



DDS South Region Recreation and Resource Newsletter



March 9, 2015

Welcome to the New and Improved DDS South Region Recreation Resource Newsletter

The newsletter is now divided into specific categories and the towns the activities are in are highlighted.

The categories are as follows:

- Special Events, Conferences and Activities Page 2 – Including a conference with an early Bird Special, Discount tickets the Providence Bruins, Summer Camp Open house, Free indoor play experience at Stay and Play in Old Saybrook and Transportation Workshops!
- Dances Page 7 – Including one with live music and holiday themes
- “Healthy Living “ Sports and Fitness Page 8 – Including: Special O., Bowling, Challenger Baseball, The Miracle League accessible baseball, A fitness Center designed for individuals on the Autism spectrum, FREE Zumba Classes, Cheerleading, and Yoga!
- New Programs Starting up Page 12 – (Creative Social Club) If you have a program getting started, please let me know!
- Arts and Music Page 12 – Including: A Gallery of Art and Inspiration looking for artist, Family Drum Circle, and remember that Creative Social Club starting up!
- Respite Weekends and Camps Page 14 – Including: Camp list Resources, April Vacation Camp, and Respite weekend providers
- Vacations and Trips Page 15 – Including: 3 Vacation providers, a specialized Vacation Planner, specialized Cruises, and resource guide
- Support and Self Advocacy Groups Page 16 – Including 13 groups, for parents, Moms, Dads, Creative Housing Workgroup, Rainbow Support Group, and Parents with ID,
- Parks and Recreation Programs Page 21 – Including info on 6 town programs that adaptive programs. Please note that this is not a complete list of Recreation Programs in our Region. It is simply a list of town programs I am aware of that have adaptive program. Please check with your town to find out what they offer and if your town does not have what you are looking for... **let them know**. They will not develop a program if they do not know there is a need. Remember to also check out other local towns in your area, they often welcome non-residents in their programs.
- Private Recreation Programs Page 23 – Including information on 7 programs
- Parks and Playgrounds Page 26 – Including information on Boundless Playgrounds, Camp Harkness, Air Line State Park (beautiful and WC Assessable, and Information on all the State Parks!
- Did you Know... Resources and Discounts Page 27 – Including Discounts, Amusement Park programs, Transportation information including a new Transportation Website made specifically for people with disabilities, info. on Mobility Managers, info. on ADA paratransit Services in CT and Travel training and information on the  Community of Practice. 

I would love to hear from you once you have read the Newsletter. Please let me know:

- ❖ Did you find it useful?
- ❖ Is there something that is missing that should be in there?
- ❖ Is there something that is incorrect and needs fixing?
- ❖ Do you know of an activity that I missed?
- ❖ Do you have any suggestions to improve this newsletter?
- ❖ Do you have a program you would like help advertising or getting started?

If you would like to respond to these questions or would like to be added to my E-mail list

Please contact me: Pamela Okerblom – Recreation Therapist

Pamela.Okerblom@ct.gov or call 860-859-5482

The information contained in this newsletter does not express or imply endorsement by DDS. Content is copy and pasted from other websites and e-mails and is not spell checked or confirmed. DDS holds no responsibility if an event has been cancelled or moved, always check with the event for more information.

SPECIAL EVENTS AND ACTIVITIES

WORKSHOPS AND CONFERENCES



If you are a parent or guardian of a child with special needs and you are wondering:

- * **What will my child do for summer programming?**
- * **What will my child do during summer vacation?**
- * **What camps have other children with special needs gone to and did they like them?**

Join us at a presentation near you!

Norwalk:	Feb. 5th	In Partnership with Stepping Stones Museum for Children Contact Karleen Craddock: 203-400-0105 or kraddock@ctfsn.org	5:30 – 7:30pm
Glastonbury:	Feb. 24 th	In Partnership with Glastonbury SEPTA, Glastonbury HS Library Contact Amy McCoy: 860-430-9370 or amccoy@ctfsn.org	7:00 – 8:30pm
New London:	Feb. 26 th	In Partnership w. L&M Hospital Baker Auditorium 365 Montauk Ave Contact April Dipollina: 860-271-4371 or adipollina@lmhosp.org	6:00 – 8:00pm
Danielson:	Mar. 5 th	Cornerstone Baptist Church, 247 Broad Street Contact Heather Graveline: 860-546-9289 or hgraveline@ctfsn.org	6:30 – 8:30pm
Danbury:	Mar. 11 th	In Partnership with LICC at Broadview School, 72 Hospital Avenue Contact Trish Butler: 203-826-9739 or tbutler@ctfsn.org	6:30 – 8:30pm
North Haven:	Mar. 12 th	In Partnership with SARAH Inc., 556 Washington Avenue Contact Deborah Pagano: 203-430-0242 or dpagano@ctfsn.org	6:00 – 8:00pm
Hartford:	Mar. 26 th	In Partnership with AFCAMP at HARC, 900 Asylum Avenue Contact Brenetta Henry: 860-548-9959 or bhenry@afcampa.org	5:00 – 7:00pm

Join us for presentations on Summer Camps and Recreation Activities for Children with Special Needs



The CT Family Support Network will host presentations on Summer Camps and Recreation Activities for children with special needs. The presentation will offer parents an opportunity to meet with representatives from local and statewide camps, share information with other parents and discuss funding resources.

There is no charge for these events!
Registration is required



Come bid farewell to Stay and Play at our last **Sensory Friendly** Open Play Night!

Saturday,
March 7th
6:00-7:30 pm

ALL ages and
ALL children are
welcome!

- Free Admission!
- No reservations required!
- Café items available for purchase!

Stay and Play's Sensory Friendly Night is a place where children can develop their social skills and make new friends in a comfortable and supported environment. And of course PLAY!!!

175-2 Elm Street Old Saybrook, CT 06475 Roger@StayAndPlayLLC.com 860-395-4446



SAVE THE DATE [Light It Up Blue on April 2, 2015](#)

Each **April 2**, Autism Speaks celebrates Light It Up Blue along with the international autism community, in commemoration of the United Nations-sanctioned World Autism Awareness Day. For more information visit: autismspeaks.org/liub

SHORELINE ROLLER DERBY PRESENTS



Benefits United Way and Camp Quinebaug



Please bring non-perishable items to donate
Mystic VFW

60 Stonington Road, Mystic, CT
Saturday, March 14th
2-6 PM
Contact Cher C at
860-830-1406

- | | |
|---------------|--------------------|
| Easter Bunny | Roller Derby girls |
| Face Painting | Food |
| Raffles | Super Hero theme |

Do you have **Cabin Fever** and want to **get out for some fun?**

Consider coming out for a Great activity in Mystic.

It benefits the United Way and Camp Quinebaug.

It is a **free** Event with

- Face painting
- The Easter Bunny
- A Wrestler
- Roller Derby Girls
 - Crafter
- Food you can purchase
- Raffles (that benefit camp Quinebaug)
 - And much, MUCH More!
- **Come check it out** and if you want, bring some non-perishable food to donate to the United Way food pantry.

Come to the Mystic VFW

Date: Saturday March 14, 2015

Time: 2:00-6:00

Location: 60 Stonington Rd, (Rt. 1) Mystic

A good time will be had by all!



This fun, family-oriented celebration that feature loads of **free** activities including sailing, kayaking, stand up paddle boarding, and face painting.

Attendees can meet the staff, tour the facilities, including the marine science lab, and view NESS's extensive fleet of boats.

Date: Saturday June 20, 2015

Time: 10:00-2:00 pm

Location: NESS's 70 Water Street facility in **Stonington Borough**

Everyone is welcome.



Stands for ...



About New England Science & Sailing: Named by US Sailing as the Outstanding Community Sailing Center in the nation for 2013 and celebrated its 10th Anniversary in 2014. NESS is a year round nonprofit 501(c)(3) adventure education organization dedicated to inspiring individuals to discover themselves through the enjoyment of the sea. Through inclusive, small group adventure education programs, and the SEAL Programs,(see description below) NESS offers opportunities for transformational personal growth and discovery as well as connections leading to community and environmental stewardship. Transdisciplinary STEM (science, technology, engineering, and math) education provides relevancy and sparks learning. Need based financial aid makes programs accessible to all. For further information about NESS check us out at www.nessf.org.

Supportive Environmental Adventure Learning (SEAL) Programs

These programs have been specifically designed for students with special needs, or for students who will benefit from a socially inclusive environment. Fun, engaging and hands-on ocean related activities allow students to focus on learning while improving their social skill set. Students learn to work as a team, become more socially aware, care for the ocean and then environment and of course have loads of fun! For further information about NESS check us out at www.nessf.org

East Lyme Community Center Dances

sponsored by Buckingham Community Services

Time : 7 - 9 PM

Cost: \$5.00 (how do they keep it soooooo inexpensive?)

- February 13, 2015 - Valentines Dance
- March 27, 2015 - Crazy Hat Night
- April 24, 2015 - Team Pride Night (Wear a shirt, jersey or hat with your favorite sports teams' logo)
- May 29, 2015 - 70's, 80's & 90's Music
- June 26, 2015 - Hawaiian Luau

Address: East Lyme Community Center, 41 Society Rd. **East Lyme**, CT

Directions to East Lyme Community Center:

Exit 74 off Rte. 95. Right off exit, onto Flanders Road. Continue thru 2 - 3 lights. Turn right onto Society Road. (There is a Nursery on the corner.) The Community Center is on the right, just past Lillie B. Haynes Elementary School.

Note: Weather related cancellation information can be found @ our website. www.buckinghamct.org

Questions, Suggestions or Concerns: Call Donald Barnes 860-447-9911

Community Center Provides... QUIET GAME ROOM AVAILABLE, PIZZA & LIGHT REFRESHMENTS PROVIDED WITH ADMISSION
KITCHEN AREA AVAILABLE FOR SPECIAL DIET PREP NEEDS

Dances at the Norwich American Legion Hall

sponsored by Guide Inc.

Date:

- March 20, 2015
- May 8 2015
- September 18, 2015
- November 13, 2015

Time: 6:00 to 8:00pm

Location: American Legion Hall, 456 Laurel Hill Ave. **Norwich**

Cost: \$2.00

What: Really fun Dances with music videos on the wall, Raffle, light dinner & soda too!

Questions: please call 860-887-9383



"HEALTHY LIVING" SPORTS AND FITNESS



www.soct.org

Special Olympics Connecticut (SOCT) has provided year-round sports training and athletic competition for children 8 and up with intellectual disabilities. SOCT serves 14,815 athletes and partners throughout the state through local, regional and state programs. To find a program near you or for general information about getting someone involved with Special Olympics go to www.soct.org or you can contact Sue Mohr at (203) 230-1201 x239 or susanm@soct.org

Mission Statement

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Let me WIN. But if I cannot win, Let me be BRAVE in the attempt.

Bowling in Groton Weekly (with Parent Social Group)

Date: Ongoing program that meets every Wednesday

Time: 3:30 to 4:30ish

Location: Spare Time Bowling Alley 27 Kings Highway, Groton, CT

Cost: \$6:50 for 2 games and shoe rental

What: This is an ongoing social bowling program run by Bob and Pat Garcia (parents) at the Spare Time. If you are interested in joining the group simply show up between 3:00 and 3:30 and let Bob know you are there to bowl. Parents and caregivers are invited to stay and socialize with all the other parents. There is a nice group of parents there every week.

Questions: please call Pam Okerblom: 860-859-5482 or Pamela.Okerblom@ct.gov

KC Cats All-Star Cheerleading

If you are interested in Cheerleading and willing to travel to Coventry RI, this may be for you.

KC Cats has a Special Needs Cheer Team that meets Sundays 4 – 5 and is Free of charge. It is owned and operated by Head Coach and former New England Patriots Cheerleader Lolita Lipa Roberts. She has USAF Certified Cheer and Gymnastics Coaches.

Check it out at cheerkccats@cox.net or www.kccatsallstars.com or <https://www.facebook.com/kccatsallstars>

KC Cats All-Star Cheerleading
1010 Tiogue Ave., Coventry RI
(401) 497-5197

District 10 &11 Challenger League Division District 10 &11



The Challenger Division is open to all physically and mentally challenged youth ages 5 through 18 (or 22 if still in school). Players wear the same uniforms and safety equipment and play on the same fields as all Little League players.

Teams are set up according to abilities, rather than age and players participate in one of three levels: Tee-Ball, Coach-Pitch or Player Pitch.

Everyone participates! Each Challenger player is in the batting order and plays defense the entire game.

The Challenger Division encourages the use of "buddies" for the Challenger players in the Tee Ball and Coach- Pitch divisions. The buddies assist the Challenger players on the field but whenever possible, encourage the players to bat and make plays themselves. However, the buddy is always nearby to help when needed. This system has proven very rewarding for both Challenger Players and their Buddies.

We are looking for Volunteers to help run the League.

Please call if interested!

Check Us out at <http://www.eteamz.com/district10challengerleague?cmp=125>



District 10 & 11 Challenger League Registration for Players and Buddies

Date/Time: March 28th, 11am – 3pm

Location: Clark Lane Middle School (cafeteria) 105 Clark Lane, Waterford, CT 06375

Or You Can Register Online at

<http://www.eteamz.com/district10challengerleague?cmp=125>

Player Fee is \$25.00

An Important Reminder

A parent or adult authorized to make medical decisions MUST be present and remain at the complex for each player during all games and practices.

While the Challenger Division of Little League is open to ALL kids, this registration information applies specifically to players residing within the Little League District 10* and 11 boundaries. District 10 includes the communities of **Bozrah,**

East Lyme, East Haddam, Groton, Ledyard, Lyme, Montville, Mystic, New London, Old Lyme, Pawcatuck, Salem, Stonington, & Waterford. District 11 includes the communities of: **Jewett City, Killingly, Lebanon, Mansfield, Moosup,**

Norwich, Plainfield, Preston, Putnam, Willimantic and Woodstock.

Challenger ages for players- 5-22 (as of December 31st, 2014)

Players must provide a copy of their birth certificate for league files along with 2 forms of proof of residency such as driver's license, utility bill, report card, etc.

Questions? Contact Kimberly Rouisse- krou7@sbcglobal.net 860-303-2551



The Miracle League is CT only **fully** accessible Baseball League www.miracleleaguect.org

The Miracle League of CT is open to all children from any part of the state ages 4 to 21 who have physical and or cognitive challenges. All games are played on their beautiful **rubberized surface baseball field that is fully wheelchair and handicapped accessible in West Hartford.** Baseball

experience is not required. We welcome players of all abilities. Our goal is that every child who has a desire to play baseball, has the opportunity to do just that. Most importantly, that all of our athletes are able to participate in a safe accessible environment that allows them to enjoy the game of baseball just as their siblings and peers are able to. It is our belief that every child should be able to experience the joy of being part of a team. There are 2 seasons, Spring (April – June) and Fall (Sept. – Oct.)

New **Fitness Center designed for individuals on the Autism Spectrum Disorder** in **Orange!**



It is **truly** fantastic!



ASD Fitness Center provides a safe, structured environment for empowering individuals with Autism Spectrum Disorder (ASD) to improve their level of physical fitness. ASD Fitness Center builds confidence, improves social awareness and decreases anxiety. The specialized 5,000 square foot fitness facility features personalized, Individual Fitness Programs (IFP) with options to add nutrition and functional skill goals. They offer one-on-one personal training, in addition to small group classes. Sectioned workout stations are equipped with visual cues to focus on building core, upper body and lower body strength. A tailored "fun" station follows each workout station. There is even a separate workout area for moms and dads to use while waiting.

ASD Fitness Center is located at 307 Racebrook Road in Orange. For more information, call [203-553-9508](tel:203-553-9508) or visit www.asdfitnesscenter.com.



FREE Fitness Classes. Sponsored by **BEyond FITness**

55 Laura Street, **New Haven**, CT 06512

Phone: 203-285-5393

Email: info@beyondfitnessct.com

www.beyondfitnessct.com

FREE Zumba® Kids & Zumba®

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Kids Jr. classes.

Join our team of licensed Zumba® Kids Instructors ready to party with your precious little ones to age-appropriate music and moves. The program is geared for children **ages 4-11 years old**. Parents/guardians may also join the fun at no charge. Feel free to share away. Classes are offered free for families every other month. (No registration or call ahead needed).

Dates: Tuesdays, **March 3rd - 31st**

Tuesdays, **May 5th - 26th**

Time: 5:30 pm to 6:00 pm.

Cost: Free

Location: 55 Laura Street, **New Haven**, CT 06512

FREE Zumba Classes for Adults

Appreciation Tuesday! Come enjoy a FREE Zumba® class every Tuesday. What better way to help you get started and a healthier you. Bring a friend and feel free to inspire and motivate others by sharing. No Registration or call ahead needed.

Dates: Tuesdays, **March 3rd - 31st**

Tuesdays, **May 5th - 26th**

Time: 6:15 pm to 7:15 pm.

Cost: Free

Location: 55 Laura Street, **New Haven**, CT 06512

BEyond FITness is dedicated to providing a unique experience in your daily workout, as we strive to help you reach your fitness goals with pure fun, love and dance. Providing classes which are not only effective but also affordable. We offer a variety of exciting, challenging and invigorating classes for all ages, levels and fitness abilities.

Come join a class today and see for yourself.

Feel free to "Like" us on Facebook for a complete schedule, free classes and events. www.facebook.com/beyondfitnessct

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Yoga at Therapy works in Old Lyme

Our instructor is an Occupational Therapist with training in sensory integration and self-regulatory challenges. They will use yoga and sensory techniques to address such issues as anxiety, attention, behavior issues and physical challenges. Individuals will leave this class in a calmer, more peaceful state and have tools to use at

home and school. They offer 2 yoga Classes one:

***For Adults Of All Abilities and/or Special Needs

***Afterschool Yoga for Children of All abilities and/or Special Needs

If you have questions, or would like to register: Please call Becky @ Therapyworks: 860-434-5524

Therapy works, 19 Halls Rd, Suite 204, **Old Lyme**, Ct 06371

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Autism Services & Resources Connecticut is collaborating with promOTing participATion, LLC to offer a movement based leisure program for individuals who are looking to improve participation in social situations, develop healthy habits, improve coordination skills and establish friendships. The program will incorporate the use of pop and hip hop music to make the class current and fun!

Please take a moment to complete the following 9 question survey to help us better serve you and ensure the success of this program. <https://www.surveymonkey.com/s/DKPSNWJ> Thank you!

NEW PROGRAMS STARTING UP



*NEW @ THE ART HOUSE in **Norwich**

CREATIVE SOCIAL GROUP

**A class for crafty TEENS & ADULTS with special needs
to make Art, Memories & Friends!**

\$20/Registration. \$6-14/class.

FRIDAY 6:30-8:30PM

*NO CLASSES 1st Friday of the month.

E-mail: thearthouse88@gmail.com , Call or Text 860 772-8032 to request Registration Form.

Please Sign Up in advance- Space is limited.

All activities unless otherwise noted will be held at The Art House.

88 Sherman St. Norwich, CT 06360.

Visit us on fb: The Art House of Norwich www.thearthouseofnorwich.com

Contact Carrie if you are interested in having an event or program at the ArtHouse!

THE ARTS AND MUSIC

Muse

A gallery of art and inspiration

The gallery is planning a full year of events and shows. This year they are having 2 openings:
April 27th, 2015 and October 23rd, 2015

If you are interested in being one of the Artisans from the DDS community to display your work in the April show...
contact Kerry at 860-859-5419 and drop of your pieces by April 17, 2015.

The Muse Art Gallery is Located in Campbell Building Lobby
401 W. Thames Street, **Norwich**, CT 06360

To submit artwork or For question call Kerry at 860-859-5419



Family Drum Circles Brought to you by the Infinity Music Therapy Services

Date: First Friday of each month

Time: 7:00pm – 7:45pm

Location: 1678 Meriden-Waterbury Turnpike, **Southington**, CT

Cost: \$5.00/person, \$3.00/children ages 2-5, under 2 Free

To Register: Reservations appreciated, Drop-Ins Welcome, Call (860) 518-5557 or email info@infinitymusictherapy.com



Save the Date!

Coming up in April 2015, La Grua Center is pleased to once again exhibit artwork by artists who have been affected by autism. We welcome artists of all ages. Opening reception will be Thursday, April 2nd, from 5-7pm. Details coming soon!

To participate or for more information, contact us at 860-535-2300 or at the email listed below.

La Grua Center
www.lagruacenter.org
info@lagruacenter.org



SPRING CRAFT FAIR

VENDORS WANTED

UNCAS ON THAMES

401 West Thames Street, **Norwich**

FRONT LAWN OF THE CAMPBELL BUILDING

Date: Thursday June 11th, 2015

Rain Date Thursday June 18th, 2015

Time: 10am-2pm

For Information call Linda Hauser 860-859-5561

Sponsored by the DDS Employee Recognition Committee

Another New Parent Group Starting that focus on the Parents!



Parents, who have a child 18 or older that has a disability.

New London County / Windham County The woman starting it lives in Lebanon.

- ❖ The main focus is in restoring and strengthening you, the older parent
- ❖ To live a better life with less stress
- ❖ To find friendship

Date: March 28, 2015

Time: 12:30-3:30

Location: Ruby Tuesday's 160 River Rd, Lisbon, CT 06351

Registration required.

To RSVP please contact Darlene at kmastrrianna@icloud.com or 860-468-0299



** For more information go to the CTFSN website at www.ctfsn.org **

What we do:

The Connecticut Family support network is committed to helping families of individuals with disabilities and special health care needs, and the professionals who work with them, find information, resources, and support to improve their lives.

All of our services are FREE!

How we Help:

We connect **one-to-one** with parents via telephone, email, and Facebook. We provide information, emotional support, advocacy and guidance.

We hold **workshops and trainings** across the state for parents and professionals on the wide variety of topics including special education, transition, recreation and communication.

We work to **empower** families to become affective and successful advocates, we encourage individuals with disabilities to become successful self-advocates.

We offer more then 20 **support groups** per month. These groups provide parent-to-parent connections, access to resources and guest speakers.

We **share current information** on disabilities issues and resources via email, our website and Facebook, so parents can remain updated on how to continue to keep themselves informed.

We **collaborate** with local and state agencies, community groups and other non-profit organizations to provide access to resources and support.



CTFSN Support Group Schedule – 2014

** For more information go to the CTFSN website at www.ctfsn.org **



Southeast Region: April Dipollina, Regional Coordinator 860-271-4371 adipollina@lmhosp.org

L&M Hospital **Parent Support Group** in New London meets on the

first Wednesday of the month

at **6:00pm** in conference room 3.

L&M Hospital, Montauk Ave. **New London**

(unless there is a special event that month.

Please be sure to check our [Calendar](#) page for the latest meeting information).

South Central Region: Deborah Pagano, Regional Coordinator 203-430-0242 dpagano@ctfsn.org

A "Parent Partnership" for children with special needs

Parent Partnership is a meeting for families of children with special needs.

- Parents meet to share ideas, concerns and information related to providing the best support and environment for their children.
- Parents can choose to be as active as they like.
- Speakers, training and resource and educational materials will be provided.

Morning Parent Partnership meets on the **first and third Tuesday** of the month from **9:30-11:00am** at the **Women & Family Life Center, 96 Fair St., Guilford**. Free childcare is provided.

Evening Parent Partnership meets on the **first Thursday** of the month from **6:30-8:00pm** at **SARAH, Inc., 51 Boston Post Rd., Madison**.

You do not need to have attended prior to join us at any of the meetings.

For more information or to register please email or call
Kathy Fadel at Kidsteps-FCC@sarah-inc.org or 203-453-7592, x108
Deborah Pagano at dpagano@ctfsn.org or 203-430-0242

"Parent Partnership" is facilitated by Deborah Pagano of the Connecticut Family Support Network (CTFSN) and organized by the Connecticut Family Support Network (CTFSN) in collaboration with KIDSTEPS, Family and Children's Center a division of Sarah, Inc.



Parent's (with ID) Group

Support Group for **Parents with Intellectual Disabilities**

All are welcome

Kids are welcome

When: 2nd Wednesday of every month

Time: 5:00pm – 7:00pm with Pot luck dinner

Location: The Campbell Building at 401 West Thames Street,
Norwich, CT 06360
(Room 339)

For more information: contact Amy at 860-859-5474 or
Rhonda at 860-859-5578

Rainbow Support Group

For L*G*B*T*Q* people with ID

(Consumer, Staff and Family are welcome to attend)

When: 2nd Sunday of each Month (except May-North
Hampton Pride and July- closed)

Time: 1 – 2:30pm

Cost: Free!

Where: New Haven Pride Center
84 Orange St.

New Haven, CT

For Information E-mail: Rainbowdisability@gmail.com



CREATIVE HOUSING WORKGROUP

Concerned about Housing or Residential Supports for someone with a disability.

Come and join us

We are a group of proactive parents, caregivers and self-advocates who are working together to find Solutions, Supports and create Residential Options.

We meet the **second Thursday** of the month at the Acton Library in **Old Saybrook** from 6 -8 pm.

Can't get to a meeting ask to join our e-mail group.

For more information contact:

April Dipollina: adipollina@lmhosp.org 860-271-4371 Or Lauralyn Lewis: lauralynlewis@sbcglobal.net

Dad's Night Out

Join other Dads every 1st Wednesday of the month

at 7p.m. for a casual night out

2015 Winter Series Meeting Dates:

- March 4th

****NEW Location:** Lenny & Joe's Fish Tale

Address: 86 Boston Post Rd., **Westbrook**

<http://ljfishtale.com/page/2719-Locations>

Please RSVP to...

Deborah Pagano at dpagano@ctfsn.org or 203-430-0242 or

Kathy Fadel at kidsteps-FCC@sarah-inc.org or 203-453-7592

x2

"Dads Night Out" is organized by the Connecticut Family Support Network in collaboration with KIDSTEPS, Family and Children's Center



Mom's Night Out

They will meet every 3rd Wednesday of the month

There will be a group meeting (optional) from 6:00-7:00pm at SARAH in Madison, 51 Boston Post Rd. #1. Or join us at 7:00 pm for a casual night out at a local restaurant (restaurant changes quarterly)

2015 Winter Series Meeting Dates:

- March 18th

Restaurant Location: Chips Pub III, 24

W. Main St., **Clinton**

www.chipspub3.com

Please RSVP to...

Deborah Pagano at dpagano@ctfsn.org or 203-430-0242

Kathy Fadel at kidsteps-FCC@sarah-inc.org or 203-453-7592

x108

"Mom's Night Out" is organized by the Connecticut Family Support Network

in collaboration with KIDSTEPS, Family and Children's Center



Shoreline Open Playgroup

MEETS EVERY SATURDAY 9:30 -11:30

Open Playgroup is a family support group that meets every Saturday in **Westbrook**. This **free, drop-in** group is open to families with children of **all ages and abilities, siblings included**.

Children will have the opportunity to meet with other children and participate in activities and games with volunteer student mentors. Parents can socialize, make connections, access information and receive support from other parents and staff.

For first time registration or more information contact Deborah Pagano at dpagano@ctfsn.org or call 203-430-0242

Kathy Fadel at kidsteps-fcc@sarah-inc.org or call 203-453-7592 x2

Location and Dates:

SARAH-in-Action, **Westbrook,**

Feb, 21st Westbrook

1620 Boston Post Rd. (Rte. 1)

Jan, 17th Westbrook

Jan, 24th Westbrook

Jan, 31st Westbrook

Feb, 7th Westbrook

Feb, 28th Westbrook

Mar, 7th Westbrook

Mar, 14th Westbrook

Feb, 14th Westbrook



Have you heard about the **self advocacy group** called:

The Power of Voices

- ❖ They meet once a month on the 3rd Thursday
- ❖ 5pm
- ❖ 526 Whalley Avenue, **New Haven**, CT
- ❖ We have a Special Olympics team that competes in Bowling, Athletics, Track and Field, and Basketball.
- ❖ For Information on how to join contact Corinne Jackson at Marrakech Inc, at: (203) 389-2970 ext. 12

PARKS AND RECREATION PROGRAMS

Many towns offer recreation programs operated by the town or city and subsidized by tax dollars. They often have scholarships available so no one will be excluded due to finances. Please note that this is not a complete list of Recreation Programs in our area. It is simply a list of town programs I am aware of that have adaptive program. Please check with your town to find out what they offer and if your town does not have what you are looking for... **let them know**. They will not develop a program if they do not know there is a need. Remember to also check out other local towns in your area, they often welcome non-residents in their programs.

Middletown Recreation Division

100 Riverview Center #140, Middletown, CT 06457 [\(860\) 638-4500](tel:8606384500)

Middletown Recreation Division offers a diversified Inclusion Program for participants with Special Needs age 8 – 21. For older individuals, Middletown Recreation Division recognizes the value of including people with all levels of ability as a means of strengthening our community and providing a recreational choice. We provide opportunities for people with and without disabilities to experience recreation together. For specific information concerning policy and programming, please call our office at 860.638.4500. Please provide ten days notification to provide significant support.

<http://www.cityofmiddletown.com/content/117/123/159/>

Groton Parks and Recreation

www.groton-ct.gov/depts/parksrec/

All are welcome to register. Both Groton Residents and non-Residents alike.

Groton has a wonderful varied program that includes:

- Special Olympics year round
- Adaptive swimming,
- adaptive Rowing
- Adaptive Kayaking
- adaptive Karate
- Special Recreation
- Cooking for fun
- Painting
- And Camp Button a special needs summer camp (Groton Residents only)

For more information call Eileen Cicchese at 860-536-5691

Branford Parks and Recreation

46 Church Street Branford CT

Phone 203-488-8304

recreation@brnford-ct.gov

The Branford Parks and recreation Department truly has a program to suit everyone’s needs, expanding its already extensive offering with the addition of the adaptive recreation program – Perfect pals!

Perfect pals is aimed at teens and young adults ages 13 and older who are interested in participating in recreational activities.

They welcome residents and non-residents alike!

Here is an example of what they have to offer:

Bowling: Circle Lanes East Haven fee \$15

Date: Wednesday, April 8th

Time: 5:30 – 7:30pm

Pizza and Movie: Branford Rec. Dept. fee \$15

Date: Thursday, March 11

Time: 5:30 – 7:30

PRIVATE RECREATION PROGRAMS

These are Recreation & Social programs that are privately owned and run by professionals hired by the company. These programs are paid for by the participants (some receive scholarships or grants). They offer a wide variety of programs and flexibility. Some even offer transportation for an additional cost. They are worth looking into.



The ARC of New London County

ARC of **New London County** has a wonderful Community Life (Recreation) program that is worth checking out. They plan a variety of activities each month including weekends for their members. Those often have: Dances, Bowling, Special Olympics and much, much more. They are also the only program in our area that offers Transportation to most of their events for a fee. To find out how to become a member go to: www.thearcnlc.org or contact Denise Tift at: dtift@thearcnlc.org or call 860-889-4435 x. 110

The ARC or Meriden-Wallingford offers a variety of recreational programs.

Call 203-237-9975 or visit them on the web www.arcmw.org

☐ Recreation program for its members. The program runs from March – October of each year with activities offered each week. Please contact Maritza Dell at 203-237-9975 ext. 377 or email us at recreation@mwsinc.org if you are interested in more information.

☐ They also have a program called Opportunities for Older Adults. This is a program for older adults with developmental disabilities that have chosen to retire and wish to experience activities commonly valued by senior citizens. They offer something for everyone weather you are laid back or want to be on the go.

☑ Individualized services is a versatile program that is designed by and for the individual based upon the individuals, needs, goals, hopes and dreams.

☑ Individualized Services is a versatile program that is designed by and for the individuals

ASRC Autism Services and Resources CT

101 North Plains Industrial Rd. Harvist Park, Building 1 A, **Wallingford**, CT 06492

Phone: 203-265-7717

www.autismconnecticut.org/recreation-and-social-programs

ASRC has a wonderful facility and offers many recreation / social groups specially designed to provide individuals with autism spectrum disorders the opportunity to participate in a variety of social activities throughout their community. The offer groups for: Teens (Guy group and Girls group) Young Adults group (co-ed), Young girls group, and ASRC Supported Social Group. For details on these programs contact Emily@autismconnecticut.org They also have Adult Game Night and many other activities and special events.

Groton Light House Program: Summer Friends

860-445-7626

Summer Friends
Social Skills Programming
The Light House, **Groton**

Summer Friends is designed for participants in middle and high school with Asperger's Syndrome and high functioning autism. (Students must be able to care for themselves and have independence in toileting and feeding)

Social skills that are focused on include, but are not limited to: conversation, perspective taking, problem solving, reading social cues and developing a social life in the community.

Summer Friends meets Monday-Friday from 2-5pm July 7th through August 8th

For more information please contact Vita Rose at 860-445-7626 **or by email:** vrose@lhcampus.com



246 Goose Lane, Suite 101
Guilford, CT 06437
(203) 458-4040

SARAH, Inc.'s Recreation and Leisure Connections provides social, leisure and athletic opportunities for people with varying abilities and needs. We help make connections with local community groups and plan activities so that people of all abilities can fully participate. These include: Special Olympics training and competition, art classes, movies, theater and more!

Recognizing the changing needs of families who care for their family members at home, SARAH, Inc. offers an "extended day" respite program. This program offers supervised social and leisure activities in a safe, comfortable environment after the normal school and work day.

Activities available from Recreation and Leisure Connections include, but are not limited to:

Special Olympics Training & Competition

Life Skills and Leisure, Social Activities & Special Events

Recreation and Leisure Connections also incorporates activities with local park and recreation departments, commercial ventures in recreation and leisure and fosters additional life skill learning opportunities. Participants enjoy: Concerts, Plays, Dances, Spectator Sports, Dining out, Day Trips, weekend Getaways.

"Call 203-315-9163 or contact cmones@sarah-inc.org to learn more and to sign up for our current recreation activities

Day Holiday. Of the twenty-six parking-charge parks, fifteen (15) charge for parking only on weekends and holidays with weekdays free and only eleven (11) charge during the entire week. We are fortunate that all areas of the state offer several no-cost, state-run recreation opportunities.

Please visit the DEEP's State Parks website at: http://www.ct.gov/deep/cwp/view.asp?a=2716&q=325086&deepNav_GID=1650 to locate state parks across the state which do not charge any parking or admission fee, and enjoy them.

(This is truly a great website with tons of information and ideas check out Letterboxing/Geocaching for an activity to do at the park) The State Parks Division issues **every public library in the state a State Park Library Pass which can be checked out**, similar to a book, and used for **free** visitation to any park or forest that charges a fee. This program is very popular. We invite your program leaders to pay a visit to your local library to take advantage of this offer.

2. Our agency also offers season passes that can be purchased for \$67. It allows an unlimited number of visits to all parks during the busy season.
3. Available for free, are the lifetime Charter Oak Pass for Connecticut residents age 65 or older and the Disabled Veteran Pass for citizens with a service connected disability. As long as the resident is in the vehicle, it can park free of charge. However, only the pass holder enjoys free admission to Gillette Castle, Dinosaur and Fort Trumbull State Parks.

Please visit the following page to learn about alternatives:

http://www.ct.gov/deep/cwp/view.asp?a=2716&q=325090&deepNav_GID=1650#SeasonPass

These are great resources...

DID YOU KNOW? AND OTHER RESOURCES

See what is happening in a town near you!

Remember to check out the many events and programs in your area. Go to your **Local Library** to sign out passes to local attractions and Museums (Mystic Aquarium, Mystic Seaport, etc. each Library has different passes and deals available). Check out the **Parks and Recreation** departments, **Senior Centers** or **Adult Education programs** in your town and your neighboring towns to see what they have to offer. Give them a call and get to know them, and let them know what programs you would like to see.

Mystic Seaport Special Needs Discount

Special needs' visitors receive a 50% discount on admission: One additional adult attending to the special needs' visitor will also receive a discount of 50% on admission.

Amusement Parks are doing their part to help everyone have fun. Did you know that many amusement parks have special passes available to allow individuals who cannot stand in long lines, bypass the lines thus being able to enjoy the parks?

Lake Compounce Theme Park, Bristol CT

* Lake Compounce is an award winning park for this. They offer the SAM bracelet or stamp. Just stop by Guest Relations as you enter the park and get one. It makes park personnel aware that the individual has some special needs, so he/she and a companion may enter rides at an accelerated rate, bypassing long lines.

Lake Compounce Theme Park, has been chosen as the "Business of the Year 2012" for Autism Day at the State Capitol.

Phone: 203.365.8522, ext. 263

E-mail: MMixon@kennedyctr.org

TOWNS SERVED: Ansonia, Bridgeport, Darien, Derby, Easton, Fairfield, Greenwich, Milford, Monroe, New Canaan, Norwalk, Seymour, Shelton, Stamford, Stratford, Trumbull, Weston, Westport, Wilton

Eastern Connecticut Transportation Consortium, Inc. (ECTC):

to go directly to the site <http://www.ectcinc.com/index.htm>

Contact info:

Name: Ginger Morse

Phone: 860.859.5792

E-mail: ectcmobility@yahoo.com

TOWNS SERVED: Ashford, Bozrah, Brooklyn, Canterbury, Chaplin, Colchester, Columbia, Coventry, Eastford, Franklin, Griswold, Groton, Hampton, Killingly, Lebanon, Ledyard, Lisbon, East Lyme, Lyme, Mansfield, Montville, New London, North Stonington, Norwich, Old Lyme, Plainfield, Pomfret, Preston, Putnam, Salem, Scotland, Sprague, Sterling, Stonington, Thompson, Union, Voluntown, Waterford, Willington, Windham, Woodstock

Way To Go CT: Northern Central Connecticut

to go directly to the site <http://www.waytogoct.org/>

Contact info:

Name: Danielle Herbert

Phone: 860.667.6207 ext. 17

E-mail: dherbert@waytogoct.org

TOWNS SERVED: Andover, Avon, Berlin, Bloomfield, Bolton, Bristol, Burlington, Canton, East Granby, East Hartford, East Windsor, Ellington, Enfield, Farmington, Glastonbury, Granby, Hartford, Hebron, Manchester, Marlborough, New Britain, Newington, Plainville, Plymouth, Rocky Hill, Simsbury, Somers, Southington, South Windsor, Stafford, Suffield, Tolland, Vernon, West Hartford, Wethersfield, Windsor, Windsor Locks

South Central MM (Greater New Haven & Middletown)

A New Mobility Manager was just hired for this position. For more information go to the DOT's Mobility Manager Website.

<http://www.ct.gov/dot/cwp/view.asp?a=1386&q=553940>

Another New website **CTADA.com**

We are excited to announce that the website **CTADA.com** is up and running. **CTADA.com** is the Connecticut's NEW central location for information on ADA paratransit services in Connecticut.

At **CTADA.com** you:

- Can print out the state wide ADA paratransit application
- Can complete and send the application on-line
- Find contact information on the ADA paratransit providers in the state
- Find information on the eligibility criteria for ADA paratransit
- Watch the video: "Mobility, Choice, Independence"

Check it out: www.ctada.com

If you would like to respond to these questions or would like to be added to my E-mail list

Please contact me: Pamela Okerblom – Recreation Therapist

Pamela.Okerblom@ct.gov or call 860-859-5482

The information contained in this newsletter does not express or imply endorsement by DDS. Content is copy and pasted from other websites and e-mails and is not spell checked or confirmed. DDS holds no responsibility if an event has been cancelled or moved, always check with the event for more information.

We are looking for individuals who want to be on the cutting edge of change, developing a better tomorrow, create a model framework for supporting all our citizens in CT.



Community of Practice for Supporting Families of Individuals



with Intellectual & Developmental Disabilities

About the Community of Practice

The National Community of Practice for Supporting Families of Individuals with Intellectual and Developmental Disabilities will help five states develop systems of support for families throughout the lifespan of their family member with intellectual and developmental disabilities. The objective of the grant is to develop systems of supports for families throughout the lifespan of their family member.

The Goal of Supporting Families

The overall goal of supporting families, with all of the complexity, strengths and unique abilities is so they can best support, nurture, love and facilitate opportunities for the achievement of self-determination, interdependence, productivity, integration, and inclusion in all facets of community life for their family members.

Goals of the CoP

The goals of the Community of Practice are:

- To create a model framework for supporting families that addresses the needs of families with a family member with I/DD across the lifespan and supports states to develop and sustain exemplary family support practices.
- To develop and facilitate a multi-level Community of Practice designed to build capacity within states and the nation to create policies, practices, and systems to better assist and support families that include a member with I/DD across the lifespan.
- To capture and share lessons learned and products to develop implement and sustain exemplary practices to support families and systems.

If you are interested in sharing your ideas and expertise and want to work on this valuable life changing project, weather you are an individual with Developmental Disability, their family, Friend, or professional, please contact the facilitator below for the committee you are interested in working with.

Committee Contacts:

Information Navigation Co-Facilitator: Marie Bennett – Marie.Bennett@ct.gov 203-294-5046

Family Mentoring & Leadership Co-Facilitator: Carmina Cirioli (Parent) accirioli@att.net 203-234-9554

Co-Facilitator: Sheri Romblad (Parent) theromblads@comcast.net 203-506-5710

Person Centered Planning Co-Facilitator: John Tierney John.Tierney@ct.gov 860-616-2046

Self-Directed Services Co-Facilitator: Beth Aura Miller Bethaura.Miller@ct.gov 203-805-7430

Social Supports Co-Facilitator: Donna Haley Donna.Haley@ct.gov 860-331-2042

Positive Behavior Supports Co-Facilitator: Pam Lyle

Co-Facilitator: Peter Tolisano Peter.Tolisano@ct.gov 860-418-6086

Housing Support Options Co-Facilitator: Joshua Scalora Joshua.Scalora@ct.gov 860-418-6119

Employment Co-Facilitator: Amy Blazawski Amy.Blazawski@ct.gov 860-263-2449

Healthy Living Co-Facilitator: Lakisha Hyatt Lakisha.Hyatt@ct.gov 860-418-6083

Technology Co-Facilitator: Robin Wood Robin.Wood@ct.gov 860-418-6035

In-Home Supports/Respite Co-Facilitator: Lorraine Gendron Lorraine.Gendron@ct.gov 203-806-8727

Robin Wood: Robin.Wood@ct.gov 860-418-6035

Collaborating Across the Lifespan – Engaging Young Families 0-8

Co-Facilitator: Debra Anderson Debra.J.Anderson@ct.gov 860-418-6031

Co-Facilitator: Lynn Fogg-Cornelio Lynn.Fogg-Cornelia@ct.gov 860-418-7016

Collaborating Across the Lifespan – Engaging Families During the Middle School Years 9-15

Co-Facilitator: Robin Wood Robin.Wood@ct.gov 860-418-6035

Greg Lawton Greg.Lawton@ct.gov 860-456-6307

Collaborating Across the Lifespan – Engaging Families During the School Transition Years 16-21

Co-Facilitator: Brian Smith Brian.K.Smith@ct.gov 203-806-8823