

Monthly Newsletter



Easterseals

February Monthly Newsletter

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Jump Start Presents:

Valentine's Zumbini (English)

When: Fri, February 12, 12:00pm – 12:30pm

Description: Join us for singing, dancing, and play as you bond with your child.

Event is via Zoom

RSVP

here: <https://forms.gle/8rXFiyABcXwGUT56>

Easterseals Services

Jump Start Services

Who can receive Jump Start services?

- Teen parents
- Grandparents raising grandchildren
- Low income families
- A child with disabilities
- A parent with disabilities
- Homeless/transient/numerous family locations
- Ongoing health problem of child or parent
- Child with serious behavior concerns
- Foster Parents

The Jump Start Parental Training Program is a parenting enrichment program offered in Will, Kendall, and Grundy counties. It is a free program that offers parent education and family support services throughout pregnancy until their child is 3 years of age.

The primary goal of Jump Start is to strengthen parent-child relationships, reinforce parenting skills, and promote child growth and development so that all children develop a strong foundation for learning.

Parents Raising Children with ASD Support Group

Raising children with Autism Spectrum Disorders is rewarding, but can also be uniquely challenging. This group brings parents together to talk about their experiences, to lean on each other for support and to share valuable information. Easter Seals Joliet Region will provide monthly topics and link parents to resources within the community. The group meets the SECOND Wednesday of the month from 6:00 pm to

7:00 pm via Zoom. Learn about programs and services available! Chat with parents and share resources. Please email Alicia at ahann@joliet.easterseals.com for an invitation to join the group. It is free to join! All are welcome.





Parent Support Group

For Parents Raising Children with an Autism Spectrum Disorder (ASD) or Any Other Social Interaction/Communication Disorder

*** Second Wednesday
of Every Month**

6:00 PM to 7:00 PM via ZOOM

Raising children with Autism Spectrum Disorders is rewarding and can also be uniquely challenging. This group brings parents and caregivers together to talk about their experiences, to lean on each other for support and to share valuable information. Easterseals Joliet Region will provide monthly topics and link parents to resources within the community.

Please email Alicia at ahann@joliet.easterseals.com for an invitation to join the group.

It is free to join! All are welcome.

RSVP to ahann@joliet.easterseals.com

www.easterseals.com/joliet/

Community Resources: Food

Due to recent changes in federal regulations, District 202 and the food services partner, Aramark, are now offering **FREE "Curbside Meal Service"** to ALL children through age 18, whether or not they are enrolled in District 202. **All children are now eligible for one week's worth of breakfast and lunch at pickup.**

Curbside Pick Up

#eatwellk12

**EAT
WELL**

**Pick Up a Full
Week of Meals**

**Service Days Moving to
Wednesday's Starting January 27th**

Pick Up Locations

**Plainfield Central High School
Plainfield South High School
Plainfield North High School
Plainfield East High School
Drauden Point Middle School
Timber Ridge Middle School
Lakewood Falls Elementary School
Grand Prairie Elementary School**

Service From

2:30pm – 6:00pm

***Elementary Sites only
serve until 5pm**

#PSD202

**FEEL
GREAT**



Visit psd202.org for more details

aramark 

**District
202** 

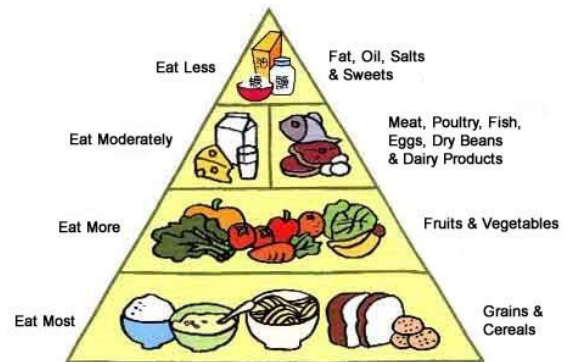
Joliet School District 204 Offers Curbside Meal Pickup

During the COVID-19 School Closure, meals are provided on Mondays, Wednesdays, and Fridays from 11:00 am to 12:30 pm at Joliet Central and West on days when school was scheduled to be in session.

Central Curbside Pickup Map



West Curbside Pickup Map



Check out these food pantries available in your county by clicking the link below!

[Kankakee County](#)

Salvation Army

[Grundy County](#)

Grundy County Food Bank

[Kendall County](#)

Kendall County Community Food Pantry

[Ford County](#)

Eastern Illinois Food Bank

[Will County](#)

Northern Illinois Food Bank



[Iroquois County](#)

Eastern Illinois Food Bank

Community Resources: Food

Click on the image below and enter your zip code to find free meals for children near you!



Community Resources: Financial

Printing Pickup Services Available!

Email careerservices@jobs4people.org with your job search related print or scan request. A staff member will contact you when your request is complete. Why not have a Certified Professional Résumé Writer review your résumé before printing? There is no fee for this service.

Community Resources: Financial

ILLINOIS Assistance Programs, Local Agencies, and Charities

Illinois Assistance Programs and Services QUICK INFO LIST

Illinois Supplemental Nutrition Assistance Program (SNAP)

Monthly food stamp benefits to help low-income people and families buy the food they need for good health. Call: 1-800-843-6154

Illinois Aid to the Aged, Blind, or Disabled (AABD) Program

Helps eligible persons who are aged, blind, or disabled and who need money. Call: 1-800-843-6154

Illinois Temporary Assistance for Needy Families (TANF)

Provides cash as temporary financial assistance for pregnant women and families with one or more dependent children. Call: 1-800-843-6154

Illinois Federal Telephone Assistance Program (Lifeline)

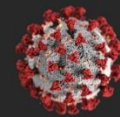
Offers discounts on basic monthly service for qualified telephone customers. Call: [Local telephone company](#)

Illinois State Telephone Assistance Program (Link-Up)

Provides discounts on installation charges for telephone service to eligible Illinois program participants. Call: [Local telephone company](#)

Illinois Commodity Supplemental Food Program (CSFP)

Designed to aid individuals known to be at risk of malnutrition due to low income and poor health conditions, Call: 217-782-2166



COVID-19 RESPONSE

COVID-19 Response from Utility Companies

ComEd

Com Ed has established a comprehensive customer support package to help families and communities who are recovering from the economic challenges created by the COVID-19 pandemic. Moratorium on utility disconnection through March 31, 2021. [Click here](#)

Nicor Gas

Nicor is offering moratorium (temporary suspension) on disconnections for customers who qualify through March 31, 2021. [Click here](#)

**DO SOMETHING
TODAY THAT
YOUR FUTURE
SELF WILL
THANK YOU FOR.**

Community Resources: Mental Health

What is the difference between a social worker, counselor and psychiatrist? Here is a break down provided by NAMI.

Many types of mental health care professionals can help you achieve your recovery goals. These professionals work in inpatient facilities, such as general hospitals and psychiatric facilities, and outpatient facilities, such as community mental health clinics, schools and private practices.

Health care professional job titles and specialties can vary by state. The descriptions below give an overview of what to look for and what credentials to expect from a mental health professional. Finding the right professional is easier when you understand the different areas of expertise and training.

The **NAMI Helpline** can provide information on how to find various mental health professionals and resources in your area.

Social Workers

Social workers (B.A. or B.S.) provide case management, inpatient discharge planning services, placement services and other services to support healthy living. Psychiatrists

Psychiatrists are licensed medical doctors who have completed psychiatric training. They can diagnose mental health conditions, prescribe and monitor medications and provide therapy. Some have completed additional training in child and adolescent mental health, substance use disorders or geriatric psychiatry.

Clinical Social Workers

Clinical social workers are trained to evaluate a person's mental health and use therapeutic techniques based on specific training programs. They are also trained in case management and advocacy services.

Counselors, Clinicians, Therapists

These masters-level health care professionals are trained to evaluate a person's mental health and use therapeutic techniques based on specific training programs. They operate under a variety of job titles—including counselor, clinician, therapist or something else—based on the treatment setting. Working with one of these mental health professionals can lead not only to symptom reduction but to better ways of thinking, feeling and living.

[For the full article visit NAMI's website HERE.](#)

Call the NAMI Helpline at

800-950-NAMI

Or in a crisis, text "NAMI" to
741741

Community Resources: Mental Health



NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Free of cost to participants
- Designed for adult loved ones of people with mental health conditions
- Led by family members of people with mental health conditions

NIU Caregiver Coffee Chat

[The NIU Autism Caregiver Group](#) is virtual! If you would like to join the Caregiver Coffee Chat, please RSVP by emailing Allison Gladfelter at agladfelter@niu.edu to receive the private Zoom link. Date and times vary by month. Contact them today!



Rockin The Spectrum



Life and Social Skills

We will work with you and your therapist to work on skills that help your loved ones become more independent.

[Read more](#)

Date Night

Need a break? Want to spend time with your significant other, spend time with your other children, or even spend time by yourself?

[Read more](#)



IN-HOME & IN-COMMUNITY ABA THERAPY

FAMILY-CENTERED SERVICES WITH A FOCUS ON QUALITY OF LIFE

Positive Behavior Supports, Corp. provides a variety of applied behavior analysis (ABA) services to children, adolescents and adults with Autism Spectrum Disorder, skill deficits, learning and developmental disabilities and behavioral issues that are impeding their quality of life.

FUNDING OPTIONS

Insurance, Grants, and Private Pay

PARENT AND FAMILY
TRAINING & COMMUNITY
OUTINGS

COMPREHENSIVE
BEHAVIORAL
INTERVENTION &
IN-HOME THERAPY

CONSULTATION SERVICES
FOR AGENCIES AND
SCHOOLS

APPLY ONLINE AT
WWW.TEAMPBS.COM

QUESTIONS?

CONTACT:

Nikki Griffin, CHICAGOLAND
REGIONAL COORDINATOR at
MGRIFFIN@TEAMPBS.COM

PHONE:

1.855.832.6727 Ext. 1367

ILS Lunchtime Webinar – What is a Center for Independent Living?

February 9 @ 12:00 pm - 1:00 pm

Please join us from Noon to 1:00 PM on Tuesday, February 9, 2021 for the ILS Lunchtime Webinar – What is a Center for Independent Living (CIL)? Presented by Shelly Richardson, Executive Director for the Statewide Independent Living Council (SILC) of Illinois!

Participants will learn about:

A Brief History and Philosophy of the Independent Living Movement

The Network of CILs in Illinois

The 5 core services offered by every CIL

Register in advance for this webinar at:

https://us02web.zoom.us/webinar/register/WN_opLTQ-KsR-Cvgf0eBLVU0A



Educational & Recreational Resources

NIU Student Pen pals are here!

If your child would like to have a pen pal with a student from the NIU communicative disorders student association (undergraduate speech pathology and audiology students) please send an email to Dr. Gladfelter (agladfelter@niu.edu) to get paired with a student! Be sure to send how many children will be writing, their names, and ages! English, Spanish and Polish language Pen Pals available! Receiving physical letters can be a fun!



Preschool Take and Make: Bubble Bath Play Dough



This program is designed for children ages 3 and up.

Make your very own play dough for the bathtub! Each kit includes Mr. Bubble Extra Gentle Bubble Bath, cornstarch, coconut oil, and food coloring.

55 kits available. One kit per child. They will start handing out kits on Feb 8th at 10:00 am. Kits can be picked up at the Youth Services desk in the Plainfield Public Library. Kits are first come, first served, and limited to the quantity available.



TINY TEXT TIPS

DCM is here to help you and your little one play, learn, grow, and thrive together. Sign up to receive a weekly text message, tailored for your child's age, with suggestions for an activity, link to a resource, or snippet of developmental information.

SIGN UP FOR FREE!



Meet Tic Tac Tony!

Tic Tac Tony is a preschool game from Fischer-Price. Designed for easy play for children starting at 3 years of age, this toy is well loved by older children, too. The large token pieces are fun to manipulate and easier to drop in the slots than a traditional Connect 4 game. You can find this toy at your local Walmart or [online](#).

Time to work!

Need something to keep your little one busy for a few minutes? Have them “work” on their fine motor skills by giving them small, fun stickers to place on a piece of paper. You can make your own grid with a marker or print one off online. Find small stickers that are easy to peel. Most Dollar Stores sell Teacher Stickers in packs. They will enjoy doing important work and you can enjoy a few minutes of quiet time!

Supplies:

- 100 count sheet (or draw your own grid)
- Small stickers

Directions:

- Print or create a sheet with a chart.
- Supply child with small stickers.
- Direct them to place one sticker in each box only.
- Once they are finished, they are all done!
- Give lots of praise and save the activity for another day.

Zip Lock bags + Hair Gel + Glitter



=Sensory Bags!



100-Chart

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100



Toilet Training

What should I know about toilet training of children with autism spectrum disorder (ASD)?

Children with autism spectrum disorder (ASD) often have slowed development, may be stuck on their own routines, or may be nervous about learning a new skill. They may not understand how to copy the steps using the toilet, or they may not understand the words parents are using. Many children with ASD may toilet train at a later age than typically developing children.

When are children with ASD ready for toilet training?

Children may be ready for toilet training when they

- Tell a parent or caregiver they need a dry diaper (or bring one to them).
- Go off by themselves to urinate (pee) or have a bowel movement (poop).
- Seem interested when others go to the bathroom.
- Stay dry overnight and for more time.

Being ready may also be linked your child's developmental and medical challenges. If your child has a developmental delay or has a hard time communicating, he may not be able to tell you when he needs to go to the bathroom, but you may be able to set up a routine to clock train or time train him.

How should I start toilet training?

1. Children with developmental delays may not be fully ready for toilet training, but clock or time training is a good start.

For a few days, keep track of when your child has bowel movements and wet diapers. When you are ready to start clock training, you may want to have your child drink more fluids so that she will need to urinate (pee) more often.

Set up times for your child to sit on the toilet. To avoid accidents, be sure to set up times more often than your child usually wets. For example, if your child has wet diapers every 3 hours, set up a time to sit on the toilet every 2½ hours.

[Click here for more information.](#)

2. To teach your child to sit on the potty, you may need to help her with music, a story, attention, or a favorite toy. Slowly increase the time your child sits on the potty (up to 2 minutes).
3. Your child does not need to urinate (you may call it "peeing" or something else) or have a bowel movement (poop) each time she sits.
4. Your child needs to be able to relax on the toilet to go, so teach sitting as the first step. If your child is sitting on a full-sized toilet, she should put her feet on a stool so that all her muscles can relax. Think about using a special seat with side supports if your child seems shaky.
5. If your child cannot understand your words, use hand signals or pictures to let your child know it's time to sit on the toilet. It may be helpful to show your child pictures of each step to help her learn: sitting on the toilet, using toilet paper, flushing (unless the noise upsets your child), and handwashing.

Make an activity board with each picture put in order. As each step is finished, you can take the picture off the board or place it into the "finished" section. If your child does not talk much, teach your child a sign or give a picture she can hand to you to show that she needs to use the toilet. This will help her learn to tell you when she needs to go. See the Resources section on page 2 for a toolkit that has pictures you can use to help your child.

6. When your child urinates (pees) or has a bowel movement (poops) into the toilet, reward her right away with something special that you don't give other times. Rewards can be an inexpensive grab-bag prize or a favorite toy, treat, or song, plus praise and hugs.
- If your child has a bowel movement (poops) between scheduled trips to the potty, she should help put the poop into the toilet and flush it away. Never punish your child for accidents. It may take weeks to months for training to become habit.
7. After clock training is successful, work on teaching your child to tell you when she needs to use the bathroom on her own.

What are some potential roadblocks to toilet training?

- Your child may not like the sound of flushing the toilet. If that happens, flush the toilet later. Be aware that automatic flush toilets may cause sound-sensitive children to not want to use them. You might try covering the sensor with a sticky note to reduce risk of flushing while your child is using the toilet.

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 are on Facebook!



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

easterseals
Joliet Region

We've seen this community come together in incredible ways this year. And as we approach a new year, we recognize that more challenges might be ahead.



We are grateful for your support and wish you every happiness this holiday season and in the new year!

**MARK YOUR CALENDAR FOR THE
CELEBRATION OF GIVING TELETHON
APRIL 17, 2021
FOR MORE INFORMATION,
VISIT JOLIET.EASTERSEALS.COM**



Make the First Five Count

Is Your Child Under Age 5? Take the Developmental Milestones Screening Children develop skills, or "milestones," at their own pace. How is your child or grandchild doing?

[Take the Screening](#)

All Abilities. Limitless Possibilities.

Happy Valentine's Day

