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- 6/4/11 **Family Favorites Festival** held at Harrisburg Area Community College (HACC), Harrisburg Campus 10-4PM. 120+ exhibitors offering kid-friendly activities. Live concerts & children's presentations. Animals. Games & rides. Arts & crafts. For more information call (717) 236-4300 or visit [www.centralpennparent.com](http://www.centralpennparent.com)
- 6/5/11 **Special Autism Shopping Event at Boscov's** in Lebanon, PA. The Lebanon Valley Mall Boscov's will open at 10am for you! At this time, they will have low lighting, the music & announcements will be turned off and the attention will be on assisting your family to make purchases. Only families with a similar situation will be in the store at this time. YOU MUST HAVE AN INVITATION WITH YOU TO ATTEND THIS SHOPPING DAY! At 11 am the store will open to the public, but the lighting and announcements will not be turned back on until noon. Lebanon Boscov's will have light refreshments for the families along with kid's crafts and a movie playing in the Electronics Department in case you need a break. You can obtain an invitation by contacting us at [info@asertinfo.com](mailto:info@asertinfo.com) (877) 231-4244 or you can contact Jen Bauman at Boscov's (717) 540-4222 or [jbauman@boscovs.com](mailto:jbauman@boscovs.com)
- 6/5/11 Join the Adult ASD Groups of Autism York, Harrisburg and Lebanon Spectrum Friends for an afternoon of fun and relaxation at the Quaker Race Day Use Area of Gifford Pinchot State Park. Lunch at 1PM. For more information contact Georgia Rackley at [georgia.rackley@verizon.net](mailto:georgia.rackley@verizon.net)
- 6/7/11 The Vista Foundation will be providing a **training by G. David Smith, Ph.D., BCBA-D** titled "Using Graphs to Assess Behavior Change." 9:30 AM-12:30 PM. The fee for this event is \$50, and 3 BACB Continuing Education Units will be provided upon completion of the training. This event will be held at The Vista School, located in Hershey, Pennsylvania. For more information or to register contact Krina Durica at (717)835-0310 or email [kdurica@thevistaschool.org](mailto:kdurica@thevistaschool.org)
- 6/8/11 Special Planning Workshop: "Understanding the Basics of Special Needs Estate Planning" 6-7:30 PM. Presented by Special Planning LLC, 4200 Crums Mill Road, 2nd Floor, Harrisburg, PA. To reserve your seat or for further information please call (717) 541-5000
- 6/17/11 **Speaking For Ourselves 2011 Annual Conference** "VOICES & CHOICES Bring It Together! Held at The Sheraton Harrisburg-Hershey, Harrisburg, PA . 8 AM-6PM. For more info and to register visit [www.speaking.org](http://www.speaking.org) or call Kara Latshaw at (717) 692-5562.
- 6/17/11 CPARC invites school aged **siblings of children with developmental disabilities** to attend a session focused on the trials and rewards of being a sibling to someone with special needs. 1-3PM. Locations: 71 Ashland Ave, Carlisle, PA. This session is for the children only, no parents please. Plan on dropping the children off and picking them up afterward. The children need to be free to express themselves without worrying about what mom or dad will think, but they will be encouraged to go home and discuss their concerns and feelings with their parents. For more information contact Carol O'Hara at (717) 249-2611 x 126 or visit [www.cparc.org](http://www.cparc.org)
- 6/18/11 Lancaster County Early Intervention Presents: **Summer Break--Caring for the Care Giver** for Parents & Caregivers of Children Birth to Age 3 held at Lancaster Host Resort & Conference Center, 2300 Lincoln Highway East, Lancaster, PA.. 9AM – 3:15 PM. FREE!! Register by calling Darlene Taylor at (717) 735-2130 or email her at [TaylorD@co.lancaster.pa.us](mailto:TaylorD@co.lancaster.pa.us)
- 6/23/11 Come out and cheer for the **York Revolution baseball team** as they take on the Road Warriors (game starts at 6:30 PM)! This event is FREE to individuals with ASD and their immediate families. Autism York has 50 tickets for Lawn Seating available. You must pick up your tickets in advance. They will be available to pick up at Rita's, 351 Loucks Road, York on Wednesday, June 8th between 5-9PM. Please visit the Autism York table. If any tickets remain, the second distribution location will be at York Learning Center, 300 E. 7th Avenue, York on Friday, June 10th between 10:00am—1:00pm. Enter on the Queen Street side of the building to the right of the playground
- 6/24/11 **Parents of Amazing Children: A Special Needs Support Group** meeting. 6:30-8 PM. Meetings are held at The Live Well Center of Carlisle Regional Medical Center, 3 Alexandra Court, Carlisle, PA. For more information contact Nicole at (717)602-2554.
- 6/25/11 **Autism Walk and Family Fun Day**~ Moonbounces, face painting, vendor exhibits, music, raffles, food – Pulled pork, hot dogs, soft pretzels, cotton candy, snowballs. Registration begins at 9 AM. Walk begins at 10AM-2PM. Rain or Shine WHERE: North Hanover YMCA (George St.). Registration fee: \$5 per person For more information and to register visit [www.thefoak.org](http://www.thefoak.org) or call (717) 965-2587
- 6/26/11 **Autism Lebanon Support Group Picnic** at Coleman's Memorial Park, Pavilion #1. 2 PM. Hot dogs, hamburgers and paper products will be provided. Please RSVP to Maureen Appleby at (717)838-9771 or [MaureenAppleby@gmail.com](mailto:MaureenAppleby@gmail.com) by Sunday June 19th. Please let us know what you will bring when you RSVP.



You can obtain past newsletters at [www.autismcentralpa.org](http://www.autismcentralpa.org). Please feel free to distribute as you like. We would be happy to add you to our emailing list. If you would like to receive our monthly newsletter by email, please e-mail: [info@asertinfo.com](mailto:info@asertinfo.com) or call 1-877-231-4244 with the following information: Name; Address; Phone Number; and Organization (if any).

Please visit our BLOG at [asertinfo.com](http://asertinfo.com)

We are happy to announce that you can now follow us on



We are interested in your feedback! Have you had a positive experience with the ASERT Autism Resource Center? If so, we would love to hear from you. Share your stories with us at 1-877-231-4244 or email [info@asertinfo.com](mailto:info@asertinfo.com)

- ◆ Disaboom Scholarship Directory ~ Disaboom recently launched a scholarship directory for students with disabilities, listing over 125 scholarships: [www.disaboom.com/scholarships](http://www.disaboom.com/scholarships)
- ◆ United Support Group (USG) offers Fitness Nights! Mondays 6:30-7:30 PM. Come and join USG in a variety of exercise and aerobic classes. Each class is taught by USG's own Fitness Instructor, Lindsay High! With over ten years in the fitness and wellness fields she offers participants the opportunity to loose weight and gain confidence! For more information or to pre-register contact Lindsay High at [lindsayhigh@unitedsupportgroup.org](mailto:lindsayhigh@unitedsupportgroup.org) or by phone (717) 392-5670
- ◆ [www.ThinkCollege.net](http://www.ThinkCollege.net) website focuses on postsecondary education for people with intellectual/developmental disabilities. It is designed to provide resources and strategies, announce training events and connect with others regarding the transition to college.
- ◆ Spectrum Friends, ASD adult support group of Lebanon County. Meetings are held the 3<sup>rd</sup> Wednesday of the month @ 6:30 PM at A&M Restaurant, 1705 E. Cumberland St, Lebanon, PA. For more information contact Dave Knauss at (717)304-9710. (Family Members are also welcome)
- ◆ Fitness4Focus "Workouts for Children with Special Needs" Participants will be able to enjoy and benefit from both individual and group activities. Physical activity has been shown to improve all areas of development and it's important to remember that every child is different. Therefore, we strive to tailor workout sessions, with parental input, to the needs of each individual so that all children get the most out of our activities. For more information call (717)989-5589 or visit [www.fitness4focus.com](http://www.fitness4focus.com)
- ◆ Special Needs Boy Scout Troop 404. The group meets weekly on Monday evenings at the DDS-Alley Learning Center, Lebanon, PA. Students ages 10-18 with any type of disability will work with other kids as a team and achieve goals. Leaders will work with scouts and encourage them; Scouts will be able to work at their pace and have extra help when needed. To enroll please call the Assistant Scoutmaster, James McIntyre at (717)304-5758
- ◆ ABOARD has an extensive library of books, videos, and materials on autism and related disorders. They will send your request at their expense! Your only cost is the return postage. If you are interested in borrowing library materials, please call the ABOARD office at (412)781-4116 or send an email to [autismnews@ABOARD.org](mailto:autismnews@ABOARD.org)
- ◆ WB Music Therapy, Inc. provides services in Central PA area. CBHNP may cover this service. For more information please visit [www.wbmusictherapy.com](http://www.wbmusictherapy.com) or call Melanie Walborn at (717)468-1684.
- ◆ HOPELights is a Monthly Activity Magazine for children with special needs! It also will come customized with their name! For more info visit: [www.hopelighmedia.com](http://www.hopelighmedia.com) or call (888)503-7553

#### Surviving 4th of July Fireworks Tips

##### Invest in a set of headphones or earplugs

Earplugs to block noise - not the ones we use for swimming. Or use a set of headphones. You can even play soothing or patriotic music through them.

##### Turn up the TV

Sometimes we live near a venue that hosts a fireworks display or our neighbors decide to create their own spectacular show. Try playing predictable music or a favorite TV show that will cover sound.

##### Preview the show

Fireworks are unpredictable. But we can try to prepare our kids to better help them know what they can expect. Sparklers may not have much sound, but they look like mini fireworks. You can also watch videos of fireworks displays.

##### Watch from far away

A grocery store or other nearby parking lot, or the side of the road with the windows rolled up may provide a comfortable distance.

##### Take comfort items

Pack items that help soothe your child, such as a weighted vest, favorite toy, snacks, or handheld game.

##### Be mindful of the entire day's schedule

Before the fireworks show, is there a party or a picnic? Are there breaks for downtime in the day? If it's an overloaded day, fireworks may just put your child over the edge. If fireworks are your priority activity for the day, consider limiting some of your other planned activities.

##### Give that safety speech

Don't miss this perfect opportunity to talk with your kids about fire safety and the dangers associated with explosive devices. Be cognizant too that some of our dislike of fireworks may come from anxiety or fear of being hurt. Reassure them that you are obeying the rules of safety.