

Easterseals

November Monthly Newsletter



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Easterseals Services

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 for an invitation to join the group.

Grupo de Apoyo para Padres de niños autistas en ESPAÑOL

Spanish Speaking group meets every Friday 3 pm via Zoom. Please email Alicia at ahann@joliet.easterseals.com for an invitation to join the Spanish-Speaking group.

Jump Start

What is [Jump Start](#)?

The Jump Start Parental Training Program is a parenting enrichment program offered in Will, Kendall, and Grundy counties. Our program 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. [For more information](#), call us at (815) 725-2194.

Community Resources: Food

Food Pantries

Northern Illinois Foodbank

Active programs during COVID-19. You can [view the calendar here](#) for more information on mobile pantry dates and location.

Warren-Sharpe Community Center (Will county residents only)

454 S Joliet St, Joliet, IL 60436, IL

815-722-2727

If you need food, you can visit the Food Pantry once per month. Please bring your ID or some other document showing your address in Will County. Please bring your own bags or boxes to pack up your food.

Micro Food Pantries

“Take what you need. Leave what you can,” allows for anonymous 24/7 food pick up and drop off. You can view the many locations in your area by visiting the [Will County Northern Illinois Location here](#).

A few spotlights pictured on the right:

E-Z Auto Sales (top)

313 Larkin Ave, Joliet, IL 60436

Fossil Ridge Public Library (bottom)

386 W. Kennedy Rd, Braidwood, IL 60408

Life Church (Old Morris Movie Theater)

118 E Jefferson St.
Morris, IL

Big Brothers Big Sisters (Joliet)

417 Taylor Street
Joliet, IL 60435

Cluster City Park Office

35332 Grant Ave. Custer Park IL 60481



Community Resources: Immigrant Families

Illinois Coalition for Immigrant and Refugee Rights

This website provides information for immigrant and undocumented families. They offer a COVID 19 resource guide in English and Spanish, as well as legal and mental health resources. Click here for more information or visit www.icirr.org.

Child Welfare Information Gateway

This is a service of the Children’s Bureau and US Department of Health and Human Services. [Click here for a list of resouces](#) and more information. Some services include legal assistance, recouces to meet essential needs, temporary relief, and access crisis services.

Community Resources: Mental Health

NAMI Family-to-Family Class in Joliet

Thursday, November 12, 2020
6:00pm – 8:30pm
Joliet, IL, USA

NAMI Family-to-Family is a free, educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained leaders who have been there, and includes presentations, discussion and interactive exercises.

This class requires pre-registration. Please call (815) 409-7917 or email info@namiwillgrundy.org to register. [Click here for the NAMI website](#) for more information.

Autism Society Women & Autism

Tuesday, November 10, 2020
7:00pm

Via videoconference - FREE to Attend but REGISTRATION REQUIRED! Learn about the female experience of autism. More boys and men are diagnosed with autism than women. Women are often diagnosed later in life and experience symptoms that are different from those of men with autism. Here's what they want you to know about begin a woman with autism.

[To register CLICK HERE](#) or visit www.howard-autism.org.



Yoga for wellness!

Register to attend the online yoga classes!

Yoga Connections

Hosted by instructors from the Yoga Center of Columbia

Saturdays, 3:30-4:30pm
(Class "opens" at 3:15pm)

Register and you will receive a weekly e-mail with the videoconference login and password for each class.

You may request to be removed from the list at any time.

A yoga newcomer? Register by 5pm on the Friday before the class you wish to attend!

[Click HERE to register.](#)

NOTE: Registration for both the participant(s) and the parent/guardian is required.

10 TOP TIPS

REMOTE LEARNING FOR PARENTS

Remote learning can be a great way to continue learning outside the classroom, particularly in difficult circumstances. For parents and carers, the idea of remote learning isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote learning experience.

1) Take an active interest in your child's learning

As a parent or carer, remote learning will be a new concept for your child and there are bound to be a few teething problems to start with. Take an active interest in their learning and help support them whenever they need a helping hand.



2) Monitor your child's communication and online activity

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



3) Establish a daily schedule and routine

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



4) Encourage screen breaks away from devices

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks however it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



5) Ensure your learning device is in a public space in the home

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6) Implement safety controls and privacy restrictions on apps and software

Dependant on how your school implements remote learning, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



7) Ensure your child only uses official school communication channels

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



8) Familiarise yourself with relevant school policies

Schools should have a policy on remote learning and direction that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



9) Maintain feedback with teachers

Engage in communication with teachers where possible and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



10) Monitor your child's wellbeing and mental health

Remote learning will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as you can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends everyday might take its toll.



Community Resources: Financial Resources

Illinois Department of Human Services

Apply for Cash Assistance

[Apply For Cash, SNAP \(Food Stamps\) & Medical Assistance](#)

Types of Cash Assistance Programs

People who need cash assistance may qualify for one of several programs. Here you will find short descriptions of programs that are available.

[Temporary Assistance for Needy Families \(TANF\)](#) program helps pregnant women and families with one or more dependent children with temporary cash and other benefits. TANF can help pay for food, shelter, utilities, and expenses other than medical.

Ten Tips on How to Budget

- 

1 ESTABLISH YOUR MOTIVATION AND FINANCIAL GOALS.
Do you want to become debt-free? Pay for your children's college education? Retire early? Whatever it is, write it down, post it somewhere, and let it serve as a daily reminder of why you are doing this.
- 

6 DECIDE ON A BUDGETING SYSTEM.
My favorite is the zero-based budgeting system. This means that your all of your expenditures minus your monthly income equals zero.
- 

2 ESTABLISH YOUR "BUDGET ACCOUNTABILITY BUDDY".
This must be someone you trust, & respect, who will not enable you.
- 

7 HOST A MONTHLY BUDGET MEETING.
At the end of every month, meetup with your accountability partner to go over the monthly budget.
- 

3 START TRACKING YOUR SPENDING, AND BILLS.
Keep your receipts, and start grouping your expenditures into categories.
- 

8 CALCULATE TOTAL INCOME.
First task item of the budget meeting.
- 

4 DECREASE YOUR EXPENDITURES.
Figure out where you can cut your expenses.
- 

9 BUDGET EVERY DOLLAR INTO A BUDGET CATEGORY.
Budget all of your net income until you have \$0 left.
- 

5 INCREASE YOUR INCOME.
- 

10 GIVE YOURSELF GRACE, DON'T GIVE UP, AND KEEP BUDGETING UNTIL YOU HAVE REACHED YOUR GOALS.
Financial Freedom can be accomplished with hard work, perseverance, and a heart of gratitude!

Illinois Department of Commerce & Economic Opportunity

You may be eligible to receive financial assistance for the following services:

- Rental Assistance
- Food
- Energy Utility Bill Assistance
- Water/Sewer Payment
- Employment Training/Placement
- Financial Management
- Temporary Shelter

Click on the Illinois County you reside in below for contact information, location and hours.

[Will County](#)

[Grundy County](#)

[Kendall County](#)

[Kankakee County](#)

[Ford County](#)

[Iroquois County](#)

Educational & Recreational Resources

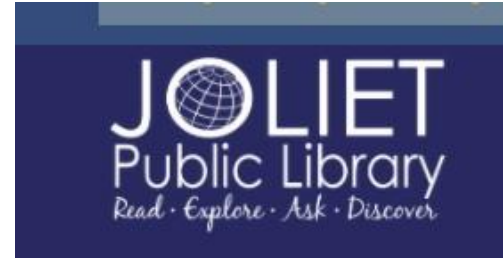
Joliet Public Library Virtual Events

Library cards are not required for most online events.

Preschool Explorers (Virtual)

Wednesday, November 4, 2020

10:30 am – 11:00 am



Ages 2-5) Children will explore topics with hands-on activities in a live session. This month will be about space.

LEGO Build a Story (Virtual)

Tuesday, November 10, 2020

4:00 pm – 4:45 pm

(Grades K-2) Join on Zoom for a fun story, followed by time to create a Lego scene from the book! Please be sure to have some Legos or other building materials nearby.

Joliet Public Library offers e-Media resources for e-Books and e-Audiobooks for patrons. Library cards are required to access these resources. If they you do not have a library card, they offer a number of different library card types that are all based on residency. One of the library staff would be more than happy to help you determine the type of card for your family. Contact them directly at (815) 740-2660. You may also send an email at info@jolietlibrary.org or visiting one of our branches in person for more information on library cards.



Read books, sing songs, and play!

Wednesday, November 18,
2020
7:00 pm – 7:30 pm
Online Event

[CLICK HERE TO REGISTER.](#)

- Email registration is required.
- Registration closes 1.5 hours before event.
- Link sent 1 hour before program.
- Child registration states participation permission in a library virtual program.

Marble Painting Activity

Directions

Place a piece of paper into a flat box (like the box from a 24 pack of soda).

Have your child drop **marbles** into various colors of tempera **paint**, then drop them into the box and roll them across the paper.

Drop some **paint** onto the paper and have your child roll the **marbles** across the **paint**.



Sensory time!

Create your own calm down bottles:
Use an empty bottle with a lid
Fill $\frac{3}{4}$ with warm water
Add CLEAR glue (Elmer's)
Add glitter and other floating fun items
Add a few drops of food coloring
Superglue the lid closed

Enjoy!





Book Nook

Ten things Every Child with Autism Wished You Knew by Ellen Notbohm

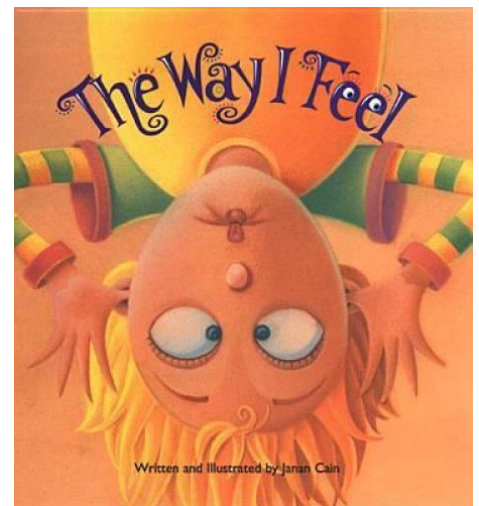
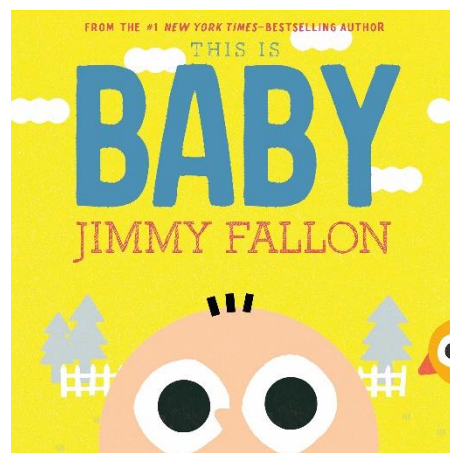
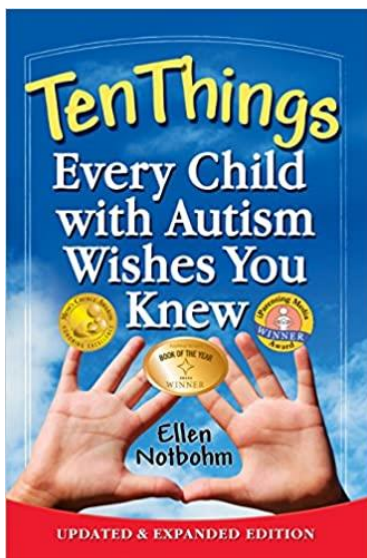
Ellen's personal experiences as a parent of children with autism and ADHD, a celebrated autism author, and a contributor to numerous publications, classrooms, conferences, and websites around the world coalesce to create a guide for all who meet a child on the autism spectrum. This updated edition delves into expanded thought and deeper discussion of communication issues, social processing skills, and the critical roles adult perspectives play in guiding the child with autism to a meaningful, self-sufficient, productive life.

This is Baby by Jimmy Fallon

[CLICK HERE to see Jimmy Fallon read his book!](#) Jimmy Fallon, host of NBC's The Tonight Show and #1 *New York Times* bestselling author of *Your Baby's First Word Will Be DADA* and *Everything Is Mama*, returns with a book that teaches new babies the words for the various parts of their body--*This is Baby*.

The Way I Feel by Janan Cain

The Way I Feel uses strong, colorful, and expressive images, which go along with simple verses to help children connect the word and the emotion. Children will learn useful words giving parents, teachers, and caregivers many chances to open conversations about what is going on in their child's life.



Mini Pumpkin Search!

Hide mini pumpkins around the house for an indoor scavenger hunt! You can number the pumpkins and see how fast you can find them!



Since 1947 The Marine Corps and Toys for Tots Has Been Making a Difference in the Lives of Families. If you would like to request a toy for this coming holiday, register below.

[Will, Kendall, and Grundy County Click HERE.](#)

Joliet Park District

Special Recreation of Joliet & Channahon

Special Recreation of Joliet & Channahon (SRJC) is a cooperative extension of the Joliet and Channahon Park Districts, which provides year-round recreation activities for individuals who wish to participate in alternative Park District programs. These programs are designed to help participants who may have physical or mental disabilities, sensory impairments, or any other type of disability, develop leisure skills, independent living skills, and motor skills. In addition to all of these benefits, perhaps the most important aspect of SRJC's programs is fun!

[To See SRJC's Special Events for the holidays you can view upcoming programs here.](#)

What are you *thankful* for?

Holiday Workshop! Holiday Happenings! Holiday Party! Artist Club!

Feed the Turkey!

While you are busy preparing for your Thanksgiving day, prepare this simple activity to keep your little ones busy, too!

1. Use an empty bottle for the turkey body.
2. Use construction paper to cut out feathers
3. Glue google eyes and shapes to create the face.
4. Put pom poms and tongs in a bin or box.



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.

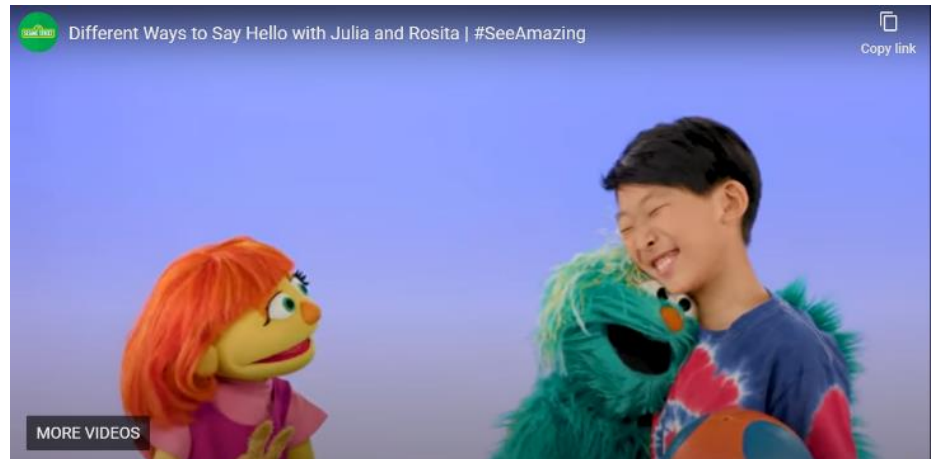
Find us on the Web:

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



Video & Article Links

Different ways to say hello with Julia and Rosita! Watch this [Video by clicking on this link.](#)



Julia, Sesame Street's new character with Autism, helps children learn about acceptance.

Article Links

[*In Our Own Words: Employment on the Spectrum*](#)

[*Helping Your Child with Autism Thrive*](#)

Easterseals

Regional Pediatric Center

212 Barney Dr.

Joliet, IL 60435



[*Easterseals: 100% Included and Empowered.*](#)