

Dear Family and Friends of Family Connections and The Nemasket Group,

Each year, we reflect on the role we play with the families we support. Many families open their homes and share their lives with us. We are grateful to be able to offer ideas, and share our experience with you, in the hopes of inspiring and encouraging you along this journey.

To everyone in our Nemasket community, we wish you a wonderfully peaceful holiday season.

Family Connections Center at The Nemasket Group

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If you would prefer this newsletter be mailed to you, please email amycornell@nemasketgroup.org or call 508-999-4436



Megan's Story

Megan is an adult living with Down syndrome. Read her inspiring story on graduating college and pursuing her dreams.



My name is Megan McCormick. I am 31 years old and the youngest of six siblings. When my parents told me that I had Down syndrome, I didn't know exactly what it was, but I knew it meant I'd have to work much harder to achieve my goals in life. My parents and siblings never treated me like I had a disability, and they set a high bar of expectations for me. I am grateful for the support I received not just from my family, but from teachers, tutors, and coaches along the way, who raised the bar, advocated for me, and helped me accomplish my dreams.

As a child, I attended public schools in Lexington, Kentucky, where I was included in regular classes and graduated with my peers. To get college credits during my junior and senior years of high school, I took courses at a technical school, and at my high school graduation, I was recognized as a Governor's Scholar. In the Fall of 2007, I enrolled at Bluegrass Community and Technical College, where I eventually chose to major in education. I enjoyed working with children during my internships, specifically elementary school children. Thanks to support from my professors, tutors, and fellow classmates, I graduated in 2013 with my associate degree in education, making the Dean's List. Teaching assistant positions in Lexington were very competitive at the time, so I decided to go back to school to pursue a 4-year college degree. I began courses at the University of Kentucky (UK) in the Fall of 2014, while continuing to work part-time in after-school programs and as a substitute teaching assistant. My family was very supportive, helping me find academic coaches who would attend classes with me to make sure that I stayed on track with my course work. I'm proud to share that in May 2019 I graduated summa cum laude with a bachelor's degree in liberal studies. Graduating from UK was a huge accomplishment that I made happen!

Employment is important to me because it gives me the opportunity to give back to children in the same way my teachers helped me. I am blessed to work in an elementary school in which the principal is committed to inclusion and determined to make sure that I am successful; the same elementary school I attended when I started school in Lexington!

But I have other dreams too. I was determined to get my driver's license so I could drive to work. I continue to stay involved with Special Olympics, swimming competitively and serving as an advocate for health, wellness, and <u>inclusion programs</u> for people with intellectual disabilities. Just like you, I want to be an active member of my community and be allowed to contribute and give back. Thank you for the opportunity to share my story.

-Megan

My sister has always been a source of inspiration to me, and watching her journey has taught me many valuable lessons about perseverance and maintaining a positive attitude despite facing incredible challenges. I am so proud to see her working in an elementary school classroom, serving as a role model for other children and families. However, the barriers to post-secondary education and full-time employment for individuals with intellectual disabilities are numerous. While not every individual may be able to follow the same path as my sister, everyone has unique gifts and capabilities that can be shared and valued within a community. We hope schools, universities, and employers will consider Megan's story as an example of what can be possible with the right support.

- Nimalie Stone, CDC Division of Healthcare Quality Promotion and proud sister.

All Massachusetts families with school aged children who qualify for free and reduced price school meals are eligible for Pandemic EBT benefits. This includes any student in a school that provided free meals to all students.

P-EBT, or Pandemic EBT, is a federal program. The Department of Transitional Assistance (DTA), in collaboration with the Department of Elementary and Secondary Education (DESE), received approval to operate this program in response to the COVID-19 related school closures. P-EBT provides food supports to help families with children who were receiving free and reduced-price school meals pay for food. P-EBT cards will be mailed to eligible households soon.

Frequently Asked Questions

- Who is eligible for P-EBT benefits? All Massachusetts families with school aged children who qualify for free and reduced price school meals. This includes any student in a school that provided free meals to all students.
- How do I find out if I am eligible? You will be getting a letter in the mail from DTA in May. If you do not get a letter in the mail and your child received free or reduced price school meals, contact Project Bread's FoodSource Hotline at (800) 645-8333 (TTY 800-377-1292).
- 3. If eligible, how much money will I get? Households will receive \$5.70 per eligible student per day, or \$28.50 a week. If receiving DTA benefits, your P-EBT benefits will be added to your EBT card. If not actively receiving DTA benefits, you will receive a P-EBT card for each eligible student in your household.
- 4. **My family needs food now. When will I get this?** Details to come soon. For more information on food assistance contact Project Bread's FoodSource Hotline at (800) 645-8333 (TTY 800-377-1292).
- How often will I get P-EBT benefits? The timeline for issuing P-EBT benefits depends on several variables. You will receive details specific to your situation in the notice from DTA. For more information please call Project Bread's Food Source Hotline at (800) 645-8333 (TTY 800-377-1292).
- Where can I use my P-EBT benefits? What can I buy with them? You can use your P-EBT benefits at any store that accepts SNAP. Most retailers have signs stating they accept SNAP or EBT. P-EBT benefits can be used to buy any SNAP eligible food, which is most foods, except

P-EBT benefits can be used to buy any SNAP eligible food, which is most foods, except prepared foods and foods sold hot. For a list of SNAP eligible foods, <u>click or tap here</u>.

- Do I have to use all my P-EBT benefits when I get them? No. The money will carry over from month to month. Benefits that are not used for over a year will be removed from the card.
- Will getting P-EBT impact my family's 'public charge' status? No. Using P-EBT benefits does not impact your or your child's immigration status. The Public Charge rule does not apply to P-EBT benefits.
- Can I participate in the Healthy Incentives Program (HIP) with my P-EBT benefits? No. P-EBT benefits are different than SNAP benefits, and cannot be used to receive HIP benefits.

Questions?

Call Project Bread's FoodSource Hotline at (800) 645-8333 (TTY 800-377-1292). The hotline is open Monday – Friday 8 A.M. - 7 P.M. and Saturday 10 A.M. - 2 P.M.

P-EBT benefits supplement grab and go meal sites. They do not replace them. Families can find a meal site in their community through <u>Project Bread's School Closure Meal Site Finder</u>.

Did You Know



We want to hear from you! The Massachusetts Developmental Disabilities Council is undertaking its 5-Year State Plan process to determine its priorities for the 5 year period beginning on October 1, 2021. Your input will help us identify important issues to address that affect people with developmental disabilities (DD) and their families living in Massachusetts.

Please take a few minutes to fill out our online survey about current challenges if you are a person with developmental disabilities, family member or another stakeholder in the DD community.

Link to Survey in English: https://www.surveymonkey.com/r/63XQFKC Link to Survey in Spanish: https://www.surveymonkey.com/r/NGJSZNX

If you need accommodations to complete the survey, including by email, phone or video conferencing, please contact Liz Fancher at <u>liz.fancher@mass.gov</u> or leave a voicemail message at 617.770.7676 x105.

The COVID-19 Community Impact Survey Link

The Massachusetts Department of Public Health (MA-DPH) would like to hear from communities that needs the most support during and after COVID-19, especially communities with disabilities. Please encourage anyone who is 14 years old or older to participate in this survey using this link: www.mass.gov/COVIDsurvey

Surveys in different languages can be found here: http://bit.ly/CCIS-Dissemination-Materials

If you have any question regarding this survey, please feel free to reach out to covid19survey@mass.gov.

Food Pantry List

Mercy Meals and More 634 Purchase Street 508-728-1489 Mon—Thurs 7-7:30am

Braz/Bean Community Center 508.979.1737 360 Coggeshall St. Mon—Thurs 9-1 p.m. (available 1x every 30 days). ID and/or MA Health card required.

Missionaries of Charity

508.997.7347 Appt. required. Accepting referrals from service providers only.

St. Anthony's Church

508.993.1611 Nye St. Entrance (enter through church basement door). Thurs. @ Noon (1x every other week) Picture. ID and MA Health.

Catholic Social Services

508.997.7337 238 Bonney St. (in back of O. L. of Mt. Carmel R. C. Church) Wed. & Thurs. 10-12 p.m. (available 1x every 30 days). Min. 18 years-old, proofs of income & residency, pic. ID, MA Health ID required for all children. Bread, non-perishable foods and fresh produce.

Grace Episcopal Church

508.993.0547 133 School St. Wed. & Fri. 9:30 – 10:30 a.m. (available 1x per month / 12 x per yr. Photo ID required and children's

MO Food = Life Pantry

508.992.5978 724 Pleasant Street Wed. 10-Noon (available 3 x every 30 days). For adults, picture ID & proof of income, ID for family members.

Mobile Loaves and Fishes

Food/clothing available at sites across the city: Sat: Salvation Army parking lot 11:30 AM, Th: NB Main Library 12:00 PM, Fr: PAACA 5:30 PM, Tu and Th: NB Bus Terminal 5:30 PM

P.A.C.E.

508.999.9920 166 William St. Mon-Fri (new walk-ins or received no service w/in past yr.: 9-11, all others by appointment). Available 1x every 3 months, if PACE client, 1x per month. Referral, Picture ID & verification of dependents required.

The Salvation Army

508.997.6561 619 Purchase St. Mon-Fri 8:30-Noon & 1-3 (available 1x every 3 months). Required: ID for household members & proof of residence for appt. 3-5 days of food / clothing vouchers for fire victims only.

St. Martin's Church

508.264.1520 136 Rivet St. 2nd and last Saturday 10-11 and last Tu 5-6, (1 x per month).

Veterans Transition House

508.991.879120 Willis St.Veterans only! (1 x per month) Copy of DD214 and proof of residency required Contact: Moe Mann X 24.

St. Paul's United Methodist Church

884 Kempton Street, New Bedford, MA 02740 Tel. 508-993-0614

Our Lady of Mount Carmel Parish

230 Bonney Street New Bedford, MA 02744 Phone: (508) 993-4704 Fax: (508) 991-5536

Shepherd's Pantry

1215 Main St Acushnet Saturdays from 9-11AM. 508-763-9289

Did You Know



<u>See, Touch and Try.</u> Assistive Technology Regional Centers are operating in western, central and eastern Massachusetts; visit them to learn about, try out or borrow assistive technology.

Website Massachusetts Assistive Technology Loan Program (MATLP) is an alternative financing program funded through state and federal resources to give people with disabilities and their family's access to low-interest cash loans to buy the assistive technology devices they need.

<u>Requipment:</u> Choose to reuse your D M EDMErequipment.org offers free gently-used, refurbished wheelchairs and other DME to people who need it. Delivery is available. Search for available items here.

<u>Go To Get AT Stuff.</u> MassMATCH is happy to announce the establishment of Get AT Stuff Massachusetts, a new Assistive Technology Exchange website. Here visitors can shop for used equipment or advertise what they are no longer using.

Did you know that C.A.R. offers a variety of one-to-one clinics?

Meet with a member of the Community Autism Resources' staff to discuss, brainstorm, and obtain advice about specific needs or circumstances relating to a child or adult with ASD. Previously offered at seven locations throughout our region, during this pandemic all clinics can easily be done face-to-face using the Zoom App.

Here is the list of clinics current available:

- Understanding ASD including: communication, sensory issues, social skills, and/or behavior challenges
- Designing and implementing social supports
- Working with the iPad and Exploring Apps for Individuals with ASD
- Computer and Computer Software Programs for Individuals with ASD
- IEP Planning and Review
- Make and Take Visual Systems
- Finding Resources Within Your Community

Clinics for Adults

- Resume Writing
- Interview Skills
- ISP Review
- Finding Resources Within Your Community

During this time of uncertainty, it can be helpful to sit down with someone to discuss any of the topics offered in our one-to-one clinics.

You can learn more about our clinics, clinic locations and how to contact us regarding scheduling a clinic at: http://community-autism-resources.com/services/clinic/

Did You Know

FREE Young Adult Career Development Courses!

Are you a young adult with lived experience in MA? Are you interested in pursuing your goals around career and school? Do you wish you could get together with other young adults to learn and share experiences?

HYPE can HELP!!

What is HYPE?

Helping Youth on the Path to Employment (HYPE) is offering free virtual courses for Massachusetts residents to help you figure out a career or prep for getting you set up for success in school:

HYPE Career Decisions
 HYPE School Prep

If you want to assess your career goals, or prepare for school, HYPE may be for you!

HYPE is now being offered in collaboration with Vinfen's YouForward!

Is HYPE right for me?

We are seeking young adults (18-30) from MA who are passionate about careers and college to participate in **FREE** 6-week HYPE career courses!

Location: <u>Virtual</u> classes now available for Fall 2020/ Winter - Spring 2021 through YouForward!

When: Courses start in October, January, and March!

- HYPE School Prep: 10/16-11/20 & 1/7-2/11/21
- Career Decisions: 1/8-2/12/21 & 3/5-4/9/21

See the HYPE in MA website for more: umassmed.edu/hype/hype-course-in-ma/

Want to learn more? Want to register?

- Register: https://tinyurl.com/HYPEcourse2021
 - <u>Text/Call</u> Matt at YouForward: 978-228-0109 or Wendy at YouForward: 978-807-7553 or HYPE at 508-450-6819
 - <u>Email</u>: griffinm@vinfen.org OR HYPE@umassmed.edu

The HYPE Course is offered by The Transitions to Adulthood Research and Training Center in partnership with The Massachusetts Department of Mental Health and Vinfen.





Autism Treatment Services

Kaleidoscope ABA Therapy **Services Center for children** with autism is now open!

- Assessment & Treatment Planning
- Individualized Treatment Plans
- ABA Therapy 1:1 and Group



Now enrolling! No wait list. Speak with a clinician today!

Franklin: 440 E. Central Street, Suite #1 Mansfield: 792 S. Main Street, Suite #102A

www.kfsaba.org 877.ABA.0399



Not looking for center based services? We also offer home based & community therapy!

aba@kfsaba.org

Worcester • Middlesex • Norfolk Bristol • Plymouth • Suffolk

Serving ages 2-21. Most major insurance accepted - including Mass Health.

with your phone camera & watch our video to learn more.



SELF-DIRECTION PROGRAMS





SUPPORT

EMPOWERMENT

VERMENT CHOICE

DDS SELF- DIRECTED SERVICES

Please join us for an interactive discussion about expanding choices and control in your life through Self-Directed Supports. This is an opportunity to hear how participants and their families can design individualized services to meet their needs through the

Participant Directed Program

or Agency with Choice

WHEN:

10/28/2020 4:00pm to 5:30pm 11/4/2020 10:00am to 11:30am 11/17/2020 4:00pm to 5:30pm 12/2/2020 1:00pm to 2:30pm 12/16/2020 4:00pm to 5:30pm

Offered via WEBEX

To register please contact: jennifer.r.benoit@mass.gov

We invite your family to join our Family Connections Center on Zoom!

Join us on **Saturday, November 14th at 1:00 pm**, as Family Support Advisor Shanell Stewart will be assembling a tool bench for your family to enjoy.

To reserve your FREE tool bench kit, please contact Shanell Stewart at 508-999-4436 or email ShanellStewart@nemasketgroup.org

*Note: Tool Bench is approximately the size of a Post-It Note or 3 in. x 3 in.

Join us on **Saturday**, **December 19th at 1:00 pm**, as Family Support Advisor Shanell Stewart will be assembling an 11 inch x 14 inch air hockey tabletop.

To reserve your FREE 11 inch x 14 inch air hockey tabletop, please contact Shanell Stewart at 508-999-4436 or email ShanellStewart@nemasketgroup.org

Webinar November 18th, 2020 Families for Depression Awareness

For Caregivers, Family Members, Parents, and Caring Adults Interested in Caregiving from a Distance. Whether across the country or, in the time of COVID-19, the next town over, caregiving for a loved one living with depression who is not in your household carries special challenges. How can you gauge their wellbeing? Is it possible to provide constructive

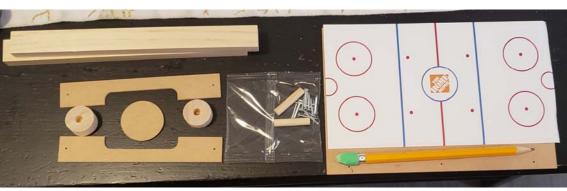
support from far away, to help them work toward wellness? Are there effective ways to communicate your concerns?

Learn how you can

- Be an effective caregiver for an adult with depression who does not live with you
- Understand how signs and symptoms of depression may vary according to cultural context
- Help your loved one find and pay for treatment
- Overcome communication challenges related to physical distance.

To RSVP or for more information visit www.familyaware.org/register-for-a-free-education-training/ or contact 781-890-0220 or info@familyaware.org







Stay Connected with Zoom Calls!

Questions? We've Got Answers!

Join us **every Monday at 5:00 pm** on Zoom with your questions: Feeling stressed that school is virtual/hybrid AGAIN? Want to talk it out with other parents? We are here to talk about everything from virtual schools to what resources you used to help get through the first time. Sometimes a good therapist is a sounding board of people that are going through the same journey.





Heidi Pina-Barnes



Shanell Stewart



Patrick Russell



Ana Colon

Join Zoom Meeting https://us02web.zoom.us/j/86905126646?pwd=a3Y5Ym15YjNqR3NmeGx2VGJXb3VpQT09

 Meeting ID: 869 0512 6646
 Passcode: Family

 One tap mobile +16465588656,,86905126646#,,,,,,0#,,845453# US (New York)

The Nemasket Group is looking for family members to join our Advisory Committee

We are looking to get together a fun group of people to help facilitate things that are going on at The Nemasket Group that may be able to help families. Join us on November 18th at 5:00 p.m.

Join Zoom Meeting: https://us02web.zoom.us/j/85950708567?pwd=OGNJYTRWZEFJQzBLZXIQd3Ind0VKZz09

 Meeting ID: 859 5070 8567
 Passcode: 814977

 One tap mobile
 +13126266799 (Chicago)

Zoom in Español

Apoyo y información para la comunidad hispana, cada martes a las 12pm en zoom. Si tiene alguna pregunta o simplemente necesita apoyo, estamos aquí

Join Zoom Meeting https://us02web.zoom.us/j/85060057344

Meeting ID: 850 6005 7344 One tap mobile +13017158592,,85060057344# US (Germantown) +13126266799,,85060057344# US (Chicago)



Worcester November 19th, 2020 11 a.m.

The Center for Living & Working Weight and Seating Independence Project is a MassMATCH project making digital pressure mapping systems and specialized scales available to wheelchair users in their own communities.

- They are suitable for all ages and include a full mattress system for mapping the impact of sleeping positions and surfaces.
- MassMATCH launched the Weight and Seating Independence Project to provide access to specialized scales for wheelchair users and pressure mapping technology. The Reeve Foundation funded the project for 2017 to serve central and western Massachusetts. MassMATCH, with support from the Massachusetts Rehabilitation Commission, expanded the project statewide the following year.
- The goal for anyone who uses a wheelchair to safely be able to know their own body weight and not risk pressure injury because of inadequate seating or positioning with their equipment.
- MassMATCH acquired and placed portable scales and pressure mapping systems in its Assistive Technology Regional Centers. Every state and territory has an AT Program that loans assistive technology devices to individuals with disabilities, family members or professionals for up to 4 weeks at a time.
- The MassMATCH pressure mapping systems are available for borrowing at no charge.
- MassMATCH also installed commercial-grade roll-on scales at Independent Living Centers in Worcester, Springfield, Amherst, and Pittsfield for use onsite by community members who need them.

For more information visit www.centerlw.org/events or contact Center for Living & Working, 1-800-570-4020 | TTY: 508-755-1003 | Video Phone: 508-762-1164 opsearch@centerlw.org

"A Team To Carry On" Guardian Workshop



November 19th, 2020, 10:30 a.m. Arc of Greater Haverhill-Newburyport

This webinar is part of the Transition Boot Camp Fall / Winter 2020 Webinar Series to help guide and prepare individuals, caregivers and professionals by providing information and resources for the transition into adulthood years for ages 14 – 22 and beyond.

- A Team to Carry On covers the considerations beyond the wills and trusts: the details of living.
- This workshop outlines how to build a team of legal, medical, social services and financial professionals, plus family and friends that will continue to care for your child or sibling when you can no longer be there for them.
- While no one can replace a parent, identifying a team to carry on is a critical part of planning for the future of an individual with special needs.
- •

Presenter: Alexandria Nadworny, CFP®, CTFA, Wealth Advisor.

To register or for more information contact file:///C:/Users/sharo/Downloads/WebinarsFall2020.pdf or contact Andrea Morris:Andrea.Morris@TheArcofGHN.org or (978) 373-0552 x211

Upcoming Events

Little Artists Art Class *free*

Balanced Learning Center

Join our talented resident artist, Ms. Marianne, as she guides us through the world of virtual art lessons! We will be working on social-emotional goals of self-esteem, empowerment, communication and self-expression as we explore our strengths through various artistic mediums.

Class will be held via Zoom on Thursdays at 5pm. This group is appropriate for children in grades 2-4.

Thu, Nov 5, 12, 19, 26 Thu, Dec 3, 10

Register Here: https://forms.gle/DZ5svuUhQYuGDDiF9

Middle School Art Class *free*

Balanced Learning Center

Join our talented resident artist, Ms. Marianne, as she guides us through the world of virtual art lessons! We will be working on social-emotional goals of self-esteem, empowerment, communication and self-expression as we explore our strengths through various artistic mediums.

Class will be held via Zoom on Wednesdays at 5pm.

Wed, Nov 4, 11, 18, 25 Wed, Dec 2, 9

Register Here: https://forms.gle/DZ5svuUhQYuGDDiF9

Self – Directed Services: Taking Control of Your Child's Future

Wednesday, November 18th 7:00 - 8:00 pm via Zoom!

- Is your son or daughter 16 years or older?
- Do you and they have a vision for life after school but are not sure how to make it happen?
- Are you looking for supports which allow for more creativity and the capacity to be customized?

Individuals and their family can determine their vision and strive to achieve it by creating their own individualized supports.

Ed Wilson the Regional Manager for Self- Directed Services for DDS will provide an overview of Self-Directed services as well as traditional service options.

Please join us and to learn about these innovative services that support people in living ordinary lives filled with purpose and meaning.

Questions contact Jan Randall: Janrandall@community-autism-resources.com

Special Olympics of Massachusetts Virtual Dance

November 21st, 2020, with Special Olympics of Massachusetts (SOMA).

SOMA aims to spread inclusion to every town, every city, every school, every workplace, every community in Massachusetts. Join in with the athletes, coaches and volunteers of working to chang the way the world sees individuals with intellectual disabilities.

Information about your current participation with SOMA will be required.

They will want to know if you are an:

- Athlete
- Coach
- Unified Partner
- Young Athlete/Partner (ages 2-7)

- Name of Local Program, School or Young Athlete Program*
- Or ask about being new to Special Olympics Massachusetts

To register or for more information visit www.specialolympicsma.org/event/virtual-dance/2020-11-21/ **or** contact info@specialolympicsma.org, 508-485-0986

Open Support Group for Latino Parents of Children/Teens with an Autism Spectrum Disorder



December 1st, 1 de diciembre, 2020, con Asperger / Autism Network of New England.

2020 Padres latinos de niños y adolescentes. 1:30 pm, Free / GRATIS, facilitado por Laura Pérez, se reunirá en línea de 12: 00-1: 30 PM EST para estos martes por la tarde: 6 de octubre 3 de noviembre

1 de diciembre

REGISTRO PARA EL 14 DE JULIO www.aane.org/event/padres-latinos-de-ninos-y-adolescentes-7/ or 617-393-3824 x32 events@aane.org



Connecting Families: A discussion of school reopening is a workshop for caregivers of children with special needs.

December 3rd, 2020

- What's on your mind for school reopening?
- Join in on an opportunity to talk with other families about your questions and concerns, strategies and successes.
- Discussion facilitated by FCSN Board Member Beth Bostic.

For more information on the Zoom link sign visit The Federation for Children with Special Needs workshop schedule page https://zoom.us/meeting/register/tJMlc-ivpzwuGt220h31zaCAF-E0SB2uo17v or contact (800) 331-0688 or info@fcsn.org



FREE INFORMATION SESSIONS

We invite you to join our Family Connections Center on Zoom to discuss these important topics:

- Newly Diagnosed Families on Tuesday, November 10, 2020 at 5:00 pm. Wondering where to go from here? Come for a guided discussion with families who have older children who have been through it already.
- IEP Cheat Sheet on Tuesday, November 17, 2020 at 5:00 pm. Join us for a discussion about what an Individualized Education Plan is, IEP terms, what each page is for, and more.
- IEP Binder Workshop on Tuesday, December 1, 2020 at 5:00 pm. Have too much paperwork for your child? Empty your unorganized file cabinet into a box & come let us help you get organized.

Join Zoom Meeting https://us02web.zoom.us/j/84033292468?pwd=MytNNVJRQythRFhJNThZellmUENKZz09

Meeting ID: 840 3329 2468 Passcode: Workshop One tap mobile +16465588656,,84033292468#,,,,,,0#,,48096211# US (New York)

Paint Night!

Please join us on Zoom on Saturday, December 12th at 1:00 p.m. for a Reindeer Paint Day!

Hi Everyone! Join me while I teach you a step by step canvas painting of reindeer.

You will need the following supplies:

- 9x12 canvas or larger (if you do not have a canvas, white copy paper will work)
- A pencil
- An eraser
- A black permanent marker
- Acrylic paint in white, brown, grey, red and black
- 1 small paint brush
- 1 cup of water (for cleaning paint brush in between colors)
- Paper towels (to dry paint brush)
- 1 Paper plate (to put paint colors on)

No paint? No problem! Crayons, colored pencils and markers work too!

Please be on time. We start at 1:05pm the latest! We can't wait to paint with all of you :)

Join Zoom Meeting

https://us02web.zoom.us/j/86462845540?pwd=eCs0TjlxZS9jcXVmdm5hZHF2WmlzQT09

Meeting ID: 864 6284 5540 Passcode: Handson One tap mobile +16465588656,,86462845540#,,,,,,0#,,4679003# US (New York) +13017158592,,86462845540#,,,,,,0#,,4679003# US (Germantown)



nemasket

group

the



HOLNDAY BASKE

Watch your mail and our website for details of our annual Holiday Basket raffles and Chance raffles.

Both raffles will start Nov 9th and be drawn on Monday, Dec 14th.

Our chance raffle will include three cash prizes worth \$250, \$150 and \$100. Additional details to follow.



Winter Festival will return in Dec 2021!!!

A message from Family Connections



What can we do to help you? What would you like to see in our events section? What should or shouldn't we include in this newsletter? We truly appreciate your feedback and look forward to all your suggestions.

Additionally, we would love to spotlight your child/children/family in our next newsletter! Please email us a picture or two along with a short story about your journey. Send your photos and story to amycornell@nemasketgroup.org