



Parent/Guardian Support & Resource Pages

Week Ending of November 13, 2020



CASE Collaborative Community News



Second Date Added!



HOW TO PLAN FOR A HAPPY AND HEALTHY WINTER SEASON

CASE NURSES, KATHARINE VITAL AND KELLIE FITZGERALD, WILL DISCUSS TIPS AND RESOURCES FOR A SAFE WINTER AND HOLIDAY SEASON

NOVEMBER 17th, 2020
TUESDAY, 9:00 – 10:00 AM

Important Topics will Include:

- Holiday Travel Guidelines & Precautions
- COVID-19 PCR vs. Antigen Tests – What is the Difference?
- Is COVID-19 Testing Covered by Insurance?
- COVID-19 vs. Flu – What are the Symptoms?
- Stay Informed! Valuable Resources & Tips to Keep your Family Healthy & Safe this Winter Season



Zoom Link:

<https://us04web.zoom.us/j/9176916737?pwd=Qjlwa0Zvcn9yMit2bE5YTlh5SmFMQT09>
Meeting ID: 917 691 6737
Passcode: 771254

Meet Our Nursing Team –
Q & A Session to Follow
Presentation

Please RSVP and Email your
Questions in Advance to
scampbell@casecollaborative.org

We Hope you will Join us
during this Informative
Presentation. The CASE
Collaborative is Committed to
Supporting Children with
Special Needs and their
Families

CASE COLLABORATIVE

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Concord, MA 01742
978-318-1534

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Community Workshops and Conferences



Executive Function 101: Academic Skills and Strategies for Success During COVID

When: November 19, 2020 | Thu 7:00 pm

Format: On-line

Hosted by Lincoln-Sudbury SEPAC. During COVID, whether in a hybrid or fully remote model, executive function skills have become increasingly important for students of all ages. Guest presenters from Join Engaging Minds will share actionable strategies you can use at home to help strengthen your teen's executive function skills and keep them on a successful path. To register or for the Zoom link visit www.facebook.com/LSRHSSEPAC or contact lssepac.chair@gmail.com



Virtual Special Needs Resource Fair

When: November 19, 2020 | Thu 6:30 pm to 8:30 pm

Format: Virtual via Zoom

Zoom Link: Zoom: <https://us02web.zoom.us/j/85175646894?pwd=ZHB5dFBsVnVzZFRhdVB1UUxIM1VmUT09>

The fair will host these organizations that provide valuable resources and services for children, young adults and beyond:

- *Adaptive Sports New England
- *Autism Insurance Resource Center
- *Autism Program at Boston Medical Center
- *Berklee Inst. for Arts Education & Special Needs
- *Boston Children's Hospital Autism Spectrum Center
- *Boys and Girls Club of Dorchester (BIND)
- *Bridging Independent Living Together
- *Bridges from School to Work
- *Caregiver Homes
- *Disability Law Center
- *Easter Seals
- *EdLaw Project
- *Federation for Children with Special Needs
- *Massachusetts Advocates for Children
- *MA Inclusive Concurrent Enrollment Initiative
- *Partners for Youth with Disabilities
- *Public Health: Division for Children & Youth with Special Health needs
- *SafetyNet Tracking Systems
- *TILL, Inc.
- *Volunteer Lawyers Project
- *Work Inc.

And more... Interpretation services are available upon request 7 days in advance. Contact: Janet Morrison at jmorrison@bostonpublicschools.org or call Janet at 617-635-8599.

Star-studded Lineup to Amaze at Abilities Virtual Experience 2

When: November 20-22, 2020 |

Format: On-line

A thousand years ago, back in June of this year, we launched our inaugural Abilities Virtual Experience. Many of you attended this online affair, and we were as grateful for your support as we were for your candid feedback. Without that, we would not have the impressive, immersive and interactive Abilities Virtual Experience 2 coming your way in less than two weeks. You told us that you wanted more opportunities to engage, more live experiences and greater accessibility. Check, check and check. We have pulled together a tremendous amount of life-enhancing products and resources and, on November 20-22, the dynamic #AbilitiesVE2 is all yours. If you are not yet signed up for this free online event, now is the time! In addition to the latest products, technologies and services, you can log on for info-packed workshops, adaptive events and unforgettable live interviews. Read more here

<https://www.abilities.com/community/virtual-experience.html>



Basic Rights Series presented by The Federation for Children with Special Needs

***Basic Rights: Evaluation and Eligibility** - Please join Federation for Children with Special Needs on Wednesday November 18, 2020 at 6:00pm for our Basic Rights: Evaluation and Eligibility workshop presented by Jessica Sales Cohen. This presentation is a comprehensive introduction into special education laws and procedures. We will delve into the purpose of the law, referrals, evaluations, and the team meeting process including determining eligibility. Further discussion will focus on services, placement, and what to do when you receive a proposed IEP. You will also learn what to do if the student is not eligible and parent's procedural due process rights for resolving disputes. Please sign up to attend through our Zoom registration link: <https://zoom.us/meeting/register/tJEud-CvqTlpGdzmNNec5-CadyLFAI5MyhEJ>. Zoom will confirm your registration by email which will include your meeting link to join. All handouts will be sent to attendees from our workshop coordinator, Kristin LaRose, within 24 hours of the presentation.

***Basic Rights: Understanding the IEP** - Please join the Federation for Children with Special Needs on Monday November 30, 2020 at 6:00pm for our Basic Rights: Understanding the IEP workshop presented by Elizabeth Bostic. This presentation was developed to help families gain a deeper understanding of the IEP document. We will talk about why it is important, how it is developed and the different sections of the document. Further discussion will focus on what types of services are included and measurable goals. You will also learn about what to do when you receive a proposed IEP and parent's procedural due process rights for resolving disputes. Please sign up to attend through our Zoom registration link: https://zoom.us/meeting/register/tJUoc--gpzwjHtfEFo0ms_f6xnBEKqNI47Zt.

Zoom will confirm your registration by email which will include your meeting link to join on Thursday night. All handouts will be sent to attendees from our workshop coordinator, Kristin LaRose, within 24 hours of the presentation.

***Basic Rights: Transition Planning (for IEP students ages 14-22)** - Please join the Federation for Children with Special Needs on Monday December 14, 2020 at 6:00pm for our Basic Rights: Transition Planning (for IEP students ages 14-22) workshop presented by Christine Riley. This presentation addresses the planning involved when a student is of transition age. The importance of planning, the roles of both parent/guardian and student and the student's post-secondary vision. We will discuss how to prepare for the transition planning meeting, the age of majority, and procedural due process rights for resolving disputes. Please sign up to attend through our Zoom registration link: <https://zoom.us/meeting/register/tJAldOqqpjwrGtftI9isbckvVpt7FbQPUwbC>. Zoom will confirm your registration by email which will include your meeting link to join. All handouts will be sent to attendees from our workshop coordinator, Kristin LaRose, within 24 hours of the presentation.

Caregiving Around the Clock

Caregiver Appreciation Series | November 2020 – March 2021

"Family members, friends, and neighbors devote countless hours to providing care to their relatives or loved ones. During National Family Caregivers Month, we recognize and thank the humble heroes who do so much to keep our families and communities strong."

PROCLAMATION BY PRESIDENT BARACK OBAMA, 2012

National Family Caregivers Month – celebrated each November – is a time to recognize and honor family caregivers across the country, a time to celebrate the contributions of caregivers and provide them with tools that they need. Across Massachusetts, more than 18,000 families are caring for a family member with an intellectual or developmental disability in the home. More than 9,000 of these family members are adults.

The Department of Developmental Services has joined with The Arc of Massachusetts to provide information, resources, support, and strategies to help caregivers stay strong and resilient.

This year's theme, **Caregiving Around the Clock**, certainly brings light to how caregivers have worked tirelessly in providing for loved ones during the pandemic. This series will begin in November and extend through March 2021. Future topics for February and March are forthcoming. Many sessions will also be recorded and made available on demand via YouTube if you are unable to attend.



MONDAY, NOVEMBER 16, 2020

Commissioner Jane Ryder from the Department of Developmental Services will join Leo Sarkissian and Kerry Mahoney to help kick off our series, **Caregiving Around the Clock!**

WEDNESDAY, NOVEMBER 18, 2020

Caring for Yourself When Everyday Is Stressful: How Do You Stay Resilient?

Presented by Donna M. White, RN, PhD, CNS, LADC I, an award-winning speaker who discusses Caregiver Burnout, Resilience, Addiction, and more.

To Register for these events visit

<https://arcmass.zoom.us/meeting/register/u50udeuqrDgvNBQdVXdgK1v7aW005Dyutg>

https://arcmass.zoom.us/webinar/register/WN_nFfsMlnqTl2-VOdI5AkNSw



Transition and Beyond (ages 14-22)



A Family Toolkit: Pediatric-to-adult Health Care Transition

This toolkit was developed for families to use during pediatric-to-adult HCT and includes resources for both parents/caregivers and youth/young adults. The next page provides a summary of the tools that are included. These tools can be used to better prepare youth and families for the transition to adult care. This toolkit can be downloaded for free on Got Transition's website at GotTransition.org. Got Transition® is a program of The National Alliance to Advance Adolescent Health and is funded through a cooperative agreement from the federal Maternal and Child Health Bureau, Health Resources and Services Administration. Its aim is to improve transition from pediatric to adult health care through the use of innovative strategies for health care professionals and youth, families, and caregivers. For more health care transition resources and information about Got Transition, please visit GotTransition.org. For more information about The National Alliance to Advance Adolescent Health, please visit TheNationalAlliance.org. Comprehensive information about this guide can be found here <https://www.gottransition.org/resource/?hct-family-toolkit>



Autism Housing Pathways "Housing 101"

When: November 23, 2020

Format: Virtual via Zoom

Autism Housing Pathways Webinar, November 23d, 2020, with the Northeast Arc of Danvers, MA. Part of the Adult Autism Specialist Virtual Speaker Series. For families of Adults with an Autism Spectrum Disorder without an Intellectual Disability, and their Families.

* Autism Housing Pathway's "Housing 101" introduces families to the range of public funds available to pay for housing and supportive services – including for those without DDS supports. Some examples are given of how these can be combined with private funds to create housing.

* Speaker Catherine Boyle, president of Autism Housing Pathways, will be the presenter.

* Parents, individuals with special housing needs, and professional can attend this workshop to help answer questions about a loved one's home of the future, long-term living options and more.

The presentation includes:

*a review of public funds available to pay for housing and state care support options (including non-DDS) the crucial process of combining available public funds with realistic family assets to create the best potential for housing options all of the important steps to any plan in process. Zoom Meeting RSVPs required to hburgess@ne-arc.org

*information provided by www.spedchildmass.com



What's the difference between Telehealth and Telemedicine?

Telehealth uses electronic information and telecommunication to support and promote long distance clinical health care, patient and professional health-related education, public health, and health administration.

Telemedicine is health care delivered virtually. It's the interaction between a patient and a clinician via telecommunication to support diagnosis, treatment, or disease prevention.

Examples of what services are provided

- Video conferencing
 - ◊ Real-time, two-way interaction that supports health care services
- "Store and forward"
 - ◊ Digital images, pictures, video, or text that was recorded and stored before being sent
- Remote patient monitoring (RPM)
 - ◊ Health and medical data, such as blood glucose or blood pressure. Technologies need different levels of intervention by patient and doctor. Data can be sent as needed or on a predetermined schedule.
- Mobile health (mHealth)
 - ◊ Using mobile devices, tablets, or phones to send health care information

- Doctor's appointment using telecommunication
- Primary care and specialist teleconsultation
- Teleradiology and treatment plan
- Telepsych/behavioral assessment
- Follow-up appointment
- Medication management
- Management of chronic conditions

Insurance Coverage

COVID-19 legislation has now temporarily mandated coverage in all states.

For more information on virtual health care, visit PACER.org/health

8161 Normandale Boulevard | Minneapolis, MN 55437
(952) 838-9000 | (800) 537-2237 Toll free
PACER@PACER.org | PACER.org/Health



CASE COMMUNITY FOOD DRIVE - This year we are thrilled to be launching a CASE wide community drive led by students and facilitated by staff. This is an initiative that was started by the 2 middle school SE programs, Colebrook Middle and Fowler Middle. A special thanks to our 2 students for creating these flyers. They worked very hard and are so proud of their project. Let's join together in making this a time of giving and gratitude to our larger community. Donations can be sent in with your child to their respective CASE classrooms.





Fun Activities and Recreation



150+ EDUCATIONAL SHOWS ON NETFLIX

In the last few years, Netflix has completely transformed the way many Americans watch movies. Long gone are the days of driving to the video store, browsing through the aisles of endless new releases. Now, you can do it all, right from the comfort of your home. From romance to dramas, there's something for everyone. Lucky for us, the streaming site is jam-packed with educational shows on Netflix. Netflix has also been a game-changer in the way we homeschool. Sick days can still be educational. Parents can clean the house while kids learn, right from the couch. The number of educational shows on Netflix is growing everyday! Not to mention the benefits Netflix has added to homeschoolers who learn best visually. Read more here and to view comprehensive list of educational movies click on the following link <https://homeschoolhideout.com/educational-shows-on-netflix/?fbclid=IwAR0tyGB52vKDwve3zF70Hzetyd-lpg8pn1wbateCE5eQ6c5tFPk-V6dCK000>



On-line Digital Audio Production Class

When: November 27, 2020 -January 31, 2021

Format: Virtual Class

Fees apply. A Needham, MA, non-profit music program. A rock band program for young musicians ages 6 – 19. All levels and needs welcome.

- * In this innovative 8-week project-oriented program students will learn fundamental skills, techniques and tools to work with digital audio software.
- * The program will culminate in a student created song or podcast project that will be in a live-stream concert.
- * This is not a program adapted for online learning. The Digital Audio Production program was developed for, is geared towards, and is enhanced by a virtual environment.

Topics in the 90-minute weekly classes include:

Week 1: Intro to Digital Music

Week 2: Audio Editing and the Grid

Week 3: MIDI Editing and Drums

Week 4: Mixing and Effects

Week 5: Creative Arranging and Start of Final Projects

Week 6: Podcasting and Final Project Work

Week 7: History of Music Production and Digital Music Making and Final Project Work

Week 8: Exporting Final Projects and Conclusions

VIRTUAL PROGRAM for 2020/21. Each band class consists of 4-6 students and 1 teacher and is comprised of drums, guitar, bass, vocals, and can also include keyboards.

* Students learn to play their individual instruments, develop a set list, and work as a group, all with guidance from our trained teaching staff.

* Band sets can include original material and/or cover songs chosen by the students.

* All bands will perform at an end of session concert.

To register or for more information contact 781-956-4281 or visit www.pluggedinband.org

*information provided by www.spedchildmass.com



10 Places to Find Free Books for Your Child

Having lots of books at home can encourage your child to read more. Choosing new books can be a fun adventure. Swapping out old ones can freshen up the supply and help keep your child interested in reading. But if stocking up on books sounds expensive or maybe even exhausting, the good news is you can do it for free. And in some cases, you don't even have to leave home. Read more here <https://www.understood.org/en/school-learning/learning-at-home/encouraging-reading-writing/10-places-to-find-free-books-for-your-child>



Join us for a **FREE** virtual comedy event!

When: November 20, 2020 | Fri

Format: Virtual via Zoom

NAMI Cape Ann invites you to enjoy some comic relief during these COVID times. Join us for a **FREE** virtual comedy event! Starring Stephen Bjork, Amy Tee and Dave Rattigan. Visit our website – namicapeann.org the week before the event for the link to join via Zoom. Questions? Email namicapeann@verizon.net Register here for Zoom Link.

<https://namicapeann.org/event-registration/?ee=558>

GET SILLY WITH US

VIRTUAL COMEDY NIGHT

NAMI CAPE ANN

STEPHEN BJORK
One of the funniest observational humorists in Boston, Stephen Bjork has performed across the country at clubs such as The Improv in Orlando, Las Vegas, Mohegan Sun in CT, Hilarities in Orlando, CRACKERS IN Indianapolis AND MORE. He's shared the stage with Dane Cook, Steven Wright, Dom Irrera, Dave Chappelle, Gilbert Gottfried, and Joe Rogan.

AMY TEE
"Not every crazy looks crazy," says Amy Tee, the comedian who employs a boyish charm with dry wit as she delves into some serious subjects – she's dealt with alcoholism and mental illness – in a hilarious way. Identified by the Boston Globe as a comedian to watch, and in Curve magazine as one of the "funniest lesbians in America," Amy Tee toured nationally and was a featured comedian in the film, Laughing Matter -The Next Generation.

DAVE RATTIGAN
Dave Rattigan is one of Boston's busiest comedians, headlining clubs, writing, and acting in commercials, small films, and web projects. Standup fans across the country have heard his Dave Rattigan: on the syndicated Steve Katsos Show on XM Radio and he made three appearances far away as Dublin and Kilkeny, Ireland. He has performed as large as 2,300. He has written humorous pieces for the Boston Globe, Christian Science Monitor, Northshore Magazine and other publications.

JOIN US ON NOVEMBER 20TH AT 8PM
CHECK BACK ON NAMICAPEANN.ORG FOR THE ZOOM INFORMATION



Family Support & Special Interest



AANE Presents a Free Online Screening of "I Am Greta" and a Conversation with Adults on the Spectrum

When: November 20 to November 22, 2020, 2020 | 12:00 AM (11/20) – 11:59 PM (11/22) ET

Format: On-line

AANE will be offering free access to the film "I Am Greta" along with hosting a post-screening conversation with adults on the autism spectrum who have followed their passion! The story of teenage climate activist Greta Thunberg is told through compelling footage in this intimate documentary from Swedish director Nathan Grossman. Starting with her one-person school strike for climate action outside the Swedish Parliament, Grossman follows Greta – a shy student with Asperger's, in her rise to prominence and her galvanizing global impact as she sparks school strikes around the world. The film culminates with her extraordinary wind-powered voyage across the Atlantic Ocean to speak at the UN Climate Action Summit in New York City. Today, her #FridaysforFuture movement has organized climate strikes on every continent except Antarctica. As she tells the UN, "The world is waking up, and change is coming whether you like it or not." To learn more and for registration visit <https://www.aane.org/event/i-am-greta-film-screening-11-20-20-11-22-20/>



Film Premiere: Autism: One Man's Journey

When: November 19, 2020 | Thu 9:30 pm to 11:00 pm

Format: Vimeo

Scott Klumb, an award-winning Colorado filmmaker, takes viewers on his very own journey to bring awareness to late diagnosis autism. In a year where unpredictability prevailed, Autism: One Man's Journey has gained entry into 8 film festivals in 2020! Scott's film continues to gain international attention with its most recent entry into the Sydney, Australia "Lift Off" film festival. We hope that 2021 will bring us together again in person, but until then we are happy to bring this film to you in the safety and comfort of your own home. Your ticket purchase will help Scott continue to make important films like this one. We would like to thank you in advance for your support! Currently, an unprecedented number of autistic young people will be making the transition to adulthood. But what if you are autistic and never diagnosed as a child? What if you are entering adulthood without the benefit of early diagnosis, intervention, and support? Autism: One Man's Journey is a documentary and memoir about Scott Michael Klumb, an award-winning filmmaker diagnosed with autism at age 23. Scott takes viewers on a journey, wanting to bring awareness to the issues related to late diagnosis, and not understanding what was "wrong" with him for most of his life. This is a story of hardship, perseverance, and hope. It is a story of inspiration including Scott's personal interview with Dr. Temple Grandin, one of the world's most accomplished and well-known adults with autism. Scott filmed, edited, and produced this inspiring autobiographical film with the hope to reassure late diagnosis autistics that they are not alone, there is support for them too, and that it is possible to connect with people who care. Showing how pushing himself to address challenging situations and emotions, Autism: One Man's Journey proves that an autistic person can hone their strengths and abilities to create a meaningful life and career. It can be hard, but Scott wants to inspire others and let them know that things do get better. All things are possible. Fees Apply. Purchase Tickets here:

<https://www.eventbrite.com/e/film-premiere-autism-one-mans-journey-tickets-124849826191?aff=erelexpmlt>



Parent/Caregiver Support Group: Managing the Challenges of Remote Learning

When: November 16, 2020 to December 15, 2020 | Mon 6:30 pm to 7:30 pm

A group for parents/caregivers of children with disabilities or unmet needs who are having a hard time adjusting to remote learning. Is your child struggling with remote learning? This small group will meet weekly over Zoom to support one another. The focus will be on students with disabilities or unmet needs who are having a hard time adjusting to remote learning or hybrid school. Parents and caregivers will check in each week to share successes and challenges with one another. We can also share resources and posts throughout the week in an online group. This group will be facilitated by Dr. James Cressey, an education professor and nationally certified school psychologist and parent of a 2 year old, along with Ellen Rose, a graduate student in counseling psychology and a parent of two children (ages 17 and 20). Register here <https://www.eventbrite.com/e/parentcaregiver-support-group-managing-the-challenges-of-remote-learning-tickets-127373316017>

Parent/Caregiver Support Group:
Managing the challenges of remote learning


Nov. 16 - Dec. 14
Mondays
(6:30 pm - 7:30 pm)
Via Zoom

A group held for parents/caregivers of students with disabilities or unmet needs who are having a hard time adjusting to remote learning or hybrid school.

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Share successes and challenges with each other. Also share resources and posts throughout the week in an online group.

This is a free event. Learn more information and register at [chriswalshcenter.eventbrite.com](https://www.chriswalshcenter.eventbrite.com) or [Facebook.com/chriswalshcenter](https://www.facebook.com/chriswalshcenter).


Sponsored by the Chris Walsh Center
for Educators and Families of MetroWest



Lands' End Launches Adaptive Clothing Line

We're excited to announce our new inclusive line of adaptive clothing. Designed for easy dressing and made to look exactly like our best-sellers, but with some new innovative features. Instead of buttons, they have magnetic closures (made with MagnaReady® technology) and/or rip & grip closures. The smooth seams and heat-transfer or satin labels are sensory-friendly. Everything is extremely comfortable for everyone. Just type in Adaptive to see what they have under search. <https://www.landsend.com/>



Gluten-Free Thanksgiving Feast

Your Thanksgiving gathering may look a little different this year, but we're here to help you create a delicious, gluten-free meal big or small! Feast your eyes on all of the delicious breads, side dishes, mains & desserts below. All are designed to be gluten free, but some are also vegan, vegetarian, dairy free, or paleo. Bring on the holidays! Check out all these great recipes here! https://blog.findmeglutenfree.com/2020/11/06/gluten-free-thanksgiving-feast/?mc_cid=153bf331aa&mc_eid=c347f4f628

***Please Note: These resources are provided for informational purposes only.
Please do your own due diligence and research.***