

DECEMBER 2011

A Program of The Association For Community Living

**COMMUNITY RESOURCES**

FOR PEOPLE WITH AUTISM

*Creating Opportunities, Building Relationships, Improving Lives  
for children and adults with developmental disabilities since 1952*

[www.communityresourcesforautism.org](http://www.communityresourcesforautism.org)



**Staff**

**Carrie McGee**  
Interim Director  
Ext. 111

**Pamela Couchon**  
Autism Support Broker  
Ext. 124

**Jessica Dockendorff**  
Activities Coordinator  
Ext. 115

**Carla Doyle**  
Autism Support Broker  
Ext. 119

**Nancy Farnsworth**  
Educational Advocate  
Ext. 113

**Jason Litto**  
Family Support Manager  
Ext. 121

**Lynn Myers**  
Autism Specialist  
Ext. 114

**Amy Pinney**  
Adm. Coordinator  
Ext. 110

**Pam Powell**  
Adm. Assistant—  
Berkshire Office  
(413) 443-4780

**Betsy Rivera**  
Asst. Autism Specialist  
Ext. 112

**Megan Sherman**  
Family Support Manager  
Ext. 123

**Rhonda Ward**  
Autism Specialist  
Ext. 117

# Annual Holiday Party

*Join us for an evening of holiday fun!*

**Friday, December 9th**

**5:30 - 8:30 PM**

**Eastworks Building, First Floor - West Entrance  
116 Pleasant St.  
Easthampton, MA**

**Potluck dinner**

**If your last name begins with:  
A-L, please bring a savory dish to share!  
M-Z, please bring a dessert to share!**

**We will have lots of craft activities, games, Ed the  
Wizard, Santa and gift bags for all children!**

**Please RSVP to Community Resources:  
413-529-2428**



# December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9 Annual Holiday Party 5:30 – 8:30PM Eastworks Building Easthampton, MA	10
11	12	13	14	15	16	17
18	19	20 Hanukkah Begins	21	22	23	24
25 Christmas	26 Office Closed	27	28	29	30	31

[Go To  
Front Page](#)

## COMMUNITY RESOURCES' EVENTS

### ***Asperger's 101***

Speaker: Jason Litto

This workshop is intended to introduce families and caretakers to Asperger's Syndrome. Characteristics and strategies to help individuals are discussed, as well as some of the social difficulties that people with Asperger's experience. The workshop will also provide an opportunity to meet other parents of children and young adults with Asperger's.

We encourage friends, family members, and support persons to attend this valuable workshop.

#### ***Date and Time:***

Thursday, February 2, 2012; 6:00 p.m. to 8:00 p.m.

#### ***Location:***

Holyoke Community College  
Kittredge Center, Room 302  
303 Homestead Ave.; Holyoke, MA

***R.S.V.P. by Monday, January 30th to: (413) 529-2428***



***Free Swim Thursday's:***

***When:*** *Thursday's starting September 29*

***Where:*** *Gladys Allen Brigham Community Center*

***Time:*** *6 - 7 P.M.*

***Phone number:*** *413-442-5174*

***All participants must call in by 3:00 P.M. the day of, with the number of people in their group. So they will have enough lifeguards.***

# Sensory 'Sensitive' Cinema

from *rave motion pictures*



**What this means for you:**

- Auditorium lights left on
- Auditorium sound on low levels
- G, PG & PG-13 features
- Tickets \$5.00

## **THE MUPPETS**

**Sunday December 4th**  
10:00AM

**ravecinemas** *West Springfield* 733-5134

## **Twelve Tips for Helping People with Autism and Their Families Have a Happy Holiday**

While many happily anticipate the coming holiday season, families of people on the autism spectrum also understand the special challenges that may occur when schedules are disrupted and routines broken. Our hope is that by following these few helpful tips, families may lessen the stress of the holiday season and make it a more enjoyable experience for everyone involved.

[For tips, click here.](#)

**Go To  
Front Page**

## RESEARCH STUDIES

Speech & Language Development Center, LLC.



# Autism Research Study Children's Hospital Boston



- **Who is involved with this research**

*A group of doctors and researchers from the Developmental Medicine Center, the Division of Genetics, the Department of Neurology, and the Program in Genomics at Children's Hospital Boston.*

- **What are the goals of this study?**

*To study the genetic and environmental factors that may be involved in the development of Autism Spectrum Disorders (ASDs), in order to better understand why they occur, increase our ability for early identification, and find improved treatments and an eventual cure.*

- **What is involved?**

*A collection of phenotypic and genetic data on children aged 18 months and older who are diagnosed with ASD and their families. Shortly after the visits, families receive a research report of observations that includes developmental, cognitive, behavioral and social findings.*

- **Would you like to learn more?**

*Staff from Children's Hospital Boston will visit the Speech and Language Development Center for a Research Day on Saturday, December 17<sup>th</sup>, 2011 in order to conduct the study. If you have any questions or concerns, you can reach Deborah Modé at (413) 532-1100 or at [deborahmode@sldcenter.net](mailto:deborahmode@sldcenter.net).*

**SLDCenter**  
98 Lower Westfield Road  
Second Floor  
Holyoke, MA 01040  
**Phone:** 413.532.1100  
**Fax:** 413.532.2100  
**E-mail:** [info@sldcenter.net](mailto:info@sldcenter.net)

**Go To  
Front Page**

### *Yoga Classes*

Yoga classes for children with an autism spectrum disorder and sensory issues.  
Siblings are welcome, too!

When: 3rd Friday Monthly; 6:00 PM — 7:00 PM

Cost: \$15.00 per person

Location: Fitness First; Feeding Hills

Participants must RSVP by the Friday one week before the class! The instructor, Maria, has mats, blocks, and bands. Please wear appropriate gym attire and bring a water bottle.

For more information, contact Angie Jordan, (413) 330-6376 or [jadey73@gmail.com](mailto:jadey73@gmail.com)

### *Bowling*

When: Saturday, December 10th; 1:00 to 2:30pm

Cost: \$8.25 per person. This includes two games and shoe rental

Location: AMF Lanes on Burnett Rd. in Chicopee, MA

For more information, contact Angie Jordan, (413) 330-6376 or [jadey73@gmail.com](mailto:jadey73@gmail.com)

### *Karate*

When: Every Saturday from 10:00 to 11:00am

Cost: \$25.00 per person per month

Location: Inner Circle; 313 Springfield St. in Agawam, MA

Anyone interested in trying karate may attend a class for free. For more information, contact Angie Jordan, (413) 330-6376 or [jadey73@gmail.com](mailto:jadey73@gmail.com)

**Jewish Community Center:** Many programs and classes offered for children with special needs. Check out their current offerings at [www.springfieldjcc.org](http://www.springfieldjcc.org)

**Ultimate Sports Program:** For information about the different sports and activities offered by Unified Sports Program, visit [www.uspkids.com](http://www.uspkids.com)

**All Out Adventures:** Our mission is to promote health, community and independence for people with disabilities and their family and friends through outdoor recreation. Call for summer schedule, more information: (413) 527-8980; or [www.alloutadventures.org](http://www.alloutadventures.org).

## NEW RESOURCES

### *New Additions to Community Resources' Referral Directory!*

***Institute for Dynamic Living  
Tina Champagne, OTD OTR/L, Program Director  
Springfield, MA  
Www.chd.org/OT  
413-439-2170***

The Institute for Dynamic Living offers a broad range of occupational therapy and mental health services and have therapists certified in the Sensory Integration & Praxis Test evaluation and in sensory integration interventions.

***Eric Denette, M.Ed., BCBA  
Clarksburg, MA  
413-652-2383***

A licensed Special Education teacher and clinician who provides consultation to families of children on the Autism Spectrum, and/or children with challenging behaviors

### **Looking for young adult women with high functioning autism or Asperger's to start a social group**

Parents of a young adult woman are looking to help her start a group for women age 18-24 who are interested in getting together for weekly social events. General Amherst/Hadley/Northampton area. If you are interested, please contact Champagne at 413-253-2145 or 256-1508

### **Join AANE's new Grandparent Online Google Support Group**

This Google group will provide a forum for grandparents to share information, ask questions, and offer support to each other via email.

To be part of AANE's Grandparent Google group you need to:

- Be a grandparent of an individual with Asperger Syndrome or a related condition such as High Functioning Autism, PDD-NOS, or NLD.

Be a current [member of AANE](#). (There is no charge to participate in the Grandparent Google group.)

If you want more information or would like to join, please email or call Marcia Robinson at 617 393-3824, ext. 29. She can answer your questions and assist you in signing up.

**Go To  
Front Page**

## *Parent & Teen Support Groups*

### **Asperger's Support Group Berkshires**

A structured and facilitated support group for young adults aged 18 to 30 with Asperger's syndrome.

Sunday, December 18th  
3:30 - 4:30 PM  
Berkshire Mall Meeting Room

For more information or to sign up call Megan Sherman at 413-443-4780 x15 or email her at [shermanm@theassn.org](mailto:shermanm@theassn.org)

### **The Special Needs Support System**

This group is facilitated by Stephanie and Charles McCormick, parents of a special needs child.

Support and activities for families who have a child with special needs of any kind.

Meetings: 1st and Last Tuesday monthly  
6:00 PM to 7:30 PM

Tabernacle Baptist Church  
(603 New Ludlow Road, Chicopee)

Group activities for children!

For more information and to register, please contact Stephanie:  
[specialchildren@yahoo.com](mailto:specialchildren@yahoo.com) or (413)693-5188.

### **Spanish Parent Support Group**

Join Community Resources' Spanish speaking Parent Support Group. For more information, please contact Besty Rivera at:

Thursday, December 15  
Call for details

(413) 529-2428 ext 112; [riverab@theassn.org](mailto:riverab@theassn.org)

### **Westfield Lunchtime Support Group**

Support Group for Parents/Caregivers of children with mental health challenges.

Meetings: 2nd Monday monthly  
12:15 - 1:30 PM

Carson Center conference room  
20 Broad St.; Westfield, MA

For further information, contact Jan Lamberg  
413-536-2401 x3002; 800-894-2401 x3002

### **GRASP Western MA Support Group**

Anyone on the spectrum is invited, plus those in support roles if they clearly identify their role. You must register before you can attend. This allows your membership to remain as anonymous as you desire.

The 3rd Saturday monthly 2:00 - 4:00 PM  
Westfield Athenaeum  
6 Elm St., Westfield

For more information, contact  
Michael Reinlagen  
[mreinlagen@gmail.com](mailto:mreinlagen@gmail.com)

### **Parents Together**

The Amherst Family Center  
Thursdays from 9:30 - 11AM starting 10/6/11

We are a community of parents - some with learning differences - who support each other on the parenting journey.

A Parent Educator can also meet with you individually. For registration, please contact Kris Larson: 413-834-3344 or [krislarson@unitedarc.org](mailto:krislarson@unitedarc.org)

**Go To  
Front Page**

## *Support Groups & Programs*

### **Agawam Parent Support Group**

Facilitated by Angie Jordan, a mom of a child with autism.

Dates: 1st & 3rd Thursday of each month

Time: 7:00 PM to 8:30 PM

Location: Agawam Senior Center  
954 Main St., Agawam

No childcare—though children are welcome. For more information, contact: Angie Jordan (413) 786-3826; jade73@gmail.com

### **Social Thinking Groups with Kathleen Becker**

Everyday Heroes, Social Detectives, Social Thinking & Skills—are just a few of the programs offered! All of the listed groups have a focus on social cognitive development as well as social skills. There is also time for practicing these skills via play and conversational activities. All groups are led by Kathleen Becker, a speech/language therapist specializing in social cognition and skill development.

Contact Kathleen at (413) 320-3408 or kmbecker42@gmail.com or [www.socialplaythinkingandmore.com](http://www.socialplaythinkingandmore.com)

### **Amherst Autism Parent Group**

**Saturday, December 17, 2011**

10:00 AM to Noon

Chris & Laurel Peltier's  
691 South East St., Amherst, MA

**Family holiday gluten/casein free  
baking party!**

For more information or to RSVP, contact: Chris and Laurel Peltier  
(413) 230-3287 or cnpeltier@aol.com



### **Facilitated Support Group for Parents & Caregivers of Children with Developmental Disabilities**

Jericho  
Alleluia House  
537 Northampton St.; Holyoke, MA

Second Wednesday monthly; 6:30 - 8 PM

Childcare is available, please call one week in advance to register your child.

**For info call: 413-538-7450**

**Go To  
Front Page**