



Along the Spectrum

Tazewell Mason Counties Special Education Association

Now that school is back in full swing and you are getting to know your students a little better, we wanted to share some local resources and upcoming events that may be of interest to you and the families with which you work. Also, just a reminder that Kate McGinnity will be at the Avanti's Dome on March 1, to share new and innovative ways to work with students on the spectrum. As always, this workshop is free to our member districts. [Click here to register.](#)

Resources in the Community

The Lorraine & George Shadid Autism Resource Center contains a wide variety of resources including: visual supports, books, Boardmaker software program, DVDs, games, structured teaching kits, toys, computer software programs, internet access, learning aids and other materials.

The center is available for families, service providers, educators and the general community. Many of the materials are free, and other materials are available on loan for two weeks. Advice and assistance will be available if families are interested in purchasing these items.

Lorraine and George Shadid Autism Resource Center

Address: Easter Seals Peoria Center, 507 E. Armstrong Ave, Peoria, IL 61603

Phone: 309.686.1177, ext. 2238

Hours: 8:00 a.m. to 5:00 p.m., Monday through Friday **by appointment only.** For your first visit, please call for a 30 minute orientation meeting.

Low Cost

No Cost Sensory Supports

Local bike shops and health clubs are excellent resources for old bike inner tubes that can be used for providing movement when tied to desk legs or old tennis balls for quieting those screechy chairs. When looking for sensory supports, don't forget to visit your local dollar store for simple fidgets and other items. [Check out the last page](#) of this newsletter for some pictures of how to creatively use some items you may already have.

Autism 101 provides information on autism spectrum disorders, interventions for autism and community resources for parents, families, and professionals. Sessions are free of charge and registration is required. Meets 9:00 - 11:00 a.m. For more information see attached [Autism 101 flyer.](#)



Updates to the TMCSEA Lending Library



Board Games

You & Me: A Game That Teaches Social Skills and Social Awareness

Designed to help children become socially aware of the world around them and to teach them the social skills they need in their everyday lives.

Recreation Skills

Use this game to help players find out what type of fun activities they might enjoy learning how to do. The program teaches and reinforces the fact that individuals should have time to relax and have fun.

All About You

Learning about yourself: appropriate social interactions and self-esteem development.

Looking Good

Learning to improve your appearance - grooming and personal hygiene training.

The Good Behavior Game

The game was developed as a means to teach children the importance of good behavior as well as to teach children effective forms of discipline, such as token economy systems.

Communicate Junior

The purpose is to reinforce appropriate use of a variety of social skills, such as listening, body language, facial expressions and conversations.

Books

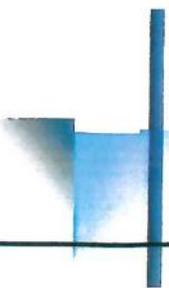
Social Thinking and Me Guidebook and Think Sheets introduce and teach core Social Thinking Vocabulary and concepts to older elementary school and middle school-age kids (ages 9-13). This two-book set breaks larger and more complicated social concepts down into smaller chunks to make it easier to learn.

Events in the Community

Watching a movie during prime time hours can be challenging for families and children with Autism and sensory issues. Goodrich Quality Theaters is proud to present Lights Up, Sound Down (LUSD), a monthly program open to everyone, but specifically giving families & children with Autism and sensory issues the opportunity to enjoy their favorite movies in a comfortable, sensory - friendly setting with the lights turned up and volume turned down in the auditorium. We offer a screening once a month of first run movies on Saturdays mornings. Start times vary due to the running time of features. Regular Matinee prices apply. Ask the theater about Concession Discounts for groups of 15 or more! *Dates and titles are subject to change. Confirm with theater 5 days before the date to make sure the theater has been booked with the movie below. Willow Knolls 14 (Peoria, IL) sponsored by **WestPoint Financial**. RSVP for FREE tickets [here](#). The following movies are scheduled at Willow Knolls 14: October 8, 2016 at 10:00am — **STORKS** November 12, 2016 at 10:00am — **TROLL** December 10, 2016 at 10:00am — **MOANA**



The Peoria Regional Chapter of the Autism Society of America will host its 10th annual walk on October 23rd, 2016 at the Shoppes of Grand Prairie. Sign up today at <http://www.autismpeoria.org/events/autism-walk>



Autism 101

Autism 101 is an introductory training session designed to assist caregivers and community providers in the understanding Autism Spectrum Disorders.

During the training session, parents, family members and community providers will learn:

- What Autism Spectrum Disorders are and how they affect individuals.
- What types of interventions are available for Autism Spectrum Disorders.
- What resources are available for parents, families and professionals living/working with individuals with ASD.

Sessions are held from **9am to 11 am**, on the following dates:

Peoria Center:

- August 19, 2016
- October 21, 2016
- December 3, 2016
- February 4, 2017

Bloomington Center:

- September 10, 2016
- November 4, 2016
- January 13, 2017
- March 4, 2017

For more information or to sign up for the next available session, please contact:

The Autism Help Line
1-855-511-3773

*Learning that your child has an Autism Spectrum Disorder can be overwhelming, frightening and confusing. **You are not alone in this new journey.** This program seeks to provide families with a solid grounding from which to begin their journey to care for, teach and support their child with ASD.*

This program and information is made possible by:

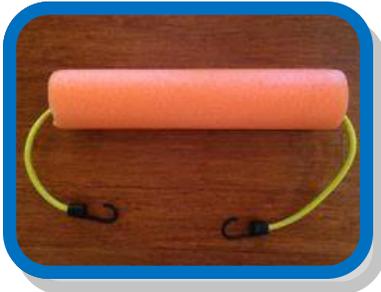


www.ci.easterseals.com

PROVIDING HELP AND HOPE FOR FAMILIES LIVING WITH AUTISM

Low Cost
No Cost Sensory Supports

A piece of Thera Band around the desk or chair legs is also helpful. If your therapist cannot provide one, try a bungee cord (cover the ends of the hooks). Or a rope with a pool noodle or PVC pipe for additional movement.



Fidgets are another popular recommendation. I have often found that most students who need a fidget already have one. Usually their hair, jacket zipper, an eraser, the spiral on their notebook..... A fidget that attaches to the desk/table is a good alternative and less likely to distract others. A strip of velcro under the desk or fuzzy duster thing (usually found in automotive dept.), small carpet squares, etc. Also, something they can wear like a ring or bracelet. Gumball machines are a good source of Kooshball rings.



A good DIY weighted lap pad idea - take an old stuffed animal (preferably a "pillow pet" type) rip the main seam, stuff it with a bag or two of rice and sew or velcro it back up.

