



VOLUME 25 ■ ISSUE 11 ■ MAY 2017

## The Autism Support Center

# The Spectrum

### Contact us:

**SUSAN GILROY, EDITOR**  
CO-DIRECTOR  
978-624-2302

**GLORIA RICARDI CASTILLO**  
CO-DIRECTOR  
978-624-2301

**WHITNEY RYAN POSADA**  
SENIOR COORDINATOR/  
BROKER  
978-624-2305

**STACEY CRUWYS**  
COORDINATOR/BROKER  
978-624-2347

**JACKIE MURPHY**  
COORDINATOR/BROKER  
978-624-3721

**PHYLLIS KIZNER**  
ADULT SPECIALIST  
978-624-3747

## Volunteer Appreciation

CONTRIBUTED BY SUSAN GILROY

We look forward to the Bike Clinic and this year was no exception. Our job is made easier by the many volunteers who support us, some since the inception of the Clinic—Grace Serpa and Mary Thomas. Grace, whose two sons participated in the first Clinic thirteen years ago, and Mary, now retired from the Tri-town school district, just can't stay away! Grace supplies us with refreshments and Mary trains the volunteers on working with kids who have ASD. Also instrumental to the Clinic's success is Suzanne Ryan, NeArc director of volunteers. Suzanne finds us the best, most energetic, committed helpers who gently encourage each child to master the bike.



Volunteers and Suzanne Ryan, far right



Gloria Ricardi Castillo, Mary Thomas, and Grace Serpa

(More pictures on page 3)

## IT'S A FACT:

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

## *AFAM Day at the State House*

There was a fine turnout for AFAM's Autism Awareness & Acceptance Day at the State House on April 10th. The Autism Support Center was well-represented by staff, parents and self-advocates. The focus of the program was Advocacy Across the Lifespan featuring compelling presentations by parents and self-advocates.



Northeast Arc's delegation (above); Great Hall (below)



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### Vacation Week Fun



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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 <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:gcas-tillo@ne-arc.org">gcas-tillo@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; 1st Thursdays, 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, high cognitive autism.	@ Breaking Grounds Café, 67 Main St., Peabody. 1 <sup>st</sup> Thursday, 11am-noon. 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 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

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# Mothers' Retreats 2017

CONTRIBUTED BY GLORIA RICARDI CASTILLO  
ASC CO-DIRECTOR

This year The Autism Support Center is celebrating the Third Annual Mothers' Retreat. About 4 years ago at a meeting with our Parent Advisory Board, I brought up the idea of a fun mother's retreat which was immediately approved. Since Kendall Tavern Inn (a B&B in Maine) had recently donated a weekend away for the Northeast Arc 60<sup>th</sup> Anniversary silent auction, I decided to call Nancy Kieran and Mark Provost, the inn's owners (both former Northeast Arc employees) and I asked if they would give the center a special rate to allow a group of mothers to participate in a retreat at their inn; Nancy Kieran replied right away, yes!

This is how it all began; now for the past three years ten mothers (including myself) have had the opportunity to get a little break from our day-to-day caregiving routines and drive ninety minutes to Freeport, Maine, to enjoy a couple of days of food, shopping, friends and fun. This year we have a second group joining. Wen Li, is the facilitator of the ASC-sponsored Mandarin/English support group in Chelmsford. Eight mothers from her group participated in their first Autism Support Center's Mothers Retreat on the last weekend in April.

Parents of children with autism understand they endure constant stress, fatigue, and pressure, but they may not realize its severity or potential long-term effects. In fact, a 2007 study from the University of Wisconsin-Madison found that mothers of adolescents and adults with autism experience chronic stress comparable to combat soldiers. In a companion study, researchers found that mothers of those with autism reported spending at least two more hours each day caregiving than mothers of children without disabilities. On average, these moms were also twice as likely to fight fatigue and three times as likely to have experienced a stressful event.



Group photo, April 7 to the 9th, 2017

*"The Autism Support Mother's Retreat is a blessing because it gives me permission to get a few days away from my normal stresses. It allows me time to clear my head, bounce new ideas off with like minded moms, and return home with renewed energy for the continued struggles that all parents of autistic children face daily. Thank you very much for supporting this very worthwhile event!"*

Marianne

*"Even the strongest and most loving parent needs an occasional break from the routine."*

Robin Zaborek  
Programs Director at the Autism Society of Colorado.



Group photo, April 29th to the 30th, 2017  
"We are already planning our next year retreat"

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## *Thank you, Judy Doherty!*

Judy Doherty has been connected to the Autism Support Center for over 20 years. The mother of two young adults with ASD, she started as a parent, coming to the center for information and support. Judy later became an employee of the Northeast Arc/Autism Support Center. After a few years, she left the to pursue a masters in special education, but, in fact, Judy never really left—she became a member of the PAPC, Parent Advisory Policy Committee at ASC.

This past March, for professional reasons, Judy had to step down from the AFAM executive committee where she had been ASC's representative for the past ten years. Michael Borr, Chairman of AFAM said in regards to her departure "Judy has been an important member of AFAM's Executive Committee, we will certainly miss her commitment and passion. She also selflessly shared her expertise in helping us publish and update our brochure over the years. We wish her the best of luck!" Judy Zacek (Arc of Mass and AFAM) also had words of praise for Judy, "She has been a great resource for us and other members of the executive committee, a very generous person."

Judy has always been a friend to the Northeast Arc/Autism Support Center and although she will continue her volunteer work with the Autism Support Center, we want to take this opportunity to thank her, we are lucky to have Judy Doherty as our friend and supporter.



## *Welcome, Kathleen Moline*



Kathleen Moline will be representing Northeast Arc's Autism Support Center on the executive committee of AFAM (Advocates for Autism in Massachusetts). She lives with her family in North Reading. Kathleen and her husband, Bill, are the parents of two teens, a daughter, and a 19 year-old son with autism spectrum disorder who will be receiving services through the public schools until age 22.

Prior to stopping work to better address her son's needs, Kathleen practiced as a business attorney for almost 15 years. She joined the Board shortly after her son was diagnosed in 2005 and through the years has served as a general board member, secretary, chair of the board and last year returned to a general board position. She is looking forward to taking on this new challenge.

*Mission: Advocates for Autism of Massachusetts will strive to assure the human and civil rights of individuals of all ages across the entire Autism Spectrum and promote the availability of essential supports so that they may live fully and enjoy the same opportunities as other citizens of the Commonwealth. We will educate individuals with ASD, their families and other AFAM members/supporters to be effective, vigorous agents of change. For more information, contact Judy Zacek at 781-891-6270*





The Autism Support Center presents.....

## Learning About Housing: A full-day workshop with Cathy Boyle

**Location:**

Northeast Arc

1 Southside Road

Danvers

**Date & Time:**

May 13th

8:30 am to 4:30 pm

**Tickets:**

\$100 per person or

\$135 per couple

Online registration only!!

**Questions?**

Contact Susan Gilroy

978-624-2302

Or

Gloria Ricardi Castillo

978-624-2301



**Autism Support Center**

A program of Northeast Arc



**Autism Housing Pathways (AHP) will present a full day workshop on housing on Saturday, May 13th, at Northeast Arc/ Autism Support Center, 1 Southside Road, Danvers.**

Come prepared to roll up your sleeves and work! The goal is to end the day with an idea of what benefits your family member may be eligible for, what you can afford, and what models might be applicable to your situation. We will be completing questionnaires and worksheets, as well as Section 8 applications. You will not need to share this information with anyone; it is for your own personal use.

Attendance will be capped at 15 participants. While prior attendance at one of AHP's presentations on housing is helpful, it is not necessary.

The day will run from 8:30-4:30. Light refreshments and lunch will be provided. Tickets must be purchased in advance. Hardship scholarships are available. Participation includes a one year membership to AHP.

<https://www.eventbrite.com/e/learning-about-housing-danvers-tickets-28773879448>



ASC PRESENTS  
**COOKING**  
*with*  
**CHRISTINE'S**  
**CUISINE**

**THURSDAY, MAY 25th, 2017 6:00 - 8:00 pm**

**Byfield, MA**

*(exact address to be given after registration)*

CLOSE TO NEWBURYPORT/GOVERNOR'S ACADEMY/TRITON MIDDLE & HIGH SCHOOL

**\$15 per person**

**This is a drop off event**

**Please let us know if you have any allergies**

THIS EVENT WILL BE HELD IN SOMEONE'S HOME, SO PLEASE RESPECT HOUSEHOLD RULES.

INDIVIDUALS MUST STAY IN KITCHEN/DINING AREAS ONLY.

We will be making lasagna. We will all eat a shared lasagna together after assembling our own. The one you make will be able to be brought home for future dining. Recipe and cooking instructions will be provided.

**RSVP to Phyllis Kizner 978-624-3747**

*Limited to 8 individuals ages 18+ with an Asperger's profile*



NortheastArc

Lifelong support for people with disabilities

United Way  
of Massachusetts Bay  
and Merrimack Valley

<b>WHO:</b>	Children ages 2-7 with and without intellectual disabilities.
<b>WHAT:</b>	A FREE, unique sports & play program focusing on fun activities important to mental and physical growth. This program is an early introduction to sports & the world of Special Olympics.
<b>WHERE:</b>	Pingree School – 537 Highland St. South Hamilton, MA
<b>WHEN:</b>	6 week SPRING session: May 6th – June 3rd Saturdays: 9am-10am
<b>VISIT:</b>	<a href="http://www.specialolympicsma.org/youngathletes">www.specialolympicsma.org/youngathletes</a> for further details and video introduction



Register Today:

<https://www.specialolympicsma.org/YAregistration>

Registration questions?

Please call Eric at 508-485-0986 ext. 221



**Special  
Olympics  
Massachusetts**



## Special Olympics Tennis!

The Northeast Arc is partnering up with Special Olympics Massachusetts to host weekly Unified Tennis practices at Gordon College in Wenham starting May 6<sup>th</sup>. The 5 weeks of training is open to ages 7-18. All skill levels are welcome. This program is designed to be inclusive so those with and without intellectual disabilities are able to join. For more information to sign up, please contact:

Terry Keilty at [Terry.Keilty@SpecialOlympicsMA.org](mailto:Terry.Keilty@SpecialOlympicsMA.org)  
or Katie Sweet at [KSweet@ne-arc.org](mailto:KSweet@ne-arc.org)

**Open to All Skill  
Levels**

**Saturdays  
9:00– 10:30am**

**Practices  
are held**

**May 6<sup>th</sup> through  
June 3<sup>rd</sup>**

**For Ages 7 to 18**

**Location:  
Gordon College  
255 Grapevine Rd.  
Wenham**

**Northeast Arc  
6 Southside Road, Danvers  
978-624-2308**

LIVE UNITED

United  
Way

United Way  
of Massachusetts Bay  
and Merrimack Valley

Northeast Arc

Living support for people with disabilities



Creating our Commonwealth the Northeast Region  
And Massachusetts Families Organizing for Change introduce:

**Identifying Potential.  
Creating the Possibilities.  
The Journey to Adulthood  
Transition Planning!**



**Work**

**Friendships**

Join us in this interactive conference to clear up misconceptions, elevate expectations and share stories of success and how-to's on transitioning effectively to a fulfilling adult life.

**May 4<sup>th</sup> 2017**

Northern Essex Community College, Haverhill MA

9:00- 3:00 PM

Sign in and Northeast Region Agencies Resource Fair

9:20-10:00 Key Note Speaker: Community and Transition

10:00- 11:30 Professional Panel

Transition Specialist, DDS, Advocate, Family Member, Representative of Schools

11:30-12:30 Facilitated Networking Lunch

12:30-2:00 Family Panel- Transition Stories and Experiences

2:00- 3:00 Northeast Region Agencies Resource Fair

Please RSVP at [EventBrite invite](#).

RESOURCE GUIDE OF ALL AGENCIES IN NORTHEAST REGION WILL BE HANDED OUT

JCC OF THE NORTH SHORE

# INTERNATIONAL JEWISH FILM FESTIVAL

Generously sponsored by Prime Motor Group



Film sponsored by  
Rhonda and John  
Gilberg

**MONDAY, MAY 15  
7:00PM**

LOCATION: SALEM VISITOR CENTER  
PRICE: \$15 INCLUDES COFFEE AND DESSERT

Join Jo Ann Simons, CEO of Northeast Arc, for a discussion following the film.



For tickets and more information  
go to [JCCNS.ORG](#) or call 781.631.8330.



**Autism Insurance Resource Center**  
invites you to attend the

## Autism Insurance Update

May 11, 2017 8:30AM-11:00AM

Join us for an update on Autism Insurance in Massachusetts  
and Celebration of Champions

Sharon M. Beausoleil- Client Manager, Enhanced Coordination of Benefits, UMass Medical School, MassHealth/Specialty Programs

Laura Conrad-Laberinto, MSW – Program Manager, Office of Behavioral Health, MassHealth

Massachusetts Association of Behavior Analysts (MassABA), for their dedication to professionalizing the field of ABA

UMass Medical School, 55 Lake Avenue North, Worcester, MA  
Faculty Conference Room, S1-342

Directions to UMASS: <http://disabilityinfo.org/ARICA/with/UMass-campus-directions-with-map.pdf>  
and the conference room

There is no charge to attend. Please register by sending an email to [suzanne.bundes@umassmed.edu](mailto:suzanne.bundes@umassmed.edu).

If you need accommodations, please let us know when you register.



**SUPPORT  
brokers**  
Helping people thrive in their community

**SAVE THE DATE!**

## TRANSITION FROM SCHOOL TO ADULT LIFE

A statewide all-day conference for parents

**SATURDAY, November 4, 2017**

**College of the Holy Cross,  
Worcester**

**REGISTRATION OPENS in August**

Featuring

Dr Michael Wehmeyer

Director of the Beach Center on Disability at the University of Kansas

A statewide all-day conference for families, introducing state-of-the-art, best practices around Transition, covering topics focused upon creating seamless, successful transitions into the adult world. Workshops will cover education in the school system, employment, post-secondary education, community involvement, self-determination, independent living skills, financial and legal considerations, eligibility for services and Many others!



217 South Street, Waltham, MA 02453-2710 T: 781.891.6270 F: 781.891.6271  
Achieve with us. [www.ARCMASS.ORG](http://www.ARCMASS.ORG)

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# Focus On Adults



Have you thought about setting up a special needs trust for your son or daughter?

Planning today for the future of your special needs child is of utmost importance. Public benefits are often not enough to support your loved one. Trusts can help you manage funds for your child, while keeping their government benefit eligibility. A trust also reduces the burden on a sibling.

There are many free seminars locally that offer financial information for planning for the future of your special needs loved one. A google search will yield names of local attorneys that specialize in setting one up.

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

## RESEARCH OPPORTUNITY

Katie Franke, a doctoral candidate in school psychology at the University of South Carolina, is seeking input from caregivers of teens (13-18) with ASD. You and your teen are invited to participate in an online research study of strengths and well-being in teens with ASD who primarily receive education in general and/or resource settings. The online questionnaire (password = research) takes between 20 and 30 minutes total to complete. A caregiver completes the first part, and the teen completes the second. Participants can enter to win one of eight Amazon gift cards! Please feel free to contact her at [kfranke@email.sc.edu](mailto:kfranke@email.sc.edu) with any questions.

Survey Link: <https://www.surveymonkey.com/r/thoughtsandfeelings>  
Password: research

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## Good News

### Cable TV/Radio Series Grant for 2017 Awarded to Massachusetts Act Early

Massachusetts Act Early has been awarded a two-year "Developmental Monitoring Within State Systems" project grant from the Association of Maternal and Child Health Programs (AMCHP).

The project, which will be conducted from April 2016 through March 2018, will host a statewide cable TV and radio series about the importance of monitoring developmental milestones and how the CDC's "Learn the Signs. Act Early." resources can help young families. The target audiences will be families from the six predominant languages spoken in Massachusetts in addition to English. The team will plan, develop and promote the broadcasts in Year One and will launch and rebroadcast the cable access and radio programs in Year Two.



## TOUCH-A-TRUCK

### **Touch-A-Truck Event at Brooksby Farm**

**May 20th at 10 a.m. to 1 p.m.**

**54 Felton Street, Peabody**

**FREE!**

A sure to be fun Touch-A-Truck Event at Brooksby Farm! There will be trucks from Peabody Departments including some of our own for kids to explore. Peabody library will be reading stories from 11:00-12:00. Essex County Sheriff Dept K-9 Demonstration, plant a flower seed to take home, Breaking Grounds, Century 21 North Shore and more!



## 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.

**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



## 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](mailto:ccurtin@ne-arc.org)



## 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](mailto:BroccoliStudy@umassmed.edu)

Approved UMass Medical School IRB

Come join our friends from  
**Young Neighbors in Action**  
from St. Pius, Lynn  
for an evening of



Sunday, May 7th, 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)

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# Open Dance @ NeArc



Put on your dancing shoes

4th Tuesday every month!

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**

## QUALITY OF LIFE STUDY

Online research for parents of children with autism spectrum disorder:

### Children's Quality of Life Study

If you have a child with: Autism, Aspergers, or PDD-NOS (Pervasive Developmental Disorder – not otherwise specified) AND Your child is age 8-11 years

#### We are interested in hearing from you!

We are interested in factors related to quality of life of children with ASD from the view of their parents.

For more information go to Quality of Life Study

<https://survey.psyc.unb.ca/golconsent.aspx>

Or contact the investigators at [t533z@unb.ca](mailto:t533z@unb.ca) or [bdentrem@unb.ca](mailto:bdentrem@unb.ca). Visiting the website does not obligate you to participate.

Participation in this study involves approximately 30-45 minutes of completing questionnaires online. After completing the questionnaires, you may choose to enter a draw for 1 of 5 \$20.00 Visa gift cards.

This study is being conducted by Mandy Fulton, Ph. D. Candidate, t533z@unb.ca, and Dr. Barbara D'Entremont, Ph.D, L.Psyc, Professor, [bdentrem@unb.ca](mailto:bdentrem@unb.ca) from the University of New Brunswick. For more information, please contact either investigator. This project is on file with the Research Ethics Board (REB 2016-125).

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# 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](mailto: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](mailto: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.

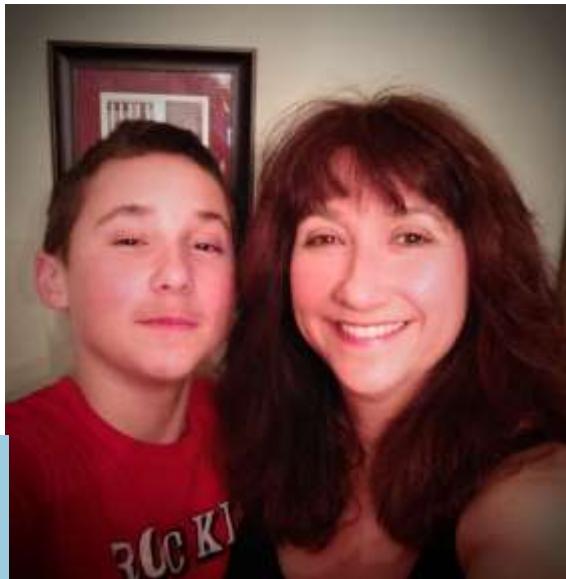
<http://thearc.org/toolkit/>

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### Ask the Advocate:

#### Afterschool activities



### Ask the Advocate!

Nancy Lucier  
Northeast Arc Advocacy Program

#### Question:

I would like my child to participate in an afterschool activity but I am afraid he will not be able to do it without support?

#### Answer:

All students have a right to participate in "the life of the school" which goes beyond the academic school day. If you have a child on an IEP who would like to participate in any school program before or after school ex: sports, clubs, social groups, etc. Sign your child up for that activity and then request a team meeting to discuss the supports necessary for the student to access, successfully and safely participate in the activity/program.

*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.**



Is your child having difficulties in school?  
Do you need help with their  
Individualized Education Program?

**May**

**Educational  
Advocacy**

**IEP  
Consults**

**Wednesday**  
**May 10th & 24th**

9:00am - 10:15am - 11:30am  
@ Northeast Arc  
Center for Excellence  
6 Southside Road, Danvers, MA

**Monday**  
**May 8th & 22nd**

9:00am - 10:15am - 11:30am  
@ Centerboard  
16 City Hall Square, Lynn, MA

**1 hour - Individual IEP  
Consults - \$25**  
(Regularly \$80)



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



## IT'S A FACT:

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

# New England Wide Sibling Support Conference

**New England Wide Sibling Support Conference  
Thursday and Friday, May 4 & 5**

**8-4 PM**

**Jewish Community Center (JCC) in Newton, MA  
Presented by**

**Don Meyer, Director, Sibling Support Project, Seattle, WA**



Sibshops reflect a belief that our communities need to acknowledge the difficulties faced by siblings of children with special needs (medical, developmental, cognitive, mental, physical) and provide them with opportunities to connect with each other just as many parents of children with special needs have benefited from sharing their experiences with each other.

Open to adult siblings, parents, grandparents, and family members of children/teens, as well as professionals, organizational staff who wish to facilitate a Sibshop in their local community, and social workers who work with families that have siblings. Anyone interested in learning more about the fascinating and important role of the sibling in a family dynamic.

**Day 1:** Education for parents, service providers, and others about sibs' ever-changing issues across the lifespan. This day is for everyone, people interested in sibling issues but not in running Sibshop workshops attend only Day 1.

**Day 2:** Additional training for those interested in becoming new Sibshops facilitators and administrators as well as adult siblings, service providers, and parents. During the two days of the Sibshop training, these participants will learn about sibs' lifelong concerns, find out how to organize a local Sibshop, and experience what a Sibshop is as they join Don and local young brothers and sisters for a four-hour demonstration sibshop.

Trainees who would like to become a Sibshops facilitator must attend both days of the Sibshops training. Upon completion of the two-day training, they may (upon registration) start their own local Sibshop.

Please watch this amazing YouTube video that gives a great overview of Sibshops

[http://www.youtube.com/watch?v=Ve-yGz5KzYs&feature=player\\_embedded](http://www.youtube.com/watch?v=Ve-yGz5KzYs&feature=player_embedded)

Register for the May 4/5, 2017 Sibshops Conference through eventbrite:  
<http://bit.ly/JFCSSibshops2017>

Some tuition scholarships are available, please inquire.  
Questions, contact: Doreen Cummings, JF&CS, [dcummings@jfcsboston.org](mailto:dcummings@jfcsboston.org)

Offered by Jewish Family & Children's Service (JF&CS) in collaboration with the Massachusetts Sibling Support Network and thanks to generous funding from the Ruderman Family Foundation.

Lunch will be served on both days, onsite parking is available. This location is not T-accessible. This location is MBTA RIDE accessible. If you have a group from out of town who needs a ride from local station, please ask for our assistance to shuttle you.

# 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

