

Welcome back for what we hope will be another amazing school year!!!

Below please find the September 4th edition of the Fairfield SEPTA Star.

Please note new Items are shown in Blue. Also note old issue of the SEPTA Star are now on the Fairfield SEPTA Website www.fairfieldsepta.org If you are interested in having something published, please email your copy to FairfieldSEPTA@gmail.com no later than Wednesday evening. Your item will run for a max. of three weeks, so send accordingly.

Thank you,
Joanne Lenz

****Food of Thought****

“Promise me you will always remember – You are braver than you believe, stronger than you seem and smarter than you think”

Christopher Robin to Pooh

****Fairfield SEPTA Happenings****

Don't forget to renew your Memebership

2009/2010 is shaping up to be a very active and important year for education. Please don't let your membership lapse.

Stay informed -- we need to hear your voice. For information on how to join go to.

<http://www.fairfieldsepta.org/membership.htm>

Fairfield SEPTA Sept 9th Meeting

Fairfield Septa will have its kick off meeting on September 9th at 7:15 at the Mckinley Elementary School, Library Media Center.

The meeting will be an "Open House" bring a Friend, Relative or Teacher, so everyone can learn what SEPTA is all about.

SEPTA President Elect

I am pleased to announce that Linda Pryor has stepped forward and volunteered for SEPTA's President-Elect position. Voting by the General Membership will take place at the September meeting. Linda brings a wealth of knowledge and experience and she will be a great asset to SEPTA's Leadership Team.

Elaine Davis

SEPTA Nominating Chair

**** Town and State Happenings****

Berlin SEPTA

The September 17 meeting of Berlin SEPTA will feature a presentation by Dr. Michael Powers, Pediatric Psychologist and Director of The Center for Children with Special Needs.

Region 15 SEPTA

Region 15 SEPTA will hold its kick-off meeting for the new school year on September 15 at 7:00 pm in Southbury. The meeting will feature a presentation by Annabel Stehil, author of the book "Sound of a Miracle, a Child's Triumph over Autism". The meeting is open to the public.

BTW -- Region 15 SEPTA has a web site with many resources for parents. To check it out, click on the link below.

<http://www.region15septa.org/>

****Outside Providers Programs****

The Kennedy Center Autism Project: Fall 2009 Programs

Please find Fall programs attached

Parks and Recreation- Fall Soccer**

Fairfield Parks & Rec. Challenger Youth Soccer will begin Saturday, September 12th from 1:00 until 2:00 at the Jennings School soccer field located on Palm Drive. The season will run until November 7th with no game being held on 9/19.

The first half hour will be skill building fun and the second half hour we will use those skills to play a game. In case of inclement weather call the field hotline at 256-3144 (press 5) for field closures. If have any questions please call Dianne Baxter (366-6693) or Anthony at Fairfield Parks & Recreation (256-3191).

Pizza Mom's

Pizza Moms has a new website... please "bookmark" it.

<http://sites.google.com/site/pizzamomssite/>

Chapel Haven Abilis

Abilis and Chapel Haven Inc. are proud to announce their new partnership... Chapel Haven Abilis. This is a Transition to Independent Living day program for young adults with autism and related disorders. Opening Fall 2009 on the UConn/Stamford campus. Please contact Dr. Susan Izeman for admission and other information at chapelhaven@abilis.us or (203) 629-1880 ext. 304.

Program Overview

Chapel Haven and Abilis, two agencies well respected for providing high-quality services for children and adults in Connecticut, are pleased to offer a new collaboration. Chapel Haven Abilis, opening in Fall 2009, will serve young adults age 18 to 24 who are on the Autism Spectrum or have a related disorder. This unique initiative unites the strengths and experience of each agency to help students on the Autism Spectrum and with related disorders reach their highest level of independence and optimize opportunities for employment.

The Chapel Haven Abilis program is built around a social-communicative core. The program will focus on education, career exploration, independent living skills, community access and recreation. The University of Connecticut campus in downtown Stamford will be the main site for the program, with access to classrooms, media center, fitness center, café and other areas. Community-based experiences will be an integral part of the program. The campus is within walking distance of a variety of community options, such as the Ferguson Library, large retail outlets, movie theaters, restaurants and recreational facilities.

Chapel Haven Abilis will be a year-round, five-day program but can be tailored to meet individual needs. The curriculum is built around a two-year time frame, with an optional third year as needed to enhance independence for each student. Using the Chapel Haven curriculum, the first year emphasizes functional academics, vocational skills and community independence. The second year provides opportunities for the student to increase his or her independence and to begin application of vocational skills in real-world work environments.

Admission to Chapel Haven Abilis begins with a phone call to Dr. Susan Izeman, Director of the Abilis Autism Program. After the initial contact, application materials will be sent to the student and family. Dr. Izeman and Chapel Haven's VP of Admissions will review intake materials, including current IEPs, psychological and educational evaluations, functional adaptive assessments and vocational assessments. Next, prospective students and their parents will be invited for an interview and campus tour.

Admission is based on the applicant's skills and interest to participate in the program. Chapel Haven Abilis will successfully serve young adults with:

- A diagnosis of Autism, ASD, PDD or a related language or social disability;
- Intellectual functioning in the mild to low average range;
- No serious behavioral or mental health concerns;
- An ability to work in small- to medium-sized groups with minimal assistance; and
- A motivation for increased independence.

For more information about Chapel Haven Abilis or to begin the application process, please contact:

Susan Izeman, PhD, BCBA, Director, Chapel Haven Abilis

Phone: 203-629-1880, x304

Email: chapelhaven@abilis.us

About Chapel Haven: Based in New Haven, Conn., Chapel Haven, Inc. has been a leader in transition programming since 1972. Chapel Haven has maintained a strong local and national reputation for successfully teaching adults with cognitive disabilities to live independently in the community. Chapel Haven has strategically aligned itself with internationally recognized experts in the field of Autism Spectrum Disorders, creating a unique curriculum specifically to meet the needs of this population.

About Abilis: Since 1951, Abilis has set the standard in Fairfield County for person-centered, community-based supports and services for individuals with developmental disabilities. Abilis has developed strong relationships with area school districts, community agencies and families throughout Fairfield County. In 2000, Abilis created the Abilis Autism Program in response to increasing needs of children and teens on the Autism Spectrum and their families.

In This Issue

Program Overview

FAQ

Quick Links

<http://www.abilis.us>

<http://www.chapelhaven.org>

Frequently Asked Questions

- 1) Is Chapel Haven Abilis a day program or will there be a residential component?
 - Chapel Haven Abilis is designed to be a day program, with participants commuting to the Stamford campus each day.
 - In future years, we will be able to work with the residential support services of Abilis' Adult Services. Participants who are interested in independent or supported living will be assisted in finding these arrangements.
- 2) What will the program day look like?
 - The program runs 8:30-4, Monday through Friday.
 - The day starts with a morning "check in" (which is) followed by a range of courses that include social fluency, mobility (both on foot and on public transportation), money awareness, shopping, and cooking. Recreation, both on the UCONN campus, and at other sites is a part of each day, along with skills participants will need to be successful in future work situations. In all course work, the focus is on building independence and on increasing social and emotional competence.
 - Partial day and/or partial week programs are available, if appropriate.
- 3) How long is the Chapel Haven Abilis program?
 - Chapel Haven Abilis is a year-round program.
 - Arrangements for a 10-month program (taking the summer off) can be negotiated individually.
- 4) Can I take courses at UCONN?
 - Chapel Haven Abilis is designed for young adults who are not yet ready for a full college experience. During the program, participants learn many of the skills they need to be successful in college.
 - There is currently no formal arrangement with UCONN for Chapel Haven Abilis participants. However, as the year progresses, we will develop a variety of formal and informal arrangements to make use of the UCONN curriculum.
 - Individuals who are interested in college-level courses will be assisted in enrolling in these classes as a "non matriculated student" or as an audit. As needed, Chapel Haven Abilis staff members will assist in class and after class.
- 5) Is the Chapel Haven Abilis program only for young adults with autism?
 - The Chapel Haven Abilis program is designed to meet the needs of young adults (18-25 years old) who have Asperger's Syndrome, Pervasive Developmental Disorder, "High Functioning" Autism, or related disorders.
 - Some components of the Chapel Haven Abilis program may meet the needs of young adults with other disabilities or developmental delays. These prospective participants can apply to the program, and the Admissions Committee will evaluate if the program is a good fit. Chapel Haven Abilis will not have the resources to support participants with active mental health concerns or significant behavioral issues. It is not likely that these young adults will be successful in the program.
- 6) What is the cost of Chapel Haven Abilis?
 - Chapel Haven Abilis costs \$60,000 for the full-year program
- 7) What about staffing?
 - The Chapel Haven Abilis program is part of the Abilis Autism Program, directed by Dr. Susan Izeman, a Board Certified Behavior Analyst with over 25 years of experience in the field of Autism.
 - Day-to-day operations of the Chapel Haven Abilis program are directed by a high-level professional (e.g., a Special Education Teacher, a Speech and Language Pathologist, or a Behavior Analyst) who will have extensive experience with people affected by autism. In addition, there are two full-time paraprofessionals who will assist with instruction and will implement specific programs.
 - Additional services and supports are provided by existing Abilis staff members, including Speech Pathologists, Psychologists, and Job Coaches.

We are looking forward to meeting your transition needs!

Sincerely,

Lolli Ross
Executive Director of Abilis

The IDEA Learning Center

The IDEA Learning Center, a private school for young adults with autism and other related developmental disabilities over the age of 17 and specializing in programs for those over the age of 21 will open its doors on September 14, 2009. The school is located at 515 Washington Avenue in Bridgeport, conveniently located at the crossroads of I-95 and Rtes. 25-8.

Attached please find our brochure and our course catalogue with application.

****Workshops and Conferences***

Powerfest 2009

Attached is a flyer for Powerfest 2009: Future Generations, the first statewide youth festival for kids with disabilities. One of the flyers is for youth to sign up and the second one is for anyone interested in having a vendor's table. Please let me know as soon as possible if you would like a table. And if everyone could spread the word to families they work with or know that would be great.

Smart Kids with Learning Disabilities

Smart Kids with Learning Disabilities will present a special program for parents at the Westport Public Library on September 8 from 9:30 to 11:00 am. Speakers will share their personal success stories and information about useful resources for parents will be provided. Details are in the attached email. Please forward this information to your members. Smart Kids with Learning Disabilities is a member of the Connecticut SEPTA Council.

***The Family to Family Education Program ***

Does someone you love have mental illness? The National Alliance on Mental Illness Of Connecticut Presents "The Family to Family Education Program "

12 weekly sessions offering support and education to family members of individuals with mental illness

Beginning: FALL 2009

FAIRFIELD

Date: Begins Monday, September 14th, 2009

Time: 7:00-09:30 PM

Location: "First Church Congregational" - Elliot room/library
148 Beach Rd, Fairfield, CT

Contact: Rebecca at 203-259-9779 or thistleblu@sbcglobal.net *STAMFORD

Stanford

*Date: Begins Monday, September 14th, 2009

Time: 7:00-09:30 PM

Location: "Laurel House"
1616 Washington Blvd., Third Floor - Dining Room
Stamford, CT 06902

Contact: Lorraine at 203-858-1477 or Candice McCallum at 203-967-2722

The Connecticut Association for Children and Adults with Learning Disabilities*

CACLD Focus Group Invitation

Who:

We are looking for 8-10 parents of students with specific learning disabilities and/or attention deficit disorder in grades 7 through 12.

What:

Participate in a focus group to discuss the needs and gaps in current psychological assessment.

When:

Tuesday, August 18, 2009, 6 p.m.

A Pizza dinner will be provided.

Where:

CACLD Conference Room

25 Van Zant Street - 2nd Floor Suite 15-5 East Norwalk, CT Parking on side of building or across the street.

Data from the Focus Group will be used as part of market and field research into the feasibility of an assessment center for college-bound students to be developed by Mitchell College in New London, CT Mitchell College has one of the oldest and most comprehensive support programs for students with learning disabilities in the country.

Please respond by August 11. We need your input!

Email: CACLD @optonline.net

Phone: (203) 838-5010

Visit our Web Site at: www.CACLD.org

****In the Government****

Both the House & Senate passed HB 6802, the latest biennial budget proposal. According to Representative Geragosian, this budget proposal contains an additional \$407 million in cuts above cuts previously made in SB 1801, which is the budget the General Assembly passed back in June. Below is a general overview of HB 6902 as well a link to CT Nonprofits' document containing line items of interest to providers. Please note that this document contains changes made by LCO 9659, which is an amendment that was adopted with HB 6802. We will provide additional information regarding the budget as it becomes available, including the detailed language at the back of the budget.

The Governor has not said anything publicly about the newly passed budget. If she does not agree to this budget, she will need to release new allotments for the month of September.

Also, earlier in the day yesterday the General Assembly voted to bond the remaining FY09 deficit.

GENERAL OVERVIEW: HB 6802 proposes net spending from the General Fund of \$17.4 billion in FY10 and \$17.6 billion in FY11.

Today's Hartford Courant Article states: "The Democrats preserved spending for public education, higher education, the social safety net, libraries, nursing homes, Head Start, early childhood education, community health centers, school-based health clinics, and Dial-a-Ride for seniors. They also preserved offices that Rell had wanted to cut, including the healthcare advocate, consumer counsel, and the Office of the Child Advocate."

Major highlights:

- LCO 9659, an amendment that was adopted by both chambers, reverses the original intent of HB 6802 to shift adolescent behavioral health services from the Department of Children and Families to the Department of Mental Health and Addiction Services. Adolescent behavioral health services will remain within DCF.
- Moves Children's Trust Fund into DSS.
- Includes a "millionaires tax" – couples filing jointly with income of \$1 million or more will now pay an increased rate of 6.5% on their income above that amount (up from 5%).
- Raises the cigarette from \$2 to \$3 per pack; reduces the sales tax from 6% to 5.5% but only if the state is not running a budget deficit.
- \$1,062,000 is moved from the Rainy Day Fund for use in FY10.

Link to HB 6802: <http://www.cga.ct.gov/2009/TOB/H/2009HB-06802-R00-HB.htm>

Link to LCO 9659, changes made to HB 6802: <http://www.cga.ct.gov/2009/AMD/H/2009HB-06802-R00HC-AMD.htm>

Link to OLR analysis of HB 6802 as amended by LCO 9659: <http://www.cga.ct.gov/2009/BA/2009HB-06802-R01SS1-BA.htm>

****In the Media****

Here's a new treatment for Tourette's Syndrome.
The video is about 10 minutes long; very interesting and potentially encouraging
<http://www.youtube.com/watch?v=TT13pcyWfmE>

Including Samuel on Public TV nationwide!

WATCH A BROADCAST · HOST A VIEWING PARTY

The nationally acclaimed documentary by photojournalist Dan Habib comes to public television in September and October (Disability Awareness Month) with support from the National Inclusion Project and CVS Caremark All Kids Can.

For a regularly updated list of broadcasts and the 'host a screening' kit go to: www.includingsamuel.com

The Kennedy Center Autism Project: Fall 2009 Programs

The **Autism Project** supports children with Autism Spectrum Disorders and their families through specially designed programs, opportunities for inclusion, information and referral, support groups, workshops and trainings and new services for unaddressed needs.



Social Activity Groups- For children who's social, communication and behavioral skills require direction and support, but **do not require intensive behavioral intervention.**

These small groups provide opportunities for children to learn social skills through age appropriate activities and are facilitated by experienced staff with volunteer support.

All groups include in-house programs that encourage inclusion and independence. Many groups include community outings, which offer opportunities to practice learned skills and independence.

Groups are designed to elicit and support the strengths and needs of children with varying levels of skills in the areas of independence, verbal communication and are grouped by age and ability.

Prior to registration, an intake interview is required. An assessment of your child's needs will be determined and a group best suited for your child will be recommended.

Enrollment cannot be guaranteed.

Early

PreSchool Pals- a weekly program for **preschool children with and without autism.** Children will learn social skills through play and develop relationships with peers. Parents are welcome but not required to stay and chat with other parents, along with Rose Abreu-Sanchez, Autism Project Manager.

When: Fridays, Session 1: 9/18, 9/25, 10/2, 10/9, 10/16, 10/23

Session 2: 11/6, 11/13, 11/20, 12/4, 12/11, 12/18

Time: 9:30am to 10:30am

Where: The Kennedy Play Room, 2440 Reservoir Avenue, Trumbull

Cost: \$90.00 per session.

Middle

Explorers- a program for children **ages 5 to 7 years old** who will develop their social skills and relationships with peers through recreational games and activities.

When: 1st and 3rd Fridays of the month, 9/18, 10/2, 10/16, 11/6, 11/20, 12/4 (6 weeks)

Time: 4:00pm to 5:30pm

Where: Project Triumph/Senior Options, 30 Lindeman Drive, Trumbull

Cost: \$90.00 per session

Kennedy's Kids- a program for **students ages 7 to 11 years old** who have difficulty communicating their needs verbally and **require a higher level of support and direction** with their social and communication skills.

When: Saturdays, 09/12, 09/26, 10/10, 10/24, 11/14 & 12/12 (6 weeks)

Time: 9:30am to 11:00am

Where: Project Triumph/Senior Options, 30 Lindeman Drive, Trumbull

Cost: \$90.00 session

Team ELEMENT- This program is specifically designed for **children ages 7 to 11 years old** who need help developing their social skills, relationships with peers and improving conversation abilities.

When: 1st and 3rd Saturdays of the month, 9/19, 10/3, 10/17, 11/7, 11/21, 12/5 (6 weeks)

Time: 9:30am to 11:00am

Where: Project Triumph/Senior Options, 30 Lindeman Drive, Trumbull

Cost: \$90.00 session

Advanced

Include in-house programs and community outings that encourage inclusion and independence with direction and support.

Project TEAM+- a weekly program for **young adults, 17 to 21 years old**, wanting to participate in post high school activities.

When: Thursdays, Session 1-9/24, 10/1, 10/8, 10/15, 10/22, 10/29 (6 weeks)

Session 2-11/5, 11/12, 11/19, 12/3, 12/10, 12/17 (6 weeks)

Time: 6:30pm to 9:00pm

Where: Project Triumph/Senior Options, 30 Lindeman Drive, Trumbull

Cost: \$90.00 per session, Community activities may require additional cost.

Team FIRE- a program for **high school students** wanting to participate in age appropriate activities.

When: Saturdays, Session 1-9/19, 9/26, 10/3, 10/10, 10/17, 10/24 (6 weeks)

Session 2-10/31, 11/7, 11/14, 11/21, 12/5, 12/12 (6 weeks)

Time: 2:00pm to 4:00pm

Where: Project Triumph/Senior Options, 30 Lindeman Drive, Trumbull

Cost: \$90.00 per session, Community activities may require additional cost.

Team EXCEL- a program for **middle school students** wanting to participate in age appropriate activities.

When: Saturdays, Session 1-9/19, 9/26, 10/3, 10/10, 10/17, 10/24 (6 weeks)

Session 2-10/31, 11/7, 11/14, 11/21, 12/5, 12/12 (6 weeks)

Time: 11:30pm to 1:30pm

Where: Project Triumph/Senior Options, 30 Lindeman Drive, Trumbull

Cost: \$90.00 per session, Community activities may require additional cost.

Team POWER- a program for **students, ages 11 to 13 years old** wanting to participate in age appropriate activities.

When: Thursdays, Session 1-12/24, 10/1, 10/8, 10/15, 10/22, 10/29 (6 weeks)

Session 2-11/5, 11/12, 11/19, 12/3, 12/10, 12/17 (6 weeks)

Time: 4:00pm to 6:00pm

Where: Project Triumph/Senior Options, 30 Lindeman Drive, Trumbull

Cost: \$90.00 per session, Community activities may require additional cost.



Friday Night Fun!

A new monthly program designed to provide respite for families while their children have fun through expressive arts, cooking and recreational games and activities.

This program is for children who participate in social activity groups.

When: Fridays, Sept. 18th, Oct. 16th, Nov. 20th and Dec. 18th

Time: 6:00pm to 8:00pm

Where: Project Triumph/Senior Options, 30 Lindeman Drive, Trumbull

Cost: \$25 per session, includes light dinner

SAVE THE DATE
POWERFEST 2009: Future Generations



Statewide Inclusive Youth Transition Festival

Vendors * Resources * Motivational Speakers
Breakout Sessions * Celebrations

Sponsored by: CT Council on Developmental Disabilities, Disability Resource Network,
Department Of Public Health and CT State Independent Living Council

Saturday October 3, 2009
10:00-6:00
University Of Bridgeport, Bridgeport CT

Target Audience: Youth 14-24 * Purpose: Preparation for Adult Life

Conference Topics

Advocacy
Education and Vocational
Community and Socialization
Transportation
Recreation and Leisure

Conference Themes

Independence
Rights and Responsibilities
Inspiration and Motivation
Self-Esteem and Self-Direction
Empowerment

This event has been planned and directed by youth with disabilities

- ❑ Details and registration material at www.ct.gov/ctcdd
- ❑ Pre-registration is required
- ❑ Please contact us with any accommodation requests (860)-418-8709

POWERFEST 2009: Future Generations

Space is limited, so please mail in your registration form as soon as possible to:

Angela Spino
CT Council on Developmental Disabilities
460 Capitol Avenue
Hartford, CT 06106

If you require any special accommodations and/or need assistance with accessible transportation, please contact Angela Spino at (860)- 418-8709 or angela.spino@ct.gov.

This is a free event, so we ask that you please contact us in the event that you are not able to attend.

Registration Form: please print clearly and mail in.

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Email: _____

Phone:(____) _____

School/Program: _____

POWERFEST 2009: Future Generations

Did you graduate?

Yes
No

Age:

14-16
17-20
21-24

Gender:

Male
Female

Ethnicity:

White
Asian
Black or African Descent
Native American or Alaskan Native
Native Hawaiian or Other Pacific Islander

Disability:

Developmental Disability
Other: _____

Role:

Parent/Family Member
Professional
Self-Advocate

Area's of Interest:

Advocacy
Education and Vocational
Transportation Self Esteem
Recreation and Leisure
Community and Socialization



Language Arts

Spanish I

¿Habla Español? Now maybe you can answer “Si!” to this question! But don’t worry. This class will help you speak, read and write common words and phrases, of the third most common language in the world. Materials will include books, movies, audio tapes and more!

Journalism

Extra! Extra! IDEA Learning Center students are publishing a newspaper! During the first hour of this course, students will learn what it takes to research a story, write an editorial, interview a subject and more. Students will spend the second hour of this course laying out their work on Microsoft Publisher to make a professional looking finished product.

Literature I

Do you love getting lost in a good story? Have you ever enjoyed a book so much that you wanted to share it with others? In this class, students will go to the library, pick out a book together and then read and discuss it as a group. The group will listen to the audio version together and those who wish to may follow along with the printed text.

Consumer Education

Budgeting 3- Year One

Students will work with their Life Skills Instructor and a teacher on weekly budgeting. Areas to be reviewed weekly are deciding weekly expenses, allotting money for those expenses and going to the bank. Skills to be worked on will be basic math, completing withdrawal and deposit slips and responsibilities and realistic expectation regarding money.

Grocery Shopping

This class will combine a variety of skill sets, from math and mobility to menu planning and social skills. This class is for residents who are getting ready to do their grocery shopping independently. Teachers will assist students each Friday as they fill out their grocery lists, take the bus to Stop & Shop, locate the items on their list and pay. Support will be faded out throughout the semester as appropriate.

Health and Safety

Personal Hygiene- Core Year One

With staff assistance, students will attend to personal hygiene. Tasks include showering, applying deodorant, shaving when applicable, wearing clean clothing, brushing and flossing and preparation of a simple breakfast. Students will complete checklists when necessary.

First Aid Safety- Core Year One

Students in this class will learn the basics of first aid. Topics will include how to control serious bleeding and identify how and when to use common medicine cabinet items. Students will practice basic first aid skills and learn how to help himself, herself or someone else deal with everything from minor injuries to emergency situations.

Stress Management

You should be able to relax, feel good and be happy. Sometimes this is not so easy. But how you feel and react to stress is up to you. Learn how to reduce anxiety, think positively and improve your overall health and well-being. Students will learn how to build and maintain a healthy support system and practice appropriate conflict resolution skills.

Social Studies

Day Planning- Core Year One and Two

Get ready to start your day off the right way! Students in this class will work in a group setting, with their coordinating teacher each day. They will review their schedules, add information to day planners and practice good personal hygiene. Students will develop the skills needed to get through those long days!

The Blog

The Blog gives you your own voice on the web. It's a place to collect and share things that you find interesting. Since Blogger was launched in 1999, blogs have replaced the web, impacted politics, shaken up journalism, and enabled millions of people to have a voice and connect with others. Your blog can be whatever you want it to be: a personal diary, a breaking news outlet, a collection of links, or many other things. In simple terms, a blog is a website where you will write on an ongoing basis. New stuff shows up at the top, so your visitors can read what's new. Then they can comment on it, link to it, or email you.

Facebook Basics- Year Two

Facebook is a social utility that connects people with friends and others who work, study and live around them. People use Facebook to keep up with friends, upload an unlimited number of photos, share links and videos, and learn more about the people they meet. Internet safety and boundaries will also be stressed.

Managing Free Time- Core Year One

If you have some free time and you're not sure what to do, then this class is for you! In this class, students will work on time management skills, plan for an activity and explore various leisure time activities.

Problem Solving- Core Year One

This class will help you identify a problem situation, state your feelings about the situation and help you sequence events leading to the problem. Learn how to identify appropriate and inappropriate solutions to problems, select the best solution and learn how to implement that solution! These skills will begin to prepare you to learn how to interact with difficult people and develop strategies to establish relationships and how to maintain those meaningful relationships.

Social Skills

This class will work with students on social skills problem areas using pragmatic strategies. Starting conversations, greeting people in the community, active listening and problem solving will be practiced in the classroom as well as in the community.

Out & About

Let's check out Bridgeport area happenings! We can walk around Black Rock, take a stroll by St. Mary's, go to coffee shops, museums, galleries, bookstores and whatever else we can think of. We might venture to downtown Fairfield or Westport. Be prepared to walk or take a public bus. Everyone should have an ID, bus fare, and spending money if desired. Please dress appropriately and be on time.

History of Civil Rights in America

Have you ever been treated unfairly? How did it feel? All of us at some point have experienced this feeling. Some groups of people are treated unfairly more often because of things they cannot control- the color of their skin, the country they were born in, their disability, their religion, sexual orientation or gender. In this class students will study our country from this perspective- from the Civil War and the Civil Rights Movement of the 1960s, to Martin Luther King, Jr.; to the treatment of Native Americans at the hands of settlers; the women's suffrage movement; the Disability Rights movements; to the selection of our first African-American President.

Personal Management

Clothing Management- Core Year One

This class will begin at a local Laundromat, where students will do their laundry, learn to separate darks and lights, choose the right washer and dryer cycles and fold their clothes. The class will conclude in each student's apartment where he or she will learn to put away and care for clothing property and identify when clothing needs to be mended, discarded or purchased.

Cooking- Core Year One and Two

In this class, our team of special education teachers will cook with each student in our school kitchen. The goal of this class is to help each resident build a cookbook of lunch recipes that he or she will learn to make independently. The student may take this cookbook with them upon graduation. This class is structured so that each student will receive one-on-one instruction time with a teacher.

Baking

If you have a passion for cooking and baking and you like discovering new and easy baking recipes to experiment with...or just easy recipes...then this is definitely for you. Learn easy recipes and make delicious desserts!!

Science

Geography I

Explore the earth using maps, pictures, and video. Ancient ruins, modern cities, politics, society, and the wonders of nature will be explored without leaving the IDEA computer lab. Using the Google Earth program we will easily traverse the continents and oceans in search of knowledge and fun.

Library Science

Take time out to visit our local Bridgeport Library once a week. We will take advantage of all it has to offer. Every week we will catch up on the newest movies, books and current events happening in our own community. We will all get our own library card so we can take home videos, books, DVDs, books on tape and music.

Environmental Science

This class is for students who are interested in both the natural wonders of our planet and the things that we can each do to preserve nature, conserve resources and save money all at the same time. Based on the interests of the class, various field trip options will be discussed and planned.

Math

Math 1

Introductory level mathematics class will re-establish the basics and be a prerequisite for Math 2, 3, & 4..

Math 2

Students will learn the basics of maintaining a checkbook, completing deposit slips, and understanding the responsibility of paying bills on time.

Math 3

Students will learn the basics of fractions and geometry and their many applications in everyday life.

Math 4

In this class students will build on the skills they learned in Math 1, Math 2 and Math 3. Students will have an understanding of using coupons, consumer pricing and comparisons, and paying taxes. Students will work on advanced computing skills and maintaining a checkbook.

Vocational Skills

Work Skills

A program designed to teach students how to become professional employees. Work skills will be taught explicitly and implicitly in an off-campus classroom and in various work sites throughout the Bridgeport area. Students will leave this program with a strong work ethic, a positive attitude and other employable qualities that they will need to become professional and reliable employees. The work skills program is required for all second-year students and is open on a fee basis to community members who qualify for this program based on their vocational assessment.

Mobility One

Students will learn routes in and around the Bridgeport area. Students will learn how to use the different modes of transportation.

Mobility Two

Students will build on the skills they learned in Mobility One. They will add more routes to their repertoires by learning how to use transfers. Students in this class will also be introduced to other modes of transportation such as taxis and trains.

Internet Exploration

Students will explore all that the Internet has to offer. They will be made aware of the positive and negative aspects of the internet. Students will learn about informational resources available on the web and research topics of interest. Students will also be informed of the DANGERS of the internet, how to avoid them and keep themselves safe.

Typing

Students will continue to learn the basics of keyboard typing. They will learn keyboard layout, key functioning, and fingering. Instruction will center on a computer-typing

Electives

Basic Self-Defense

In this class, students will learn basic one-step defense moves in order to be more prepared to defend themselves in an unsafe situation. Students will practice these useful techniques first in isolation and then with a partner. This class will begin with some light stretching and warm-up exercises. Wear comfortable clothing and sneakers and be prepared to sweat a little.

Martial Arts

Students in this class will receive an introduction to martial arts, particularly Tae Kwon Do, a form of self-defense that Korean villagers invented when the Japanese invaded their country and took away their weapons a long time ago. Students will learn some basic kicking, punching, blocking and open hand striking techniques. Students will also work on improving balance, focus and self-discipline.

Cooking Fundamentals

Most of us have had the chance to enjoy many recipes. Students will be introduced to culinary vocabulary, ingredients, equipment, and cooking techniques. Students will learn to prepare delicious and creative meals in the IDEA kitchen.

Horseback Riding

Students will take 10 one-hour lessons from the professionals at High Lonesome Ranch in Easton, CT. An IDEA staff member will accompany the group. We need 4 students to offer the class.

Basketball

Get ready to play some indoor, full-court basketball at the Cardinal Sheehan Center. This class will include skill instruction and conditioning in addition to organized games. Mobility skills will also be reinforced, as students walk to and from the Sheehan Center with their instructor.

Cardio Training

This class is a great way to stay fit and maintain a healthy heart. Students will move to the music in our fitness room, using the treadmills, elliptical machines and stationary bikes.

Weight Training

In this class students will focus on building muscle and strength. Students will rotate through a routine of weight exercises with the goal of pinpointing each muscle group. Students will use a tracking sheet to monitor their progress each week and will maintain a weight training folder in the fitness room.

Afternoon Fitness/Friday Fitness

Are you ready to release some energy after a busy day, after a busy week? The fitness center is the place to be! Students will rotate through a routine of stretching, cardio and weight training workouts designed to help burn calories, strengthen muscles and improve endurance.

Yoga

Unwind at the end of a long week. Enjoy an hour of deep breathing and relaxation. Go at your own pace and learn how to use breathing techniques and position your body in different ways. Yoga can help improve your flexibility, balance, concentration and posture, while increasing muscle strength at the same time.

Expressive Drama

Hands On! Experience the drama of your creation through theatrical expression. As a group we will create a play to perform in front of a live audience. Experiment with improvisation, mime, role-playing and theatre techniques. We will begin by playing simple movement games, exploring personal space through mirroring and balance. Then we will work with skits, monologues, dialogues, creative imagination and fantasy to create characters, a setting and a plot. You will be a member of the cast and perform in the Expressive Drama Play. Together we will create costumes, choose props, choose music, choreograph dances, design and construct backdrop and scenery for the play. You may also choose to be part of the stage crew and help with make-up, stage management, props, music, technical equipment, ushering or run stage lighting, fog machine, video camera or selling refreshments.

Basic Ceramics

Students will learn to clean, paint and glaze molded ceramic pieces. Students will also learn different decorating techniques. This is a great opportunity to create useful items for home and gifts. Tuition includes a shopping trip during the second class to a local ceramic studio to purchase ceramic pieces of your choice up to \$ 20.00. Please be on time for the first class!

Music Appreciation

Music has great power over our lives, memories, emotions and moods. Come to this class and explore different types of music and how it makes you feel. Students will listen and discuss, so bring your favorite music to share with the class. Be prepared to talk, write, draw and/or paint your feelings. Participation is strongly encouraged.

Chorus

Come and sing! Be part of the IDEA Chorus. Learn vocal, scales, breathing... in other words, learn to sing. The class will work towards a show to be presented at the end of the term. If singing in class is all you wish to do, that's fine. Cheer your chorus mates on at the show instead. Please bring a folder and water bottle to each class.

Digital Photography

See your photos take shape instantly through the wonders of modern technology. Students will learn how to import photographs from a scanner or clip art program. Students will also learn how to enhance and manipulate pictures from the Picture It program.

Aerobics

In this class, students will learn aerobic routines with the goals of improving gross motor skills and coordination, as well as increasing their level of cardiovascular fitness. Get ready to dance! Remember to bring your water bottle, workout clothes and have fun!

Family History

Some of the most interesting stories come from our families. We can learn so much about ourselves from learning about where our parents, grandparents, and even great-grandparents came from and what their lives were like. In this class we will explore many resources and create our own family trees using the latest online resources.

**Registration Form
Fall 2009**

Parent/Guardian Information

Name: _____

Address: _____

Telephone Number: _____

Class Registration FALL 2009

Name of Student: _____ Phone: _____

Status: Age: _____

Billing Information: Name _____

List the classes for which you would like to register.
Under billing information please indicate whom the bill should be sent to.

1. _____ Day/Time__ M-F_____

2. _____ Day/Time__ M-F_____

3. _____ Day/Time__ M-F_____

4. _____ Day/Time__ M-F_____

5. _____ Day/Time__ M-F_____

6. _____ Day/Time__ M-F_____

School District Responsible for services: _____

*** **All payments are due by August 15, 2009**

Please contact us if you have any questions regarding registration or payment for classes.

The IDEA Learning Center for Autism will serve young people aged 17-21, diagnosed on the autism spectrum providing life skills training, social skills training, vocational training, and academics tailored to their ability. The IDEA Learning Center will utilize ABA methods of positive behavior reinforcement.

The goal of the program is to prepare students for a productive life with dignity and independence.

For additional information please contact us at 203-334-IDEA(4332).

Patricia Paniccia, President
Frederick Sailer, Vice President



Become Part of Our Community

Month Day, Year

Greetings!

You already know something about Smart Kids with Learning Disabilities. But do you know everything we can do, and all the ways you could get more involved? Please join us for a special program to learn more about us, and about how you can become part of a community that supports parents and their children with learning disabilities and ADHD.

Join Us On September 8 at the Westport Public Library

Come to the Westport Public Library on September 8th, from 9:30 am - 11:00 am. By joining us, you will find ways our organization can empower you to help your child, and you may even discover that you have some talents that can help us. Listen to other moms who have become more involved in our organization, and how their involvement enriched the lives of their children.

Listen to Moms Share Their Personal Success Stories

So many of us have wrung our hands in worry about our children with learning disabilities and ADHD. But many of us have found strength in Smart Kids. On September 8th, hear poignant stories of mothers whose children have struggled miserably in school - but have gradually conquered their fears and their failures to achieve success. These parents knew that believing in their children was the first step, and they will share other strategies that worked specifically for them.

We have a lot of information to share, including many handouts on critical topics including strategies for effective advocacy and support, so please join our program.

The program begins at 9:30 am on September 8th at the Westport Public Library in the McManus Room at 20 Jesup Rd, Westport, CT. To register for this free program, click here to email us at info@smartkidswithld.org or call at (203) 226-6831. Get involved, and feel empowered about all you can do to support your child.

Sincerely,

Alysa Kabakow
Smart Kids With Learning Disabilities



☞ The IDEA Difference ☛

The IDEA Learning Center is **the school** for young adults over the age of 17, who have been diagnosed with autism.

The academic program combines a curriculum utilizing ABA methods of positive reinforcement coupled with the “Total Learning” method, which incorporates music, rhythm and rhymes to enable the students to learn more efficiently.

We believe that the combination of these methods in the learning process along with the attention, dedication and teaching styles of our certified staff creates success academically, socially and in the personal lives of our students.



☞ Directions ☛

I-95 North/South

Exit 27A to first exit, Golden Hill Street. Stay in center lane. At end of ramp go left to first light,. Go right on Washington Avenue to first light. IDEA Learning Center is on the left. Go left on James Street,. parking lot is in rear of building.

Merritt Parkway:

From Hartford: Take Exit 52. Follow to Bridgeport. Take Exit 3. At end of ramp go left on Main Street. Stay to right, Main Street becomes Washington Avenue. Continue past two lights. Go right on James Street. Parking lot is in rear of building.

From Stamford/NY:
Exit 49S to Exit 3. Follow above.

☞ Contact Us ☛

<http://www.ideaonline.us>
Telephone: 203-334-IDEA
(4332)

IDEA LEARNING CENTER



☞ Bridgeport, CT ☛

Located in scenic Fairfield County, The IDEA Learning Center offers a full curriculum of courses along with a variety of comprehensive program opportunities for students with unique learning styles.

Our goal is to create a diverse student body and introduce our unique and comprehensive learning programs to these students with disabilities through our dedicated staff.

515 Washington Avenue
Bridgeport, CT 06604
Tel: 203-334-IDEA
Fax: 203-367-2003
<http://www.ideaonline.us>

IDEA LEARNING CENTER

- ◆ Academic Excellence
 - ◆ Applied Academic Instruction
 - ◆ ABA Learning Methods
 - ◆ Advanced Placement Courses
 - ◆ Comprehensive Core Curriculum
- ◆ Social Competence
 - ◆ Social Skills
 - ◆ Relationship Development/Management
 - ◆ Community Experience
 - ◆ Career Counseling Services
 - ◆ Social Speaking Skills
 - ◆ Counseling - Problem-solving
- ◆ Life Skills
 - ◆ Budgeting/
Money Management
 - ◆ Personal Organization & Time Management
 - ◆ Apartment Management
Problem Management
 - ◆ Cooking Experience
 - ◆ Nutrition and Exercise
 - ◆ Self-Advocacy



∞ Living in Focus Experience ∞ (L.I.F.E)

The IDEA Learning Center L.I.F.E. program is designed to prepare students for independent living, beginning with on-campus living, which includes training and support. In addition, the program will provide independent living experience and job experience.

- ◆ Holistic Approach to Functional Living
 - ◆ Applied, Project-based Academic Instruction
 - ◆ Mathematics
 - ◆ English
 - ◆ Writing
 - ◆ Computer Applications
 - ◆ Hands-on Art Exploration-Creative Expressions



∞ Vocational Training ∞

All students will be matched with internship opportunities with businesses in the local community.

Students will receive instruction and support that will lead to permanent and meaningful employment.

Great opportunities for the development of meaningful, life-time friendships and social relationships

