Welcome to
Children’s Specialized Hospital!
## Fun Activities to Do with Your Child at Home

<table>
<thead>
<tr>
<th>Fun Activities</th>
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<tbody>
<tr>
<td>• Play cards, go fish, war, solitaire, memory.</td>
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<tr>
<td>• Take turns reading to each other.</td>
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<tr>
<td>• Have a spa night.</td>
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<tr>
<td>• Look through old photo albums together.</td>
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<tr>
<td>• Watch your child’s favorite television show or movie together.</td>
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<td>• Do a puzzle.</td>
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<tr>
<td>• Play a board game.</td>
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<tr>
<td>• Sit outside and look at the stars or clouds.</td>
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<td>• Eat meals together.</td>
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<tr>
<td>• Help your child send an email to a grandparent, aunt, or uncle.</td>
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<tr>
<td>• Help your child write a letter to a friend or relative.</td>
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<td>• Go bird watching. Try to identify the birds you find.</td>
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<tr>
<td>• Play a video game together.</td>
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<tr>
<td>• Pull out a box of toys they haven’t played with for a while.</td>
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<tr>
<td>• Plant seeds from something you’ve eaten, such as an apple or watermelon.</td>
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<tr>
<td>• Play I-Spy, hot or cold, mother may I, red light/green light.</td>
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<tr>
<td>• Sing Karaoke.</td>
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<tr>
<td>• Teach your dog tricks.</td>
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<tr>
<td>• Let your child teach you about something they know or do well.</td>
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<table>
<thead>
<tr>
<th>Movement, Exercise &amp; Outdoor Play</th>
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<tbody>
<tr>
<td>• Play hide and go seek.</td>
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<tr>
<td>• Workout together.</td>
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<tr>
<td>• Write down exercises on separate pieces of paper and put them in a box, shake it and pull one out at a time. Do what it says! 10 jumping jacks, jog in place, do a somersault, 10 sit ups, 10 touch your toes, 10 arm circles, 10 lunges, walk sideways, make up your own!</td>
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<tr>
<td>• Play hop-scotch.</td>
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<tr>
<td>• Ride bikes.</td>
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<tr>
<td>• Play Simon-says</td>
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<tr>
<td>• Take a walk in the woods collect acorns, pretty rocks, &amp; leaves.</td>
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<tr>
<td>• Rake leaves together.</td>
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<tr>
<td>• Play tag.</td>
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<tr>
<td>• Wash your car together.</td>
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<tr>
<td>• Teach your child how to ride a bike.</td>
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<tr>
<td>• Learn a new dance, Chicken Dance, Electric Slide, The Hustle, The Macarena dance</td>
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<tr>
<td>• Help your child practice a sport they enjoy. Have a catch.</td>
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<tr>
<td>• Draw on the sidewalk with sidewalk chalk.</td>
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<tr>
<td>• Have a picnic outside.</td>
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<tr>
<td>• Have a dance party.</td>
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Do you know about the My Children’s Specialized Patient & Family Portal?

The Portal provides:
- Secure access to refill prescriptions and review medications any time of day
- Ability to view upcoming appointment schedules and review past medical and therapy needs
- Capability to view, print, and share patient records at a moment’s notice
- 24/7 access so you can pay bills when it’s convenient for you

Not signed up? Get started today! Stop by a registration or scheduling representative or email us at PortalHelpDesk@childrens-specialized.org to receive your access code.

Want more information? Visit our website using this convenient QR Code:

Already signed up? Access our portal at my.childrens-specialized.org
Use the Patient Portal to Refill Your Prescription and be Entered to Win!

Need to Refill Your Prescriptions?
Use the Patient Portal and be Entered to WIN!

THE PORTAL PROVIDES:
• Secure access to refill prescriptions and review medications any time of day
• Ability to view appointment schedules and review past medical and therapy needs
• Capability to view, print, and share patient records at a moment’s notice
  • 24/7 access so you can pay bills when it’s convenient for you

BE ENTERED TO WIN:
Now through the end of the year, we will be holding a monthly drawing for families who use the Patient and Family Portal to refill their prescriptions.
All you need to do is use the patient portal to refill your prescriptions and you will be entered to win a $25 gift card.

Not signed up? Get started today! Stop by a registration or scheduling representative or email us at PortalHelpDesk@childrens-specialized.org to receive your access code.

Want more information? Visit our website using this convenient QR Code:

Already signed up? Access our portal at my.childrens-specialized.org
Support For Parents of Children with Special Health Needs in NJ

COVID-19

Support For Parents of Children with Special Health Needs In New Jersey

During this time, there may be situations which seem out of your control (e.g. child care, financial challenges, need for food, etc.) The New Jersey Department of Human Services has a list of contacts, programs, and resources that may be able to help you. You will also find a Disaster Preparedness Checklist for People with Disabilities. The New Jersey Resources list is available at:

If you do not have access to a computer or if you need to reach a person directly, you can reach a certified information and referral specialist at New Jersey Division of Disability Services by calling toll free: 1-888-285-3036.

Families with children who have disabilities and special health needs may have additional unique challenges. If you are experiencing stress, anxiety or other emotional concerns due to your role as a caregiver for a child with special health needs, or need assistance with resources, the New Jersey Mom2Mom helpline is available 24 hours a day at 1-877-914-6662. For additional information, visit:
https://www.nj.gov/det/families/cw/Mom2MomBrochure.pdf

An emergency is any serious and sudden medical, emotional, or behavioral health situation that, if not given immediate professional attention, could lead to your child being severely harmed or possibly harming someone else. If you have an emergency situation involving your child that is life-threatening, seek help immediately by dialing 911. If you have an emergent situation that is not immediately life-threatening, call PerformCare at 1-877-652-7624.

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Helpful Tips for Parents and Caregivers of Children with Disabilities and Special Health Needs

**COVID-19**

Changes in routine may be confusing for your child and lead to feelings they can’t describe or understand such as fear and frustration. Behavior changes sometimes may occur. Providing a comfortable and predictable environment may help your child feel safe and in control. Spend time together doing things your child enjoys.

Your child may have difficulty with the change in schedule and/or the environment. Help your child to keep busy throughout the day. Try to keep a structure in your child's day:
- Establish consistent schedules for waking up, meals, play, school work, chores, physical activity, bedtime, and other routines
- Arrange designated time for those using computers and other electronic devices
- Find books, games, and projects your child enjoys
- Take some time to get fresh air and connect with nature

Your child may not understand why schools are closed. Explain that in order to help keep everyone healthy, sometimes students have to stay home instead of going to their school. Let them know it is still important to do their homework and that the school staff will let everyone know when they can come back to school. In the meantime, reassure your child that he or she is safe at home.

There is so much information that is being shared about COVID-19. It might be helpful to limit your child’s exposure to news and social media to filter what they are hearing. Help put things into your child’s perspective using simple facts they can understand. Managing your own reactions may help reduce any anxiety that your child may be feeling.

Your child may miss friends and family. Stay connected with family and friends by phone or through other electronic devices.

It is alright to reach out to others to get the support you need.

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I can help myself to stay healthy and prevent others from getting sick

- I cover my sneezes and coughs into my arm to help stop germs from spreading to other people.

- When I wipe my nose, I use a tissue. When finished with the tissue, I throw it into a trash can and wash my hands.

- It is important to avoid touching my face as much as possible.

- To prevent germs from spreading, I try to stand at least an arm's distance from other people.

- Instead of shaking hands with another person, I can wave to them.

- I can clean an area before I touch it using a disinfecting wipe.

- I should try to avoid being near people who are sick.
Activity Connection
Camp Chatterbox

Online Registration is Open!
Join us in August for Camp Chatterbox - a one week overnight camp for children and young adults, ages 5-22, who use synthesized Augmentative and Alternative Communication (AAC) devices.

Contact campchatterbox@childrens-specialized.org or call (908) 301-5548 with questions.
Camp BECOME is a 3 week therapy intensive program run by the Community Recreation and Occupational Therapy Departments for children between 4 and 10 years old. Constraint Induced Movement Therapy can be used to improve the strength and function of an upper extremity impacted by hemiparesis. Campers will be using a removable cast to provide opportunities to only use their affected arm during group play and recreational activities.

When: Monday – Friday July 6-24, 2020  Time: 9:00-3:00pm

Where: Kean University, Liberty Hall 1000 Morris Ave. Union, NJ 07083 Registration opens February 3, 2020

Complete a CAMPER APPLICATION online at: www.childrens-specialized.org/recreation E-mail activityconnection@childrens-specialized.org OR call (908) 301-5548
Camp Chatterbox is a week-long overnight camp for augmented communicators between 5 and 22 years old and their families. This camp experience provides fun activities for everyone, creating life-long memories and friendships. All campers participate in a range of social, recreational, and linguistic activities led by certified Speech Pathologists and Recreation Therapists in a fun-filled summer camp environment.

- **When:** August 16-22, 2020
- **Where:** Rising Treetops at Oakhurst 111 Monmouth Rd Oakhurst, NJ 07755
- Complete a CAMPER APPLICATION online at: [www.childrens-specialized.org/recreation](http://www.childrens-specialized.org/recreation) E-mail CampChatterbox@childrens-specialized.org OR call (908) 301-5548
Lunch & Learn Webinar Series

This free webinar series discusses a variety of topics related to children and adults with intellectual and developmental disabilities. Grab your lunch and join us!

Webinar Series Topics: 12—1pm

- **March 12:** Overview of Medicaid for People with Intellectual and Developmental Disabilities
- **April 14:** Preparing for Next Steps While Still in School
  Each year, multitudes of students prepare to leave school in search of the perfect job, place to live, relationships, and lifestyle. For a person without a disability, this change from the secure world of school to the uncertainty of adulthood can be stressful and challenging. Join us as we discuss how to tackle a transition plan and what steps you can take to make sure that your child is ready to transition into adult life.
- **May 5:** An Overview of Pre-Employment Transition Services Offered by DVRS
  The New Jersey Division of Vocational Rehabilitation Services (DVRS) may be able to assist students ages 14-21 with disabilities who need services to prepare for, get, and keep a job. Its goal for students through its Pre-Employment Transition Services (Pre-ETS) is to create a smooth transition from school to work so that upon graduation, a student is prepared to begin work or post-secondary training that leads to employment.

To register, visit bit.ly/lunchandlearnfl2020
Announcing a New Dance Class being held on Thursdays at FRA in Red Bank beginning 10/17/19

KICKBOXING & CALISTHENICS WITH JAY

Join us for this active exercise class where we'll use a mix of calisthenics, kickboxing & karate moves as a path to fitness.

Thursdays - 5:45-6:45 pm

Parents & Families – This class is for YOU & Everyone!
Be prepared to move & get fit!
COST for this Class is: $120 for 8 sessions
Minimum of 8 participants needed

RSVP NOW to Alexa: 732-747-5310, ext. 116 - frontdesk@frainc.org
or Register online at www.frainc.org
What Is Register Ready?

Help emergency responders plan for and support your family members who have disabilities or access and functional needs in the event of a disaster.

Register today—be ready for tomorrow!

If you or a family member has a physical, developmental, cognitive or behavioral impairment, language barrier, or transportation challenge that may make it difficult to safely shelter in place or evacuate in a disaster, please register.

Register at:

www.registerready.nj.gov

or call 211 within NJ or 877-652-1148 toll free

- Free
- Voluntary
- Secure and confidential
- Protective of your privacy

Update your information at least annually. In a life threatening situation, don’t wait for help — call 911
TryCAN coordinates inclusive recreation and social development programs for children with special needs. Programs help teach sports and life skills, while focusing on building individual skills, teamwork and fun! Programs are taught by experienced coaches and instructors from the community. Skill-building sports programs are held a few weeks before start of each season to enable child (those interested) to tryout for a particular sport. Using our “Children Helping Children” approach, during class your child works with trained volunteer Peer Mentors who serve as assistant coaches, buddies and your child’s biggest cheerleaders. Peer Mentors are high school and middle school students from our communities. Programs have included baseball, basketball, lacrosse, soccer, football, tennis, martial arts, golf, learn-to-bike-ride, social skills, reading, art and music. Programs are open to children from all communities. Programs charge only a nominal fee, thanks to fundraising activities of TryCAN. TryCAN allows parent and professional volunteers to get involved.
Please spread the word about this amazing program! We are looking to expand our team. Boys and girls of all abilities are welcome to come out even if it's your first time on skates! We are excited to be able to provide an opportunity for kids of all ages to experience the thrill of ice skating or ice hockey. Our season will end in March for this year but we will be back on the ice in the fall. Please contact Jackie at 609-915-0458 or jackiezohn@gmail.com to learn more about the program and how you can be a part of the fun for next year.

www.mercerspecialhockey.com

The Mercer Bulldogs Special Hockey Program is a great way to meet new friends and have fun on the ice! The team consists of both boys and girls with a common goal to play hockey. Special needs children of all ability levels are welcome to participate. During each week’s practice, the rink is divided into three areas to accommodate for beginner, intermediate and advanced skill levels. All registered players can participate in weekly practices, home and away games as well as several special events throughout the season.
TryCAN Reading Program

- 4:30-5:15 Reading Club for Pre-K and K - $110
- 5:15-6:00 Reading Club for Grades 1-3 – $110
- 6:00-6:45 Book Club for Grades 4-7 - $110
- Spring Session: Monday, April 20 through June 15 (no class on 5/25)
- http://summitcommunityprograms.com/421/Reading-Programs

Instructor: Heather Keith

Reading Club: Each class will capitalize on strengths, instill self-confidence and foster a Can-Do attitude to help children read more confidently. Classes will begin with a group activity using books, games, music and other activities to improve decoding, fluency in oral reading, oral response to questions and overall comprehension. Classes will end with small group break outs working with mentors on reading and specific skills.

Book Club: Each class will capitalize on strengths, instill self-confidence and foster a Can-Do attitude to help children read more confidently. We want to help students learn reading in an embarrassment and failure free setting. Classes will be based around group reading activities of books. Social skills will be developed through discussion of the readings each week.
Lunchtime Learning Webinar Series

Developing Independence:
Supported Decision-Making, Part 4: "A Legal Alternative to Guardianship"

Presented by:
Diana Autin
Executive Co-Director
SPAN Parent Advocacy Network

Thursday, April 2, 2020
12 pm - 1 pm

Register Here

Have you missed Part 1, 2 or 3? Check out the recordings!

For more information contact:
Dawn Monaco,
dmonaco@spanadvocacy.org

SPAN Parent Advocacy Network
35 Halsey St | Newark, NJ | 07102,
973-642-8100,
www.spanadvocacy.org
There is an urgent need for understanding how life unfolds across the lifespan for people on the autism spectrum. Medical and clinical interventions are vital, but we must also learn about the experiences that help or hinder quality of life for people on the autism spectrum, their families, and our communities. This presentation will apply a life course perspective to frame our understanding of the current science on transition for youth on the autism spectrum, including population-level services research from the National Autism Data Center and findings from transition programs at the A.J. Drexel Autism Institute. Policy and practice interventions will also be shared.

Webinar registration link: https://register.gotowebinar.com/register/6400491786771599629
Friday, April 17, 2020  l  10:00 AM - 12:00 PM  l  Webinar

**Having a Life: Building Social Inclusion for People with Intellectual and Developmental Disabilities**

**Matthew Bogenshutz, PhD**  
Associate Professor  
School of Social Work  
Partnership for People with Disabilities  
Virginia Commonwealth University  
Richmond, VA

For most of us, time spent in social activities with friends and family makes for our fondest memories. While we continue to make strides in supporting community life for people with Intellectual and Developmental Disabilities (IDD) in many ways, most people with IDD still find it hard to truly become part of the social fabric of their communities. This presentation will explore what we know about how people with IDD are socially included in their communities and examine strategies and promising practices to support people with IDD to truly find a place in our shared social life.

**Webinar registration link:**  
https://register.gotowebinar.com/register/386086071965552997
Making Employment a Reality: We're All Responsible

Derek Nord, PhD, FAAIDD
Director and Associate Professor
Indiana Institute on Disability and Community
Indiana University
Bloomington, IN

For many people with disabilities, employment is fraught with barriers that can have lifelong consequences of poverty, dependence, and exclusion. No one person, family member, professional, or policy maker is responsible for making employment a reality. This responsibility rests on all of our shoulders. This presentation will challenge attendees' values, expectations, and approaches to supporting people with disabilities in employment, including those with significant barriers. It will also highlight important ways the various stakeholders can hold each other accountable to ensure that our collective attention is focused on what really matters - a quality life.

Webinar registration link:
https://register.gotowebinar.com/register/1364726332648853004
Challenges and Opportunities in Serving Adults Aging with Intellectual and Developmental Disabilities

Tamar Heller, PhD
Distinguished Professor and Head
Department of Disability and Human Development
University of Illinois at Chicago
Chicago, IL

The longer life span of adults with intellectual and developmental disabilities (IDD) presents both challenges and opportunities. This presentation will highlight demographic trends and age related changes and their impact on these adults, their families, and the service system. Furthermore, the presentation will focus on innovative and promising practices to address these needs and support these adults in attaining fulfilling lives.

Webinar registration link:
https://register.gotowebinar.com/register/2031640608034532108
Webinar: Sibling Rivals: Conflict Resolution for Children with I/DD and their Siblings

Thursday, April 9, 2020  6:00 pm - 7:00 pm

For this webinar, Kara Kushnir will discuss the uniqueness of the relationship between typical siblings and their brother/sister(s) with I/DD, including how siblings may perceive their sibling, how conflicts between siblings may be the same and different among them compared to typical sibling relationships, and ways families can respond in an effective manner. Specific responses to various situations will be discussed, including how parents can assess the size of the conflict and, thus, the most effective way to respond. Best practices, practical solutions and safety for siblings will be discussed.

Contact Info:  Cheryl Crick  ccrick@arcnj.org  7322462526
### Parenting the Anxious Child

**April 29, 2020**  
Presented by Marla Deibler, Psy.D.

Marla W. Deibler, PsyD is a Licensed Clinical Psychologist and the Founder and Executive Director of The Center for Emotional Health of Greater Philadelphia.

Dr. Deibler holds a doctorate in clinical psychology (Psy.D.) with a concentration in health/neuropsychology and a post-doctoral master of science in clinical psychopharmacology (MSCP). Dr. Deibler gained her formative clinical and research experiences at the National Institute of Mental Health (NIMH) at the National Institutes of Health (NIH), Children’s National Medical Center, and the Kennedy Krieger Institute at Johns Hopkins University Medical Center. She gained specialized behavior therapy experience in the treatment of obsessive compulsive and related disorders at the Behavior Therapy Center of Greater Washington. Dr. Deibler served as a clinician at the National Center for Phobias, Anxiety, and Depression as well as on the clinical faculty at Temple University Children’s Medical Center and Temple University Schools of Medicine, Dentistry, and Allied Health.

### Ask the Advocate

**May 13, 2020**  
Presented by Staci Greenwald, Esq

Ever wanted to ask an education advocate a question? Here is your opportunity. In an open forum Ms. Staci Greenwald will be fielding individual questions from the audience. In this hour long session we will try to cover as many questions as we are able.

Staci J. Greenwald is a partner in Sussan, Greenwald & Wesler, Esquires, in Cranbury, New Jersey, where she handles special education matters and offers advocacy in cases involving the Division of Developmental Disabilities (DDD), guardianship, and estate planning for families of special needs students.
Chase’s Friends Zone: A Sensory Friendly Dining Area

Chase is the grandson of Tony Rivoli, owner of Riv’s Toms River Hub. He was diagnosed with autism just before his 4th birthday. Chase’s Friend Zone is the first restaurant experience in the United States that is specially designed to address the environmental and sensory needs of autistic children and their families.

CALL AND ASK FOR MONICA OR ARIANA TO MAKE YOUR RESERVATIONS FOR PARTIES 10+.

1850 HOOPER AVE
TOMS RIVER NJ 08753
(732)-255-6183
RIVSTRRHUB.COM
Join the Mayors Office Of Youth & College Affairs
Activity Connection

Summer 2020

The Activity Connection programs at Children’s Specialized Hospital include therapeutic recreation, sports, and social activities for children and young adults with special health care needs. The programs provide opportunities to make new friends, develop new skills, participate in physical activities, and enjoy new experiences.

All programs are led by Children’s Specialized Hospital’s therapists, certified program instructors, coaches, and trained volunteers who provide age-appropriate and safe activities in an inclusive and fun environment.

www.childrens-specialized.org/recreation (908) 301-5548
Kidz Korner is an afterschool program designed to provide children with Autism & other developmental disabilities with recreational, socialization and leisure opportunities in line with their daily routines and areas of interest.

If you are interested in one of the Ocean County locations or interested in starting an after school program in your school district please call Michael Davidson at 609-392-4500 or visit www.familyresourcenetwork.org
Autism EXPECT Study

The Autism EXPECT Study is an online survey coordinated by the Autism Science Foundation in partnership with the University of Pennsylvania. We want to hear from adults and families with autism about what influences them to participate in clinical research.

You will be asked questions about why you have or haven’t participated in research and about what might make your next research experience better. This survey takes 30 minutes to complete. Participation is completely voluntary. ✅ All participants will be entered for the chance to WIN an iPad!

We will use our findings to inform scientists about steps they can take to improve the research experience for members of the autism community. Please take the survey at: bit.ly/EXPECTsurvey

Questions? Contact AutismExpectStudy@gmail.com
Thanks for choosing Children’s Specialized Hospital!