

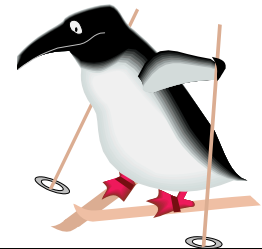
A Division of The Association For Community Living

## 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)



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**Family Support Services for Children with Autism have been cut dramatically and disproportionately by the state in the last two years. They are threatened with further cuts next year.**

**We need to stop any further cuts and begin to restore cost-effective family support programs that save money.**

The cuts were made in the face of dramatic increases in the number of children with autism. In the last two years (January 2008-December 2010) in the four counties of western Massachusetts alone, 227 new families sought assistance from Community Resources. No other group in need of support is growing as rapidly.

**Community Resources family support services were cut more than 57%.** Flexible funding and respite were virtually eliminated. Our autism specialty program dedicated to providing direct supports (respite, parent training, and in-home problem solving) to support 160 families was eliminated.

**Autism Division Funding cut by 29% (\$1.8 million cut).** These funds support the 7 autism centers across the state providing information, training, activities for families and children, and parent support.

**Funding for in-home direct services initiatives to prevent residential school placement for children with ASD were cut 35%. 100's of families are on the waitlist. This year the program was threatened with complete elimination.** It has a 96% success rate in keeping families together, and has saved the Commonwealth tens of millions of dollars in expensive residential school placement. Each of the more than 300 children in the program (with funding from \$5,000 to \$20,000) saves the state as much as \$250,000 per child per year.

**The statewide Autism Waiver program, serving about 120 children ages 0-9 with challenging needs, was cut 37.5% in the face of a 100's on the waitlist**

**You Can Make A Difference!  
Attend the HSF Legislative Reception!**

Friday, January 21st 8:30 - 10:00 AM  
Knights of Columbus, 1599 Memorial Drive, Chicopee

Pre-registration is required!

CRPA will pay the registration fee

Please call or email Community Resources to register:

(413) 529-2428; [dockendj@theassn.org](mailto:dockendj@theassn.org)

# JANUARY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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## COMMUNITY RESOURCES' HAPPENINGS

### Asperger's 101 Workshop

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.

**Berkshires:** Thursday, January 6th (Snow date: Jan. 27th); 6:30 - 8:30 PM  
BCARC Social Development Training Room  
65 Depot St., Dalton, MA  
Please RSVP by Tuesday, January 4th to Megan Sherman; (413) 443-4780 x15  
shermanm@theassn.org

**Easthampton:** Thursday, January 13th (Snow date: Jan. 20th); 6:00 - 8:30 PM  
Community Resources' conference room  
116 Pleasant St., Ste. 366, Easthampton, MA  
Please RSVP by Monday, January 10th to Jess Dockendorff; (413) 529-2428 x115 or  
dockendj@theassn.org

### Berkshire Sibshops: Workshops for Children with Siblings with Special Needs

Ice Skating  
Saturday, January 22nd; 2 - 3:30pm  
Foote Memorial Skating Rink  
1267 South Church St., North Adams, MA  
Bring \$5 for snacks  
For more information or to sign up, contact Megan Sherman; (413) 443-4780 x15 or  
shermanm@theassn.org



## Berkshire Holiday Party



**When:** Sunday January 16, 2011 from 1:30 to 4:00

**Location:** Berkshire County ARC training Center, 65 Depot St., Dalton.

There will be games, refreshments (bring your own refreshments for special diets), entertainment from Bowie the clown and a special visit from Santa and Mrs. Claus.

Please call Megan for more information or to RSVP. Please be sure to let her know how many children will be coming, their name, age and gender. RSVP by Jan. 3, 2011. As each child will receive a gift from Santa. You can call her at 413-443-4780 or email at [shermanm@theassn.org](mailto:shermanm@theassn.org).

*This event is sponsored by Berkshire Autism Projects Committee.*

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### Therapeutic Horseback Riding With Jodie O'Connell

Berkshire Autism Projects Committee would like to introduce you to a great resource here in the Berkshires, located in Lenox, Destiny's Ride, has been offering therapeutic horseback riding lessons for 2 years. She offers lesson packages for six-week sessions, nights or weekends. Lessons are an hour each at \$45. Per/lesson. She offers small class sizes and weekly updates and progress notes.

For more information or to schedule lessons please call 413-243-3332

Or visit the website at [www.destinysride.org](http://www.destinysride.org)

*Jodie also provides opportunity for training to anyone 13 years and older who would like to volunteer.*

The Berkshire Autism Projects Committee will be offering partial scholarships for 9 children age 8 years or older in two upcoming sessions Starting in Jan. Each session will have three classes on different nights. Class size will be three children per/class. The first session classes will be held on Mon. 6pm to 7pm, Wed. 6pm to 7pm or Sun. 9:30 to 10:30 am. Classes are Sun. (Jan. 9, 16, 23, 30, Feb. 6), Mon. (Jan. 10, 17, 24, 31, Feb. 7), Wed. (Jan. 12, 19, 26, Feb. 2, 9, 16)

There will be a \$10 co-pay per/week for the six-week event. Space is limited and we can only sponsor the child for one session, as we want as many children who can and would like to be able to participate.

Please call Megan Sherman to Sign up and get more information. 413-443-4780 or [shermanm@theassn.org](mailto:shermanm@theassn.org).

### Karate Classes at the Jewish Community Center

Sundays, January 9th through February 27th  
Two class sessions: 2:00 PM (offers more support)  
3:00 PM (more independent)

Space is limited!

Contact Linda LaPointe at the JCC for more information and about payment  
(413) 739-4715

### Buddy's Sunshine Angel T-shirts!

Jennie and Joe Clark are parents of a 9-year-old son with Autism who run a marathon every year that benefits the Berkshire Autism Projects Committee. They have raised over \$9,800! This money goes to support programs that are held in the Berkshires as well as families. They are selling T-shirts for \$15 each (plus \$1 shipping and handling).

To order please call Jennie Clark at 413-243-1918



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# 2nd Annual Stepping Out for Autism

*Make a difference in the life of an individual with autism!*

Saturday, January 22<sup>nd</sup> 2011  
6:00 pm to 11:00 pm  
The Delaney House ~ Holyoke, MA

## TICKET PRICING

Ticket Price \$40  
Table of 10 \$350

*Hor D'oeuvres and Dinner will be served  
Dancing to the music of Union Jack  
Silent Auction and Raffle Prizes*

**For more information and to purchase tickets, visit:**

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

or

call Community Resources at (413)529-2428



Berkshire County Arc  
Down Syndrome  
Family Group

# BCARC's Down Syndrome Family Group Presents: Integrated Learning System



**Training is presented by:  
Linda Caesar, Physical Therapist**

- Graduated from St. Joe High School in Pittsfield
- Graduated Physical Therapy from UMass @ Lowell 1982
- Previously licensed in California, pending licensure in Florida, currently licensed to practice in North Carolina and Massachusetts
- Moved to Los Angeles, Calif. (1982-1986), Physical Therapist @ Children's Hospital of Los Angeles
- Returned to Pittsfield, worked at Pediatric Development Center for 15 yrs. Earned Early Intervention Specialist Certification and Certification for Clinical Neonatal Behavioral Assessment (from Brazelton Institute)
- Has Clinical Instructor and Credentialing Certification from APTA
- Has contracted to Public Schools and individual families
- Has advanced training in Sensory Defensiveness (SD) (Wilbarger program), Sensory Integration Dysfunction (SID), Sensory Processing Disorder (SPD), Auditory Processing Disorder (APD)
- Completed Astronaut training, is MORE trained, and has iLS practitioner training certification.

**Date: January 10, 2011**

**Time: 6:00pm - 7:30 pm**

**Place: Social Development  
Training Room  
65 Depot Street, Dalton, MA**

**The ILs system addresses issues that face people who struggle from attention, learning and/or processing difficulties by using a multi-sensory, neurophysiologic approach.**

**Here are some of the areas that this program can be most effective:**

- Auditory Processing
- Reading/Learning Difficulties
- Attention Difficulties
- Pitch Discrimination
- Phonemic Awareness
- Self-Esteem
- Focus, Alertness, Energy

**Please R.S.V.P by Wednesday, January 5, 2011 to:**

**Jessica Dennis 499-4241, ext.276 or e-mail her at [jdennis@bcarc.org](mailto:jdennis@bcarc.org)**

## Berkshire Swim

Community Resources for People with Autism's Berkshire Autism Projects Committee has joined the Berkshire County ARC and Berkshire Family and Individual Resources to sponsor an hour of family swim.

Location:

Gladys Allen Brigham Community Center  
165 East St., Pittsfield

When:

6:00 pm – 7:00 pm  
Every Thursday evening (excluding holidays)  
September 30, 2010, through May 2011

***No cost to families!***

There will be lifeguards on duty;  
however, children will need to be accompanied by parents or care providers.

Please call the Gladys Allen Brigham Community Center at (413) 442-5174 by 3:00 pm on the day you plan to attend to ensure that they have enough lifeguards on duty.

If you have any questions, please call Megan Sherman at (413) 443-4780 x 15.



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## *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.

3rd Sunday of every month

Begins January 16th

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 staff member, Betsy Rivera, at a Spanish speaking Parent Support Group.

For more information & location, please contact:

Betsy Rivera

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

### **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; [jadey73@gmail.com](mailto:jadey73@gmail.com)

### **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 2:00 - 4:00 PM

Westfield Athenaeum

6 Elm St., Westfield

For more information, contact

Michael Reinlagen

[mreinlagen@gmail.com](mailto:mreinlagen@gmail.com)

### **Amherst Autism Parent Group**

3rd Saturday of each month

September 2010 — May 2011

11/20, 12/18, 1/15, 2/19, 3/19, 4/16, 5/21

10:00 AM to Noon

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

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

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## *Support Groups & Programs*

### **Autism Parental Support Group**

The Jericho community would like to welcome you to join our parental support group. The hope of this group is to support each other in every way as partners, parents, caregivers, and friends dealing with Autism, together.

Meetings: 3rd Wednesday monthly  
September - May  
6:30 PM to 8:00 PM  
Jericho Pastoral Center  
537 Northampton St., Holyoke, MA

Childcare is available, please call 413-538-7450 at least 2 days in advance if you will be bringing your child.

### **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 social cognition and skill development.

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

### **Jewish Community Center Special Needs Programming**

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

### **Unified Sports Program**

For information about the different sports and activities offered by Unified Sports Program, visit [www.unifiedsportsprogram.com](http://www.unifiedsportsprogram.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 and to register at (413) 527-8980; or [www.alloutadventures.org](http://www.alloutadventures.org).

### **Online Support Forum**

As a part of our efforts to expand the types of services we provide and ways parents can access and share information, Community Resources for People with Autism has developed an online forum for parents, professionals, and community members to exchange information and knowledge. On this forum, openly discuss specific autism-related topics, ask other parents for advice or suggestions, share your success stories, alert families and professionals of community events, and so much more.

Visit this new online forum at [www.CRPAforum.proboards.com](http://www.CRPAforum.proboards.com)

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## *Building Autistic Community*

### *Adult Support Groups*

#### **Support Groups for Adults**

The adults with autism support group is a place to discuss personal and emotional issues both pertaining to the autism spectrum and otherwise. A diagnosis is not required to attend, and one support person may attend along with an adult so long as he or she agrees to represent the person in a support capacity more than an active participant in discussion.

Easthampton Meetings: 2nd Monday monthly  
6:30 PM to 8:00 PM  
Community Resources for People with Autism  
116 Pleasant St., Ste. 366, Easthampton, MA

Westfield Meetings: 3rd Saturday Monthly  
2:00 - 4:00 PM  
Westfield Athenaeum library  
6 Elm St., Westfield, MA

Contact Michael Reinhagen at  
[MReinhagen@gmail.com](mailto:MReinhagen@gmail.com)

#### **Autistic/NT Mixed Discussion**

Designed to bring together persons curious about the autism spectrum and adults with autism looking to advocate for themselves, the mixed discussion group provides an outlet to provide answers to questions and concerns about autism and the autistic community.

Meets 3rd Monday Monthly  
6:30 - 8:30 PM

Community Resources  
116 Pleasant St., Ste. 366  
Easthampton, MA

Contact Michael Reinhagen  
[MReinhagen@gmail.com](mailto:MReinhagen@gmail.com)

#### **Discussion Group for Adults with Autism**

Rather than being a support group, the discussion group facilitates open discussion about topics of interest to participants. Unlike the mixed discussion group, attendance is limited to persons who identify themselves as being on the autism spectrum and does not focus on autistic or life issues. E-mail director Michael Reinhagen at [MReinhagen@gmail.com](mailto:MReinhagen@gmail.com) if you have a potential topic you would like to discuss.

Meets 4th Thursday Monthly  
6:30 - 8:30 PM  
Community Resources  
116 Pleasant St., Ste. 366  
Easthampton, MA

*If you have any questions, comments or concerns about Building Autistic Community, its services or topics you would like to see it cover in the future, contact Michael Reinhagen via e-mail: [MReinhagen@gmail.com](mailto:MReinhagen@gmail.com)*

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### ***Bowling League***

A bowling league for children with disabilities and their siblings.

When: Every other Saturday

Cost: \$15.50 per person—which includes shoe rental and 3 strings of bowling

Location: Agawam Bowl; 359 Walnut St. Ext., Agawam

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

### ***Yoga Classes***

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

When: Monthly—beginning Friday, September 24; 6:30 PM — 7:30 PM

Cost: \$15.00 per person

Location: Fitness First; Feeding Hills

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

### ***Update Your Info!***

In an effort to make sure we are operating as efficiently as possible, give us a call and update your contact information. The majority of our communications are now happening through email—so, if we don't have your email address, you won't receive the most current information and might miss out on important events!

Call (413) 529-2428, or email [info@communityresourcesforautism.org](mailto:info@communityresourcesforautism.org)

### ***Do You Have Something To Share?***

Community Resources would love to hear your story!

- ◆ If you have a story you'd like to see featured in our newsletter, we'd love to hear it!
- ◆ If you would like to advertise a workshop, research study, community activity, or other information, let us know!

Please contact Jess Dockendorff at (413) 529-2428 or [dockendj@theasn.org](mailto:dockendj@theasn.org)

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