



# Easterseals

June Monthly Newsletter

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## Easterseals Joliet Region Events (ESJR)

### ESJR Mental Health Screening

*Friday, June 11<sup>th</sup> in person at 212 Barney Rd, Joliet, IL 60435*

**Free event** mental health screenings at Easterseals Joliet Region the second Friday of every month 9:00 am to 11:00 am for ages 1 to 17 years old. Meet with a social worker and complete a mental health screening. Clients will be provided with resources. Virtual screenings by appointment only. Call Laura Gardner at 815-927-5466.

### ESJR Parents Raising Children with Autism Support Group

*Wednesday, June 9<sup>th</sup> at 6:00 pm to 7:00 pm VIRTUAL*

Special guest Kristen Anderson, a speech language pathologist, will be available to answer questions you might have related to speech. Email [ahann@joliet.easterseals.com](mailto:ahann@joliet.easterseals.com) for ZOOM link invitation.

### Jump Start Baby Book Club in the Park

*Wednesday, June 2<sup>nd</sup> 10:00 am to 11:00 pm IN PERSON*

Kay Park, Rt. 24 in Watseka, IL.

*Wednesday, June 9<sup>th</sup> 10:00 am to 11:00 am IN PERSON*

Gibson City North Park Pavilion

N Church St & E 13<sup>th</sup> St in Gibson, City, IL 60936

*Monday, June 14<sup>th</sup> 10:00 am to 11:00 am IN PERSON*

1400 W Cap Cir in Bourbonnais, IL 60914

Contact Jumpstart for more information at 815-725-2194.



### Jump Start Zumbini

*Saturday, June 5<sup>th</sup> 12:00 pm to 1:00 pm IN PERSON*

515 E North St, Bradley, IL 60915

Join us the first Saturday of every month in person for singing and dancing! Masks are required to enter and must be worn throughout the event. Contact Jumpstart for more information at 815-725-2194.

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## **Easterseals Joliet Region Free Mental Health Screenings**

Families that are concerned about their child's mental health can meet with a member of our behavioral health program and participate in a free mental health screening. Screenings are one of the quickest ways to determine whether you are experiencing symptoms of a mental health condition. Following the screening, families will be provided with information, resources, and tools to help them understand the next steps they should take in order to address their mental health needs.

**We are offering free walk in mental health screenings for children ages 1-17 years old.**

**Located at 212 Barney Drive Joliet, IL 60435**

**2<sup>nd</sup> Friday of Every  
Month  
9am-11am**

**OR**

**Virtual Screening  
By  
Appointment only  
Call 815-927-5466**



## Community Resources: Physical Wellness

### Family Vision Developmental Center

425 N. Eola Road, Suite D  
Aurora, IL 60502  
630-862-2020



Family Vision Developmental Center treats special populations including:

- Concussion related vision issues
- Stroke/Traumatic Brain Injuries (TBI)
- Developmental delays
- Neurological disorders
- Parkinson's, Cerebral Palsy, MS
- Autism related vision issues

Dr. Martin is a pediatric optometrist that treats special populations. Vision therapy and specialized developmental exams are provided. The one-hour developmental eye exam is not a typical eye exam. The office accepts medical insurance PPOs and Meridian Medicaid managed insurance. For a complete list of information visit [www.fvdcpc.com](http://www.fvdcpc.com).

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### Grove Dental Associates

Special Needs Dentistry located in Bolingbrook,  
Downers Grove, Lombard and Wheaton

By collaborating with a dentist for a special needs child, you gain the resources and tailored care to establish a life-long relationship toward your child's dental health. At Grove Dental, we provide dental care that is specially designed to meet each child's unique needs, while offering parent practical advice to help them provide good oral hygiene at home.



For more information on the pediatric specialists, please call one of the [convenient offices](#) or visit [www.grovedental.com](http://www.grovedental.com).

# How mRNA COVID-19 Vaccines Work

## Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

## What is mRNA?

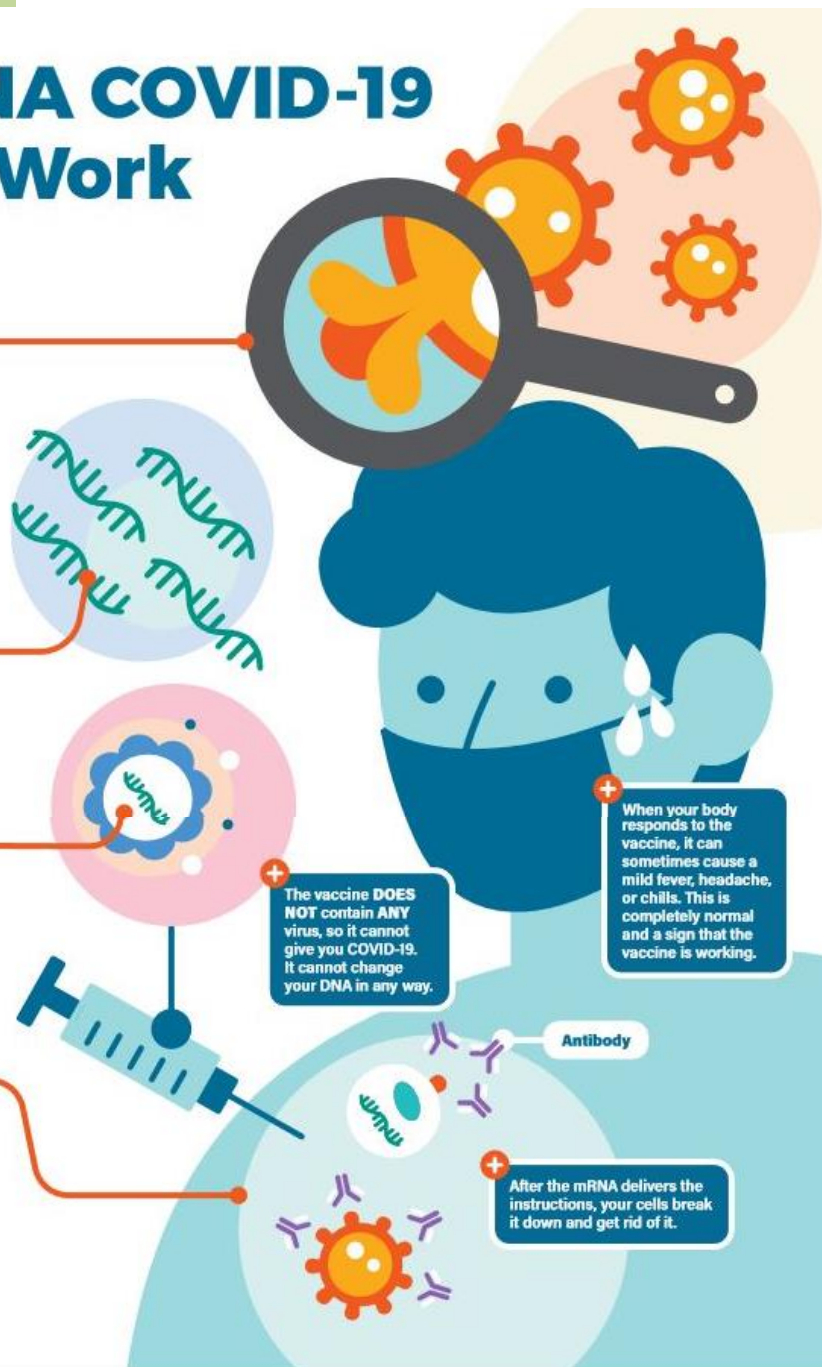
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

## What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

## How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.

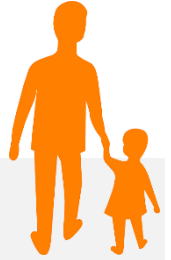


## GETTING VACCINATED?

For information about COVID-19 vaccine, visit: [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)



# Community Resources: Mental Health



## TACA: Hope & Help for Autism

TACA Illinois holds Autism Learning Seminars, Coffee Talks and family events throughout the year. Our seminars feature educational speakers on important topics for ASD families. Our Coffee Talks and family events provide more settings where families can informally network, share resources and speak with seasoned parents. Contact TACA office at (855) 726-7810.

Visit the Facebook group for an online support group for parents and caregivers. [Join the group here.](#)

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## AANE: Online Google Group Discussion Forums for Parents of Children and Teens (through High School)

AANE offers two online Google Groups Discussion Forums for parents: one for Parents of Children and one for Parents of Teens (through high school). Both are moderated by AANE staff. If you would like to join either or both groups, please fill out the form by [CLICKING HERE](#) or contacting [info@anne.org](mailto:info@anne.org).

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**(833) AID-TEXT**  
243 8398

Help is only a **TEXT** away...

- ★ SUBSTANCE USE HELP
- ★ ANXIETY
- ★ LONELINESS
- ★ DEPRESSION

available 24/7

Individuals experiencing any type of issue receive free, confidential support and counseling from qualified employees and trained community volunteers.

AID also provides information and referrals to other human service agencies in the area for needs such as mental health, financial, health care, legal problems, shelter, support groups and more.

## Dad's Corner

### Autism Dads Support Group on Facebook

This is a place for dads that have children on the Autism spectrum to come together, support others, and ask questions.

Join Group

### Dads of Special Needs Children on Facebook

We are a group of Dads or father figures of a special needs/disabled child. We welcome open dialogue on the challenges of raising and advocating for our children.

Join Group

### AANE: Asperger/Autism Network Father's Group

This monthly group is a space where fathers can share their experiences, support one another and acquire tools to parent their children more confidently. Meets the last Wednesday of the month online via Zoom.

REGISTER

## Community Resources: Financial

### United Healthcare Children's Foundation

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

UHCCF's mission is to help fill the gap between what medical services/items a child needs and what their commercial health benefit plan will pay for. UHCCF grants provide financial help/assistance for families with children that have medical needs not covered or not fully covered by their commercial health insurance plan. There are grants up to \$5,000 for any child under the age of 16 in a family adjusted gross income under \$50,000. Visit the website for the application and click to view the video below!



Since 2007, UHCCF has awarded more than 13,000 grants valued at \$35 million to families of children age 16 years or younger in every state across the U.S.



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### FAQs: Housing & Financial Capability Resources during COVID-19

During these trying times, partnership and collaboration are key. Knowing the choices available to you is vital in making proactive, informed decisions and protecting your home. That is why we are proud to collaborate with Freddie Mac, a Government Sponsored Enterprise (GSE) in the housing industry, ensuring that people with disabilities, veterans and their families are financially capable. [As the COVID-19 pandemic continues to evolve, we're making sure renters and homeowners are supported.](#)

Easterseals and Freddie Mac encourages you to review the following questions when exploring options available to sustain homeownership.

*I own a home and I have no idea how I am going to pay my mortgage. Where can I find relief options?*

During times of hardship, you want to understand and explore your options. That's why Freddie Mac created an [interactive guide for homeowners](#) that provides an overview of resources available to you. A supplemental version of the guide is also available in [Spanish](#). Freddie Mac also created a Homeowner Checklist, available in [English](#) and [Spanish](#), to assist homeowners in asking the right questions and collecting the proper information and documents when exploring options available to sustain homeownership. You can also find additional information around Coronavirus housing assistance on the [Consumer Financial Protection Bureau](#) website.

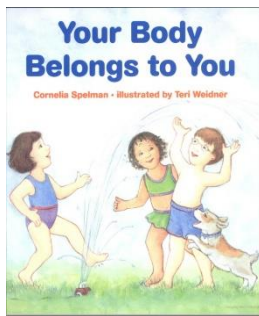
For more information, visit the national [Easterseals website](#).

## Community Resources: Educational & Recreational

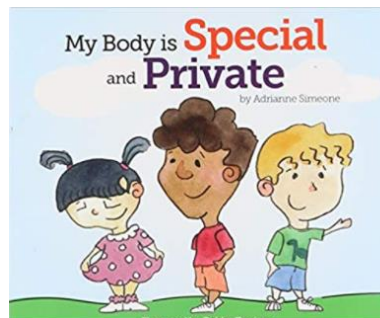
### Mutual Ground Parent Sources

If you missed out the Mutual Ground presentation to our Parent Support Programs last month, no fear! Here is a list of great resources they shared with our groups regarding sexual abuse and how to begin a conversation with your child about the topic even when they may have communication deficiencies. Visit their website for more information!

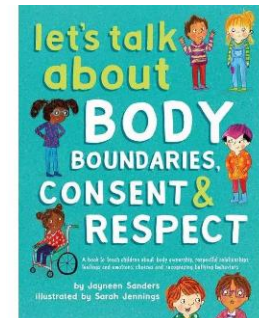
#### Books:



**Your Body Belongs to You** by Cornelia Spelman



**My Body is Special and Private**, Adrienne Simeone



**Let's Talk about Body Boundaries, Consent and Respect**, Jayneen Sanders

#### Websites:

- ▶ **Mutual Ground:** [mutualground.org](http://mutualground.org) / 630.897.8383
- ▶ **Darkness to Light Foundation:** [d2l.org](http://d2l.org)
- ▶ **Stop It Now:** [stopitnow.org](http://stopitnow.org)
- ▶ **Erin's Law:** [erinslaw.org](http://erinslaw.org)
- ▶ **The Mama Bear Effect:** [themamabeareffect.org](http://themamabeareffect.org)
- ▶ **National Center for Missing/Exploited Children:** [netsmartz411.org](http://netsmartz411.org)
- ▶ **Apps and Social Media:** [protectyoungeyes.com](http://protectyoungeyes.com)





# Community Resources: Educational & Recreational



## FVSRA Special Recreation Association

Summer registration is open for virtual and in-person athletic, cultural, fitness and social programs. Visit [www.fvsra.org](http://www.fvsra.org) or contact 630-907-1114.

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## NWSRA Special Recreational Association

Virtual Programming available for therapy programs, social clubs/special events, sibshops, and additional services. View the [program and registration information by clicking here](#) or visit [www.nwsra.org](http://www.nwsra.org).

# My Recess SUMMER Classes

Starting June 4th - 4 week series



**Social Sidekicks**

**Social Sidekicks - Español! Preschool**  
Perfect immersion group for niñas or niños focusing on introducing early/basic Spanish vocabulary while developing receptive/expressive language skills. Entirely en Español at our **Elgin** clinic!

**Social Sidekicks - English Ages 6-8, St. Charles clinic**  
Join us for FUN activities sparking social conversation and friendships. Peers will navigate social challenges with support from peers and a Speech and Language Pathologist.

**Sensory Studs**

Tuesdays 5:00 pm (times may vary)  
Ages 7-9 & 10-14

Get ready to use ALL your sensory regulation tools in a sensory based social setting. 30 minutes of sensory motor followed by child led social skills practice! Earn community outings and make new friends.

Led by Occupational Therapist

**My Recess Yoga**

### Friday and Saturday St. Charles and Elgin

Sensory Kids Yoga	Ages 4-6
Yoga with Friends	Ages 7-10
Girl Power Yoga	Ages 8-10
Girl Power Yoga	Ages 13-17
Yoga Chill Time	Ages 4 - ?

Led by Yoga Instructors Supported by My Recess OTs

## Community Resources: Educational & Recreational

### Calling all TEENS!



#### AANE Teen – Social and Support Groups

AANE offers two types of support groups for Teens with an Asperger /autism spectrum or similar neurodiverse profiles.

- **“Open”** groups are free and may have different participants joining from session to session
  - **“Closed”** groups are fee-based\* and have the same participants for a set number of sessions
- To inquire about financial aid for a program or event, contact [events@aane.org](mailto:events@aane.org).

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#### AU Autism Program

Pathways is a multi-faceted program designed to help students with autism reach their potential in their studies and in their careers. Students are welcomed and encouraged to join us at any of our Pathways entry points.

For more information or to apply to the Pathways Summer Camps or College Connections Program, please email Brianne Jonathan at [bjonathan@aurora.edu](mailto:bjonathan@aurora.edu).

**Aurora University** 1893

## Pathways Summer Camps

For rising high school sophomores, juniors, and seniors on the autism spectrum who have a long-term interest in a degree-seeking college experience.

## Community Resources: Virtual for Caregiver & Professionals

### iPad Apps for Autism

**App Name:** Autism Emotion™



Autism Emotion™ is a great visual teaching tool for helping your child learn about different emotions through photos, text, narration, and music. The App includes four of the emotions featured in the Model Me Faces & Emotions™ video. For **iPad and iPhone/iPod**. Each emotion contains a photo slide show of a child experiencing a specific emotion. Use in conjunction with the [Model Me Faces & Emotions™](#) video.

**iPad/iPhone/iPod:** [Get the App](#)



**App Name:** Model Me Going Places™

Model Me Going Places™ is a great visual teaching tool for helping your child learn to navigate challenging locations in the community. The App includes six of the locations featured in the Model Me Going Places™ video. For **iPad and iPhone/iPod**. Each location contains a photo slide show of children modeling appropriate behavior. Use in conjunction with the [Model Me Going Places™](#) video.

**iPad/iPhone/iPod:** [Get the App](#)

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Chicago Autism  
Network:  
Virtual Parent  
Workshop



### VIRTUAL PARENT WORKSHOP

## DEFINING AND ADDRESSING CHALLENGING BEHAVIOR, WHILE CELEBRATING WHAT MAKES YOUR CHILD UNIQUE

Dr. Whittington-Barnish, BCBA-D, NCSP  
& Molly White, BCBA

June 17, 2021, 7-8 PM CDT



CHICAGO  
Autism Network

**stride**  
AUTISM CENTERS

## Easterseals

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

*Easterseals provides exceptional services to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities.*

Find us on the Web:  
<https://www.easterseals.com/joliet/>

## 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

June

# Sensory Toys!

Sensory play supports fine and gross motor skills, as well as great for problem solving! Sensory play is great for calming an anxious or frustrated child.

Check out the items below!

Under \$20!



Pop It/Push Pop toys (above) and Rainbow Spin Again (right) come in a variety of shapes and colors. Click on the image to find them on Amazon.



It's recommended that **all children** should be screened for **developmental delays** beginning at their 9-month well-child visit and **specifically for autism** at their **18- and 24-month visits.**

 [www.nimh.nih.gov/autism](http://www.nimh.nih.gov/autism)