



Amazing Kids Club Newsletter

May 2017

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Special Needs Planning
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 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



Therapy Talk by Paul

The Human in Us

I would like to use this opportunity to comment on the structure of the mental health system, and how it may impact you and your child. Unfortunately with the rules and regulations in place currently we may begin to see the children in our lives as a code (F84.0), diagnosis, or life sentence; and in a lot of ways this is the nature of our society. The people that we encounter every day of our lives are going to look to the majority to see how to react. So if your child is in a store throwing a tantrum, if they are yelling, hitting, and kicking on the playground, or if they are weird and awkward in social situations; then they will feel the people around them label them due to these behaviors that they are compelled to engage in. Our children are more than these labels and we need to insure that they have at least one support system that sees them as a person. To quote Aristotle, "The whole is greater than the sum of its parts.", and this is an idea that we need to embrace with our children. Their autism is only a part of who they are, it does not define them as a whole. There will be many instances in our children's lives where they feel that their sense of identity is narrower because of the diagnosis that they carry. So please let this be a reminder, through all the behaviors, we need to be that support system that recognizes the humans in them all. I encourage each and every one of you to take the time to discuss with your children that they have Autism. That there will be people that see and treat them differently because of it. But also reassure them that you see their whole self. If there was one point to take away from this it is trying to garner an understanding for the different ways that people are unique, and the quirks that come along with that. Below are a few resources that may help explain this topic further.

Relational/Existential Approach to Support Autistic Persons

<https://www.psychologytoday.com/blog/extreme-states-mind/201305/relationalexistential-approach-support-autistic-persons>

Humanistic Therapy

<http://www.crchealth.com/types-of-therapy/what-is-humanistic-therapy/>



May Cooking Experiences

Weeks 1-2:

Cereal Crunchies

Ingredients:

- 2 cups Multi-Bran Chex
- 2 cups Corn Chex
- 2 cups Cheerios
- 2 cups miniature pretzels
- 1 cup salted mixed nuts
- 1/3 cup margarine
- 1/3 cup packed brown sugar
- ¼ cup light corn syrup
- 2 to 3 teaspoons butter flavoring
- 1-1/2 teaspoons salt
- 2 teaspoons vanilla extract
- ¼ teaspoon baking soda

Directions:

In a large microwave-safe bowl, combine the cereals, pretzels and nuts; set aside. In a large saucepan, combine the margarine, brown sugar, corn syrup, butter flavoring and salt. Bring to a boil. Boil, uncovered, for 5 minutes. In a small bowl, combine vanilla and baking soda. Remove brown sugar syrup from the heat; stir in vanilla mixture (syrup will foam). Pour over cereal mixture and toss to coat.

Microwave, uncovered, on high for 3 minutes; stir. Microwave 3 minutes longer; stir. Microwave at 50% power for 3-4 minutes, stirring after 2 minutes. Cool for 3 minutes, stirring well several times. Spread onto waxed paper to cool



Weeks 3-4:

Creamy Fruit Dip

Ingredients:

- 1 package (8 ounces) cream cheese
- ¾ cup packed brown sugar
- 1 cup (8 ounces) sour cream
- 2 teaspoons vanilla extract
- 1 teaspoon lemon extract
- ½ teaspoon ground cinnamon
- 1 cup cold milk
- 1 package (3.4 ounces) instant vanilla pudding mix
- Apples for dipping

Directions:

In a small mixing bowl, beat the cream cheese and brown sugar until smooth. Beat in the sour cream, extracts and cinnamon until smooth. Add milk; mix well. Add pudding mix; beat on low speed for 2 minutes. Cover and refrigerate for at least 1 hour. Serve with fruit.



Hanover News

Spring Sub Sale



Thank You To All The Families Who Supported AKC By Ordering or Selling Subs During Our Spring Sub Sale.

Pick Up Reminder

Thursday May 4th after 3:00pm– at Amazing Kids Club

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



Spring 2017

We are excited to announce that we have been selected as one of the finalists in the [Rutter's Vote with Your Dollars program](#)! We will be competing to receive monies from Rutter's to **fund our NEW Amazing Kids Club Autism Center**. You can help us get this much-needed funding!

It's as easy as 1,2,3!

Pick up a Rutter's Reward Card at one of many local stores. **Log in** to ruttersrewards.com or the Rutter's mobile app.

Click the Vote With Your Dollars Button, then select **TrueNorth Wellness Services** from the list and click the Support selected charity button.

Each time you shop at Rutter's using your Rutter's Rewards card or Phone Number ID and passcode, it will now count as a vote for TrueNorth Wellness Services. If we collect the most votes, our organization will receive a donation from Rutter's. It's as easy as that!

Not a Rutter's Rewards VIP?

Pick up a card at any Rutter's store.

Go to ruttersrewards.com and register today!

The more votes we get, the better our chances are of receiving the donation from Rutter's! Please encourage your friends, family, coworkers and neighbors to register their Rutter's Rewards card and choose TrueNorth Wellness Services from the list so their dollars count as a vote for us too!

Thank you for your continued support. We hope you will consider participating in this program.

Sincerely,

Garrett Trout

CEO

Red Lion News



Project Runway

Creative Therapy



Indoor Field Day

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. 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.

TrueNorth Wellness Services' Amazing Kids Club

Hanover Location:
33 Frederick Street
Hanover PA 17331
Phone (717) 646-2953
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Red Lion Location:
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Questions or comments you would like to share?

Email :

Stephanie in Hanover at shannsnnyder@truenorthwellness.org

Timothy in Red Lion at tkanagy@truenorthwellness.org

