



# Easterseals

## December Monthly Newsletter

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## Easterseals Services

### Community Clothing Closet at Easter Seals



Do you know Michele Dockery? She is our very own Child Care Director and she has a special project called the Community Clothing Closet right here in our in our Pediatric Center in Joliet, IL.

Michele collects and distributes gently used and new clothing for infants and children. There are no requirements necessary. If you are in need of clothing, please contact Michele at [mdockery@joliet.easterseals.com](mailto:mdockery@joliet.easterseals.com)

or call (815) 725-2194 to set an appointment.

Donations are gladly accepted.

### Parents Raising Children with Autism Spectrum Disorders Support Group

Meets the SECOND Wednesday of the month from 6:00 pm to 7:00 pm via Zoom. Please email Alicia at [ahann@joliet.easterseals.com](mailto:ahann@joliet.easterseals.com) for an invitation to join the group. It is free to join! All are welcome.

### Little Free Library at Easter Seals ----- →

#### What is a little free library?

A Little Free library is a free book exchange that belongs to you and your neighborhood. You may see them pop up around your community. Easter Seals has one right outside the Regional Pediatric Center at 212 Barney Dr. in Joliet, IL! These little libraries can be all shapes and sizes, but usually they are recognized as a small wooden box. Anyone may use it: neighbors, friends and local visitors. If you see something, you would like to read, take it! It is for you.



## Community Resources: Food

Many schools are now offering free Curbside Meal Services where they are distributing a week's worth of breakfast and lunches at pick up. Contact your local school district for more information. Below is information for some locations in Plainfield and Joliet.

### [PSD 202 Curbside Meal Service](#)

- Available to **ALL** children through age 18.
- Parents and guardians may pick up meals without children present.
- Meals can be picked up from **ANY** site below, regardless of the student's home school site.
- No documentation is required; only provide how many children under the age of 18.

December 3, Dec 10, Dec 17, Dec 21, Dec 28 from 2:30 pm to 6:00 pm.

- Plainfield Central High School
- Plainfield East High School
- Plainfield North High School
- Drauden Point Middle School
- Timber Ridge Middle School

If you are unable to pick up during service days, please contact Aramark at (815) 436-6270.

### Union School District 81 Curbside Meal Service:

UNION SCHOOL DISTRICT 81  
HOME OF THE CHARGERS



## 7-Day Meal Kits Now Available!

That is **14 FREE Meals** you can pick up weekly for every teen/child 18 years or younger. Tremendous savings for families in our community now through the end of the school year.

**AVAILABLE TO ANYONE 18 YEARS OF AGE AND YOUNGER**

Curbside Pick-up Every **FRIDAY**  
Starts on November 20th  
11:00am – 2:00pm

**South Parking Lot of Union School**  
**1661 Cherry Hill Road**  
**Joliet, IL**

Program Contact:  
Colleen Markowski  
cmarkowski@questfms.com

**So Much Good Food!**



*Meal Kits available with free lunch, free breakfast 7 days a week!*



This sponsor is an equal opportunity provider.



QUESTFOOD  
MANAGEMENT SERVICES

# RESPITE SERVICES

## DHS Funded Programs



### Voucher Program

Clearbrook's voucher program will utilize our state funding in order to award families and caretakers with a stipend to use on allowable expenses. Families and caretakers who qualify for respite funding are those who currently receive no DD-funded residential services and who have a child or adult diagnosed with an intellectual or developmental disability. Families who qualify can be reimbursed up to the allotted amount to purchase direct care support, special recreation programs, etc.

### Residential Program

Clearbrook's residential program gives individuals aged 18 years or older who have been diagnosed with an intellectual/developmental disability a 24-hour stay in our respite CILAs. This program is provided to eligible families/individuals in order to help maintain stability and provide residential supervision via trained Clearbrook staff. Clearbrook has four homes located in Cook and McHenry counties.

### Group Respite Program

Our state-funded group respite program will occur twice a month on Saturday at Clearbrook's CHOICE space in Crystal Lake (McHenry county). Persons eligible for this program are adults who have been diagnosed with I/DD. Group respite will provide experiences of social interaction, inclusion and exposure to the community during its program time.

### In-Home Program

Clearbrook can offer eligible families in-home support funded through DHS. Families would be granted a monthly allowance of in-home respite care through trained Clearbrook respite staff. Families will be asked to assist with the recruitment of staff. The hours can be grouped and used at the family's discretion, in order to provide a break when it is needed most to the caregiver of a person who has been diagnosed with DD.

For more information about DHS-funded programs please contact:

*Michelle Bosco*

*Coordinator for Clearbrook's Respite Programs*

*(847)385-5335 (direct) or (833) 309-0001 (toll free)*

*[mbosco@Clearbrook.org](mailto:mbosco@Clearbrook.org)*

## Community Resources: Mental Health

### Relatives Raising Children

We're here to help!

You may be a grandmother, grandfather, aunt or uncle raising a child in place of the parents. You are taking responsibility for the child because the parents are unable or unwilling to do so. **You are a family caregiver and you are not alone!**

The Family Caregiver Support Program provides valuable resources for relatives age 55+ who are raising children 18 and under or with severe disabilities. The program includes:

- **Caregiver Resource Centers** give information about available services. The Centers assess your situation and help connect you to programs to assist you.
- **Alternatives to get a break from caring for the children called Respite Services:** includes options at home or in another location.
- **Options to obtain support in unforeseen circumstances called Gap-Filling Services:** covers a variety of items to assist you.
- **Legal Services** to help you assume care of the children.
- **Caregiver Counseling Centers** to coach/counsel you through troubling times, such as how to understand raising a special needs child.
- **Alternatives to get a break from caring for the children called Respite Services:** includes options at home or in another location.
- **Options to obtain support in unforeseen circumstances called Gap-Filling Services:** covers a variety of items to assist you.
- **Legal Services** to help you assume care of the children.
- **Caregiver Counseling Centers** to coach/counsel you through troubling times, such as how to understand raising a special needs child.
- **Training and education** to assist you to take care of yourself or to learn "how-to" care giving skills to aid your grandchild.
- **Support groups** to share experiences and to understand that you are not alone.



Caregiver Support Programs are available in the eight counties the Area Agency serves: DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry and Will. If you would like further details about the Caregiver Support Program or services for older adults, contact the AgeGuide at (800) 528-2000 (toll-free in Illinois).

Senior Services of  
Will County  
251 N. Center Street  
Joliet, IL 60435

Phone: 815-740-4225  
www.WillCountySeniors.org



888-431-BABY  
www.fussybabynetwork.org

### Fussy Baby

All babies cry, but some cry more than others do. Once in five babies is fussy – difficult to comfort and have trouble feeding and sleeping. There is no quick fix – but there is help. Call the Fussy Baby Network, Erikson Institute's program.

- Warmline telephone support is open and ready!
- Call **888-431-BABY** or email [fussybaby@erikson.edu](mailto:fussybaby@erikson.edu)
- Video Home Visits available
- Parent Web groups available
- Launching Facebook Live Sessions for infant massage, baby Yoga, play and connection ideas and more
- There are **NO FEES** for Fussy Baby services during "Shelter-in-place"



Easter Seals provides exceptional services, education, outreach, and advocacy so that veterans, people living with autism and other disabilities can live, learn, work and play in our communities.

THE EARLY CHILDHOOD SERVICES DIVISION OF  
CATHOLIC CHARITIES, DIOCESE OF JOLIET PRESENTS:



## FATHERHOOD VIRTUAL CONFERENCE

December 8, 2020

English: 3:00 PM - 4:00 PM and Spanish: 4:15PM - 5:15PM



Contact Ericka  
Williams to register:  
815-724-1142

### GUEST SPEAKER: DAVID CARRILLO

David V. Carrillo is the author of three books related to parenting, personal self-growth, and motivation. He is also a provider of clinical counseling services to families, couples, and individuals.

## Community Resources: Mental Health

# Helping the Helpers

Bridges to a New Day Counseling Agency offers a “Healing the Helper” Support Group. This is a support group designed for social service providers.

As social service providers, we tend to leave our needs in the background and focus our clients, families and all the people we serve.

The goal of this free group will help the attendees to focus on themselves and how stress and anxiety is affecting their lives.

This group will be limited in number but will be **FREE**.

**Meeting dates:** The group will meet the second Thursday of the month at 11:00 am on December 12, January 14 and February 11.

Register Today! Email [carolyn@bridgestoanewday.org](mailto:carolyn@bridgestoanewday.org) to save your spot.



Latinx Therapy: an online directory of therapists for Latinx people.

<https://latinxtherapy.com/>



## Looking for a job?

**WORKFORCE CENTER OF WILL COUNTY  
RESOURCE ROOM CAN HELP!**

The Resource Room is available for job search activities including: computers with résumé software, résumé reviews and a copier/fax machine for job search activities.

### Reminders:

- Face coverings must be worn at all times.
- Hand sanitizer is available.
- Services are by appointment.

**CALL 815.727.4444 AND PRESS '0' TO  
SCHEDULE YOUR VISIT.**

## Community Resources: Financial

### Illinois Department of Human Services

As a parent, you have the most influence on your child's development from infancy to adulthood. One of the first important decisions you will make is choosing the best early learning setting (sometimes referred to as a childcare, pre-k or preschool) for your children's birth to preschool years.

In Illinois, you can find quality children care that run programs like ExceleRate. [Click this link to find an Early Learning Program near you.](#)

You may be eligible to receive financial assistance for Child Care services in your county through the Child Care Assistance Program (CCAP). [The IDHS online application is available in English and in Spanish.](#) Once you have completed the application, you can submit it to your county office.

Find your local CCR&R by calling 1-877-202-4453 (toll free).

## Educational & Recreational Resources

### Plainfield Public Library Events

Library cards are not required for most events.

#### *Mystery Challenge Kit (Grades 1 to 5)*

Monday, December 14, 2020

Calling all junior detectives. Test your mystery-solving skills in the family friendly challenge. Stop by the Plainfield Public Library to pick up your kit, then take it home to solve on your own time.

#### *Family At-Home Scavenger Hunt (Virtual)*

Thursday, December 17, 2020

5:00 pm – 5:45 pm OR 6:00 pm to 6:45 pm

All ages! Join for a family friendly at-home scavenger hunt. Points will be awarded and prizes will be won. One registration per family.





# Community Resources: Educational & Recreational Resources

## How to Draw Faces

**5:30 pm Tuesdays**

For Artists with Autism at the Merchant Street Art Gallery  
356 E. Merchant St. in Kankakee  
815-685-9057

**Do you miss noses and mouths in this time of mask wearing?  
Let's spend some time with them before this year is over.**

Each session in this series will offer a variety of drawing approaches and ways of seeing the face. We will practice drawing all types of faces and expressions.  
*Social distancing will be in effect.*

**Noses**



**November 24th**

**Mouths!**



**December 1st**

**Eyes!**



**December 8th**

**All Together Now--->Jan 5th**

**Join us in the new year for full face portraiture practice with all the parts combined. We'll even add the ears.**

*These classes are designed exclusively for people with Autism and their families to have time to relax and interact with others with Autism in their family.*



## Virtual Story time Polar Bears!

Monday, December 7, 2020  
All Day Event  
Virtual Event (Ages 1-5 yrs.)

[CLICK HERE TO REGISTER.](#)

- Join for stories and songs with your favorite story time leaders!
- New stories updated weekly.
- Pick up a themed preschool craft while supplies last in the Youth Services area and watch our story time online.
- To pick up a craft from the drive-through at Joliet Public Library, call the Youth Services at (815) 846-6500 department when you are on your way.

## Sensory time!

Create your own stress squeeze balls:

- Blow up a balloon and then deflate it before you start.
- This stretches the balloon, which makes it easier to fill.
- Fill balloon with Play-Doh or flour (use a funnel with flour)
- Tie the end of the balloon
- Draw a design like a snowman face for extra fun

## Make Oatmeal Play Dough!

### Ingredients:

- ½ cup uncooked oatmeal
- ¼ cup of water
- ¼ cup of flour

### Directions:

- Stir all of the ingredients together in a large bowl until everything is completely mixed together.
- Use cookie cutters to extend the fun!



Enjoy!



## THINKING SKILLS 8 WEEK MINI- COURSE

MY HEALTH PUZZLE & FULL LIFE MARTIAL ARTS PRESENT

DID YOU KNOW THAT A STRESSED BRAIN CANNOT LEARN WELL?

DID YOU KNOW YOUR BRAIN LEARNS BEST THROUGH MOVEMENT?

IF YOUR CHILD STRUGGLES WITH LEARNING, READING, MATH OR SCIENCE, THIS COURSE CAN HELP.

ESTELA R. STREACKER IS AN EDUCATOR, VETERAN HOMESCHOOL MOM, 5TH DEGREE BLACK BELT WITH 20+ YEARS OF EXPERIENCE WORKING WITH FAMILIES & KIDS WHO HAVE LEARNING CHALLENGES USING A UNIQUE MOVEMENT, NUTRITION & BALANCE SYSTEM.

**FOR A FREE INITIAL ASSESSMENT  
CALL 815-258-5559**



## Book Nook

### Finicky Eaters: What to Do When Kids Won't Eat

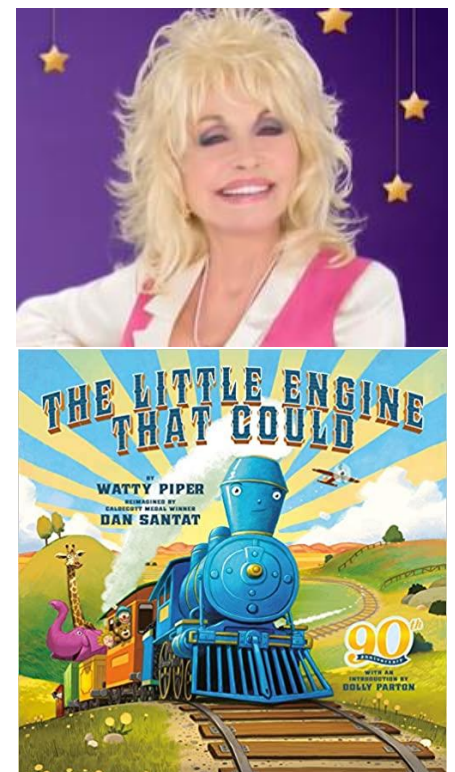
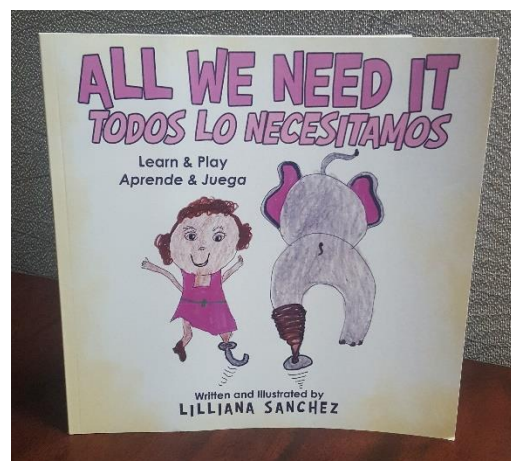
Does your child refuse to eat foods from a specific food group? Are you working with a child who is anxious or scared of eating new foods? If you have answered yes, then check this book out. This book is geared towards parents and professionals working with children with food aversions and eating challenges. Dr. Lori Ernspenger and Ms. Tania Stegen-Hanson provide clear and concise strategies and practical lessons for assisting children in eating a balanced diet. Available in the Easter Seals Autism Resource library and for [purchase in paperback here!](#)

### All We Need It; Todos Lo Necesitamos

This learn and play children's book is written and illustrated by our very own Liliana Sanchez! This book shows in a fun way a variety of aid devices that help with the physical development of children. Read this book to learn and play together!

### The Little Engine That Could: 90<sup>th</sup> Anniversary Edition

*The Little Engine That Could: 90<sup>th</sup> anniversary Edition* tells the classic story of kindness and determination of the Little Blue Engine. This book has inspired millions of children round the world since the story was first published in 1930. [CLICK HERE to view the YouTube video of Dolly Parton reading this book.](#)



## Seatbelt Lock



Traveling during the holidays with a child who can unbuckle their car seat, booster or seatbelt while driving can be stressful! Try using a seat belt lock to prevent unbuckling. Most locking clips are universal and easy to install. Many are available for \$10 - \$15. [CLICK HERE to view.](#)

## Holiday Fun!



Phillips Park, Aurora, IL 60605 is a drive through winter event with more than one mile of spectacular lighted displays.

One of the largest **FREE** outdoor drive-through holiday light displays in Northern Illinois, the Aurora Festival of Lights, returns for its 14<sup>th</sup> year in 2020 with even more dazzling displays that will delight both adults and children.

The light show begins the day after Thanksgiving, Friday Nov 27, and runs through Dec 27. Sunday through Thursday, 5 pm – 9 pm and Fridays and Saturdays 5 pm to 10 pm.

### Dance into the NOON YEAR!

*Thursday, December 31<sup>st</sup>  
11:30 am to 12:05 pm*



Can't stay awake until midnight? Plainfield Public Library presents Dance into the Noon Year! Count down to noon and celebrate the upcoming New Year with stories, music and lots of fun during this virtual event.

[CLICK HERE TO REGISTER](#)

Registration begins Thursday, December 17<sup>th</sup>

## Holiday Gift Suggestions for under \$20!



[Wikki Stix Traveler Playset](#) is a quiet play, hands-on and engaging play for any occasion – in the doctor's office, at home, or in the car. This product is made with nontoxic food grade wax and hand knitting yarn.

[Balance Pod & Foot Fitness Sets](#) is a pair of balance pods for balance and agility. Textured surface makes play fun!

[Moluk Bilibo Play Shell](#) stimulates creativity and open-ended play for kids ages 2+. This item is available in a variety of colors and is appropriate for both indoor and outdoor play.

### Easterseals

Regional Pediatric Center  
212 Barney Dr.  
Joliet, IL 60435  
815-725-2194 Phone  
815-725-5150 Fax

Find us on the Web:

<https://www.easterseals.com/joliet/>



### We're on Facebook!



Easterseals  
Regional Pediatric Center  
212 Barney Dr.  
Joliet, IL 60435

## Article and Video Links

### It's OK to Not Be OK During the Holidays

You are not alone, and there are numerous  
ways to feel supported.

by Patrick McElwaine Psy.D.

[Click Here to Read More](#)

Help your child understand their emotions with a song about feeling happy, sad, silly and more!



[Click to see video here!](#)

