



# Amazing Kids Club Newsletter

April 2017

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Event

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Amazing Kids Club Parents

You're invited to attend a workshop on Special Needs Planning

## 10 Basic Financial Steps for Special Needs Caregivers

"As a caregiver of a dependent with special needs the single most important issue on your mind, regardless of the age of the dependent, is what will happen to that dependent after you are gone. There are some needs that will always be present, and they must be carefully considered and planned for appropriately.

This workshop addresses such critical issues as applying for government benefits for Social Security and Medicaid, creating a Special Needs Trust, the importance of a Will and considering a Letter of Intent. Taking these 10 basic steps no can help insure the type of care and quality of life for a loved one's well-being today and tomorrow."

Presented by E. Mark Strategos

MassMutual Financial Group

The presentation will run approximately 45 minutes, with time afterwards to answer your questions.

Monday, May 8th at AKC-Hanover at 6:00 PM

Wednesday, May 10th at AKC-Red Lion at 6:00 PM

(Sorry, no childcare provided)

Please RSVP by Thursday, May 4th by calling:

Hanover Location: Stephanie Hann-Snyder (717) 632-4900 ext. 1559

Red Lion Location: Timothy Kanagy (717) 632-4900 ext. 1604



## Safe Crisis Management Parent Training

### Safe Crisis Management Parent Training

Monday, May 8<sup>th</sup> 2017

9:00 AM – 3:30 PM

(Lunch on your own from 12:00 - 12:30 PM)

#### Location

TrueNorth Wellness Services' Amazing Kids Club  
3290 Cape Horn Rd  
Red Lion, PA 17356

Participants will:

- Increase their understanding of behavior
- Learn prevention and de-escalation strategies
- Learn emergency safety physical intervention techniques for harmful behaviors

Please RSVP and direct questions to Timothy Kanagy by May 1st at  
(717) 632-4900 ext. 1604 or [tkanagy@truenorthwellness.org](mailto:tkanagy@truenorthwellness.org)

This training is free to families with children receiving services through TrueNorth Wellness Services.



## Therapy Talk by Erika

Art therapy is a unique form of treatment which has increased in popularity for children on the spectrum, as it helps the youth use their creative process while receiving therapy. The art is used to facilitate self-expression within a specific therapeutic framework. Using art in therapy channels autistic behaviors into an expressive creative outlet. It promotes communication, emotional growth and sensory integration while also fostering social interaction in a fun setting. Children on the spectrum struggle with social issues, such as interpreting tone of voice, facial expression, and may feel uncomfortable relating to others. One-on-one interactions, such as conversations, are often extremely intimidating and stressful working alongside a therapist can be much more comfortable in a setting where the therapist and the child share focus on the child's art-making, a powerful bond can be forged without the initial need for direct, face-to-face interaction.

In a group therapeutic setting, art can be a wonderful facilitator in forming connections with peers, such as cooperation, turn-taking, respecting differences and other social skills that can all be practiced in an enjoyable, natural setting. Children with autism spectrum disorders often struggle to comprehend other people's perspectives; looking at a peer's art work offers a concrete way to "see" another person's point of view. Working together on group projects fosters cooperation, teamwork, a sense of acceptance, belonging and enhances and/or improves the self-esteem of the clients receiving the services.

Imagine being an autistic child chronically over-stimulated, with inadequate communication tools, difficulty focusing, and anxiety, now imagine having an outlet. Art therapy provides children diagnosed with autism spectrum disorders an outlet to express themselves through pictures. These pictures can then be used as a visual tool for communication, a window to the imagination, and motivation to make connections. It allows these children to express themselves through creativity. I have been working with Autistic children for seventeen years and when you give these children art materials such as markers, and paper simple one statement answers and simple exchanges expand to full and more complex conversations. Allowing these youth to use art during therapy sessions provides a more relaxed atmosphere so naturally they will be more willing and eager to communicate. Art therapists are fluent in providing high-quality, visual, and sensory-rich opportunities for learning for individuals with Autism Spectrum Disorders.

An article in the Houston Paper shared the story of a local artist is just back from the nation's capital where he was recognized as a congressional contest winner. But we learned he was a winner even before our nation's leaders recognized that. Grant Manier is not your typical 17-year-old. And he's not your typical artist either. He took a compulsive habit, ripping paper, and turned it into something magical. Grant a child with autism was disciplined at school for his compulsive habit of shredding paper. When taught to use his love of shredding to make collage, the child embraced this new outlet. Today, Grant Manier wins awards for his striking, realistic collages, made with thousands of torn strips of paper and other shredded media. Another successful artist, obsessed with twisting bits of paper, now makes art using twist ties. This type of art making can help turn a behavior that once caused social problems into a form of self expression and enjoyment. In addition to its efficacy in improving sensory, social and emotional functioning, art therapy is an excellent treatment for autism because it is inherently reinforcing. Kids get enjoyment, stress relief and a boost to their self confidence from tackling art projects or simply exploring art materials.

By **Tom Abrahams** HOUSTON PAPER –

Below are some art therapy activities you can try at home with your child

**Draw or paint your emotions.** In this exercise, you can request the child to draw the emotion they are feeling.

**Make a meditative painting.** Looking for a creative way to get your child to relax? Meditative painting with your child might be just the thing you're looking for. Put some tranquil music on and start drawing.

**Put together a journal.** Journals don't have to just be based around words. You can make an art journal with your child as well, instead of words use pictures.

**Design a postcard you will never send.** Investigate with your child if they are experiencing a specific emotion such as anger, anxiety, etc. towards someone. If they confirm that they are have them create a postcard that expresses this, then leave it up to them to send it to the person or not.

**Paint a mountain and a valley.** The mountain can represent a time when the child was happy, and the valley, when they were sad. Add elements that reflect specific events as well.

**Attach a drawing or message to a balloon.** Send away negative emotions or spread positive ones by attaching a note or drawing to a balloon and setting it free.

**Help youth make "all about me" brochure.** Create a pamphlet listing all positive qualities and traits then display the brochure somewhere in the home where it can visibly be seen.

**I am "special" garland.** Assist youth in making paper garland on each piece of paper have the youth list a special trait about themselves. Hang the garland in the home clearly visible to the child.



## April Cooking Experiences

### Weeks 1-2:

#### CARAMEL APPLE NACHOS

##### Ingredients:

- 30 large marshmallows
- 5 Tbsp butter
- 35 caramels
- 1 Tbsp water
- 4-5 apples, sliced
- toppings (peanuts, sprinkles, mini chocolate chips, crushed candy bars, etc)

##### Directions:

Melt the marshmallows and butter in a saucepan over low heat. Stir periodically until completely melted and smooth. Combine the caramels and water in a bowl and microwave until melted. I microwaved mine in 45 second intervals, stirring in between until the caramel was smooth. Arrange the sliced apples on a plate and pour the caramel and marshmallow mixtures over them. Add any additional toppings and serve immediately! Enjoy!



### Weeks 3-4:

#### CHEESY PITA CRISPS

##### Ingredients:

- 2 whole wheat pita breads (6 inch)
- ¼ cup margarine, melted
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons grated Parmesan cheese
- ½ cup shredded part-skim mozzarella cheese

##### Directions:

Split each pita bread into two rounds. Cut each round into four triangles; place inside side up on a baking sheet coated with nonstick cooking spray. In a bowl, combine the margarine, garlic powder, onion powder, salt and pepper; stir in the Parmesan cheese. Spread over triangles. Sprinkle with mozzarella cheese. Bake at 400\* for 12-15 minutes or until golden brown.



## Hanover News



### Spring Sub Sale



Please show your support by ordering or selling subs during our spring sub sale. Everyone should have received information last week. If you did not please let us know and we will make sure order forms are sent home. The monies from this sub sale will help us to pay for the exciting outings

throughout the summer.

\*\*\*\*\*We are asking every seller to return ONLY the SUB TOTAL FORM and ONE check made out to: True North Wellness Services. This will ensure the accuracy of your order while helping us complete the fundraiser with the least amount of confusion.

\*Please place in a sealed envelope and return to Stephanie\*

#### **Dates to Remember:**

Friday April 21st – SUB TOTAL FORM and money due

-NO LATE ORDERS, PLEASE!-

Thursday May 4th – Sub Pick-up at Amazing Kids Club

Any questions call our direct line at (717)646-2953 and ask for Stephanie or email [shannsnyder@truenorthwellness.org](mailto:shannsnyder@truenorthwellness.org)

### **Family Skating Event**



Thank You To All The Families Who Participated In Our Family Skating Party.

It Was A Great Turn Out And Turn Out And We Look Forward To Seeing You At Our Next Event.

### **Summer Information**

\*\* Family Communication folders need to be sent back to ensure your family receives our summer information and registration packet.



If you have misplaced this communication folder please contact the front desk to request a new one.

## Red Lion News

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### Spring Sub Sale

Please show your support by ordering or selling subs during our spring sub sale. If you did not yet receive an order form, please let us know and we will make sure order forms are sent home. The monies from this sub sale will help us to pay the remaining balance for each child's AKC t-shirt to be used during outings throughout the summer. This shirt helps to ensure the safety of your child.

Please return the Fundraiser Order Form along with payment in a sealed envelope. Payment must be one check made out to: True North Wellness Services. NO CASH or late orders, please.

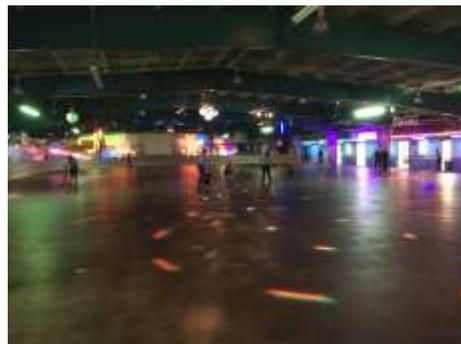
#### Dates to Remember:

Wednesday, April 12h– SUB TOTAL FORM and money due

Thursday, April 20th – Sub Pick-up at Amazing Kids Club

Any questions? Contact the Family Liaison Timothy Kanagy at (717) 632-4900 ext. 1604 or

### Family Skating Night, Pokémon Day, Art, and Buster Visits



## Inclement Weather Reminder

The Amazing Kids Club follows school districts for weather-related closures only. Hanover AKC follows Southwestern School District. Red Lion AKC follows Red Lion Area School District.

The Amazing Kids Club does not follow school districts for general closures. The Amazing Kids Club can and will be open on certain days that the school district is closed.

In the event of closure, our voicemail system at the Front Desk will be updated.

Also, please check for postings on [www.wgal.com](http://www.wgal.com). For circumstances other than the following, we will contact you individually by phone.

- If the school district has a delayed opening: AM Preschool session will be closed. PM Preschool and Evening session will remain open.
- If the school district has an early dismissal: PM Preschool and Evening session will be cancelled (If a closure occurs after 12:00pm, Preschool will be notified for early pick up). ALL EVENING sessions will be cancelled.
- If the school district closes: ALL sessions will be cancelled.

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### TrueNorth Wellness Services' Amazing Kids Club

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Hanover Location:  
33 Frederick Street  
Hanover PA 17331  
Phone (717) 646-2953  
Fax (717) 637-0124

Red Lion Location:  
3290 Cape Horn Rd.  
Red Lion PA 17356  
Phone (717) 698-3515  
Fax (717) 417-5640

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Newsletter created by Family Liaisons

Stephanie Hann-Snyder and Timothy Kanagy

Newsletter published by TNWS Director of Marketing and Communications

Melissa Speal

Questions or comments you would like to share?

Email :

Stephanie in Hanover at [shannsnnyder@truenorthwellness.org](mailto:shannsnnyder@truenorthwellness.org)

Timothy in Red Lion at [tkanagy@truenorthwellness.org](mailto:tkanagy@truenorthwellness.org)

