

Easterseals

November Monthly Newsletter



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Easterseals Joliet Region Events (ESJR)

ESJR Mental Health Screening

Friday, November 12th **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

Friday, November 5th from 11:00 am to 12:00 pm **VIRTUAL**

Email ahann@joliet.easterseals.com for the NEW ZOOM link invitation.

Jump Start FREE Virtual Developmental Screenings

Thursday, November 18th

8:00 am – 3:30 pm

Open to the public! This questionnaire screens your child (aged 1 month – 5 years) for developmental delays. Register here: <https://forms.gle/jKCPMq8736aUMweK6>

Jump Start ACES Group

Wednesday, November 3rd

Wednesday, November 10th

Wednesday, November 17th

We Care Grundy County, 530 Bedford Rd, Morris, IL 60450

FREE sessions from 9:00 am -11:00 am

If your child has experienced trauma or trauma is impacting your ability to parent, consider seeking help. The ACE's Parenting Program provides parents with education about the effects of toxic stress, how to be trauma informed and build resiliency. To register call 815-942-6389

Traumatic Brain Injury (TBI) Group

212 Barney Dr., Joliet, IL 60435

Wednesday, October 6th

5:00 pm – 6:00 pm **IN PERSON**

Masks are required.

Care Giver Group

212 Barney Dr., Joliet, IL 60435

Tuesday, October 6th

Tuesday, October 13th

11:00 am – 12:00 pm **IN PERSON**

Although there are many paid sources of help, Easterseals' focus is on unpaid or informal caregiving, which accounts for the majority of all care provided. ESJR offers a weekly family caregiver support group that provides an atmosphere of understanding and support to explore common difficulties and experience. Masks are required.



Easterseals: Bradley, IL



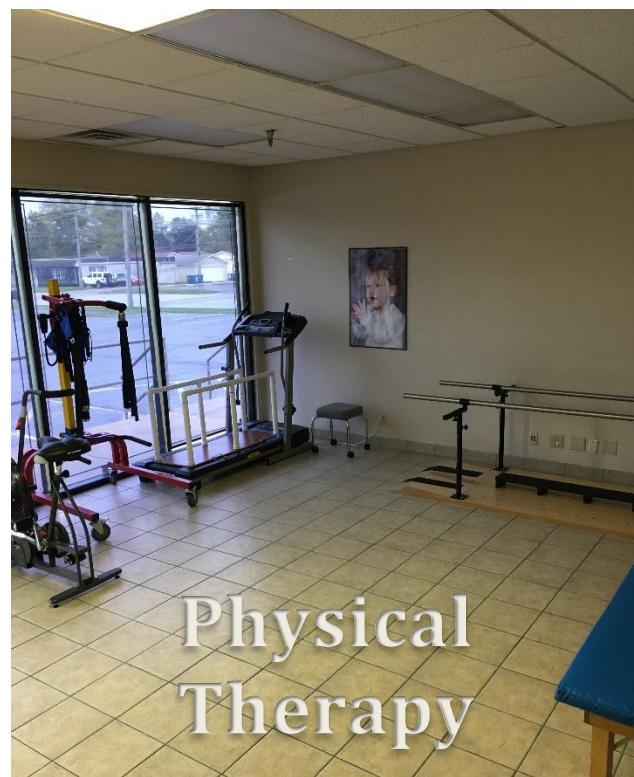
Easterseals Bradley Location 511 E. North Street Bradley, IL 60915

Did you know we offer occupational therapy and physical therapy from our Bradley, IL location? Our Bradley team also offers aquatic therapy on Monday afternoons from the Kankakee Area YMCA. **But wait, that's not it!** We recently added mental health and behavioral therapy services on Mondays.

For more information about services, contact us.
Occupational and physical therapy, email Wendy at wreils@joliet.easterseals.com

Mental health and behavioral therapy, email Michele at mposkonka@joliet.easterseals.com

You can also call the ESJR main phone number at 815-725-2194.



Illinois Medicaid Open Enrollment

The Centers for Medicare & Medicaid Services (CMS) announced that the open enrollment period for plans with the Affordable Care Act will be longer than last year, open through November 1, 2021, to January 15, 2022, as part of the updated Notice of Benefit and Payment Parameters (NBPP) for 2022. As part of the updated NBPP, there is a new special enrollment period (SEP) for lower-income individuals for a \$0 premium that allows individuals to enroll or change plans at any time. This is an important time to make sure that those who have coverage are getting all the benefits out of their coverage. Visit <https://www.benefits.gov/benefit/1628> for more information or visit <https://abe.illinois.gov/abe/access/> to apply.

What is Will-Ride?

Will-Ride is a Dial-A-Ride service that coordinates the collaborative efforts of Will County Townships to provide transportation service to residents who do not have access to standard public transportation service.

What services are available?

We will transport eligible Will County residents to and from work, grocery stores, local shopping centers, nursing homes, Village Hall, restaurants hair appointments, medical appointments, to visit a friend or relative, and to any Township or Village sponsored event (services may vary by Township).

Who is Eligible for the Program?

Residents who live within Will County are eligible for services if their township/sponsor is participating and if they meet any of the following criteria:

- **Senior Citizens (60 years of age and older)**
- **Residents with a disability**
- **Needing transportation to work**

What is the cost?

Suggested donations for rides **within** your Township:

\$2 one-way or \$4 round-trip.

Suggested donations for rides **outside** your Township:

\$4 one-way or \$8 round-trip.

For More Information Contact:

Wendie Garlich, Mobility Manager

Phone: (815) 774-6346

Email: wgarlich@willcountyillinois.com

M-F 8:30 a.m. - 4:30 p.m.



Not in Will county? Contact your county office for the Dial-a-Ride program near you.

Community Resources: Studies

Power of the Point: Predictors of Early Language Development in Down Syndrome Research Study

What are we studying?

We are recruiting mothers and their 18-to-24-month-olds with Down syndrome for a research study on what skills support early language development.

What will we do?

Toddlers and their mothers will be asked to play with toys, complete an assessment of language & cognitive abilities, & complete questionnaires 3 times over a 1-year period.

This will take 1.5-2 hours. Due to COVID-19, all visits will be virtual via a secure Zoom meeting.



Are there any benefits?

You and your child will receive a \$20 Amazon gift card for each visit.

You will contribute to a growing body of research looking at early language development in Down syndrome.

Find out more!

For more information, contact the Development in Neurogenetic Disorders Lab:



thedndlab@illinois.edu



(217) 265-8043



Development in Neurogenetic Disorders

I ILLINOIS

Speech & Hearing Science
COLLEGE OF APPLIED HEALTH SCIENCES

Epilepsy Support

Epilepsy Advocacy Networks Support Groups

<i>Location</i>		
Dekalb	Wired Nutrition 830 W Lincoln Hwy Dekalb, IL 60115	Every 3 rd Saturday of the month https://epilepsyadvocacynetwork.org/
Illinois Valley	Morris Hospital Lower Level, Conference Rm 3 150 High St Morris, IL 60450	First Wednesday 6:30 – 7:30 pm Masks are required regardless of vaccination. https://epilepsyadvocacynetwork.org/
	Lighted Way Association 941 Sixth St LaSalle, IL 61354	Second Thursday of the month. https://epilepsyadvocacynetwork.org/
Peoria	Lakeview Library 1137 E Lake Ave Peoria, IL 61614	First Tuesday of the month 6:00 pm – 7:00 pm https://epilepsyadvocacynetwork.org/
Quad Citites	Youth and Parent/Caregiver 616 35 th Ave, Unit 3 Moline, IL 61265	Second Thursday of the month 6:00 pm – 7:00 pm https://epilepsyadvocacynetwork.org/
	Adults with Epilepsy 616 35 th Ave, Unit 3 Moline, IL 61265	Fourth Thursday 6:00 pm – 7:00 pm https://epilepsyadvocacynetwork.org/
Rockford	Ken Rock Community Center 625 Adams St. Rockford, IL 61107	Every 3 rd Friday 6:00 pm – 7:00 pm 6:00 pm – 7:00 pm https://epilepsyadvocacynetwork.org/



COVID-19 Vaccines While Pregnant or Breastfeeding

COVID-19 vaccination is recommended for all people 12 years and older, including people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future. Evidence about the safety and effectiveness of COVID-19 vaccination during pregnancy has been growing. These data suggest that the benefits of receiving a COVID-19 vaccine outweigh any known or potential risks of vaccination during pregnancy. There is currently no evidence that any vaccines, including COVID-19 vaccines, cause fertility problems in women or men. Pregnant and recently pregnant people are more likely to get severely ill with COVID-19 compared with non-pregnant people. Getting a COVID-19 vaccine can protect you from severe illness from COVID-19.

More Information

RCADD Visual Support



RCADD

Resource Center for Autism
and Developmental Delays



RESOURCES | REFERRALS | TRAINING

RCADD provides resources, referrals, and trainings to assist families and providers supporting children with autism and other developmental disabilities.

RCADD PATRONS CAN NOW:

- ✓ SCHEDULE LENDING LIBRARY APPOINTMENTS
- ✓ SCHEDULE VIRTUAL CONSULTATION SERVICES
- ✓ SCHEDULE ONSITE MATERIAL PICK UP APPOINTMENTS
- ✓ REGISTER FOR VIRTUAL WORKSHOPS & VIEW ONLINE LEARNING MODULES



Visit us online at: rcadd.uic.edu

RCADD SOUTH

4314 S. Cottage Grove Ave., Room 103
Chicago, Illinois, 60653
312 - 747 - 8571
rcaddsouth@gmail.com

RCADD WEST

10 S. Kedzie Ave., Room 202
Chicago, Illinois, 60612
312 - 746 - 5447
rcaddwest@gmail.com

RCADD Visual Support Catalog, Training Modules, Announcements & Contact Us
<https://sites.google.com/a/uic.edu/rcadd/>

Community Resources: Acronyms

COMMON TERMS, ACRONYMS, & DEFINITIONS RELATED TO ASD



ASD: Autism Spectrum Disorder

ABA: Applied Behavioral Analysis - An evidence-based therapy which teaches using a series of trials to shape desired behaviors or responses; skills are broken into small components and taught to a child through a system of reinforcement.

ADA: Americans with Disabilities Act - A US law that ensures the rights of persons with disabilities with regard to access employment and other issues.

Asperger Syndrome: A developmental disorder on the Autism spectrum, defined by impairments in communication, social development, and repetitive interests and behaviors, without a significant delay in cognition or language. In the 5th revision of the Diagnostic and Statistical Manual-5th Edition (DSM-5), Asperger Syndrome became a part of the diagnosis Autism Spectrum Disorder (ASD).

Chelation: The technique of introducing a substance into the circulatory system to remove minerals from the body; it is often used to treat poisoning by heavy metals like iron, lead, and arsenic, but is not an evidence based treatment for ASD.

DIR Floortime: Developmental Individual Differences Relationship Based - A therapy that seeks to move the child toward increasingly complex interactions through mutually shared engagement.

DSM-5: Diagnostic and Statistical Manual, 5th Edition - The official diagnostic manual published by the American Psychological Association for classification of all psychological and psychiatric disorders.

DT: Developmental Therapy - Individualized intervention designed to promote self-help, cognitive, motor, language, social, and emotional skills

ESY: Extended School Year - Services provided during school breaks for students that experience significant regression during school vacations.

Executive Functioning: Brain processes that are involved in the planning, organizing and execution of a task.

FAPE: Free Appropriate Public Education - All qualified persons with disabilities are entitled to a free and appropriate public education from ages three through twenty-one.

GFCF: Gluten Free - Casein Free diet - A dietary treatment that limits the intake of the proteins Gluten (found in wheat, barley, rye and oats) and Casein (found in milk); GCFC diets are not an evidence-based treatment for autism

Hyperbaric Oxygen Therapy: A controversial treatment for a number of disorders and maladies by inducing increased blood oxygen levels in a chamber with two to three times the normal atmospheric pressure.

IDEA: Individuals with Disabilities Education Act - US law for all persons with disabilities ages 3 to 21 that requires free public education based on Section 504 of The Rehabilitation Act of 1973.

IEP: Individualized Education Plan - Identification of specific learning expectations for the individual student, and how the school will address them with appropriate services. For students age 14 and older, the IEP must also contain plans for transitioning into post-secondary education, the workplace, or to live as independently as possible in the community.

IFSP: Individualized Family Service Plan - Services provided through Early Intervention for children birth to 36 months, written into a person-specific plan that also includes family support services, nutrition services, and case management.

ISBE: Illinois State Board of Education

LRE: Least Restrictive Environment - A part of IDEA that requires children with disabilities to be educated with non-disabled peers (general education) to the greatest extent possible

OT: Occupational Therapy - OT specializes in the development of motor skills that students need for daily living to foster independence (hand-eye coordination, balance, sensory issues, and self-help skills).



VISITING THE DENTIST

Visits to the dentist can be a challenge for your child. In addition to possible waits in the waiting room, there are the bright lights, the loud noises of the polisher or drill, and the need for the dentist or hygienist to have their fingers in and around your child's mouth. But with an understanding dentist and some preparation, dental visits can be successful!

- Choose a dentist who is willing to work with you and let the dentist know about your child's needs.
- Try to get the first appointment of the day to avoid possible waits if earlier appointments ran longer than anticipated.
- Ask the dentist for a mouth mirror, x-rays, and polishing supplies to practice at home before the appointment.
- Before the appointment, teach your child the skills they will use at the dentist visit like holding their mouth open for 10 seconds and following simple instructions like "sit back," "hands down," and "open mouth."
- Talk to the dentist's office staff before the visit about helpful ways to interact with your child. For instance, if your child doesn't react well to touch, let them know that.
- Create and use tools to prepare your child for the visit. Tools like a visual schedule or a social story can be helpful.
- Practice good oral hygiene at home - help your child make daily brushing and flossing a habit.
- Use positive language when discussing the dentist visit with your child. Positive language means:
 - You'll get to ride in the chair!
 - You'll have super clean (or great) teeth!
 - It will be fun!

This information comes from Anthony Cuvó, Ph.D. and Ronda DeMattei, R.D.H., M.S.Ed.
Tip prepared by TAP at Southern Illinois University Carbondale.

For more resources and information about services, visit us at
www.TAP-illinois.org

Community Resources: Events



Arts and Crafts with Friends

Have fun socializing with your friends while completing fun arts and crafts! The first 45 minutes of each session will be focusing on completing your craft, the final 15 will be spent on socializing with your peers.

Merchant Art Gallery

(815) 685-9057

WHEN? TUESDAYS 5:30PM-6:30PM

WHERE? 356 E MERCHANT ST, KANKAKEE




RCADD

Resource Center for Autism and Developmental Delays

Structuring STEM Activities (Science) for Children with Autism

Tuesday, November 9th

11:00 am – 12:15 pm

Learn how to develop file folder activities, adapted books and use things they have at home and in the classroom to create science adapted activities

[Register](#)

Structuring STEM Activities (Science) for Children with Autism

Wednesday, November 10th

11:00 am – 12:15 pm

Learn effective strategies to teach children the foundations of math - numbers, shapes, sorting, and money - using things they have at home and in the classroom to create meaningful activities while increasing understanding

[Register](#)

Community Resources: Events

SPEAK UP AND SPEAK OUT summit

Funded by the Illinois Council on
Developmental Disabilities

**November
16 - 18, 2021
Summit
Registration**

Building a New World that
includes Independence,
Belonging, Inclusiveness
and Respect



Registration
\$50.00
for all three
days!

★ **This year's SUSO** ★
Summit will be held VIRTUALLY,
using Zoom Webinar

**Sign Up
Today!**

\$50 Summit Registration Fee includes:

**Tuesday, November 16, Wednesday, November 17 and
Thursday, November 18, 2021**

All Zoom Speaker Sessions; All Zoom Meet Ups

**\$50 Summit Registration fee is required for all attendees. Financial assistance
for registration fee is available. (Please see Form 3.)**

Submit Registration Form and \$50 payment, or complete Stipend Application.

**Make sure correct email address is listed on your registration form to receive
the Zoom link.**

T-Shirts will be mailed to the address on your registration form.

**Attending this event gives permission for your photo or video to be in
brochures, websites, etc. If you do not want your picture taken and published,
please contact Becca Schroeder at 815.464.1832 extension 1018.**

**Interested in hosting a watch party? Gather fellow self-advocates and watch SUSO together!
Use a large TV or projector so everyone can see and participate.**

Register as a group and all t-shirts and materials will be mailed to one location.

T-SHIRT DEADLINE:

**In order to mail out your t-shirt in time for SUSO,
please register by October 8, 2021.**

**After this date, we cannot guarantee you will receive your t-shirt by the start of
SUSO. We will continue to mail out t-shirts until November 5th.**

For more information about the Summit, call 815-464-1832 or e-mail becca@thearcofil.org

Easterseals

Regional Pediatric Center
212 Barney Dr.
Joliet, IL 60435
815-725-2194 Phone
815-725-2638 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/>



Free Zoo Days!

Brookfield Zoo Free Admission Day

November 9 | Recurring Event (See all) Free

Admission to Brookfield Zoo is free on the following days in 2021:

October 5-7, 12-14, 19-21, 26-28

November 2-4, 9-11, 16-18

December 6-7, 13-14, 20-21

(A parking fee still applies.)

CAREER FAIR

FOR INDIVIDUALS WITH DISABILITIES



NOVEMBER 2, 2021

4—6 PM

**JOLIET TOWNSHIP HIGH SCHOOL
ADMINISTRATION BUILDING**
300 CATERPILLAR DRIVE, JOLIET, IL 60436

For an up-to-date list of the participating businesses, visit: will.works

Knowing that not all disabilities are visible, this event is open to job seekers with any type of disability.

Per CDC Guidelines: Attendees must wear masks. Everyone must complete a wellness questionnaire upon arrival.

Job-Seekers
Register
Here



This event is co-sponsored by:



“What if today, we were just grateful for everything?” – Charlie Brown

