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Therapeutic Newsletter

Volume 7, Issue 7

July 2020

Hello everyone!

Welcome to summer! Enclosed in this newsletter is a variety of resources for you to enjoy.

I hope you can utilize all of the free resources enclosed in this newsletter.

Sincerely,

Elizabeth

Special Olympics has asked for all Programs' assistance to disseminate the survey below to as many athletes as possible, as part of an attempt to better understand athletes' concerns about experiences with COVID.

Survey

link: https://specialolympics.qualtrics.com/jfe/form/SV_aXcdF18fVof6S6p

For Therapeutic Families:

WELLNESS CHECKS

*Receive a twice monthly call
from Miss Elizabeth!
Free for parents or
children/adults of
Therapeutic Programs!*



*Email Elizabeth at
ekaufman@auburnalabama.o
rg with your preferred phone
number and call time (AM or
PM) and she will give you
calls throughout June and
July.*

*Sign up now for a free check-in
call to see how you're doing. I
miss you all so much and would
love to connect with you if you're
interested.*

YouTube Destination Videos:

Ocean Coral Tour

<https://www.youtube.com/watch?v=jvtvFHPRcsY&t=49s>

NASA Field Trip

<https://www.youtube.com/watch?v=fAq5rjie02c>

Keukenhof Garden Tour

https://www.youtube.com/watch?v=yZZihcN8_hc

African Safari Tour

<https://www.youtube.com/watch?v=lj0eqK4I9MU>

Amazon Rainforest

<https://www.youtube.com/watch?v=JEsV5rqbVNQ>

Titanic Wreck Tour

<https://www.youtube.com/watch?v=LX7OqFfvDAo>

International Space Station Tour

<https://www.youtube.com/watch?v=LX7OqFfvDAo>



All new!

Upcoming Events:

- **Vonda Reeves**, Alabama Respite's South Alabama Training Specialist, presents "**PTSD and Caregiving**" in a live Zoom training Wednesday, June 24, 10-11 a.m.

Email bhuey@ucphuntsville.org to register for this free online caregiver education opportunity. The first 10 qualified, unpaid family caregivers to register and complete this training may be eligible to earn respite stipends or care package opportunities!

- The Auburn University Reading Center will offer free remote reading tutoring June 5-July 15 for children who have completed grades K-2 and who are not yet reading fluently. No tuition will be charged for children accepted into the program— For more information, see the link:
http://ocm.auburn.edu/newsroom/news_articles/2020/05/130829-remote-tutoring.php?fbclid=IwAR2ujtXsm8poHFZnN095c9wP92M1FrXAu-Fob1Qwi1P05n8DUx9V4VanaKQ

Resources

- Virtual IEP Meeting Tip Sheets - This resource was developed in response to requests from state and local educational agencies and parents about how to hold and participate in virtual individualized education program (IEP) meetings. https://www.parentcenterhub.org/wp-content/uploads/repo_items/virtual-iep-meeting-tipsheets.pdf
- Alabama Respite social work staff is setting up times to chat with caregivers by phone or video conferencing. No topic is too small or too big! We are here to support you. Watch Brittany's video and email her at bhuey@ucphuntsville.org to make your appointment! https://www.youtube.com/playlist?list=PLwZ3jbVT_0KPYjpGdOPxm4vGz4MdZm479
- Danielle Peters, M.S.OTR/L who is an occupational therapist and owner of Bluebird Pediatric Therapy Services in Mobile, AL provides tips on why routines are helpful and how to get started with setting up a routine at home. <https://www.youtube.com/watch?v=AOsINpfjymQ&fbclid=IwAR2DrXbPkJaRNUUJd0K3DEgRWbQgaogZaOsiS4n244BeJ9XhHYzAxEUNaZc>

Fitness Videos from AU Pediatric Movement Lab

Here are some Zumba videos from the AU Pediatric Movement Lab/AU School of Kinesiology. Follow them on Facebook at Facebook.com/aupedmov to receive a new video every Friday!

Warm-Up: <https://youtu.be/ueRNrrPggkU>

Work-Out: https://youtu.be/K2J8ZP_nFmE

Cool-Down: <https://youtu.be/r0jbaWSQcRc>

Another workout video:

<https://www.youtube.com/playlist?list=PLJnz6XeLEwCii8vbG60lnRffYHoXQ1cXk>

Upcoming Best Buddies Hang-Ins:

Monday, June 29, at 1 pm EST/ 12 pm CST

Monday, July 13, at 1 pm EST/ 12 pm CST

Monday, July 27, at 1 pm EST/ 12 pm CST

Monday, August 10, at 1 pm EST/ 12 pm CST

[CLICK HERE TO REGISTER](#)

- Have you visited The **Alabama Autism Collaboration for Home Support YouTube** Channel lately? Click on the link below to view **Shanna Brodbeck, M.S., Program Director of the SKILL Program at Auburn University** as she discusses 5 steps to better study habits for individuals who learn differently. Don't forget to subscribe to the channel for more updates. https://www.youtube.com/watch?v=G_vkQAhlDuQ

- **Alabama Respite** welcomes Dr. Nicole Ruggiano on Thursday, June 18, 10-11 a.m., as she presents, **"Caregiving During Changing Landscapes: Coping with Caregiving During COVID-19."**

This live-stream event (via Zoom) is free and open to the public. To register, contact Brittany Huey at bhuey@ucphuntsville.org or 256-859-8300

- **Vonda Reeves**, Alabama Respite's South Alabama Training Specialist, presents **"PTSD and Caregiving"** in a live Zoom training Wednesday, June 24, 10-11 a.m.

Email bhuey@ucphuntsville.org to register for this free online caregiver education opportunity. The first 10 qualified, unpaid family caregivers to register and complete this training may be eligible to earn respite stipends or care package opportunities!

- Looking for caregiver respite education videos? Visit and subscribe to our **YouTube** channel : https://www.youtube.com/playlist?list=PLwZ3jbVT_0KPYjpGdOPxm4vGz4MdZm479

- **The Alabama Council on Developmental Disabilities (ACDD)** is developing its 2022-2026 Five-Year State Plan and we are seeking input about the needs of individuals with developmental disabilities and their family members in our state. The link that contains the survey in English, Spanish, and Korean is below. We are asking individuals to respond before July 18, 2020. Thank you in advance for your participation.

<https://www.acdd.org/help-acdd-build-their-five-year-state-plan-for-2022-2026/>

- Feel welcome to share the **Spanish** translation of the flyer from **ADMH Autism Services** for families with **Medicaid-eligible** children and youth with autism ages birth through 20 that require more intensive supports.
- Did you know that Alabama has added a new type of missing person alert? "The new Missing and Endangered Person Alert is issued when a person is missing and the person is living with a mental disability, physical disability, Alzheimer's disease, dementia, or **autism** and is in danger. It covers people 18 and older." <https://www.wsfa.com/2020/06/08/alabama-adds-new-missing-persons-alert/>

Coloring pages:

4th of July:

<https://www.momjunction.com/print-coloring-image/103086/print/2014/10/The-4th-Of-July/>

July 4th Balloons:

<https://www.yescoloring.com/images/08-balloons-america-coloring-page-at-yescoloring.gif>

I Love America:

<https://coloring-pages.info/i-love-america-4th-july-printable-coloring-pages-book-20360>

Eagle:

<https://www.thesprucecrafts.com/free-4th-of-july-coloring-pages-1358142>

Fireworks:

<https://www.momjunction.com/print-coloring-image/103086/print/2014/10/The-Boy-And-Girl-Watching-Fireworks/>