

# OCTOBER 2010

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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### Tips for a safe and fun Halloween...

Many children on the autism spectrum look forward to Halloween. It's a time when they can dress up as their favorite character and (at least in some homes) eat piles of candy. But Halloween can be stressful and demanding for kids on the spectrum. Follow these tips to prepare for a pleasant, positive Halloween experience.

- ◆ Use videos and books to prepare your child for Halloween expectations. There are many Halloween options out there, so choose the ones that are most like your own real-life situation.
- ◆ Together, decide what costume your child will choose. Take into account not only his or her preferences, but also sensory concerns. For example, a Spiderman costume may include a full mask - which can become overwhelming. Some children love face paint, but others can't take the sticky sensation.
- ◆ Make a plan that you can stick to. Choose a time to leave the house, plan a path, and know what will happen when you come home (can he dump the candy on the floor? What may he or she eat? If the candy is not a good choice, what substitute treat will she get?).
- ◆ Keep it simple. Knowing your child, what's reasonable to expect? If he can handle just one house, that's fine. Know that, even when you see other kids running up and down the street, it may not be the right choice for your child.
- ◆ Create a social picture story. Use digital photos, images from the web, or other sources to show and tell exactly what your child will do. Include all the steps, not forgetting that he must knock at the door, say "Trick or Treat!" and "Thank You!"
- ◆ Read the social story together, not once but as often as possible. From time to time, toss in a clinker: ask - "what if no one is home?" Help her understand that it's ok to skip a house, to take a piece of candy from a basket (if that's ok with you), and so forth.
- ◆ Practice, practice, practice! Put on the costume many times before the Big Night, and work out any kinks. Role play the entire treat or treat scenario as often as you can.
- ◆ Act out a number of scenarios so your child has a small repertoire of possible responses. For example, what should she say when someone says "You look beautiful (or scary or creepy)!" What if you don't like the treat that's offered? What if you meet kids you know?
- ◆ Scope out the neighborhood ahead of time. Do you see any decorations that might upset your child? Flashing lights that might trigger sensory reactions? If so, consider skipping that house (or visiting ahead of time) to avoid melt-downs.
- ◆ Consider recruiting peer support. If your child with autism has no siblings (or his siblings have other plans), consider recruiting another typical peer to go house-to-house with you. Explain to that child and his parents that he will be helping your child to understand Halloween a little better. You may be surprised at how helpful another child can be!
- ◆ On the big night, remember to be flexible. If your well-prepared child suddenly rebels against his costume, consider letting him go in just a silly hat. Remember that Halloween is for fun - and it really doesn't matter what he wears or how many homes he visits.
- ◆ Take pictures. Get excited. Have fun! Even if you're only going to one house, make it an event. When you're done, put together a memory book that can help you prepare for next year.

By [Lisa Jo Rudy](#), About.com Guide

# OCTOBER 2010

**Sunday**      **Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**      **Saturday**

							<b>2</b> Adaptive Aquatics
<b>3</b> Karate	<b>4</b>	<b>5</b>	<b>6</b> Printmaking	<b>7</b> Berkshire Open Swim	<b>8</b> Berkshire Costume Party Berkshire Teen Group	<b>9</b> Adaptive Aquatics	
<b>10</b> Karate Mt. Tom Nature Day	<b>11</b> Columbus Day Office Closed	<b>12</b>	<b>13</b> Printmaking	<b>14</b> The Hidden Curriculum Berkshire Open Swim	<b>15</b> Berkshire Teen Group	<b>16</b> Adaptive Aquatics Haunted Hay Ride Berkshire Sibshop	
<b>17</b> Karate	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> Berkshire Open Swim	<b>22</b> Berkshire Teen Group	<b>23</b> Adaptive Aquatics	
<b>24</b> Karate	<b>25</b>	<b>26</b> The Hidden Curriculum	<b>27</b>	<b>28</b> Berkshire Open Swim	<b>29</b> Berkshire Teen Group	<b>30</b> Adaptive Aquatics	
<b>31</b> Halloween Karate							<b>Notes:</b>

September 2010							November 2010						
S	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa
			1	2	3	4		1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30			28	29	30				

**Go To  
Front Page**

## COMMUNITY RESOURCES' HAPPENINGS

### The Hidden Curriculum

Berkshire's: Thursday, October 14, 2010; 6:00 to 8:00 pm  
 BCARC Social Development Ctr. (65 Depot St., Dalton)  
 RSVP by Monday, Oct. 4, to: Megan Sherman (413) 443-4780 x15

Holyoke: Tuesday, October 26, 2010; 6:00 to 8:00 pm  
 Holyoke Community College—KC 301 (303 Homestead Ave., Holyoke)  
 RSVP by Friday, Oct. 22, to: Community Resources (413) 529-2428

### Halloween Costume Party

Friday, October 8, 2010; 7:30 pm to Midnight  
 Crowne Plaza (One West St., Pittsfield)  
 \$30 per Adult (21 & older); Proceeds to benefit individuals with autism in Berkshire Cty.  
 For more information & to purchase tickets, please contact:  
 Megan Sherman (413) 443-4780 ext. 16 or shermanm@theasn.org

### Mt. Tom Nature Day

Sunday, October 10, 2010; 11:30 AM to 2:30 PM  
 Mt. Tom State Reservation (125 Reservation Rd., Holyoke)  
 Cost per child: \$5.00; \$2.00 parking fee per vehicle  
 RSVP by Thursday, Oct. 7, to: Community Resources (413) 529-2428

### Haunted Hay Ride

Saturday, October 16, 2010; Munchkin Ride begins at 5:00 pm; Last ride leaves at 6:45 pm  
 McCray's Farm (55 Alvord St.; South Hadley)  
 No charge to families!  
 RSVP by Thursday, October 14, to: Community Resources (413) 529-2428

## SAVE THE DATE & COMMUNITY EVENTS!!!

### Basic Rights en Espanol:

October 15, 2010; 11:00 am—1:00 pm;  
 Holyoke Health Center, 230 Maple St., Holyoke.  
 Offered by: Federation for Children with Special Needs; For information, call (413) 323-0681

### Building a Home

November 13, 2010; 8:30 am — 3:00 pm  
 Brandeis University; 415 South St., Waltham, MA  
 Keynote Speaker: Peter V. Berns, CEO, The Arc of the United States  
 A conference on the complex issues families face in securing supportive living arrangements for their adult children with developmental disabilities.  
 For more information, email: aorthman@riversidecc.org

### Insight Into Autism

November 16, 2010; 6:00 pm — 8:30 pm  
 New North Citizen's Council; 2383 Main St., Springfield

Go To  
 Front Page

**Community Resources for People with Autism  
Workshop & Training Calendar  
2010—2011**

***The Hidden Curriculum***

Berkshire's:

Date & Time: Thursday, October 14, 2010; 6:00 to 8:00 pm

Speaker: Jason Litto

Location: BCARC Social Development Ctr. (65 Depot St., Dalton)

RSVP by Tuesday, Oct. 12, to: Megan Sherman (413) 443-4780 x15; shermanm@theassn.org

Holyoke:

Date & Time: Tuesday, October 26, 2010; 6:00 to 8:00 pm

Speaker: Jason Litto

Location: Holyoke Community College—KC 301 (303 Homestead Ave., Holyoke)

RSVP by Friday, Oct. 22, to: Community Resources (413) 529-2428

A workshop designed to introduce you to the importance of the “hidden curriculum”—the unwritten social rules and expectations of behavior that we all know but were never taught—and how a lack of these skills impacts individuals with an autism spectrum disorder (ASD). Individuals who have ASD do not come equipped with the same ability to understand the hidden curriculum. As a result, they break many social and behavioral rules without intent or even knowledge that they are doing so. This, coupled with their difficulty in generalizing information from one situation to another, leads them to making the same mistakes over and over again at a tremendous social cost. This workshop includes strategies and techniques to help children and adults understand social cues and unstated expectations, guidelines for what to do (or what not to do) in specific social situations, and practical tips.

***Insight Into Autism***

Date & Time: Tuesday, November 16, 2010; 6:00 to 8:30 PM

Speaker: Jason Litto

Location: New North Citizen's Council (2383 Main St., Springfield)

RSVP by Friday, November 12, to: Community Resources (413) 529-2428

During this workshop we will discuss the strengths and challenges that are often experienced by individuals with autism. *Areas covered include:* diagnostic criteria, communication, sensory challenges, and positive behavioral supports. We will also talk about practical strategies to facilitate growth and development, including social competencies. Friends, family members, and support persons are encouraged to attend this valuable workshop.

***Asperger's 101***

Date & Time: Thursday, January 6, 2011 (snow date: Jan. 13); 6:30 pm to 8:30 pm

Speaker: Jason Litto

Location: BCARC Social Development Center (65 Depot St.; Dalton, MA)

RSVP by Tuesday, January 4, to: Megan Sherman (413) 443-4780 x15; shermanm@theassn.org

Date & Time: Tuesday, January 11, 2011 (snow date: Jan. 18); 6:30 pm to 8:30 pm

Speaker: Jason Litto

Location: Community Resources for People with Autism (116 Pleasant St., Ste. 366; Easthampton)

RSVP by Friday, January 7, to: Community Resources (413) 529-2428

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.

(continued on page 5)

**Go To  
Front Page**

**Community Resources for People with Autism  
Workshop & Training Calendar (continued)  
2010—2011**

***Insight Into Autism***

Date & Time: Thursday, March 10 (snow date: March 17); 6:00 to 8:30 PM

Speaker: Jason Litto

Location: BCARC Social Development Center (65 Depot St., Dalton, MA)

RSVP by Tuesday, March 8, to: Megan Sherman (413) 443-4780 x15; shermanm@theassn.org

During this workshop we will discuss the strengths and challenges that are often experienced by individuals with autism. *Areas covered include:* diagnostic criteria, communication, sensory challenges, and positive behavioral supports. We will also talk about practical strategies to facilitate growth and development, including social competencies. Friends, family members, and support persons are encouraged to attend this valuable workshop.

***The Hidden Curriculum***

Date & Time: Tuesday, March 15; 6:00 to 8:00 pm

Speaker: Jason Litto

Location: New North Citizen's Council (2383 Main St., Springfield)

RSVP by Friday, March 11, to: Community Resources (413) 529-2428

A workshop designed to introduce you to the importance of the "hidden curriculum"—the unwritten social rules and expectations of behavior that we all know but were never taught—and how a lack of these skills impacts individuals with an autism spectrum disorder (ASD).

Individuals who have ASD do not come equipped with the same ability to understand the hidden curriculum. As a result, they break many social and behavioral rules without intent or even knowledge that they are doing so. This, coupled with their difficulty in generalizing information from one situation to another, leads them to making the same mistakes over and over again at a tremendous social cost.

This workshop includes strategies and techniques to help children and adults understand social cues and un-stated expectations, guidelines for what to do (or what not to do) in specific social situations, and practical tips.

***21<sup>st</sup> Annual Conference***

Date & Time: Tuesday, April 12; 8:30 am to 3:30 pm

Speakers: Barry Prizant, Ph.D., and Roy Richard Grinker, Ph.D.

Location: The Log Cabin; Holyoke, MA

***Asperger's 101***

Date & Time: Tuesday, May 10, 2011; 6:30 pm to 8:30 pm

Speaker: Jason Litto

Location: Holyoke Community College—KC 301 (303 Homestead Ave., Holyoke)

RSVP by Friday, May 6, to: Community Resources (413) 529-2428

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.

**Go To  
Front Page**




## The Hunt for Lost Vegas “Full House” Paintball Extravaganza Raises \$550 for Community Resources



In the words of Mike Sokol, one of the event chairpersons, “What a day!”

It rained on and off all day—but that hardly mattered. On Sunday, August 22, paintballers came out to have fun and support Community Resources. The event which was held at Airsports Paintball in Ludlow offered raffle prizes, a barbeque lunch, and music by DJ Ecal Direct from NYC.

Thank you to Airsports Paintball, Mike Sokol, and Rick Greenaway for all of their time and effort to make this charity event possible, and for raising \$550 for benefit the many families living in western Massachusetts who are affected by autism.



## 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.

**Go To  
Front Page**



## You're Invited To A COSTUME PARTY!

Friday, October 8, 2010  
 7:30 PM to Midnight  
 Crowne Plaza  
 (One West Street; Pittsfield, MA)

\$30 per Adult (21 and older)

7:30 PM Cash Bar, 50/50, Appetizers & Desserts  
 8:30 PM Dancing with DJ Rico Traversa

*For more information and to purchase tickets, please contact:*

Megan Sherman  
 (413) 443-4780 ext. 15 or shermanm@theassn.org

*Proceeds to Benefit Individuals with Autism in Berkshire County*

A Division of The Association For Community Living

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**Go To  
 Front Page**

# Mt. Tom State Reservation

125 Reservation Rd.  
Holyoke, MA



## MOUNT TOM NATURE DAY!

**JOIN US FOR THE DAY!!!!**

**GUIDED NATURE WALK led by Mt. Tom Staff  
ACTIVITIES AND CRAFT MAKING**

**COST PER CHILD: \$5.00**

**\$2.00 PARKING FEE PER VEHICLE**

**WE WILL MEET AT THE PAVILION AT THE TOP OF THE MOUNTAIN.**

**FOR DIRECTIONS, VISIT**

**[HTTP://WWW.MASS.GOV/DCR/PARKS/CENTRAL/MTOM.HTM](http://www.mass.gov/dcr/parks/central/mtom.htm)**

**SUNDAY, OCTOBER 10, 2010  
11:30 AM — 2:30 PM**

A Division of The Association For Community Living

### ***COMMUNITY RESOURCES***

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

For more information and to register,  
Contact Community Resources  
(413) 529-2428

RSVP required by Thursday, October 7

**Go To  
Front Page**

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## The Hidden Curriculum



A workshop designed to introduce you to the importance of the “hidden curriculum”—the unwritten social rules and expectations of behavior that we all know but were never taught—and how a lack of these skills impacts individuals with an autism spectrum disorder (ASD).

Individuals who have ASD do not come equipped with the same ability to understand the hidden curriculum. As a result, they break many social and behavioral rules without intent or even knowledge that they are doing so. This, coupled with their difficulty in generalizing information from one situation to another, leads them to making the same mistakes over and over again at a tremendous social cost.

This workshop includes strategies and techniques to help children and adults understand social cues and unstated expectations, guidelines for what to do (or what not to do) in specific social situations, and practical tips.



### *Two Dates and Locations*

*Speaker: Jason Litto*

*Date: Thursday, October 14, 2010*

*Time: 6:00 - 8:00 p.m.*

*Location: BCARC Social Development Ctr.  
65 Depot St., Dalton, MA*

*RSVP by Monday, October 4, to:*

*Megan Sherman; (413) 443-4780 x 15 or  
shermanm@theassn.org*

**AND**

*Date: Tuesday, October 26, 2010*

*Time: 6:00 - 8:00 p.m.*

*Location: Holyoke Community College  
Kittredge Center—Room 301  
303 Homestead Ave.; Holyoke, MA*

*RSVP by Friday, October 22, to:*

*Community Resources; (413) 529-2428*

**The Berkshire training is a collaboration of:**  
Community Resources For People With Autism  
Central Berkshire Regional School District--SPED PAC  
Pittsfield Public School District--SPED PAC  
Berkshire County ARC  
United Cerebral Palsy of Berkshire County  
Dept. of Developmental Services-Berkshire Area Office  
Berkshire Family and Individual Resources

**Go To  
Front Page**



# Haunted Hay Ride

Saturday, October 16, 2010  
 McCray's Farm  
 55 Alvord Street, South Hadley, MA

McCray's Farm's Munchkin Ride is for the younger children in your family, children ages 7 and under. This gentle, exciting ride is fun for the whole family!

Munchkin Ride begins at 5:00 pm  
 Last Munchkin Ride leaves at 6:45 pm  
 (weather permitting)

Free for families ~ and an ice cream cone is included!  
 (all we ask is that you sign-up by Thursday, October 14)  
 Community Resources for People with Autism  
 (413) 529-2428

A Division of The Association For Community Living

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

### **Sponsored and paid for by:**

Steven E. Chick, CFP  
 Financial Advisor

Northwestern Mutual Financial Network  
[www.steve.chick@nmfn.com](http://www.steve.chick@nmfn.com)

**Go To  
 Front Page**



# *Insight Into Autism*

During this workshop we will discuss the strengths and challenges that are often experienced by individuals with autism.

*Areas covered include:*

diagnostic criteria ~ communication  
sensory challenges ~ positive behavioral supports

We will also talk about practical strategies to facilitate growth and development, including social competencies.

Friends, family members, and support persons are encouraged to attend this valuable workshop.

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***Speaker: Jason Litto***

***Date and Time:***

Tuesday, November 16, 2010  
6:00 p.m. to 8:30 p.m.

***Location:***

New North Citizen's Council  
2383 Main St., Springfield, MA

***R.S.V.P. by Friday, November 12  
(413) 529-2428***

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**Go To  
Front Page**



The Northampton Special Education Parent Advisory Council  
and the Federation for Children with Special Needs present:

**BASIC RIGHTS in Special Education  
WORKSHOP**



**Monday, October 18**  
JFK Middle School, 100 Bridge Road, Florence  
7:00 – 9:00 pm

**Host:** Laurie Sadowski  
lsadowski@gmail.com or 413-584-6629

**Presenters:**  
Karen Mowry, krijvs@aol.com or 413-583-8285  
Alison Greene, anewittg@gmail.com or 413-585-8910

The Basic Rights workshop provides families with an introduction to  
their rights and responsibilities under:

- Individuals with Disabilities Education Act (IDEA) • Massachusetts Special Education Law • No Child Left Behind (NCLB).

This workshop is designed to help parents learn to be effective partners with their child's school to decide their child's eligibility for special education, and to plan, make decisions and monitor their child's progress in school.

A presenter from the Federation for Children with Special Needs will conduct this workshop. Federation workshops are **free** to parents and open to the public. You are welcome to attend any workshop in or outside of your immediate community.

Please register in advance through your local contact person or phone the Federation's receptionist at 800-331-0688 ext. 0 or go online at  
<http://fcsn.org/pti/workshops/home.php>

Come Join us!

The Federation for Children with Special Needs, supported in part by grant #H328M040001 from the U.S. Department of Education, Office of Special Education Programs and the Massachusetts Department of Education.

**Get Connected! Learn! Advocate! Support!**

[http://www.nps.northampton.ma.us/pupil\\_services/parent.html](http://www.nps.northampton.ma.us/pupil_services/parent.html)

**Go To  
Front Page**



FEDERATION FOR CHILDREN  
WITH SPECIAL NEEDS  
INFORMING, EDUCATING, EMPOWERING FAMILIES

## ***2010 Parent Consultant Training Institute***

Tuesday's in the Berkshire's:

September 21, 28 ~ October 5, 12, 19, 26 ~ November 2, 9  
9:00 AM to 4:00 PM each day

First Congregational Church of Lee United Church of Christ  
(25 Park Place; Lee, MA)

Dear Family Members and Professionals,

In preparation of getting good information to Massachusetts families, the Federation for Children with Special Needs invites you to participate in the Parent Consultant Training Institute.

We will be presenting the following topics:

- ◆ Federal and State Law
- ◆ Neuropsychological Evaluations
- ◆ IEP
- ◆ 504
- ◆ Effective Communication and Negotiation of an IEP
- ◆ Program Quality Assurance
- ◆ Mediation
- ◆ The Hearing Process

Sincerely,

Julie Sinclair

Director of W. MA PTI Office

Statewide Educator

Federation for Children with Special Needs

Join us for this great learning opportunity!

RSVP to Wanda at 800-331-0688

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We are excited to be offering the Parent Consultant Training Institute in the Berkshires and the following funds can assist with the cost. You can access the application for the training online at [www.fcsn.org](http://www.fcsn.org) Consumer Empowerment Funds from the MA Developmental Disability Council at 617-770-7676 or an online application at: [http://www.mass.gov/mddc/documents/cefp\\_application.doc](http://www.mass.gov/mddc/documents/cefp_application.doc)

FCSN is committed to listening to and learning from families, and encouraging full participation in community life by all people especially those with disabilities.

**Go To  
Front Page**

## *Homestead Community Farm Initiative: An Alternative for Adults with Autism*

Adults with autism often have limited options available to them. Traditional service models, such as group homes and sheltered workshops, do not meet the needs of many young people entering the adult services network. Having been part of their local communities for their entire lives, it is often difficult for young people with autism to make the transition to programs that are more congregated. A farmstead affords regular work for a wide range of individuals and taps into the skills and aptitudes of many people with autism. We have seen first hand how performing tasks such as hauling brush, feeding animals, washing vegetables, building a chicken coop, etc. can benefit people on the autism spectrum. Being outdoors, working alongside other farmers, completing tasks, and doing daily chores serve to help people feel part of an ongoing, worthwhile, and healthy enterprise.



*Peter Aronson working at Brookfield Farm with Fran*

The Farmstead Model embodies the values of community, farming and inclusion for people with disabilities. For the past year, a group of committed parents, teachers, farmers and human services professionals from the Amherst area have been meeting to design a farmstead community in the Pioneer Valley. Called the Homestead Community Farm Initiative, this group seeks to create an integrated and inter-generational farmstead where people with and without disabilities, can live, work and socialize together.

A core principle of this initiative is the acceptance and appreciation of our diversity as human beings. Another goal of Homestead Community Farm is to employ sustainable farming practices and humane animal care while creating an inclusive community where people of diverse ages, ethnicities and abilities can learn from each other. We seek to create an environment where individuals who might otherwise not find employment, have opportunities to do meaningful, varied, and productive work. We envision a place where everyone feels part of a family sharing their lives together.

The Homestead Community Farm Initiative is committed to making its vision a reality. To do so, we need the support of the community to help us raise funds and find a local farm to develop into the Homestead Community Farm. We also are looking for people to join our group, to serve on committees and to provide expertise in the areas of finance, farming, fundraising, outreach and land acquisition. Most importantly, we are reaching out to families and individuals who share our vision, who seek to live and work as part of a thriving farmstead community and who believe, as we do, that everybody has the potential and the right to contribute to a better society.

Please join us at our fall fundraiser: An Afternoon of Trios held at the Edwards Church in Northampton on Sunday, October 17 at 3:00 PM. The concert features three talented musicians: Hannah Berube, Molly Aronson and Elise Jackendoff. Donations will be accepted at the door.

Please visit our website [www.homesteadcommunityfarm.org](http://www.homesteadcommunityfarm.org) for contact information. We look forward to hearing from you!

**Go To  
Front Page**

## An Afternoon of Trios

Hannah Berube, Clarinet  
Molly Aronson, Cello  
Elise Jackendoff, Piano



Sunday, October 17, 2010

3:00 PM

Edwards Church

(297 Main Street ~ Northampton, MA)

## A Benefit Concert for Homestead Community Farm Initiative

Seeking to create an intentional community that provides:

- \* Quality of life options for adults with differing abilities
- \* An extended family who chooses to support each other
- \* A place to have it all happen: A busy farmstead!

Fundraising supported by Brookfield Farm in Amherst, Mass.  
CSA (Community Supported Agriculture)

All donations will benefit:  
Homestead Community Farm Initiative  
More information: [www.homesteadcommunityfarm.org](http://www.homesteadcommunityfarm.org)

[Go To  
Front Page](#)

*DVD's available for loan from our library...*

*Transition Workshop Series*

Future Planning ~ Destination: Adulthood

Sexuality & Your Child (ages 10-13 and 14-17)

What's Next: Work, Employment, and College

*Navigating the Special Education Maze*

When The School Says "No"

Strategies for Effective Advocacy

For more information, contact

Community Resources for People with Autism  
(413) 529-2428

*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)

**Go To  
Front Page**

## *Parent & Teen Support Groups*

### **Amherst Support Group**

Facilitated by Phyllis Keenan & Deb Belle. Meetings held on weekdays while your children are still in school!

Meetings beginning in October!  
More information coming in October's newsletter!  
Childcare is available.

For more information, meeting location, or to express interest in this group, contact Phyllis at: (413) 687-4191 or keenanpf@earthlink.net

### **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 or (413)693-5188.

### **Parent Support Group in Amherst**

The Amherst Autism Parent group had a great first year! We will be breaking for the summer months, and start up again in September.

Dates: 3rd Saturday of each month  
September 2010 — May 2011  
9/18, 10/16, 11/20, 12/18,  
1/15, 2/19, 3/19, 4/16, 5/21

Time: 10:00 AM to Noon

Location: Chris & Laurel Peltier's  
691 South East Street; Amherst

The meeting format will alter from having formal topics to family outings. Childcare will be provided, so be sure to let us know if you will be bringing your child.

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

### **Spanish Parent Support Group**

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

Tuesday, October 19; 10:30 am to 12:30 pm

For more information & location, please contact:

Betsy Rivera  
(413) 529-2428 ext 112; riverab@theasn.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; jade73@gmail.com

**Go To  
Front Page**

### ***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)

### ***Bowling League***

A bowling league for children with disabilities and their siblings.

When: Every other Saturday—beginning Saturday, September 11

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)

### ***4H—Leverett***

4H has been meeting in Leverett with 5 children ages 5-11. Activities include: planting and harvesting vegetables, canoeing, and visiting farm animals. Meetings held every other week, and there is space for 3-5 more participants.

For more information, meeting location, or to express interest in this group, contact Phyllis at: (413) 687-4191 or [keenanpf@earthlink.net](mailto:keenanpf@earthlink.net)

**Go To  
Front Page**

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

Tons of 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).

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

Anyone on the spectrum is invited, plus those in support roles if they clearly identify their role. Membership information is kept through the main GRASP office, so you must subscribe before you can attend. This allows your membership to remain as anonymous as you desire. We respectfully request that anyone in attendance not share with others the names of anyone else they have seen at a meeting.

When: The 3rd Saturday of every month, from 2:00 PM — 4:00 PM

Location: Westfield Athenaeum; 6 Elm St., Westfield

For more information, contact Michael Reinhagen at [mreinhagen@gmail.com](mailto:mreinhagen@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 social cognition and skill development.

For more information, contact Kathleen at (413) 320-3408 or [kmbecker42@gmail.com](mailto:kmbecker42@gmail.com)

### ***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)

**Go To  
Front Page**