

Community Links

July 2019

"To provide quality services in a cost-effective manner through innovation, leadership, and the cooperation of dedicated people."

Community Ice Cream Social

Held outdoors on the grounds of the Historic Courthouse, the Ice Cream Social is a perennial community favorite and the official kick-off to Stillwater's Lumberjack Days. Featured fun includes:

- Live music
- Children's games and activities
- Fantasy Corral petting zoo
- Historic medallion button sales and the first medallion clue reading
- History exhibits, 1900's county jail tours
- Old-fashioned candy booth
- 50¢ root beer floats, brats/hot dogs, chips, etc. available for purchase.
- Bike giveaway

Proceeds from the root beer floats, candy booth, and Historic Courthouse merchandise go towards the Historic Courthouse Restoration Fund.

The ice cream social is FREE and open to the public. Bring a blanket and enjoy live music on the lawn. In the event of rain, the event will adapt and move indoors. In the event of inclement weather, the Ice Cream Social will be cancelled.

Live Entertainment Line-Up:

Queen Jeanne: Rhythmic Indie

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BEST BUDDIES is Expanding to Minnesota

Best Buddies is a non-profit organization dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment, leadership development, and inclusive living for individuals with intellectual and developmental disabilities. As Best Buddies expands in Minnesota, we are looking to spread the word and expand our programs. If you would like to learn more about the program and upcoming events contact Emma Zagar at EmmaZagar@bestbuddies.org.

Community Thread Connector Loop

There's a new transportation option in town! Community Thread has partnered with DARTS, a nonprofit that serves older adults and their families in Dakota County, to bring a circulator loop to the Stillwater and Oak Park Heights area.

How it Works

Community Thread Connector Loop runs every Monday with scheduled stops at housing complexes, area businesses, retail stores, and other community destinations, like the Washington County Government Center.

The Community Thread Connector Loop is open to all. Riders pay a \$3 (cash only) fare for an all-day pass and can get on and off the bus at any stop along the loop. Planned stops will be offered on an hourly loop schedule, with the flexibility to request a stop nearby. Riders who live within 2 blocks of the bus route may also request to be picked up at their home by calling DARTS at 651-234-2272 at 2:00 p.m. the Friday prior to the Monday service.

There are no age or income restrictions. The 16 person bus is handicap accessible, with a lift. Children under the age of 12 months must be restrained in an infant seat.

How Stops are Determined

A local community advisory committee recommends the best route to serve the most people, based on requirements to become a route stop and survey feedback from potential users. DARTS also keeps track of ridership and stop visits so that adjustments can be made on an as needed basis over time.

Community Thread Connector Loop: Mondays from 10:00 a.m.-3:00 p.m.

\$3 fare for an all-day pass (cash only)

NOTE: If the Stillwater Area Public Schools (ISD #834) are closed due to inclement weather, the bus will not be in service.

Questions? Email contact@communitythreadmn.org, call 651-439-7434, or check out our FAQ. To learn more about this service visit: <https://communitythreadmn.org/community-services/community-thread-connector-loop>.

Many thanks to the generous sponsors who are making this community service possible.

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Rock. Queen Jeanne's music explores an eclectic mix of covers and originals across genre, but generally feels at home somewhere in the sonic landscape of dirty rhythmic blues-rock with occasional soul-funks.

Sawyer's Dream: Minneapolis based Sawyer's Dream is an all original band with amazing 4-part vocal harmonies similar to those of groups such as the Mamas & the Papas, ABBA, and Bread. They create a unique cross-blending of Americana, Folk, Soul, Pop, and Rock. These genres formulate into an adventurous and whimsical music creation, offering the listener a modern take on the classic rock of the '60s and '70s.

Thursday, July 18
5:00-8:00 p.m.

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11th Annual Ride for Hope
Ride for Hope was founded in 2009 by Chris and Marna Bame, owners of Lube-Tech, Inc. and Ray and Robin Baker, Lube-Tech employees. At the 10 year anniversary, Ray and Robin Baker passed the torch onto new members. The new committee consists of eight people who are passionate about motorcycles and benefiting families and children with Autism.

Ride for Hope is a motorcycle charity event raising money for Autism. 100% of the proceeds go to benefit Autism Society of MN (AuSM)

Saturday, July 20
• Registration/breakfast: 9:00 a.m.
• Kickstands up: 10:30 a.m.
• Evening Event: 5:00 p.m.

The Hideout Bar & Grille
Big Lake, MN

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Summer Activities

Still looking for fun and inexpensive things to do to complete your summer? Check out these sensory-friendly activities and events:

- **Adaptive Climbing Nights by Midwest Climbing Academy**
Academy Adaptive Climbing aims to create an inclusive climbing community for athletes with physical or cognitive disabilities in the Twin Cities and surrounding areas. Our programs offer a space that is supportive and consistent to help participants achieve their personal climbing goals regardless of disability. We value accessibility of climbing, community and challenging perspectives of what is possible for someone with a disability. If you're looking for a casual, fun, and supportive environment to climb, these nights are for you!

3rd Sunday of each month • 6:00-8:00 p.m.

Midwest Climbing Academy, Minneapolis

Cost: \$20 per athlete.

For more information, call 612-345-5358 or email info@midwestclimbingacademy.com.

- **AuSM at the Minnesota Zoo: AuSM Zoo Skills for Elementary Kids (ages 8-12)**
The Minnesota Zoo is on a mission to save wildlife and encourages you to join us in our effort to create responsible stewards in all of us. Learning the skills necessary to do so is the first step of becoming a conservation champion! Enjoy the Minnesota Zoo while connecting with nature and discovering how to make a difference. Classes are co-taught by a Minnesota Zoo naturalist and AuSM educators.

Better Than We Found It

Imagine managing animal populations, wild or in human care? Would you focus just on the important work of scientists directly working with wildlife? What about the land the wildlife lives on? As a guest scientist you will analyze the systems that make up the Minnesota Zoo. We will also explore how scientists conduct research to better understand ways that humans can manipulate land and habitats to make them better for wildlife. We have a whole lot of land at the Zoo and we've done some amazing things with it...but what else can we do?

Orientation for this class is at the Minnesota Zoo:

Monday, September 23 • 1:00-2:00 p.m.

Classes meet **Mondays from 1:00-2:30 p.m.:**

- **September 30**
- **October 7, 14, 21, & 28**
- **November 4**

Cost: Minnesota Zoo and AuSM Members: \$275 / Non-members: \$345

Registration deadline: September 16

For more information or to register, call 651-647-1083 or visit www.ausm.org.

- **AuSM Social Skills/Summer Activities Programming**
AuSM still has openings in their social skills/summer activities programming. Visit: https://ausm.org/images/docs/Summer_Programs/2019SummerCatalogNoRegWEB.pdf
- **Chuck E Cheese Activities & Play Place for Children with Autism & Special Needs (Woodbury location)**
Chuck E. Cheese is proud to support families who have

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**FREE Tuesdays –
Explore Washington County
Parks**



On the **first Tuesday of every month**, visit any Washington County Park for FREE. *No vehicle permit required.*

2019 FREE Tuesday schedule:

- August 6
- September 3
- October 1
- November 5
- December 3

CDCS Training Reminder

Individuals who recently started on the CDCS (Consumer Directed Community Supports) waiver program or are interested in learning more about this program must attend training. These CDCS orientation sessions are facilitated by two Community Services staff. Please inform your county case manager which session you plan to attend.

- Thursday, August 15
- Tuesday, November 19

6:00–8:00 p.m.

Washington County
Government Center,
Stillwater

Check out all the fun activities offered through Valley Friendship
www.valleyfriendshipclub.org

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children with Autism and other special needs. We offer a sensory-friendly experience at participating locations, opening our stores two hours before their normal opening time. Our Sensory events include a trained and caring staff that work to ensure each guest has a fun-filled visit. We realize that the Chuck E. experience can be very stimulating for any child, so our mission is to create an event that allows ALL kids to be a kid.

First Sunday of every month • 9:00–11:00 a.m.

For more information, call 651-731-5275 or visit www.chuckecheese.com/events/sensory-sensitive-sundays.

- **Como Park Zoo & Conservatory**
- **Groovin' in the Garden**

This is Groovin' in the Garden, a free, live music event happening for the eighth year now. City Pages called it the Best Place to See a Concert with Kids in 2018.

Eight Wednesdays this summer ending July 24 • 6:00–8:00 p.m.

Marjorie McNeely Conservatory in Como Park Zoo & Conservatory, St. Paul

- **Sensory Friendly Information**

Como Park Zoo and Conservatory is an energetic, colorful place full of sensory stimuli, and we know this environment can be overwhelming for some guests. These are some of the ways that Como strives to provide a positive, welcoming experience for every visitor, including a [visual schedule](#) and [sensory map](#).

Autism Friendly Early Entry:

Join us during the dates listed below for an inclusive experience at Como Park Zoo & Conservatory. Spend time exploring exhibits, and activities designed for individuals on the autism spectrum and their families. Use the "social narrative" and the "create your own visual schedule" to help prepare you for your Autism Friendly Early Entry day.

2019 Sensory dates: **9:00–10:00 a.m.**

- July 28 & 31
- August 11, 14, 25, & 28
- September 8 & 11
- October 13 & 16
- November 10 & 13
- December 8 & 11

Como Park Zoo & Conservatory, St. Paul

For more information, visit: www.comozooconservatory.org/plan/#!/sensory-friendly-information.

- **Imagine Summer Kids' Movies** (*White Bear Lake location*)

It's a summer filled with action, adventure, and laughter when you make movies your favorite summer treat! Starting in June, join us every week for our Kids' Summer Movie Series.

Wednesdays and Thursdays: June 12–August 15

*(*Dates and showtimes may change)*

- *An American Tail*
- *Despicable Me*
- *Despicable Me 2*
- *Despicable Me 3*
- *The Grinch*
- *The Land Before Time*
- *Minions*
- *Sing*

Admission just \$2 for everyone! Enjoy a magic pack and ticket for just \$7.

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Autism Society of Minnesota Monthly Birthday Celebration and Game Night for Adults with Autism (Age 18+)

Bring a board or card game to play, an art project to share, or simply come for fun, stress-free conversation. AuSM will provide treats. Everyone is welcome, whether it's your birthday or not!

Held **monthly** from **6:30-8:30 p.m.:**

- **Wednesday, August 21**
- **Wednesday, September 18**
- **Wednesday, October 16**

*Autism Society of Minnesota,
St. Paul*

Cost per participant:

AuSM Member/Non-Member: \$3
FREE if it's your birthday month!

Registration deadline:

One week prior to scheduled dates.

AuSM Autism Direct Support Certification

AuSM's Autism Direct Support Certification Program is designed for professionals who work with individuals with Autism or those who want to better provide support to people on the spectrum. This in-depth, 15-hour course will give practical solutions for working with people on the spectrum. Class includes final case study and test.

Training objectives:

- Identify how people with Autism think.
- Understand how differences in thinking lead to differences in behavior.
- Understand how different tools/interventions address the strengths and challenges of ASD.
- Identify tools to support clients and loved ones in different situations.

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Tickets available online and at the box office only.

**Limited availability. Not offered to groups over 30 people.*

For more information, visit:

www.emagine-entertainment.com/kids-summer-movie-series.

- **Marcus Theatres' Reel Movies for Real Needs** (*Oakdale location*)
A Special Showing for Families and Individuals with Special Needs

We understand that sometimes it is difficult or uncomfortable for families with special needs children to attend movies together. Marcus Theatres Reel Movies for Real Needs is a specially designed program to serve families with special needs such as Autism or other challenges, who seldom attend movies. Reel Movies for Real Needs creates a welcoming and comfortable environment – lower sound, lights up – where families with children who need accommodations will be able to share the experience of seeing family friendly films at a theatre.

A select first run movie is featured **one Saturday each month** at a convenient **10:30 a.m.** showtime:

- **July 20:** *The Lion King*
- **August 10:** *Dora the Explorer*
- **August 17:** *Angry Birds 2*
- **August 31:** *Playmobil: The Movie*
- **September 28:** *Abominable*

Regular matinee pricing applies. Ticket availability is posted as soon as possible – check back often for frequent updates.

For more information, visit: www.marcustheatres.com/marcus-specials/sensory-specific-films/reel-movies-for-real-needs. For questions, please call 1-800-274-0099 ext. 1.

- **Minnesota Orchestra**

MINNESOTA  ORCHESTRA

The Minnesota Orchestra is committed to increasing access to the symphonic art form by providing concert experiences in an inclusive environment. We offer Sensory-Friendly and Relaxed Family Concerts for audiences of all ages and abilities, including individuals on the autism spectrum and those with sensory sensitivities. Each concert takes place in a relaxed environment where audience members are welcome to be who they are and enjoy music together with family and friends.

Our Sensory-Friendly Concerts feature individual musicians or small ensembles in the Target Atrium. Relaxed Family Concerts feature the full orchestra in the main auditorium.

Family Concert: Joyful Rhythms, Joyful Sounds

From Latin grooves to swingin' sounds and floating waltzes, this inclusive program for audiences of all ages and abilities is sure to make you feel the rhythm! The traditional Shaker hymn Simple Gifts was made famous after its use in Aaron Copland's popular ballet Appalachian Spring. Weezer, REM, Judy Collins, and Jewel have recorded versions of it, and John Williams' Air and Simple Gifts arrangement was performed at Barack Obama's inauguration ceremony on January 20, 2009.

Sunday, July 28 • 2:00 p.m.

(Participate in lobby activities at Noon-1:45 p.m. and 3:00-3:30 p.m., including opportunities to try instruments, engage in creative movement, make art, learn

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This training is for:

- Job coaches
- Support staff
- Personal care attendants (PCAs)
- EIDBI Tier 3 providers
- Educational aides
- Direct support personnel
- Group home staff
- Day training and habilitation professionals
- Anyone who works directly with individuals with Autism
- Individuals with Autism

Fall 2019 Session: **(Fridays)**

- **September 13, 20, & 27**
- **October 4 & 11**

9:00 a.m.–Noon
AuSM, St. Paul

Cost: \$260 per person; a group discount is available for 3+ participants from the same organization. Each session is limited to 15 participants.

AuSM ASD Certification Training also is available for groups of 15 or more at your specified location.

For more information or to register, call 651-647-1083 ext. 22 or email education@ausm.org.

Disability Hub MN Now Online



Did you know the Disability Linkage Line (DLL) is Disability Hub MN on the phone and, now for the first time, online!

Disability Hub MN is a free statewide resource network that helps people with disabilities solve problems, navigate the system, and plan for the future. Since launching in 2006, DLL has evolved to offer more tools and services to make it easier for people with disabilities to live

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more about the program, and meet Minnesota Orchestra musicians.)
Target Atrium at Orchestra Hall, Minneapolis

All seats \$12. One-hour concert in a relaxed environment. No intermission.

The Minnesota Orchestra may photograph or film portions of this experience for promotional and archival purposes. Please note that by entering, you consent to be photographed or filmed for these uses.

For more information or to purchase tickets, call 612-371-5656, email tickets@mnorch.org, or visit www.minnesotaorchestra.org/buy/tickets/browse-calendar/eventdetail/1234/-/family-concert-joyful-rhythms-joyful-sounds.

• Science Museum of Minnesota

At the Science Museum, we know that all visitors learn differently. During Sensory Friendly hours, individuals and families can enjoy a quieter, less sensory-stimulating museum experience.

On **the third Sunday of the month**, the Science Museum will host Sensory Friendly Sunday, where visitors who learn best in a calmer environment can experience our exhibits and movie in a less-crowded museum. You can visit the exhibit galleries before they open to the public and retreat to a designated quiet space to relax and recharge.

The next Sensory Friendly show:

Apollo: First Steps Edition

Sunday, July 21 • 9:00 a.m.

Science Museum of Minnesota, St. Paul

Tickets cost \$8.95–\$24.95. Discounts are available for individuals, families, and groups with limited incomes. Admission is free for working Personal Care Attendants when they're visiting with a client.

For more information or to purchase tickets, visit www.smm.org/sensorysunday.

• Sky Zone (Blaine location)

Enjoy the freedom of jumping. Sensory hours provide a quieter, toned-down jumping experience for those with special needs. Sensory jumpers will be jumping with the general public.

Sensory times:

Tuesday–Thursday • 11:00 a.m.–8:00 p.m.

Cost: 1–60 minute Freestyle Jump ticket (\$15.99) for sensory needs children (Sky Socks are NOT included. \$3.00/pair). **Simply inform the cashier upon checking in that your child qualifies for the program and a discount will be applied. Sky Zone Blaine does not require medical information or any other documents for verification. *PCAs, parents, and/or helpers can also jump but need to pay for a pair of Sky Socks and the 60 minute Freestyle Jump everyday rate.*

For more information or to purchase tickets call 651-383-2020 or visit:

www.skyzone.com/blaine/programs/sensory-hours.

• Stages Theatre Company (Hopkins, MN)

Sensory-friendly performances are designed for children on the autism spectrum or others with sensory sensitivities. House lights will be on, sound levels will be lowered, and crowds are minimized for these

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their best life, their way — a true “hub” of support.

We have:

- A stronger focus on person-centered principles
- Easier discovery of resources, options, and tools
- More opportunities for communication and engagement

To chat with options counselors, connect to planning tools such as DB101, and to find other helpful information and resources, visit our website. Here, you'll find additional resources for professionals on topics such as work, housing, health, money, and benefits.

For more information, contact us at 1-866-333-2466 or visit: <https://disabilityhubmn.org>.

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MN Microgrant Partnership Application Deadline Extended!



We are pleased to announce that the Minnesota Department of Human Services has extended the application deadline for the Minnesota Microgrant Partnership administered by The Arc Minnesota.

Grants up to \$2,000 are now available through Spring 2021 for Minnesotans 18+ who receive waiver services or 16+ with select level Individual Education Programs. Applicants may request funds to help them reach person-centered goals related to **competitive employment, accessible housing, or community inclusion.**

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judgement-free, “shush-free” performances. Fidgets, sound-canceling headphones, a social story, plot summary (with photos), and a quiet room are available.

There is one Sensory-Friendly performance for each production. Please see our “Upcoming Shows” page for specific dates and times listed by production.

Roald Dahl’s James and the Giant Peach (all ages)

Saturday, September 28 • 10:00 a.m.

For more information or to purchase tickets, call our box office at 952-979-1111, option 4 (Tuesday-Saturday: Noon-6:00 p.m.) or visit our website at www.stagestheatre.org.

• **Urban Air** (*Coon Rapids location*)

We are the ultimate indoor adventure park. People may know us for our trampolines (because they’re awesome), but that’s just the tip of the Urban Air iceberg. Once you get inside, you’ll see what we mean. It takes an adventurous soul to experience all of our attractions in one visit. Lucky for you, we’re open all week.

Sensory Friendly Play:

An event specifically designed for children with Autism and special needs to enjoy time at the park without loud music, flashing lights and to have a lot of fun!

Upcoming Sensory times: **10:00 a.m.**

- **Sunday, August 4**
- **Sunday, September 1**
- **Sunday, October 6**

For more information or to purchase tickets, call 763-244-1701 or visit www.urbanairtrampolinepark.com/locations/minnesota/coon-rapids.

• **Walker Art Center’s Sensory Friendly Sunday**

WALKER Sensory Friendly Sunday is still a monthly event designed for kids, teens, and adults with sensory processing differences, autism spectrum disorder, or developmental disabilities.

The galleries will be closed to the general public, allowing visitors to enjoy the museum in a calm environment with accommodations such as quiet spaces, noise-canceling headphones, and sunglasses available. Experience the Walker’s exhibitions, participate in a new art-making activity, or watch a short film.

This program was created in consultation with the Autism Society of Minnesota (AuSM) and the University of Minnesota’s Occupational Therapy Program.

Upcoming sensory times:

- **Sunday, August 11**
- **Sunday, September 8**
- **Sunday, October 13**

To prepare for your visit, check out the Social Narrative online. While walk-ins are welcome, we encourage you to reserve your space ahead of time. Registration is available below.

For more information, call 612-375-7610, email access@walkerart.org, or visit <https://walkerart.org/visit/sensory-friendly-sundays>.

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Detailed information about the Minnesota Microgrant Partnership including a short video, frequently asked questions, and a link to the application is available at bit.ly/ArcMicrogrants. You may also contact The Arc Minnesota at 952-920-0855 or microgrants@arcminnesota.org with your questions or to request a presentation in your community.

Mad Hatter Wellness

Mad Hatter Wellness provides resources and classes to enhance the lives of children and adults with and without disabilities through yoga and wellness by supporting their social, emotional, and physical awareness. They offer classes on sexuality for parents, support staff, and individuals with and without disabilities.

Visit our website at: <https://madhatterwellness.com/about>



How to receive additional issues of Community Links:

To subscribe or unsubscribe to the Community Links newsletter, go to www.co.washington.mn.us, click on the "Notify Me" tab, enter your email address, and click on the envelope next to Community Links Newsletter.

Contact:

Article Submissions:

Denise Steans
denise.steans@co.washington.mn.us
651-430-4168

Summer Symposium: Evidence-Based Practices for Learners with Autism Spectrum Disorder

Engage with experienced professionals to enhance your practice with learners on the autism spectrum. Each session topic will include a content lecture examining developmental differences, linking challenges to educational needs and goals, and highlighting evidence-based practices that promote skill-building. Sessions will also include opportunity for small group breakouts for hands-on learning and knowledge share. This symposium is for special educators, general educators, paraprofessionals, related-service providers, and administrators.

Thursday, August 8 • 9:00 a.m.–4:00 p.m. and Friday, August 9 • 9:00 a.m.–Noon
University of St. Thomas, Minneapolis Campus

Workshop schedule:

DAY 1:

- **Session 1:** 9:00 a.m.–Noon • Registration Opens: 8:30–9:00 a.m.
Understanding Social Differences Associated with ASD
 - Social Skill Development
 - Joint Attention
 - Theory of Mind
 - Social Cognition
 - Educational Needs and Goals
 - Evidence Based Practices
 - Social Narratives
 - Video Modeling
- **Lunch on your own:** Noon–1:00 p.m.
- **Session 2:** 1:00–4:00 p.m.
Understanding Communication Differences Associated with ASD
 - Communication Skill Development
 - Speech, Language, and Communication
 - Complex Language and Conversational Discourse
 - Pragmatics
 - Kinesics
 - Proxemics
 - Educational Needs and Goals
 - Evidence Based Practices
 - Social Skills Training
 - Peer-Mediated Intervention

DAY 2:

- **Session 3:** 9:00 a.m.–Noon • Registration Opens: 8:30–9:00 a.m.
Understanding Behavioral Differences Associated with ASD
 - Behavioral Development
 - Sensory Challenges
 - Executive Dysfunction
 - Restricted, Repetitive Behaviors
 - Cognitive Flexibility
 - Educational Needs and Goals
 - Evidence Based Practices
 - Differential Reinforcement
 - Self-Management
 - Task Analysis
 - Visual Supports

Speakers:

- **L. Lynn Stansberry Brusnahan** coordinates the autism spectrum disorders certificate, license, and master's program at University of St. Thomas. She has served on boards for the Autism Society of America, Autism Society of Wisconsin, Autism Society of Southeastern Wisconsin, and Council for Exceptional Children Division on Autism and Developmental Disabilities.
- **Erin Farrell** is the Autism Spectrum Disorders Specialist for the Minnesota Department of Education and serves on the State Leadership Team for PBIS. Farrell is a licensed ASD teacher as well as a Board Certified Behavior Analyst.
- **Eric Ringgenberg**, AuSM's Education Director, has a Bachelor's of Science in Child Psychology from the University of Minnesota – Twin Cities and a Masters of Arts in Special Education – Autism Spectrum Disorders from the University of St. Thomas.

Cost: \$150 per person

For more information or to register, call 651-647-1083 or visit <https://ausm.org/classes/workshops/summer-symposium.html>.