area          |                                                                                                                                                    |                                                                                                                                                                      |                                                                                                                           |
| Mandarin Group                  | ASC-sponsored<br>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 <a href="mailto:asc@ne-arc.org">asc@ne-arc.org</a>                                                 |
| Burlington Group                | ASC-sponsored<br>General discussion and networking for parents of children and teens with ASD.<br>Occasional guest speakers.                       | @ Burlington Public Library, 22 Sears St, Burlington.<br>Meets the 1 <sup>st</sup> Monday of the month @ 6:30pm Facilitator: Chris Curtin                            | ASC at 978-777-9135 or <a href="mailto:asc@ne-arc.org">asc@ne-arc.org</a>                                                 |
| 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 <a href="mailto:gcastillo@ne-arc.org">gcastillo@ne-arc.org</a>                |
| 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 <sup>nd</sup> Thursdays at 7 pm. Facilitator: Nancy Lucier                                            | Contact Susan Gilroy at 978-624-2302 or <a href="mailto:asc@ne-arc.org">asc@ne-arc.org</a>                                |
| North Shore Area                |                                                                                                                                                    |                                                                                                                                                                      |                                                                                                                           |
| Parents of Adults (18+) with AS | ASC-sponsored for parents of adults with Asperger's, high cognitive autism; general discussion, info sharing.                                      | @ Autism Support Center, 6 Southside Rd, Danvers; 2 <sup>nd</sup> Mondays, 6-8 pm; Facilitator: Phyllis Kizner                                                       | Phyllis Kizner at 978-624-3747 or <a href="mailto:pkizner@ne-arc.org">pkizner@ne-arc.org</a>                              |
| Grandparents' Group             | ASC-sponsored for grandparents coping with ASD. Networking, info sharing, support.                                                                 | @ Autism Support Center, 6 Southside Road, Danvers; 3 <sup>rd</sup> Mondays at 10-11:30 am<br>Facilitator: Susan Gilroy                                              | Susan Gilroy at 978-624-2302 or <a href="mailto:sgilroy@ne-arc.org">sgilroy@ne-arc.org</a>                                |
| 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 <sup>rd</sup> Thursdays;<br>Facilitator: Jackie Murphy                                             | Jackie Murphy at 978-624-3721 or <a href="mailto:jpmurphy@ne-arc.org">jpmurphy@ne-arc.org</a>                             |
| 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 <sup>rd</sup> Tuesdays at 6:30-8:30 pm; Facilitated by Nancy Lucier                                                              | Nancy Lucier at 978-624-2350 or <a href="mailto:nalucier@ne-arc.org">nalucier@ne-arc.org</a>                              |
| Adult Group (18+)               | ASC-sponsored for adults with Asperger profile, high cognitive autism.                                                                             | @ Breaking Grounds Café, 67 Main St., Peabody. 1 <sup>st</sup> Thursday, 11am-noon.<br>Facilitated by Phyllis Kizner                                                 | Phyllis Kizner at 978-624-3747 or <a href="mailto:pkizner@ne-arc.org">pkizner@ne-arc.org</a>                              |
| AANE Pizza & Games Night        | AANE/ASC sponsored; for adults with Asperger's; enjoy pizza, salad, dessert, beverage then participate in board games with friends                 | @ASC, 6 Southside Road, Danvers; 1 <sup>st</sup> Thursdays, 6-8 pm; \$12 for refreshments, pay at the door; prior registration required. Facilitated by Gail Kastorf | Stephanie Birkdale<br>Asperger/Autism Network<br>617-393-3824 x32<br><a href="mailto:events@aane.org">events@aane.org</a> |
| AANE Adult Group (18+)          | AANE/ASC sponsored; for adults with AS                                                                                                             | @ASC, 6 Southside Road, Danvers; 3 <sup>rd</sup> Thursdays at 6:45 to 8 pm; \$5 at door;<br>Facilitated by Gail Kastorf                                              | Karen Doran, AANE, 617-393-3824 x 30                                                                                      |
| 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 <sup>nd</sup> 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                                       | @ Brothers Deli, 41 Market Street, Lynn; Last Mondays at 10 am. Facilitated by Aymee Lucifora                                                                        | Aymee Lucifora at 978-624-2380                                                                                            |

# Internet Safety: Tips & Tricks

A workshop for older teens and young adults (and their parents)  
with autism or other developmental disabilities



*Presenter:*

Barbara Oliver

*When:*

Monday, November 21st, 6:30~8:30 pm

*Where:*

Memorial Hall Library, 2 North Main Street, Andover

Barbara Oliver has a BA in communications media and is an advocate for adults with disabilities. She will share her tips & tricks and help participants stay smart and safe online! This presentation is free and open to the public.

Please RSVP to Phyllis Kizner at [pkizner@ne-arc.org](mailto:pkizner@ne-arc.org) or 978-624-3747.

*Presentation sponsored by:*

*Autism Support Center, Northeast Arc*

*Bridgewell*

*LifeLinks*

*Emarc*

*Fidelity House*

*Riverside Community Care*



Autism Support Center, a program of Northeast Arc

Informed. Empowered. Connected.

## Special Education Law:

*Rights and Procedures Reflecting the Potential of Children  
with Autism Spectrum Disorder*



This workshop provides an overview of specific legal requirements pertaining to the unique learning needs of children with autism spectrum disorder (ASD). With an emphasis on the requirement that children with ASD receive educational opportunities which reflect competency and potential, this workshop will address current trends, legal standards, evaluation rights and procedures, discussion of court cases, and special education service options for children with ASD.

Presenter:

*Leslie Hughes, Massachusetts Advocates for Children*

November 17th, 6-8 pm

Northeast Arc, 6 Southside Road, Danvers

RSVP: Jackie Murphy, 978-624-3721 or [jpmurphy@ne-arc.org](mailto:jpmurphy@ne-arc.org)

**Northeast Arc**  
Lifelong support for people with disabilities

An affiliate  
of The Arc



MASSACHUSETTS  
ADVOCATES  
for CHILDREN

## IT'S A FACT:

Northeast Arc is the second largest Arc in the country.

## New Venture



Northeast Arc is officially in the food service business, with the recent opening of **Breaking Grounds Café at 67 Main Street in Peabody**. The coffee shop, featuring an array of drinks, pastries and snacks, comfortable seating and a casual atmosphere, will allow the agency to provide job training and experience in the customer and food service industries for people of all abilities. Breaking Grounds will also feature Shine Jewelry and artwork, both made by artists supported by NeArc. The shop will also feature entertainment like open mic nights and live music.

To keep up-to-date on what's happening at Breaking Grounds, follow the café's [Facebook page](#).

### Spotlight Social Skills



**Pizza and Video Game Night**  
\$20.00/week  
Sept 30 - Nov 18  
RSVP by Friday at noon!  
Call Chris  
978 624 2335

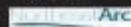
#### Why video games?

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!



#### 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!



**Ladies Night**  
\$20.00/week includes pizza!  
RSVP to Chris  
by noon on Friday  
978-624-2335  
Sep 30 - Nov 18  
6:30p-8:00p  
1 Southside Rd Danvers



## IT'S A FACT:

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

# Bingo!

Join us!



Bingo with our new friends from Gordon College.

Sunday, November 6

6:00-7:30pm

6 Southside Road, Danvers

Prizes, snacks and fun! Any questions contact Suzanne at 978-624-2318 or [sryan@ne-arc.org](mailto:sryan@ne-arc.org)

## GUARDIANSHIP WORKSHOPS

The Massachusetts General Hospital Lurie Center is offering a series of small-group informational workshops for parents, caregivers and families about **Understanding the Guardianship Process in Massachusetts**.

All sessions will take place at the Lurie Center (1 Maguire Road, Lexington). *Please Note: These workshops are provided by a parent/professional, are not intended to provide legal assistance or advice, rather they are informational only. Referrals to legal experts are provided as needed.*

The first series, **Guardianship 101: Learn the Basics of the Guardianship Process**, provides an overview of what guardianship is and how it is determined in Massachusetts; the types of guardianships (including limited, Rogers); how to decide if your child needs a guardian and alternatives to consider; a review of how to begin the process and what the Massachusetts probate court requires; the

steps you need to follow and a suggested timeline to prepare for your child turning age 18. **Guardianship 101** is offered on the first and third Friday of most months, from Noon to 1:00 p.m. The fee: is \$20 per person/family. Registration is required: phone 781-860-1700.

The second series, **Guardianship 102: Learn the Step-by-Step Process for court required Paperwork**, offers a more hands-on group tutorial and will include: where you are in the process and moving forward; a review of relevant checklists for each attendee; guidance with probate court processes and referral to legal resources as needed; guidance on filling out required documentation (petition, bond, citation/giving notice, care plan); and a question and answer session. **Guardianship 102** is offered on the second and fourth Thursday of most months from 11:00 a.m. to 12:30 p.m. The fee is \$35 per person/family. **Registration is required: phone 781-860-1700.**

## IT'S A FACT:

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

# Transition Talk



## Alternatives to Guardianship

Many parents wonder about obtaining full guardianship over their loved one when they turn 18. Often times their child needs extra support only in specific areas and not others, thus making full guardianship an inappropriate choice. Did you know that there are alternatives? Please see the following options in the mini-guide written by our own CEO, Jo Ann Simons.

<http://www.idahotc.com/Portals/45/Documents/Alternatives%20to%20Guardianship.pdf>

If you would like a hard copy mailed to you, please contact Phyllis at the number below.

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

## PARENTS OF ADULTS JOIN US NOVEMBER 14!

**Parents of adults (18+)** living with **Asperger syndrome or high cognitive autism** have unique needs for information and support. To meet those needs we have formed a support group that will meet at the Autism Support Center, 6 Southside Road, Danvers on **2nd Mondays from 6:00 to 8:00 p.m.** Why join a support group? Many parents find it very useful to attend a group with other parents who have similar needs. This is a great way to network and share information about services and supports in local communities. It's also a way to give and receive emotional support, to share the joys and challenges of living with a person on the autism spectrum.

Participants will also learn what programs and services are available at Northeast Arc as well as other agencies. Information shared at a support group is confidential and will be respected. Participants may shape the group to specific needs, for instance requesting speakers on topics of interest. **For more information please contact Phyllis Kizner at 978-624-3747 or pkizner@ne-arc.org**



## ARE YOU

Honest?

Intelligent?

Creative?

Detail-oriented?

Fair?

## IS IT HARD FOR YOU TO

Socialize?

Understand others?

Be flexible?

Manage your time?

Advocate for yourself?

## DO YOU HAVE

A unique sense of humor?

A good memory?

A special interest?

A logical mind?

A desire to connect?



## THEN JOIN US!

Come make connections with like-minded adults

**RSVP to Phyllis Kizner**

**pkizner@ne-arc.org or 978-624-3747**

Offered through ASC, 6 Southside Road, Danvers, MA 01923



**FIRST MEETING**  
**THURSDAY, NOVEMBER 3rd**  
**TIME 11:00 am - 12:30 pm**  
**BREAKING GROUNDS CAFÉ**  
**67 MAIN STREET**  
**PEABODY, MA 01960**

## BOSTON INTERNATIONAL KIDS FILM FESTIVAL

**PRESENTS**

## Life, Animated

From Academy Award® winning director Roger Ross Williams, LIFE, ANIMATED is the inspirational story of Owen Suskind, a young man who was unable to speak as a child until he and his family discovered a unique way to communicate by immersing themselves in the world of classic Disney animated films.

Saturday November 5, 2016 | 7:00 PM  
with an encore autism-friendly screening on Sunday  
November 6 at 1:30 PM



Somerville Theatre,  
Davis Square, Somerville, MA



For tickets & full schedule go to: **www.bikff.org**

## Is your IEP appropriate? Does it meet your child's unique needs?



Take advantage of a  
1 hour Individual IEP Consult  
with an Educational Advocate  
for \$25

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

**November 16th & 30th**

**Northeast Arc Center for Excellence**

6 Southside Road, Danvers, MA  
9:30am, 10:45am & 11:00am

**November 14th & 28th**

**Centerboard**

16 City Hall Square, Lynn, MA  
9:30am, 10:45am & 11:00am



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

alucifora@ne-arc.org / 1-978-624-2381  
or  
fodonal@ne-arc.org / 1-978-624-2380

Registration: 1 per year at the \$20 rate per person. (Regularly \$30)



## Autism Eats

at

### Maggiano's Little Italy

**November 15, 2016 from 6:00pm to 8:00pm**

(We have our own room. Parking available)

4 Columbus Ave-Park Square  
Boston, MA



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

Visit [www.AutismEats.org](http://www.AutismEats.org) for more information and to purchase tickets for your family dinner buffet.



**Spotlight**  
Program

## Take One

**Fall Session  
Oct. 1st-Nov. 19th  
9am-10am  
ages 2.9yrs-5yrs**



Take One is a therapeutic play-based pragmatic skills groups utilize music, movement, drama, and play activities to encourage children ages 2.9-5 to learn and practice social skills and have fun being part of a group.

Take One focuses on transitioning between activities, following group instructions, collaborating with peers, attending and sensory experiences through art and movement.

Activities Include:

- Group Meetings
- Parachutes
- Arts and Crafts
- Peer Interaction
- Sensory Activities

"If a child cannot learn in the way we teach, we must teach in a way the child can learn."

- Unknown



**Northeast Arc**  
Lifelong support for people with disabilities

RSVP/week by 12:00pm the Friday prior  
\$20.00/week per child

Chris Curtin 978.624.2335  
ccurtin@ne-arc.org

**Northeast Arc**

## JUST FOR GRANDPARENTS!

If you are a grandparent of a child diagnosed on the autism spectrum and you would like to meet other grandparents you are encouraged to join our support/discussion group. We recognize that your needs and concerns may be somewhat different than a more traditional parent support group so we hope to come together to build a network to share tips and resources, as well as encouragement. Our meetings are on the 3rd Monday\* of the month at 1 p.m. at our site in Danvers.

\*If the 3rd Monday falls on a holiday, the meeting will be on the 2nd Monday of the month

**When:**  
3rd Mondays at 1 pm

**Location:**  
The Library @ ASC, 6 Southside Road, Danvers

**Contact:**  
Susan Gilroy 978-624-2302 or sgilroy@ne-arc.org

- Information
- Encouragement
- Support
- Sharing

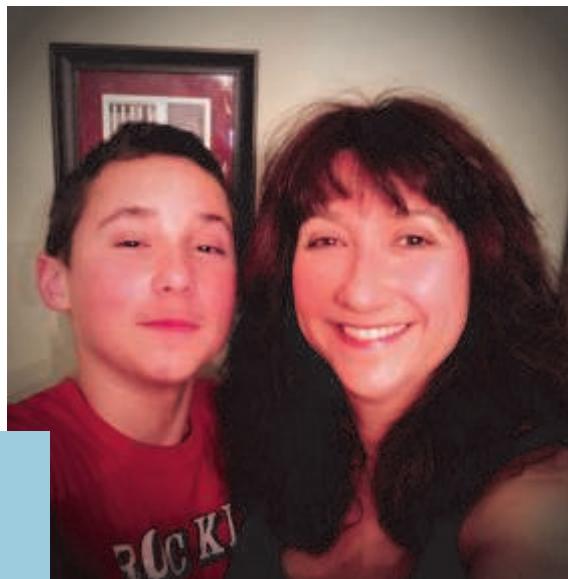


## IT'S A FACT:

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

# Ask the Advocate

## Ask the Advocate!



**Question:** "Does the school system have the right to say they can't give my child a certain service because they don't have the funding?"

**Answer:** No, if your child has a disability they are entitled to a **Free and Appropriate Public Education (FAPE)** to **meet their unique needs**. FAPE ensures that all students with disabilities receive an **appropriate** public education at **no expense** to the family and FAPE differs for each student because each student has **unique needs**.

*FAPE is an educational right of children with disabilities in the United States that is guaranteed by Rehabilitation Act of 1973 and the Individuals with Disabilities Education Act (IDEA).*

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

## RECREATION

### NEW PAINTING PROGRAM!

We have a brand new painting program on Tuesday Nights!

*This NEW program uses the unique process of creating art in a relaxed and enjoyable environment for participants to explore themselves creatively using various mediums. This program includes individualized creative activities, and group activities to promote imagination and inspiration, while also working to develop stress relief techniques, self-confidence, and communication skills. Participants are encouraged to only bring their sense of creativity, adventure, and originality with them!*

**Where:** 6 Southside Rd. Danvers MA

**When:** Every Tuesday Night from 5:00 - 6:00pm

**Price:** \$80.00 for an 8 week session

**Register:** Adam Quinn at 978-624-2308

**For a complete list of programs go to**

**<http://www.ne-arc.org/services/recreation/>**



**IT'S A FACT:**

ASC serves 68 communities in northeastern Massachusetts.

## Arc Gala Dinner & Auction



The Arc of Massachusetts will hold its **Gala Dinner and Auction** on Wednesday, November 16 at the Park Plaza Hotel in Boston. This year The Arc is honoring Pulitzer Prize-winning journalist and best-selling author, **Ron Suskind**. Ron has written several important works of nonfiction, including *Life, Animated: A Story of Sidekicks, Heroes and Autism*, which chronicles his family's 20-year struggle with their son Owen's autism. The book is the foundation of *Life, Animated*, a feature-length film which Ron produced. To kick off the evening's activities, guests are invited to a screening of *Life, Animated* and to participate in a brief question-and-answer period with Ron.

Following the film, guests will move to the Grand Ballroom for the cocktail reception and silent auction. This will be followed by a seated dinner, with a presentation honoring Ron and Owen, and a live auction.

For information about sponsorship opportunities, contact Katrin Aback (aback@arcmass.org; phone 781-891-6270, ext. 6105). To donate an item to the auction, contact Judy Zacek (zacek@arcmass.org; phone 781-891-6270, ext. 6102). To purchase tickets, visit [www.arcmass.org/gala](http://www.arcmass.org/gala).

## Conference in Cambridge

### Autism Spectrum Disorders, November 18-19; Royal Sonesta Hotel, Cambridge

This course is designed to offer an update on the latest research findings and clinical applications in the diagnosis and treatment of individuals with autism spectrum disorders. It will inform attendees of the changing body of knowledge and competence in the delivery of treatment and will review the scientific basis, early risk factors, and comorbidity issues associated with individuals with ASD. Learning formats, including group case discussions, Q and A, panel presentations, and didactic lectures will be used to assist the learners in developing new strategies that they can apply in their practice setting. The course is intended for mental health and health clinicians and others interested in understanding and treating children, adolescents, and adults with autism spectrum disorders and its effect on their families. Learning Objectives: Upon completion of this activity participants will be able to: consider new perspectives on autism and autism policy; explain early risk factors to help in prevention and intervention; analyze medical and mental health issues associated with individuals with autism spectrum disorders; identify steps in neuropsychological testing, managing explosive behaviors, and helping with school transitions; recommend strategies to help families and siblings living with a family member on the autism spectrum; and evaluate advances in technology, psychopharmacology, and whole body approaches.

For Further Information Contact: **Cambridge Health Alliance Physicians Organization** (CHAPO-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02139; Phone: 617-806-8770; Fax: 617-806-8777; Email: [cme@challiance.org](mailto:cme@challiance.org); Web: [www.cambridgecme.org](http://www.cambridgecme.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](mailto: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*

