Whole Children and Milestones Recreation announce summer sessions!
The first summer session for Whole Children and Milestones Rec classes is all set and will run from July 6 to August 8. With our new online membership model, the cost will be $100/student for the session. Once a member, a student can take as many virtual classes as they like.

We are also offering a separate online Summer Theater class on July 9, 16, 23, and 30, from 4:00 - 4:45pm for $40, with a tentative plan to hold the last class in person.

Summer Session 2 will run from August 17-September 19. The schedule for that session will be released by late July, and be similar to Session 1.

Learn more about the specific classes offered and find instructions on how to enroll on the Whole Children website. We’re looking forward to spending the summer with you!

IMPORTANT UPDATES

Board of Elementary and Secondary Education to Hold Remote Meeting, 9 a.m.-1 p.m., Tuesday, June 30, 2020. The public can watch the meeting live-streamed.

Baker-Polito Administration Unveils $275M COVID-19 Economic Relief Package to Promote Equity and Economic Growth, June 26

DESE Back to School Guidance, June 25

CDC’s Suggestions for youth/summer camps, June 25

CORONAVIRUS UPDATE FOR INDIVIDUALS AND FAMILIES (LETTER FROM DDS COMMISSIONER: DDS DAY PROGRAM REOPENING EFFORTS, JUNE 24)

YALE AND NBA PARTNER TO STUDY EFFICACY OF NEW COVID-19 TEST, JUNE 22

DESE WEEKLY UPDATE, JUNE 22

INTERACTIVE MAP OF TESTING SITES

FORMS TO HAVE ON HAND FOR HOSPITAL ADMISSION OF SOMEONE WITH A DISABILITY:
- DPH June 6 guidance (includes the following language: “companions for patients with intellectual and/or physical disabilities are not considered visitors”)
- Covid-19 disability form
- Communication First form

COVID PUBLICATIONS AND RESOURCES FROM THE INSTITUTE FOR COMMUNITY INCLUSION

IMPORTANT RESOURCES

WESTERN MASSACHUSETTS COVID-19 CASE NUMBERS
Mass.gov: state COVID-19 info, updated daily
**Community Connection Newsletter**

**Autism Connections, Family Empowerment, Whole Children, Milestones, Whole Selves, Adult Family Care, Shared Living**

**June 28, 2020, page 2**

**Centers for Disease Control and Prevention**

The Massachusetts Department of Public Health (DPH) Information and resources to help DDS families.
The Centers for Medicare & Medicaid Services CMS Essential services during Stay at Home Order
Domestic Violence Resources
Call 211: informational and referral hotline 24 hours a day, 7 days. Interpreter services available in multiple languages.
Massachusetts Crisis Hotlines
Look4help, extensive resources in Franklin and Hampshire Counties
Massachusetts Advocates for Children Hotlines: ENGLISH 617-357-8431 x 3224, ESPAÑOL: 617-357-8431 x 3237

**Small Businesses**

General business guidance from Mass.gov

**Economic Impact Payments**

Social Security Economic Impact Payments to Rep Payees - June 1

**Job Loss/Unemployment**

Full unemployment information: call (617) 626-6338 to request weekly benefits, daily from 6 a.m.–10 p.m. File a claim online.
Attend a Virtual town hall this week to learn about how to file for benefits, including Spanish language options.
Manufacturing and CNC Machining: Info and Application Sessions from MassHire: July 13 and August 3, training starts in September NEW

Pathlight Job Opportunities NEW

**HEALTH SERVICES**

Masshealth Information, 800-841-2900

PCA services: MassHealth PCA Consumers who have unfulfilled PCA hours and would like to be connected to a local Home Health Agency that can fill those hours, should call MassOptions at [1-844-422-6277] for live support.

**MassHealth Prescription services:** MassHealth is allowing early refills and 90 day supplies. Contact your pharmacist to order medications.

**Telehealth services:** Telehealth services are covered by MassHealth. Discuss with your provider for more information.

   - Step-by-Step Guide to Using TeleMedicine
   - MassHealth Telehealth Services for Behavioral Health

**General Health Related Information**

Health Coverage Helpline: 800-272-4232
Disability COVID-19 Healthcare Support Advocacy Hotline 800-626-4959

**Mental Health Resources**

Franklin County Crisis Services: 413.774.5411 (CSO)
Athol/N. Quabbin Crisis Services: 978.249.3141 (CSO)
Hampshire County Crisis Services: 413.586.5555 (CSO)
Berkshire County Crisis Hotline: 1-800-252-0227 (Brien Ctr)

Western MA Mental Health Resources, Very complete resource organized by Community Action
Mass General Hospital Mental Health Resources related to COVID19
NAMI (National Alliance on Mental Health) Navigating a Crisis: You can find the ESP serving your area, by calling 1-877-382-1609 and entering your zip code.
Samaritans is continuing operations 24/7, as always. Call or text their 24/7 helpline any time at 877-870-4673.
National Suicide Prevention Hotline: 1-800-273-8255

**HEALTH DISABILITY RIGHTS**

Forms to have on hand for hospital admission of someone with a disability NEW:

   - DPH June 6 guidance (includes the following language: “companions for patients with intellectual and/or physical disabilities are not considered visitors”)
   - Covid-19 Disability form
   - Communication First Form

Civil Rights, HIPPA, and the Coronavirus Disease
COVID-19 COMMUNICATION RIGHTS TOOLKIT
This toolkit: (1) explains your communication rights; (2) provides tips on advocating for them, and (3) has an accommodation request form you can bring to the hospital.

IF YOU OR SOMEONE YOU CARE FOR IS SICK
Forms to have on hand for hospital admission of someone with a disability NEW:
- DPH June 6 guidance (includes the following language: “companions for patients with intellectual and/or physical disabilities are not considered visitors”)
- Covid-19 Disability form
- Communication First form

Should I be tested? (from Mass.gov)
Guidance on Interpreting COVID-19 Tests
CDC Testing Information
Getting Tested Social Story
Testing Site Locator
Caring for someone sick at home, from the CDC
Plain language medical information form
Healthcare Passport
Critical Care Covid-19 Communication Chart to help patients communicate in hospital and critical care
Plain language sample advocacy letter about patients with intellectual or developmental disabilities having a support person with them when they are in the hospital.
COVID-19 Disability Form to have ready for the hospital to show that an individual needs 1-1 assistance.

DOCUMENTS FOR SELF ADVOCATES
Self-Advocates have created this toolkit about the Coronavirus written in plain language, UPDATED
Plain Language Coronavirus Glossary
What is the Census? A plain language document.

SOCIAL STORIES
Outdoor visitation policy

A wide variety of Social Stories from Autism Little Learners
This social story, made for children under 7 and in many languages, communicates important prevention information about the coronavirus without focusing on fear.

SCHOOL MEAL PROGRAMS
Western Mass listing of school lunch programs: note that there may be updates to this information, UPDATED

RESOURCES IN OTHER LANGUAGES
https://www.usa.gov/espanol/coronavirus NEW
Mass Advocates for Children Para familias que hablan español
Preguntas y respuestas sobre el cierre de la escuela
COVID-19 Reuniones del equipo del IEP NEW
Servicios de intervención temprana durante COVID-19 NEW

Reuniones del equipo del IEP Una guía paso a paso para usar la telemedicina
Muestra de Agenda de Reunion Virtual de IEP
Hacer un plan médico durante el COVID-19
COVID-19 Fact Sheets in Multiple Languages: These materials are reviewed and vetted by physicians and medical school faculty members at the Harvard hospitals and are created in collaboration with Harvard Health Publishing.
Guía de Asistencia para Beneficios de Desempleo por Pandemia
Recursos para familias de niños con necesidades especiales que están confinadas en casa
Federación para Niños con Necesidades Especiales
Información de COVID-19 Por y Para Personas con Discapacidades
Special Education Family Resource Toolkit from the Department of Education.
https://switchboardta.org/blog/a-round-up-of-multilingual-resources-on-covid-19/
FOOD PANTRIES & OTHER RELATED SUPPORT
Did you get a P-EBT card in the mail for your DTA funds? Click HERE for instructions on how to use it.
Find a food bank or food distribution site near you HERE, or contact the Food Bank of Western MA at 413-247-9738.
If you or your family is facing hunger right now, Project Bread wants to help. Call the Food Source Hotline at 1-800-645-8333.

DELIVERY SERVICES/PICK UP
A comparison of the top grocery delivery services, from The Penny Horder
Amherst Food Delivery
Massachusetts Food Delivery: Farm fresh food delivered to your door, SNAP discounts
Buy Local Food/Community Involved in Sustaining Agriculture - all in western Massachusetts. 413.665.7100

SUPPORT FOR THE HOMELESS
Attorney General Advisory on Residential Evictions
Local Emergency Shelters in Western MA during COVID-19, including options for isolation.
Community Action: Call the Community Resources and Advocacy program at 413-475-1570 or 413-582-4237.
RAFT- Residential Assistance for Families in Transition

VETERAN SERVICES
What Veteran’s Need to Know about Coronavirus, from the US Department of Veteran’s Affairs.

HEAT AND ELECTRIC SERVICES
Eversource; Learn more HERE.
Las respuestas a las preguntas frecuentes están disponibles en español.

INTERNET/PHONE DISCOUNTS
MassHealth Directory of Internet and Phone discount programs.

THE CENSUS
“When I respond to the census, I count!” YOU COUNT TOO! Video from the Center for New Americans AMAZING
What is the Census? A plain language document.
Complete the Census online.

GENERAL INFORMATION/RESOURCES
Franklin and Hampshire County Resources from Community Action NEW
National Geographic Coronavirus Special Edition, June 26 NEW
Does Air Conditioning Spread the Coronavirus? from NBC News, June 26
Fighting Viruses: How Do Vaccines Work? from Caltech Matters, June 25
New Voting Resources from The Arc, June 25
Franklin County/North Quabbin COVID-19 Wi-Fi and Personal Care Resources. Includes HotSpot and charging locations, public bathrooms, public hand washing stations, Food/shelter/shower locations, Narcon info, Helplines.
Wheelchair and Assistive Technology Users: Precautions for COVID-19
Strategies to support teens/young adults with autism during COVID-19, from Harvard Health Publishing
Mass Advocates for Children
Greater MA Special Needs Events
COVID-19 Resources for families: includes excellent information that may not be included elsewhere.
Family toolkit from the Department of Education
Centers for Medicare & Medicaid Services: excellent toolkit with specific need relations resources
LEGAL RESOURCES
Disability Law Center: Know your rights
Mass Legal Help: A variety of resources about your rights during the COVID-19 breakout.

TRANSPORTATION
Registry of Motor Vehicles: general information.
PVTA: Service Update. Call 413-781-7882 for more information.

CHILDCARE
Massachusetts Child Care, June 1
Mass Options: MassOptions connects elders, individuals with disabilities and their caregivers with agencies and organizations that can best meet their needs, including connections to respite help.

EDUCATION RELATED
DESE Back to School Guidance, June 25 NEW
New COvid-19 and School Closure Resources from MAC, NEW
COVID-19 School Closure Q&A: IEP Team Meetings, from Mass Advocates for Children. NEW
DESE Commissioner’s Weekly Update, June 15 NEW
Zoom Meeting Presentation for Special Education Directors, June 12 NEW
Early Intervention (EI) Services during COVID-19 ENGLISH, ESPAÑOL
Supplemental Guidance on Summer 2020 Special Education Services, June 8
Moving Assessments Forward, May 20
Massachusetts Preschool Remote Learning Guidance & Prerequisite Content Standards, May 15
PBS Learning Media
Sample Virtual IEP Agenda
Remote Learning Record
Remote Learning Plan
Subscribe to the DESE Commissioner updates

WEBINARS: UPCOMING
June 30, 7:30 p.m., Emergency Care Planning During COVID-19 for Parents and Caregivers, The Massachusetts DPH Division for Children & Youth with Special Health Needs is pleased to sponsor this informative live event for parents & caregivers. This free webinar will provide practical, easy-to-follow strategies to help families be ready if a parent or caregiver should become hospitalized and someone else needs to care for their loved one in this time of COVID-19. NEW
June 30, 10:00 a.m. - 12:00 p.m., “Why Culture Matters” Family Support Group Facilitators Summit on Race & Family Values, with the Parent Professional Advocacy League of Massachusetts. In our era of “Black Lives Matter,” this special PPAL Summit will examine the roles and responsibilities of support group facilitators when addressing culturally specific issues. NEW
June 30, 12:00 p.m., Sexual Orientation, Gender Identity, and Autism Spectrum Disorder, Eileen Crehan, Ph.D., will orient listeners to concepts and terms, and the state of science relating to sexual orientation and gender identity in autism. Resources on sexuality and relationship education programs will be shared for self-advocates, parents, and clinicians to aid in better supporting autistic individuals. NEW
**Community Connection Newsletter**

**Autism Connections, Family Empowerment, Whole Children, Milestones, Whole Selves, Adult Family Care, Shared Living**

**July 1, 1:00 p.m., ASD Support: The Ins and Outs of Dating**, from Autism Research Institute. Tune in to learn strategies for individuals on the autism spectrum interested in the ins and outs of dating. **NEW**

**July 1, 6:00 p.m. English; 7:00 p.m. Spanish, Understanding & Addressing Children’s Well-being During COVID-19**, from Community Care Alliance. **Flyer. NEW**

**WEBINARS-PREVIOUS: RECORDINGS/PRESENTATIONS**

**Early Intervention and Turning Three During COVID-19**, June 16, Family Empowerment, Autism Connections, Pathlight’s Nancy Farnsworth, and Deirdre Morrissey - Program Director at Criterion-Heritage Early Intervention. Recording (Password: 3i?6^W&), PowerPoint

**The Intersection of Race and Disability**, June 15, from the Arc of Massachusetts.

**Supporting Students with a History of Trauma & Anxiety During COVID-19**, June 9, from Neuropsychology & Education Services for Children and Adults, featuring Pediatric Neuropsychologists Stephanie Monagham-Blout and Renee Marchant.


**Charting the LifeCourse for Transition**, Laurel Peltier, May 12, Family Empowerment

**Becoming Person Centered with Cheryl Ryan Chan**, May 6, Family Empowerment

**Special Education and Remote Learning**, May 5, Education Advocate Nancy Farnsworth

**SUPPORT GROUPS/CONTACT A SPECIALIST**

► Pathlight Open Office Hours: Meet virtually with a specialist to discuss the topics of your choice, including transitioning out of high school during Covid-19, virtual IEP meetings, remote learning, behavioral challenges, and managing isolation. Hours available:

- **Sunday mornings Facebook event**, 9:30-11:00 a.m.;
- **Thursday mornings Facebook event**, 9:30-11:00 a.m.;
- **Thursday evenings Facebook event**, 8:30-10 p.m.

**Autism Support Group**, hosted by A Spectrum of Difference (Athol). This Group is held via Zoom on the 2nd and 4th Wednesday of each Month.

**Parent Life Coaching** available from Jewish Family & Children’s Service. Set up a free phone call or video meeting for advice on creating a schedule for your loved one or troubleshoot challenging behaviors during school and day program closures.

**CONFERENCE**

**International Fragile X Conference**, The fully virtual conference takes place over four days across three months: May 29-30, June 27, and July 22.

**Massachusetts Down Syndrome Virtual Conference**: Recorded presentations available starting in mid-June.

**YOUNG ADULT ACTIVITIES**

**Whole Children/Milestones Rec activities**

**SUMMER CLASSES**

**AANE events for JULY NEW**

**Cafe Creations**: Café Creations, from the Mental Health Association (MHA) in Springfield, will provide opportunities for creativity, friendship and increasing independence for 15 adults ages 18-22 with Autism or developmental disabilities. The Cafe will take place on July 8, 15 and 22. Download flyer here. **NEW**

**AANE events for JULY NEW**

**RECREATION**

**Berkshire 4th of July Virtual 5K Race**: The race is virtual but the run is real. Our virtual race course is amazing and beautiful and flat with the opportunity for some great inaugural Berkshires 4th of July Virtual Race times. You can choose to do the designated course to be eligible for prizes. As with all virtual races, you can choose to run anywhere, on any terrain if you choose to improvise your own 5k route, in any city or town anywhere. **NEW**

**Summer camp info-local (virtual and traditional)** **NEW**

**Masks And The Outdoor Exerciser: Advice For Runners, Bikers, Walkers, Hikers**, from NPR. June 27 **NEW**
Our team is using a variety of technology to stay connected to you - email is our first choice. If we return your phone call our calls may show as restricted in some cases, so please check your messages if you are expecting to hear from us.

TEAM DIRECTORY
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Alene Walter, Registered Nurse, Alene.Walter@PathlightGroup.org, 413-443-4780 x14

Our team is using a variety of technology to stay connected to you - email is our first choice. If we return your phone call our calls may show as restricted in some cases, so please check your messages if you are expecting to hear from us.
How can we help you?

Contact any of us at the Pathlight programs and we will do our best to help you with your requests and needs. Email info@pathlightgroup.org, familyempowerment@pathlightgroup.org, or autismconnections@pathlightgroup.org. If you don’t have email, call the program managers listed on our team directory on page 7.

Please share this newsletter with families and other individuals you think may need help.

Life can be tough, but so are you, and we can help.

Please note that all resource information is subject to change as the situation and supports or activities evolve. If you have questions, want to help, or need help, email us at the above addresses and we will be glad to assist and guide you.

Your cloth face covering may protect them.

Their cloth face covering may protect you.

- The CDC recommends that people wear cloth face coverings in public settings when around people outside of their household, especially when other social distancing measures are difficult to maintain.
- Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others.
- Cloth face coverings are most likely to reduce the spread of COVID-19 when widely used by people in public settings.
- Cloth face coverings should NOT be worn by children under the age of 2 or anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

Learn more about Considerations for Wearing Cloth Face Coverings from the CDC here.