

# United Cerebral Palsy of MetroBoston Family Support Newsletter

## February

### School Vacation Week Happenings!



Are you looking for some fun activities during school vacation week? Here are a few ideas for you to check out with your family:

Wachusett Mountain offers an excellent Adaptive Ski Program using state-of-the-art equipment, ski lessons and techniques that meet the needs of individuals with disabilities. For more information or to schedule a lesson, please call 978-464-2300 ext 3308.

Check out this fun website sponsored by the Massachusetts Department of Commerce and Tourism: <http://www.massvacation.com/explore/holidays/february-vacation/>

Access Recreation is a great resource to check out recreational happenings in the Boston area. Log on to: <http://accessrec.org/> for special activities during the winter months, especially school vacation week.

Adaptive Sports New England's mission is to increase participation in sports within youth and young adults with disabilities. For more information: <http://adaptivesportsne.org/>

Enjoy your Winter Break!

### The Summer Camp Experience



Summer's right around the corner and with that, comes the anxiety of finding the right summer camp for your camper. Enrollments fill-up so quickly! There are so many decisions to make...day camp, sleep-over camps, and camps specifically for individuals with special needs, or focus based camps, i.e. emphasis on sports or religion. Summer camp is important for individuals with disabilities because it offers the opportunity of self-confidence, independence and accomplishment while attempting to participate in new and challenging activities.

The summer camp experience should be fun, relaxing and fit a camper's personality and interests so finding the right match is key!

Do your research! If you are considering a camp specifically for special needs, spend some time getting to know the camp, its owners, and the type of activities that will fill the day. Will your camper be able to participate in the majority of activities? Will extra help be required? For example a one-on-one aide, and how will that be handled? What does the camp's Administration and Staff Credential Profile look like? Are counselors specifically trained to work with individuals with disabilities? Does the camp have a trained and certified staff member to distribute medication if required? If your camper is going to a local community day camp, will the camp experience be fulfilling and will accommodations need to be created?

Whichever type of camp you choose, it's always helpful to ask for references and talk to other participants. Don't be afraid to ask questions!

Camp can be very expensive, so make sure you research all scholarship opportunities as soon as you can. Contact area non-profits, fraternal organizations and network to see if there is scholarship money allotted for summer camp.

For more in-depth information about Special Needs Camps and Fairs in the New England area, log on to the following websites where you can get listings of camps both year-round and summer as well as helpful hints of transitioning into a camp program.

<http://fcsn.org/camps/>

<http://www.spedchildmass.com/camps>

Enjoy and Happy Summer!

# UCP Happenings

## Universal Design Symposium

We are excited to announce, UCP of Metro Boston has been asked to collaborate with Mt. Ida College in this year's Universal Design Symposium, March 24th and 25th from 9:00AM – 5:00PM located at the university.

This event brings together students, educators, individuals with disabilities, and design professionals to join forces and share experiences related to universal design across targeting various physical disabilities. The conference will include speakers and a 2-day design competition. During the event, attendees will participate in empathy exercises, where they simulate various disabilities and limitations. User experts share their challenges and experiences to provide the outline for proposed design solutions. Participants work in teams to create design proposals and models that meet the needs of the user experts, as well as improving daily life for individuals with disabilities. The design prototypes will be displayed and shared through exhibits at Mt. Ida and on Mt. Ida and UCP's websites.

UCP will be supporting this event by sharing our expertise through our therapists, staff, consumers, marketing and fundraising experience. We hope you will come by and visit this innovative event and show your support for these talented participants. For more information, feel free to contact Sheri Wasserman at: 617.600.2450.

Save the Date



In Collaboration With



UNIVERSAL DESIGN



March 24-25, 2017  
9AM-5PM  
777 Dedham Street  
Newton, MA

**SYMPOSIUM**

Registration details coming in February  
For more information, please contact  
Sheri Wasserman at  
swasserman@ucpboston.org

Join Us To:  
• Learn  
• Design  
• Enable  
• Invent  
• Collaborate

## Meet UCP's Latest Team Member!

Meet Shubert, UCP of MetroBoston's newest team member! Shubert is an individually trained facility dog who works at our Day Habilitation Program with his facilitator, Occupational Therapist Anna Martin.

Shubert completed two years of training through the Canine Companions for Independence Program where he learned over 40 commands, which he uses to help clients work on their therapeutic communication, movement, leisure and behavioral goals.

He can offer gentle love and reassurance with a "lap" or "visit" command, sit with individuals during challenging transition times and help clients reach mobility goals while taking him for daily walks. Shubert attends community outings, when appropriate, to support integration of therapeutic goals in community settings. Research shows facility dogs can help decrease anxiety, improve self-worth, and increase motivation and attention for therapeutic goals. We hope you will have the opportunity to meet our newest member of the UCP family!



## Life Without Limits Golf Tournament

United Cerebral Palsy of MetroBoston's  
**Life Without Limits Golf Tournament**  
has moved to...



**Blue Hill  
Country Club**

**Save the Date!**

**Monday, May 22, 2017**

**Blue Hill Country Club**  
23 Pecunit Street, Canton, MA 02021

**Cost per person: \$185.00**

Includes:

**Golf & Cart, Box Lunch**

**Buffet Dinner & Cocktail Reception**

**Sponsorships Available**

For additional information on registration and sponsorships, log on to [www.ucpboston.org](http://www.ucpboston.org) or contact:

**Sheri Wasserman**

**Vice President of Development & Marketing**

**Telephone: 617.600.2450 or**

**E-mail: [swasserman@ucpboston.org](mailto:swasserman@ucpboston.org)**



**Visit us at the National Golf Expo Boston March 4 - 5, 2017**

**Seaport World Trade Center**

# Financial Assistance Applications



Applications for financial assistance through UCP of MetroBoston are now available on our website for the following grants: UCP of MetroBoston Campership, UCP of MetroBoston University Scholarship and Assistive Technology. For more information, log on to [www.ucpboston.org](http://www.ucpboston.org) or contact Sheri Wasserman at: 617.600.2450.

## Resource Corner



### Ability Magazine

A leading magazine that focuses on health, disability and human potential and provides new insights on individuals levels of ability.

### Exceptional Parent

An online magazine for parents of children and young adults with disabilities, includes news forum, links, and online bookstore.

### New Mobility

An online magazine for users of wheelchairs, includes calendar of events and news forums.

### Journal of Developmental Medicine and Child Neurology

The official journal of the American Academy for Cerebral Palsy and Developmental Medicine (AACPDM) and the British Paediatric Neurology Association (BPNA). DMCN aims to enhance the care of children by worldwide dissemination of clinical research into the wide range of neurological conditions and disabilities that affect children to researchers, health professionals concerned with developmental disability and child neurology, and others involved in the care of children and young people.

## UCP Recreation Program



Attached you will find UCP's latest Recreation Brochure offering a wide arrange of activities for individuals with disabilities to participate. Programs include Socials, Creative Arts, Cooking and Sporting events. We hope you will take advantage of these exciting course offerings! Watch your email for additional programs coming this coming Spring! For more information, contact Shawna Carpenter at: [scarpenter@ucpboston.org](mailto:scarpenter@ucpboston.org) or call: 339.221.0312.

## Community Experience's New Addition!



At Community Experience, we are in the process of trialing a new standing frame called the EasyStand Evolv. The standing frame allows individuals, who have difficulty standing on their own, to safely stand for extended periods of time. Some benefits of standing include improved range of motion, strength, and circulation. Ashley Russell and Megan Quigley, physical therapy students from Franklin Pierce University, assisted Tamara the day program physical therapist in implementing the EasyStand Evolv at CE. They have already set up ten consumers in the standing frame with very good results. This stander was chosen due to its variety of positioning options therefore, many of our clients will be able to benefit from this device

## Family Support



For more information about UCP's Family Support Program, contact Sheri Wasserman at: [swasserman@ucpboston.org](mailto:swasserman@ucpboston.org) or call: 617.600.2450.

