

The Autism Support Center

# The Spectrum

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*Happy  
Holidays  
to all!*

## Keeping the Beat: Adaptive Dance Assistant Finds Her Future

Contributed by Susan Parziale



In the spring of 2010, I started looking for an adaptive dance class for my daughter Jenna and some other children in her autism circle. I took dance when I was young and wanted Jenna to have the same fun experience. I called many dance studios and none of them offered an adaptive dance class, nor had the staff to oversee one. I was becoming discouraged until I called one more studio and the owner said YES. Helene Chapman owner of Helene Joy School of Dance in Middleton said she wanted to give it a try. Although Helene had never taught adaptive dance, she believed all children should have dance in their life. Helene knew that taking on the feat of teaching 6 girls with autism how to dance meant she would need to bring in help. She turned to her seasoned dancing school students, and they quickly became the most enthusiastic and eager aides for the adaptive dance class. Which brings me to the reason for this article – Maria.

Maria Tenaglia was 2 years old when she started dancing school at Helene Joy School of Dance, and has not stopped! In 2010 at the age of 12, Helene asked Maria to become an aide for the new adaptive dance class that consisted of girls on the autism spectrum. Maria had no idea what to expect. She had been an assistant for other classes of young dancers but this was her first exposure to children on the autism spectrum. Maria did some research about autism to prepare herself for the class, and then decided to jump in and give the first session a try. Maria was hooked! She said, "The children I worked with in the adaptive class were some of the most hard-working kids I have ever met. Assisting adaptive classes challenged me to become a better dancer, teacher, and person overall. I formed relationships with the dancers I worked with and learned how to best teach children with different abilities. Teaching the adaptive class was then and still is the highlight of my week - every week."

When asked what made her continue to teach adaptive dance after high school, Maria said "Adaptive dance inspired me to study speech therapy in college, as it deals directly with communication and expression for children who might not communicate in the typical sense of the word. Teaching dance has been my dream ever since I can re-

(Continued on page 2)

## IT'S A FACT:

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# Dance (continued from page 1)

member, and, once I was introduced to adaptive dance at Helene's, I knew that was what I wanted to do with the rest of my life. I saw a job opening for an Adaptive Dance Instructor near my school and jumped at the chance to teach again. Now in my second year of teaching adaptive classes, I am confident that I made the right decision. I know that I am so lucky to be able to do what I love, even if it is only a few hours each week."

Mandy Barstow, owner of Studio 109 in Gonic, NH where Maria is an instructor said "when we started to look for an additional instructor, Maria's passion for dance and compassion for people shined through immediately during her interview and I knew that she was the right person to help our program continue and grow. We are excited to have her at Studio 109." Helene was eager to praise Maria's efforts to continue to instruct a special needs adaptive dance. Said Helene "I am so proud of her, she's always been such a great student, sweet, mature, respectful and the kids always loved her when she was helping with classes!"

In early November, Maria attended her first National Dance Educators Organization 2017 Conference in Texas to advocate, "Dance for Every Child" as it is represented on her tank top in the photo. Maria's tagline on her Facebook page at the conference was "I am living my dream."

In addition to being an instructor at Studio 109, Maria volunteers with Best Buddies, a program for adults with special needs and with the Muscular Dystrophy Association at their annual summer camp. Maria attends the University of New Hampshire.

On a personal note, I am so proud of Maria for continuing her love of teaching adaptive dance and look forward to hearing more about her "Dance for Every Child" advocacy work.

If you are interested in having your child attend an adaptive dance class, contact Studio 109 in Gonic, NH ([www.studio109dance.com](http://www.studio109dance.com)) or Helene Joy School of Dance in Middleton, MA ([www.helenejoyschoolofdance.com](http://www.helenejoyschoolofdance.com))

*Note: Susan Parziale and her family live in Lynnfield and are long-time members of The Autism Support Center.*





## Making a Difference for People with Disabilities: A Hands-On Approach

**FACT:**  
The State House  
is YOUR house

**FACT:**  
Your family's story  
is POWERFUL



### In this workshop, you'll learn:

- How legislation gets written, moved along, and passed
- How to effectively tell your story on paper and in person
  - How to find allies

### Presented by:

Maura Sullivan, the Director of Government Affairs and the Program Director of Operation House Call at The Arc of Massachusetts. As an experienced speaker, lecturer and grassroots organizer for disability advocacy, Maura's background includes health policy and managed care. She has an MPA from Suffolk University with a focus on non-profits and she is a former LEND fellow. She has three children and her two youngest have autism.

**Monday, December 4<sup>th</sup> 6:00 - 8:00 pm**  
**Northeast Arc's Center for Developmental Excellence**  
**6 Southside Road, Danvers**

*Space is limited; reserve your spot by contacting Aymee Lucifora at 978-624-2381 or [alucifora@ne-arc.org](mailto:alucifora@ne-arc.org).*

# urban Nutcracker

TONY WILLIAMS  
DANCE CENTER

"From the moment we arrived at the theatre, the entire staff and artists made us feel comfortable, safe and welcome. It was an amazing experience to watch Daniel's face **LIGHT UP WITH JOY** during the show." - Audience Member



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DIMMED STAGE LIGHTS | SLIGHTLY BRIGHTER HOUSE LIGHTS | LOWER VOLUME MUSIC | NO STROBE LIGHTING  
SAFE SPACE | VOLUNTEER ASSISTANCE & AUDIENCE ENCOURAGED TO DANCE, SHOUT & SING!

**Wednesday, December 27 @ 7:30pm**

**@ John Hancock Hall, Back Bay**

The show will be tailored to be sensory-friendly in order for maximum audience comfort that will feature house lights at half capacity, sounds lower in volume/intensity, volunteers to provide support, and a quiet area. And the audience will be encouraged to dance, sing and shout! Also, this year's Urban Nutcracker features never before seen sets and costumes in celebration of its 15th Anniversary.

The Urban Nutcracker Autism-Friendly performance takes place on Wednesday, December 27 at 7:30pm at John Hancock Hall, 180 Berkeley Street in Boston's Back Bay.

**NortheastArc**  
Lifetime support for people with disabilities

**The Arc**

**LIVE UNITED**  
United Way  
A member of United Way's Arc

The  
Autism Support  
Center

is

pleased to offer  
a *limited* number  
of FREE tickets  
to the 2017  
autism-friendly  
presentation of

*Urban  
Nutcracker*

**Contact**

[sgilroy@ne-arc.org](mailto:sgilroy@ne-arc.org)

978-624-2302





## IT'S A FACT:

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

## ASC Visits Raytheon

Contributed by Gloria Ricardi Castillo



ASC member, Keri Dattoli- McGloin invited us to present for a group of employees at Raytheon, (RADA Raytheon Alliance for Diverse Abilities)

Keri is an active participant of one of the Autism Support Center support groups. She had some specific ideas of what she was interested in being presented to her co-workers.

On November 9<sup>th</sup> Jill McEntee , Daniel Johnson , (BCBAs from our Autism ABA Program) and myself presented to a room of over 25 employees of Raytheon. The presentation

included some general background of ABA (what it is, why it is useful, etc.) some basic ASD background such as the current diagnostic criteria and some characteristics of the disorder and then an overview about the practitioners of ABA (BCBA/ Providers) and what to expect from treatment. As well as a little background story of the Northeast Arc and the services we provide to families that have a loved one with a disability. The group was very welcoming and had some good questions for the presenters.

It was our pleasure to present to this group, thank you Keri for the invitation!

Below you can see Keri's thank you to us,

"I just wanted to thank you, Daniel and Jill again for taking time to come in last week to present on Autism Spectrum Disorder and Applied Behavior Analysis. The session was very informative, the audience really resonated with the topic and especially the science behind ABA. I received great feedback from session participants on the overall presentation and 'new awareness' of the breadth of services provided by the Northeast Arc."



# The Holidays Are Here!!

Contributed By Kate Dalcour, MS, BCBA

The holidays are an exciting and happy time of year, but they can also bring some added stress and worry. Children often have longer breaks from school, there may be added travel and change in routines, and overall, more stimulation with extra people, music, holiday activities and the normal hustle and bustle to get everything done in time. With all of these changes and activities, there may be an increase in challenging behavior exhibited by your child. Here is a list of some strategies that may help you and your child better cope during this time of year.

- **Use visual supports** – this may be a monthly calendar showing the planned activities and events for the month, or the days the child will be in school vs on vacation, travel plans, or even the arrival of relatives. Also creating daily schedules so the child knows what to expect in their day. Some children respond better to picture schedules representing the activities of the day, and some respond well to written schedules of activities. Keep in mind, when planning activities for the day, try to vary the tasks so that there are preferred activities for the child mixed into the day to the extent possible. And if possible, try to limit the amount of activities that need to be done in one day.
- **If an unexpected change** occurs during the day, remind your child what they can do to cope with the change in routine or expectation (ex. Ask for a break, take deep breaths, listen to music, play on an ipad, read a book, etc...)
- **Give transition warnings** when preparing to leave one activity and begin another. Timers, countdowns, and transition warnings can help the child know what to expect. Also, use transitional objects that the child can hold or play with when transitioning to or from the various community locations for comfort. (For example, if they have a favorite toy or music).
- **Use reinforcement!** Know what motivates your child, and use it to reinforce them when they show appropriate behavior such as transitioning without engaging in maladaptive behaviors, being flexible, greeting family members politely, asking for breaks, etc... Reinforcement can vary from social praise and high five's, to prizes, or special snacks and treats. The power of reinforcement can go a long way!
- **Use first/then language or visuals** to keep the expectations simple. First we are going to the mall, then we will get lunch. The more language we use, the more confusing it can be for our children.
- Make sure your child can tolerate the various sensations of the different activities or locations. Sometimes children don't like loud noises so going to a crowded mall to see Santa where there are lots of people and loud music and noises can be over-stimulating. Warning your child of what to expect as well as what they can do if they encounter the unpleasant stimuli can be helpful (for example, "If it's too loud, I can tell Mom that I want to leave," In order to escape instead of engaging in other behaviors.)
- **When going into the community**, go with additional family or friends so there are extra adults and helping hands.
- **Talk to all of your children about being helpers** for your child with special needs and what they can do to help while in the community. Review safety rules with them and what they need to do in an emergency. You can also give them jobs (and maybe even incentives for doing those jobs) when in the community.
- **Bring fun and reinforcing toys** with you to help entertain your child while you are in the community or at holiday events

and activities (books, crayons and paper, ipad, preferred toys, etc...). Also, pack some snacks for everyone.

- When spending long amounts of time at home, try to have **structured activities** ready for your child (ex. Playing a turn taking game, playing with play doh, doing arts and crafts activities, etc...) to limit the downtime that may lead to an increase in maladaptive behaviors.
- **If you are going to see a lot of not-so-familiar people**, show the child pictures of them and talk about them prior to their arrival to help prepare them.
- **Create a social story** to review with your child that discusses what to expect. These are especially helpful if you are traveling for the holidays to let the child know the sequence of events and what to do. Review the social story daily in the weeks leading up to the travel. The social story should review the schedule of events, what to expect, what they can do, what reinforcement is in place for appropriate behaviors, and why they shouldn't engage in certain behaviors. Be sure to keep the social story positive, and keep the language and pictures simple.
- **If your child receives home services**, ask their home provider if you can schedule additional hours to help keep additional structure in their day.
- And last but not least, **pick your battles**. Know what may be more challenging for your child and what you can do with them comfortably. The holidays are a time everyone should be able to enjoy.

This list of suggestions is by no means exhaustive, but we hope you are able to use some of these strategies to make your holidays more enjoyable and festive for everyone.

*Happy Holidays from the staff at Northeast Arc Autism ABA Services!*



## IT'S A FACT:

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

# Recreation for All Ages at Northeast Arc

## ***Northeast Arc Recreation has something going on every day!***

### **Monday:**

#### **North Shore Bowling League**

Ages: 13+      Fee: \$10 per week      Staff Ratio - 8:1      Time: 6:00 PM—7:30 PM

Location: Sunnyside Bowladrome, 176 Water Street, Danvers, MA

Come and have a blast as you bowl alongside your friends. Each player bowls for 2 games as we learn turn taking skills, social skills and good sportsmanship.

### **Tuesday:**

#### **Paint Class**

Ages: 13+      Fee: \$80      Staff ratio – 4:1      Time: 5:00 PM—6:00 PM

Location: Northeast Arc's Center for Developmental Excellence, 6 Southside Rd. Danvers, MA

This 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!

#### **Fitness and Workout**

Ages: 16+      Fee: \$80      Staff ratio – 4:1      Time: 6:00 PM—7:00 PM

Location: Northeast Arc's Center for Developmental Excellence, 6 Southside Rd. Danvers, MA

Paula is back to assist with our new Fitness and Workout program. We will be working on weight lifting, aerobic exercises, cardio, core work, and other exercises which will improve personal health, wellness and behavioral health.

#### **Open Dances (November 28th)**

Ages: 13+      Fee: \$5      Staff ratio – 8:1      Time: 6:30 PM—8:30 PM

Location: Northeast Arc's Center for Developmental Excellence, 6 Southside Rd. Danvers, MA

This dance is NOW open to everyone 13 years and older. Bring your dancing shoes and prepare for a night of fun! Drinks and snacks are provided. This event takes place the fourth Tuesday of every month.

### **Wednesday**

#### **Recreational Swim**

Ages: 14+      Fee: Price Pro-Rated. Please Call.      Staff Ratio – 4:1      Time: 4:00 PM—5:00 PM

Location: Hogan Regional Center, 450 Maple Street, Danvers, MA

Swimming is a great way to spend time with friends, while getting exercise! Join us for a fun filled hour of splashing around, swimming laps and pool games! Doctor's signature required to participate. Dates to be determined as construction finishes at Hogan Regional Center.

#### **Cape Ann Bowling League**

Ages: 22+ years      Fee: \$10 per week      Staff Ratio – 8:1      Time: 6:30 PM—8:00 PM

Location: Cape Ann Lanes, 53 Gloucester Ave, Gloucester, MA

Our Cape Ann bowling league is for all of our participants closer to Cape Ann than Danvers. This league is open to all ages and is fun for everyone. We bowl alongside our friends for 3 games while we learn turn-taking, social skills and good sportsmanship.

#### **Yoga**

Ages: 13+ years      Fee: \$80      Staff Ratio – 8:1      Time: 6:00 PM—7:00 PM

Location: Northeast Arc's Center for Developmental Excellence, 6 Southside Rd. Danvers MA

This is a fun, challenging, all-levels yoga class. Students will learn the basic yoga postures to increase

(Continued on next page)

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# Recreation (continued)

overall health and wellness! We have mats, so do not worry about bringing your own!

### Thursday

#### Heritage Bowling League

Ages: 22+ years      Fee: \$10 per week      Staff Ratio – 8:1      Time: 3:00 PM—4:00 PM

Location: Metro Bowl, 63 Foster Street, Peabody, MA

This league is open to our 22+ crowd and is fun for everyone. Come bowl for 2 games while we learn turn-taking, social skills and good sportsmanship.

#### “Seasoned Chefs” Cooking for ADULTS!

Ages: 22+ years      Fee: \$120      Staff Ratio – 4:1      Time: 5:00 PM—6:30 PM

Location: Northeast Arc's Center for Developmental Excellence, 6 Southside Rd. Danvers MA

This class offers fun, healthy, and delicious recipes that are easy to make at home! Not only is this class a great way to learn how to cook, but it is a great way to build relationships. When registering please inform us of any food allergies.

#### Arts and Crafts

Ages: 16+ years      Fee: \$80      Staff Ratio – 4:1      Time: 7:00 PM—8:00 PM

Location: Northeast Arc's Center for Developmental Excellence, 6 Southside Rd. Danvers MA

This class offers different imaginative projects each week that for the most part are finished to be taken home that same night. You will be able to make items to keep for yourself or even give as gifts!

### Friday:

#### Young Apprentices – Cooking for TEENS!

Ages: 13-21      Fee: \$120      Staff Ratio – 4:1      Time: 5:00 PM—6:30 PM

Location: Northeast Arc's Center for Developmental Excellence, 6 Southside Rd. Danvers MA

This class offers fun, healthy, and delicious recipes that are easy to make at home! Not only is this class a great way to learn how to cook, but it is a great way to build relationships. When registering please inform us of any food allergies.

#### Friday Night Happenings

Ages: 13+      Fee: \$15 per Week      Staff Ratio – 8:1      Time: 6:30 PM—8:30 PM

Location: Northeast Arc's Center for Developmental Excellence, 6 Southside Rd. Danvers MA

Please see Friday Night Happenings flyer for more details.

### Saturday:

#### Saturday Outings

Ages: 16+      Fee: \$30 Registration + Ticket Price      Staff Ratio – 4:1

Please see Saturday Outings flyer for more information

#### Contact The Recreation Program

**Katie Sweet (Program Director)**..... (978)-624-2308

[KSweet@ne-arc.org](mailto:KSweet@ne-arc.org)

**Stephen Bouchie (Assistant Program Director)**..... (978)-624-2385

[SBouchie@ne-arc.org](mailto:SBouchie@ne-arc.org)

**Recreation Department General Contact**..... (978)-766-4368

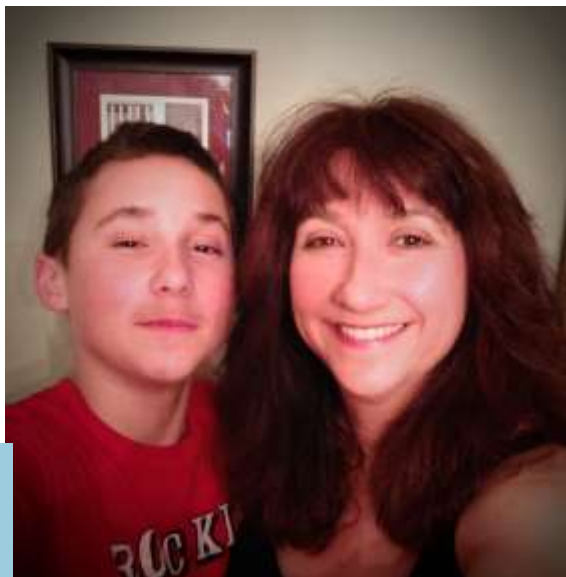
[Recreation@ne-arc.org](mailto:Recreation@ne-arc.org)



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## Ask the Advocate



## Ask the Advocate!

**Q:** I have heard the term *Smart IEP Goals*, what exactly does that mean?

**A:** **SMART IEP (Individualized Education Program) Goals** are: **Specific** – specific in naming the skill or subject area and the targeted result, **Measurable** – stated in a way that the student's progress can be measured, **Attainable** – represents progress that is realistic for the student, **Results oriented** – clearly defines out what the student will do to accomplish it, and **Time-bound** – includes a time frame in which the student will achieve it, and also states when and how often progress will be measured.

*SMART Goals give IEP teams the ability to monitor a students' academic and functional progress and accurately measure achievement.*

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

## TRANSITION TIPS

### Why is a Transition assessment so important?

Ongoing, individualized transition assessment is required by the Individuals with Disabilities Education Act (IDEA). Any assessment that is performed when a student on an Individualized Education Program (IEP) is aged 14-22 can be viewed as a transition assessment. It provides information which can be used to understand the student's needs, strengths, preference and interests; and also measure progress towards the acquisition of skills.

*"According to IDEA, IEPs for students of transition age must include "appropriate measurable postsecondary goals based upon age appropriate transition assessments related to training, education, employment, and, where appropriate, independent living skills; and the transition services (including courses of study) needed to assist the [student] in reaching those goals. "Our state's goal is that all students will have "the opportunity to reach their full potential and to lead lives as participants in the political and social life of the commonwealth and as contributors to its economy." In the rich context of Massachusetts' rigorous general education program, a carefully planned process of individualized, appropriate assessment and corresponding services for students on IEPs aged 14-22 helps prepare our youth to move confidently toward the future they have envisioned."*

Source:  
Massachusetts Department of Elementary and Secondary Education  
Special Education Technical Advisory SPED 2014-4:  
Transition Assessment in the Secondary Transition Planning Process



# PROJECT HARMONY

PROJECT HARMONY creates spaces  
in which ALL PEOPLE can  
GATHER TOGETHER, MEET NEW FRIENDS,  
and EXPERIENCE JOY in  
MAKING MUSIC with others.

**UPCOMING EVENTS**

**October 16 – December 18**  
Project Harmony Intergenerational Chorus  
Mondays 12:45 – 1:45, 10 week program  
@ Roman Music Therapy Services  
(Advanced Registration Required)\*

**November 4 1:30 - 2:30pm**  
Community Drum Circle (Advanced Registration Required)\*  
@ Onset School of Music

**December 2 3:00 - 4:00pm**  
Intergenerational Holiday Sing Event  
@ Roman Music Therapy Services

**December 8 5:30 - 6:30pm**  
Karaoke/Open Mic Night (Advanced Registration Required)\*  
@ Onset School of Music

We believe in the  
power of music to  
Build Bridges  
Create Connections,  
and Transform Lives.  
That's why we've created  
**PROJECT HARMONY!**

\*Please Call The Office For  
Advanced Registration

**ROMAN  
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SERVICES**

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RomanMusicTherapy.com/ProjectHarmony or call us at 781.224.3300



**Get SOCIAL!**

**Get ORGANIZED!**

**Get SKILLS!**

## Coaching for Success

Northeast Arc provides 1:1 support to help adults with autism  
identify priorities, build skills, remove barriers and make connections.

Call Louann at 978-624-2328 for more information.

Northeast Arc Autism Services | 6 Southside Road, Danvers | [www.ne-arc.org](http://www.ne-arc.org)



### IDEA Transitions in Massachusetts: Part C to Part B for children with ASD Staff, Provider & Physician Interview

**Why are we contacting you?**  
We are contacting you to let you know about a research study being conducted by Drs. Karen Kuhlthau and Morgan Crossman at MassGeneral Hospital for Children, to help improve the care for children with ASD as they transition from early intervention (EI) to preschool special education services. We would like to know about the perspectives of agency staff, therapy providers and physicians who serve children with ASD in the EI and preschool special education systems as well as in the health care systems. We are specifically interested in how the current service systems support or create challenges in the providers' capacity to serve children with ASD, and what the barriers and facilitators of effective service coordination and relationship building during this transition period are. We hope that the information we collect will improve knowledge of how to best provide support for families of children with Autism Spectrum Disorder (ASD) who must make the transition from early intervention services to preschool-based services. We will be recruiting providers of children with ASD between the ages of 2.5-5 years old.

**What will happen as a part of this research?**  
As a part of this study Dr. Morgan Crossman or one of her staff members will call you. On this call the staff member will explain the study and see if you are eligible to participate in an interview with us. The interview is 30-60 minutes and asks questions about your experience providing services or care to children with ASD transitioning from early intervention to preschool special education.

**What if I do not want to participate?**  
This study is voluntary. This means you can choose if you want to be in the study. If you do not want to be in this study, it will not affect your medical care now or in the future. You can also decide not to participate at a later time if you change your mind about being in the study.

**What are the benefits?**  
There is no direct benefit to being in the study, but we hope the results will help improve future care for children with ASD. If you do the interview, we will give you a \$25 gift card and we will cover your parking or public transportation for in-person interviews.

**What do I do if I have questions about this research study or would like to participate?**  
For any questions or if you would like to participate, you may contact the Project Director, Morgan Crossman, at 617-643-9693.



### IDEA Transitions in Massachusetts: Part C to Part B for children with ASD Parent Interview

**Purpose of this research**  
We are contacting you to let you know about a research study being conducted by Drs. Karen Kuhlthau and Morgan Crossman at MassGeneral Hospital for Children, to help improve the care for children with ASD as they transition from early intervention (EI) to preschool special education services. We would like to know about your experience obtaining services related to your child's ASD in the EI and preschool special education systems specifically. We are especially interested in whether and how you maintained or grieved services during the transition from EI to preschool. We hope that the information we collect will improve knowledge of how to best provide support for families of children with Autism Spectrum Disorder (ASD) who must make the transition from early intervention services to preschool-based services. We will be recruiting families of children with ASD between the ages of 2.5-5 years old.

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# IEP Clinics

## December 6 & 13

Individual 1:1 Consultation with an Education Advocate  
\$25 for 1 hour (regularly \$80)



***Northeast Arc Center for Excellence***

6 Southside Road, Danvers, MA

*Call today and schedule an appointment!*

Times available:

**9:30am**

**10:45am**

**12:00 noon**



*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.*

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

**Karen Bartlett, Intake Coordinator:**

**[kbartlett@ne-arc.org](mailto:kbartlett@ne-arc.org) / 978-624-2317**



## IT'S A FACT:

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

## Adult Cooking Class



Join the  
*Autism Support Center*  
For a sensory-friendly  
private showing of  
**FERDINAND!**

Thursday,  
December 28th at 10:30am  
AMC Burlington  
20 South Ave, Burlington

**SNACKS INCLUDED**  
\$10 per family  
pay at the door (cash or check only)

**RSVP A MUST!**  
Contact ASC at 978-777-9135  
or [asc@ne-arc.org](mailto:asc@ne-arc.org)

*This is not a drop-off event*

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# Focus On Adults



### Autism Insurance Resource Center

Do you know what 3<sup>rd</sup> party liability is? Did you know it takes at least two months for Masshealth to scan in a paper application, so it is much quicker to do the online version? Did you know that when Masshealth sends you a proof of residency form, you must complete this (even if you or your child has been on Masshealth for years) within 15 days or you will lose your Masshealth?

We all know that navigating the Masshealth world can be frustrating and confusing. But, there is both a website and free service out there to help answer your questions.

The Autism Insurance Resource Center is a “resource for consumers, providers, clinicians, employers, and educators on issues related to medical insurance for autism treatment.” You can sign up for their emails, watch free webinars, or attend their trainings for free. For more information contact them at;

e-mail [info@disabilityinfo.org](mailto:info@disabilityinfo.org)

telephone 774-455-4056 or 800-642-0249

website [www.disabilityinfo.org](http://www.disabilityinfo.org) and click the AIRC icon at the top of the page

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

## Coming in January!

The Northeast Arc's Autism Support Center and The Spotlight Program Present “**Adults with ASD Connecting through Screens**” three-part evening workshop for adults 18+ with an Asperger profile. The workshop series will utilize the Spotlight Model including discussion, improv acting and media to develop and hone skills.

Jan 9<sup>th</sup> 6:00-7:30

“How to be an adult without leaving your couch” covers a series of successful executive functioning and social connecting tools that you can utilize while catching up on “Stranger Things”

Jan 16<sup>th</sup> 6:00-7:30

“VR becomes RR” covers how to make the virtual real through the use of “Meet-ups”. The group will cover barriers that previously blocked making in person connections, and the logistics of finding your tribe

Jan 23<sup>rd</sup> 6:00-7:30

“I’m here. Now what?” covers how to arrive at your destination and what to do once you walk through the door. The group will cover how to exchange numbers to continue connecting with the people from the event.

Registration fee: \$25

Location to be determined

More information to come! Questions? Contact Phyllis Kizner at 978-624-3747

# 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 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 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 <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 <b>No December Meeting</b>	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 <b>Special event See page 12</b>	ASC-sponsored for parents of adults with Asperger's profile; general discussion, info sharing.	@ Autism Support Center, 6 Southside Rd, Danvers; 1 <sup>st</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> Wednesdays at 10-11:30 am 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; 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	@ Breaking Grounds Café, 67 Main St., Peabody. 1 <sup>st</sup> Thursday, 11am-12:30pm. Facilitated by Phyllis Kizner	Phyllis Kizner at 978-624-3747 or <a href="mailto:pkizner@ne-arc.org">pkizner@ne-arc.org</a>
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 Melissa O'Neil	Melissa O'Neil 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	Aymee Lucifora at 978-624-2380
Lynn Spanish Group	NeArc Family Resource Center sponsored; for Spanish-speaking parents of children with DD; general discussion	@ Date, time, and location TBD Lynn; Facilitated by Aymee Lucifora	Aymee Lucifora at 978-624-2381



Come join our friends from  
**Community Covenant Church**  
**Youth Group of Peabody**  
 for an evening of



Sunday, December 2nd, 6:00 – 7:30pm

Northeast Arc  
 6 Southside Road, Danvers  
 Lots of Fun, Prizes and Snacks

**It's always fun to be with friends!**

For further information  
 contact Suzanne [sryan@ne-arc.org](mailto:sryan@ne-arc.org) or 978-624-2318

## Family Resource Center

Le invitamos a participar en nuestro  
 grupo en Lynn

El Northeast Arc provee servicios a  
 familias que tienen un ser querido con  
 discapacidades

¿Tiene usted un ser querido con disca-  
 pacidades y se siente abrumado porque  
 no sabe cómo, ó dónde comenzar?

¡Acompáñenos! Nuestro grupo es  
 pequeño y juntos podemos ayudarle a  
 identificar recursos, y brindarle las  
 herramientas y estrategias necesarias para  
 navegar el sistema.  
 Nuestra meta es empoderar familias  
 mediante conexiones y asociaciones  
 en la comunidad.



Por favor:  
 Contácteme  
 para indicar su  
 participación.

Aymee Lucifora  
 978-624-2381  
 e-mail [alucifora@ne-arc.org](mailto:alucifora@ne-arc.org)

Northeast Arc  
 6 Southside Road, Danvers

Martes, 19 de Diciembre del 2017

10:00 AM

Brother's Deli

41 Market Street, Lynn

Lynn, Ma 01901



## 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 Wednesday of the month at 10 am at our site in Danvers. Coffee and tea will be available.

When:  
 3rd Wednesdays @ 10-11:30am

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

Contact:  
 Susan Gilroy 978-624-2302 or  
[sgilroy@ne-arc.org](mailto:sgilroy@ne-arc.org)

- Information
- Encouragement
- Support
- Sharing



## FAMILY RESOURCE CENTER

### FREE ADVOCACY WORKSHOP

## Special Education Basic Rights

*Learn about Special Education Laws,  
Principles and the Process!*



MORNING  
 WORKSHOP

Wednesday  
 December 20th  
 9:30 - 11:30am



Northeast Arc Center for Excellence, 6 Southside Road, Danvers, MA



To sign up for the workshop please contact:  
 Karen Bartlett [kbartlett@ne-arc.org](mailto:kbartlett@ne-arc.org) or 978-624-4317  
 (registration required)





**Spotlight**  
Program

## Winter Session Saturday Programs

January 6th-February 24th 6 Southside Road

**Take One**  
Age 2.5-5yrs Saturdays 9a-10a  
\$20.00/week RSVP Friday prior by noon

**On Cue**  
Age 5-9yrs Saturdays 10:30a-12:30p  
\$520.00/session

**Social Scenes**  
Age 9-16yrs 10:30a-12:30p  
\$520.00/session

**Next Stage**  
Age 16-22yrs 1:00p-4:00p  
\$750.00/session

Contact Ms. Chris Curtin 978.624.2335






## Spotlight Social Skills Programs!



**Pizza and Video Game Night**  
\$20.00/week  
January 5th-February 23rd  
6:30pm to 8:00pm  
RSVP by Friday at noon!  
Call Chris  
978-624-2335  
6 Southside Road, Danvers, MA

### 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!









# 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

