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TAP at CTF ILLINOIS

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Summer Science Camp—Off to a Good Start in Olney & Charleston!

The topic for camp this year was *Body Science*. The focus of each day was on a different system of the body. The children learned about the circulatory system, the digestive system, and the respiratory system, while at the same time focusing on social skills and appropriate behavior. Some of the experiments included: making a lung, parts of blood, a circulation experiment with celery, and making a stomach. Step by step visuals for each experiment were provided and a discussion about bodily functions and manners was highlighted. Rebecca Merten, Nurse Practitioner from the Effingham County Health Department volunteered with us during our camps in Charleston and Olney. Rebecca brought blood pressure cuffs and stethoscopes to camp for the children to listen to one another's heart beat and for those gurgling stomach noises. During this particular camp, we have seen campers that were usually more reserved show enthusiastic expression while participating! Camp in Effingham will be held July 8, 9, 10 at the First Baptist Church. There is still time to register for camp! (see page 2 for details)



TAP at CTF ILLINOIS holds 2nd Annual 'Ausome' Carnival

Individuals and families came out the YMCA in Mattoon June 21st to enjoy fun and games at our *'Ausome' Carnival*. Everyone seemed to enjoy the bouncy houses and the obstacle course, as well as other games and activities, including swimming! We want to thank all our volunteers that helped make this event so successful!



TAP Activities & Events



Teen Connect of Champaign

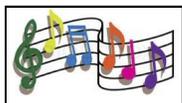
July 20 — Champaign County Fair—Bracelet Day, Corner of Coler and Fairview, Urbana—12:00 noon—3:00 p.m. Pay one price of \$20 for unlimited rides. There is also a \$5 entrance fee. Food, games, and concessions are an extra cost and may cost more at the fair than other vendors. Please contact Cathy Testory at cathytestory@ctfillinois.org or 217.722.4482 for more information.



Young Adult Club of Champaign

July 12—Farmers Market—Lincoln Square, Urbana—9:00—11:30 a.m. We will meet in front of the Co-op at the Lincoln Square Mall. Plan to buy breakfast at the Farmers Market. There will be many choices including, pastries, full breakfast, egg dishes, etc. Also, consider buying something to contribute to your family's dinner. This is a great way to learn about budgeting your money.

July 27—Champaign County Fair—Bracelet Day, Corner of Coler and Fairview, Urbana—12:00 noon—3:00 p.m. Pay one price of \$20 for unlimited rides. There is also a \$5 entrance fee. Food, games, and concessions are an extra cost and may cost more at the fair than other vendors. Please contact Cathy Testory at cathytestory@ctfillinois.org or 217.722.4482 for more information.



July 7, 14, 21, 28—Music and Movement Summer Group with Stacey Rhodes, Developmental Therapist and Kelly Willenborg, Certified Drums Alive instructor, founder of The Healing Jukebox—Christ's Church, 2511 Veterans Drive, Effingham, IL—9:00—10:00 a.m.—ages 6-12—'Coffee Talk' facilitated by the Autism Program at CTF ILLINOIS during the group. Cost: \$15 for the four-week session. For more information call 217.348-869 x206. Registration is required and space is limited. Register at <http://www.emailmeform.com/builder/form/8icVfB100mZK54f>



July 8, 9, 10—'Ausome' Explorers Science Camp—Effingham—First Baptist Church, 213 West Fayette Avenue—9:00—11:00 a.m.

This year's camp activities will focus on *body science*. Visuals will be provided. Camp is for ages 8-12, siblings are welcome! Registration is required for all children. To register:

<http://www.emailmeform.com/builder/form/QZGpBK9b9O0iWf>
<http://www.emailmeform.com/builder/form/NF07kqvPdtdd79j6zOcc1bf>
<http://www.emailmeform.com/builder/form/82UYar5B12y>

All three links must be submitted to register. For more information call 217.348.3869 x206 or email cherylsowers@ctfillinois.org



July 11—Adult Social—Los Potrillos, 1305 Lincoln Avenue, Charleston—11:00 a.m.

This group is for adults with Autism Spectrum Disorder ages 18 and older. We will use this opportunity to practice social etiquette while enjoying a meal and time with others. Each person is responsible for his/her cost of meal, tip (if applicable) and transportation to and from the restaurant. To RSVP or for more information contact Cheryl at 217.348.3869 x206 or cherylsowers@ctfillinois.org



July 17—Play Group —The Autism Program—6081 Development Drive, Charleston—10:00 a.m.—11:00 a.m. Play group meets the third Thursday of each month, for children ages 2-5. Most of the play session is structured play activities that promote positive interactions amongst the children. To register and for more information contact Cheryl at cherylsowers@ctfillinois.org or 217.348.3869 x 206.

Spotlight on Resources



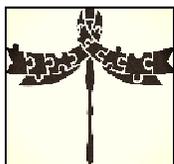
Many of us living in rural Illinois know how hard it can be at times to find recreational activities for our children with special needs including Autism. Our lending library has some wonderful resources that were developed by our TAP Center in Carbondale. One is a manual with visuals titled: *Recreation Supports for Children with Autism Spectrum Disorders*. This manual gives visual examples and brief ways to adapt, modify and help facilitate inclusive ways for someone to participate. Some communities such as Paris and Effingham have special recreational programs. We would be happy to help any park district or community program develop materials.

If you are planning a community outing for your child on the Autism Spectrum, feel free to check out the manual title: *Pathways to Participation: Planning Community Outings for Children with Autism Spectrum Disorders*, also developed by the Center for Autism Spectrum Disorders in Carbondale. This manual has great activity ideas for the community. It breaks down activities such as golfing, shopping, picnicking, boating etc, so that one can practice and prepare for the event and make the transition gradually successful. There are also printed social stories that go with each activity.

Come and visit our resource room and see the new additions to our lending library. Our library is free of charge, has books, DVD's and manuals available to parents and providers. We look forward to seeing you!



ECI Autism Connect



Soar-Performance Art Camps—July 7—19 (Tuesday's & Thursday's)— 501 7th Street, Charleston. Performance Arts Camps focus on the expressive arts and provide an opportunity for the camper to "soar." A combination of disciplines are used in this camp including The Miracle Project method, Autism Movement Therapy of LA and the director of dragonflies, Julia Boyd, who implements Performance Arts/Fitness Training and staging. Mini performances always send the campers off in dragonflies style. The camp will work with skill levels and disabilities. Class tuition is \$35. For more information contact Julia Boyd at 217.273.4793.



YMCA—Autiswim Camp (swim lessons for kids with autism or special needs). Autiswim is a 5 week structured program, for children with Autism or other disabilities and with their parent or caregiver assisting in the water. Class focuses on pool safety, developing swimming skills, and being confident in or around the water using visual and sensory aids. Session 2: July 11—August 8—5:00—5:45 p.m.—Registration: June 10—July 5. Cost is \$20 for members—\$40 for non-members. For more information contact Jill Rohr at jrohr@mattoonymca.org or 217.234.9494 x230.



Family Matters Parent Training and Information Center—Free Webinars

July 17—Healthy Minds, Healthy Lives: Protecting Mental Health in Children with Special Needs presented by Barbara Doyle, M.S.—7:00—8:15 p.m. Learn practical strategies to use everyday in all environments to help children with special needs learn the skills they need for lifelong mental health. Space is limited. Reserve your Webinar seat now at: <https://www.1gotomeeting.com/register/250354776>

July 30—Drawing a Blank presented by Emily Iland, M.A.—6:30—8:00 p.m.—Many Readers with Autism Spectrum Disorders decode well but do not understand what they read. Discover how features of autism affect comprehension and identify over 30 underdeveloped reading skills. Learn to use evidence-based and promising strategies to help readers on the spectrum and others who struggle to understand. Space is limited. Reserve your Webinar seat now at: <http://www1.gotomeeting.com/register/534014728>



Other Activities of Interest

HELEN MATTHES LIBRARY

Every Tuesday—Story Time—Helen Matthes Library—100 East Market Avenue, Effingham—Ages 0-5 years—10:00 a.m.—Stories, songs, and lots of fun! No registration required.

July 1—6:00 p.m.—Family Movie Night—The Lion King All ages welcome. Enjoy free popcorn. To register visit www.effinghamlibrary.org or call 217.342.2464.

July 3—Stories in the Park—Noon—Evergreen Park Pavilion, Effingham—Noon—Bring your lunch and listen as we share stories, sing songs and do finger plays. Visit their website for this and other activities for the month of July at www.effinghamlibrary.org or call 217.342.2464.



July 3—The Autism Support Connection Support Group—6:00 p.m.—7:30 p.m.—Free Methodist Church, 1400 Seymour Avenue, Hillsboro. Meetings are open to all interested parents, grandparents and individuals who are affected by autism and other related disorders. Child care is provided at each meeting in a safe, secure and understanding environment by certified district teachers. For more information contact tascillinois@gmail.com or Kim Draper at 217.710.3598.



Every Monday—Pre-School Story Time—Charleston Carnegie Public Library, 712 Sixth Street, Charleston—KidSpace Craft Room—ages 3-5—10:00 a.m.—11:00 a.m. For more information please call 217.345.1514 or visit www.charlestonlibrary.org

Monday's—July 7, 14, 21—Movie Matinee—Rotary Room B—4:00 p.m.—Enjoy friendly new releases and animal movie favorites. Feel free to bring your own snacks and drinks. The Charleston Carnegie Library has numerous activities and events in July. Check out their website at: www.charlestonlibrary.org



July 19—Sensory Friendly Film—Orpheum Theatre, Hillsboro—1:00 p.m. Planes: Fire & Rescue—Admission: \$5. You may bring your own snacks. Contact tascillinois@gmail.com or Kim at 217.710.3598 for more information.



July 26—Sensory Friendly Movie—Mattoon AMC Theatre—10:00 a.m. Planes: Fire & Rescue—Tickets can be purchased on the day of the screening for \$5. Movie dates are subject to change. To verify showing of movie, dates, and time please visit: www.amctheatres.com/SFF/



Boy Scouts and Cub Scouts for Special Needs now forming. The new group will need 5 boys in each group to begin. The VFW Men's Auxiliary will sponsor a Boy Scouts pack and the VFW Women's Auxiliary will sponsor a Cub Scouts pack. If interested or for more information contact: tricialblack@yahoo.com or 443.670.4908 or 410.382.2404.



Effingham Park District has many opportunities for children this summer. Check them out at <http://www.effinghamparkdistrict.org/>



18th Street Farmers Market—125 18th Street, Charleston—8:00 a.m.—12:00 noon. Runs from June 7 through October 4. The primary focus of the market is fresh produce, baked goods, flowers, and homemade craft items. Enjoy live entertainment in this festive atmosphere.



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