



September Newsletter

September, 2020

Easterseals Joliet

September 1st - September 30th

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Easterseals Services

Easterseals Virtual Programs

Traumatic Brain Injury Support Group:

- Meets the first Wednesday of the month at 6:00 pm via Zoom. Please email Laura at lgardner@joliet.easterseals.com for an invitation to join the group.

Parent's Raising Children with Autism Spectrum Disorders Support Group:

- Meets every Wednesday of the month at 6:00 pm via Zoom (this is a change just during the shelter in place order - usually meets just the second Wednesday of the month). Please email Laura at lgardner@joliet.easterseals.com for an invitation to join the group.

Support Group for Teens/Young Adults: This virtual support group is for older teens and young adults ages 16-25 with Autism Spectrum Disorder. This 30 minute virtual meeting is an opportunity for individuals to connect while social distancing, and talk about whatever is on their mind with a facilitator available for guidance.

- Meets every Thursday of the month from 5:00-5:30 pm via Zoom. Please email Morgan at mtokarski@joliet.easterseals.com for an invitation to join the group.

Community Resources: Food

Food Pantries

[Northern Illinois Foodbank](#) will be holding over 40 mobile food pantries open to the public this month in Illinois. Follow the link above to find the location closest to you.

USDA National Hunger Hotline

The hotline is operated by Hunger Free America, and is for anyone looking for food assistance.

- They can be reached Monday through Friday between 6 a.m. to 9 p.m. at 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273) (for Spanish).

Community Resources for Immigrant Families

Illinois Coalition for Immigrant and Refugee Rights:

Their website is dedicated to information for immigrant and undocumented families.

- They offer a COVID 19 resource guide in English and Spanish, as well as legal and mental health resources.

Financial Resources

Unemployment Benefits:

IDES Offices are closed to the public until further notice.

If you have any questions about Unemployment Insurance call IDES Customer Service Center at (800) 244-5631

Visit [IDES website](#) to review Illinois' new policy regarding lay offs and closures due to COVID-19 to see if you qualify.

To apply for unemployment benefits:

Visit www.ides.illinois.gov or call Tele-Serve at (312) 338-4337 Monday-Friday 5:00 a.m. - 7:30 p.m.

Due to the high volume of unemployment claims there is now a filing schedule in place:

Online Filing Schedule:

- Those with last names beginning with letters A-M will be asked to file their claims on Sundays, Tuesdays, or Thursdays.
- Those with last names beginning with letters N-Z will be asked to file their claims on Mondays, Wednesday, or Fridays.
- Saturdays will be available for anyone to accommodate those who could not file during their allotted window.

Call Center Filing Schedule:

- Those with last names beginning with letters A-M will be asked to call on Tuesdays and Thursdays between 7:30am – 6pm.
- Those with last names beginning with letters N-Z will be asked to call on Mondays and Wednesdays between 7:30am – 6pm.
- Fridays (7:30am – 6pm) will be available for anyone to accommodate those who could not file during their allotted window.

Online filing and claims applications will be unavailable every night from 8 p.m. to 10 p.m. for daily claims processing.

If you have been denied unemployment benefits:

File for Pandemic Unemployment Assistance (PUA)

Who can file for PUA:

- Individuals who had an Illinois regular unemployment insurance claim, but have run out of those benefits (i.e. exhausted 26 weeks of regular unemployment insurance and 13 weeks of PEUC)
- An employee of a nonprofit church or religious organization that does not pay unemployment. NOTE: If you work for a religious organization that has voluntarily elected to pay unemployment, you must file a regular unemployment claim.
- Individuals who have been “self-employed” for only the last 18 months and you pay taxes on that income (i.e., you have not earned any wages as a W-2 employee). Self-employment includes:
 - Sole proprietors who do not pay unemployment contributions
 - Business owners
 - Being issued (Form 1099) from a business to report income for tax purposes
 - Filing a Schedule C (Form 1040) tax form to report profit or loss from business

You can also file for PUA if you:

- Have been diagnosed with COVID-19;
- Have a member of your household who has been diagnosed with COVID-19;
- Are providing care to a household or family member;
- Have primary caregiving responsibility for a child or other person who is unable to attend school or another facility as a result of COVID-19;
- Are unable to reach the place of employment because you have been advised by a health care provider to self-quarantine;
- Were scheduled to start work and do not have a job as a result of COVID-19; or
- Have become the major support for a household because the head of the household died as a result of COVID-19.

Visit this [link](#) for more information and to learn how to file.

United Way Worldwide's [COVID-19 Community Response and Recovery Fund](#):

This fund is intended to help families and people in need access critical information and services like food, shelter, and more.

You can dial 211 or follow the [link](#) to find your local number to speak with a trained professional about local assistance at any time, 24/7/365 and available in 180 languages.

Educational & Recreational Resources

Article of the Month:

Parent Tips and Tricks for Distance Learning

[Article #1](#)

Six Healthy Posture Tips for Kids: Home-School Edition

[Article #2](#)

Chicago Feeding Group

Resources for picky eaters:

<https://www.chicagofeedinggroup.org/familyresources/>

Clay Buddy Mission



CLAY BUDDIES

**CLAY BUDDY MISSION
FOR AGES 5- 25
\$30**

Merchant Street Art Gallery

During these unusual times, we decided to bring art therapy to you. Once a week we will be giving out a mission. The mission will be completed using the items we provide in the brown bag. The clay buddy missions will be a way of externalizing fears and anxieties, developing coping strategies, gaining insight to how you are feeling, activating your imagination and having fun!

**MERCHANT ST
ART
GALLERY**
OF ARTISTS WITH A MISSION

AUGUST 6-8
Build Your Clay Buddy and Name It

AUGUST 12-16
Create an Environment/
Safe Place for your Clay Buddy

AUGUST 20-22
Create a Funny
Sidekick for your Clay Buddy

AUGUST 27-29
Create a Magical Wand

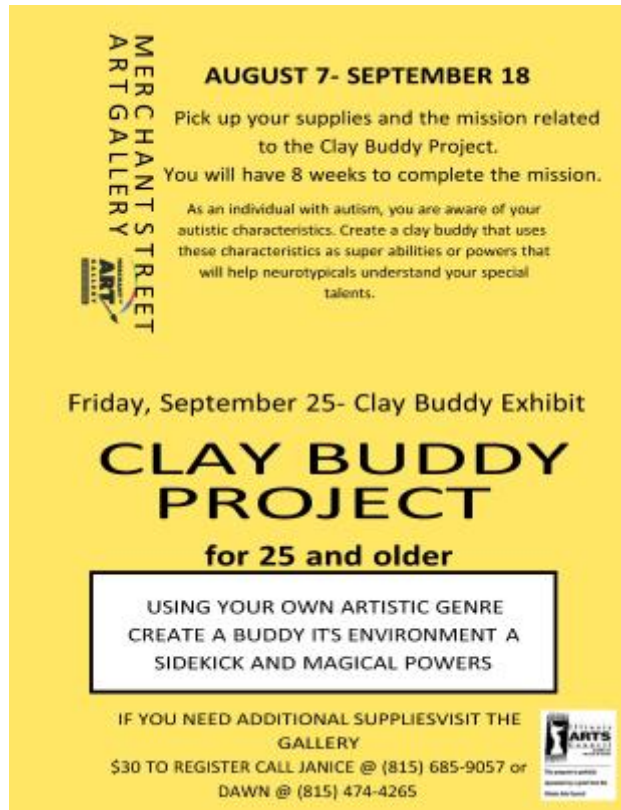
SEPTEMBER 3-5
Develop a Training Manual for your Clay Buddy

SEPTEMBER 10-12
Paint a Poster of your Clay Buddy

SEPTEMBER 17-19
Bring your Clay
Buddy on a Secret Mission

SEPTEMBER 24 7:00 PM
CLAY BUDDY EXHIBIT
TENTATIVELY AT THE GALLERY
DISPLAY YOUR WORK AND INTRODUCE YOUR
BUDDY TO THE FELLOW CREATORS

CALL JAMICRA (815) 485-8037 OR DAWN @ (815) 474-4285
TO REGISTER
BROWN BAGS WILL NEED TO BE PICKED UP THURSDAY OR
FRIDAY 12PM- 4 PM OR SATURDAY'S FROM 10 AM - 1PM AT
324 EAST MERCHANT STREET
KANKAKEE, IL



Merchant Street Art Gallery

- For Ages 5-25
- Cost: \$30

During these unusual times, we decided to bring art therapy to you. Once a week we will be giving out a mission. The mission will be completed using the items we provide in the brown bag. The clay buddy missions will be a way of externalizing fears and anxieties, developing coping strategies, gaining insight to how you are feeling, activating your imagination and having fun!

Brown bags can be picked up Thursday or Friday 12 pm - 4 pm or Saturday's from 10 am to 1 pm at 356 East Merchant St. Kankakee, IL

For ages 25 and older:

Clay Buddy Project

Using your own artistic genre create a buddy, it's environment, a sidekick and magical powers

Participants are not required to have autism, people of all abilities can participate.

- \$30
- Pick up your supplies and the mission related to the Clay Buddy Project at 356 East Merchant St. Kankakee, IL.

To register: Call Janice (815) 685-9057 or Dawn (815) 474-4265

Special Recreation Program

Get in touch with your local park district to learn more about their special recreation program!

If you are located in Joliet or Channahon: <https://jolietpark.org/special-recreation-of-joliet-channahon>

Gateway SRA is an extension of the Park Districts of Burr Ridge, Elmhurst, Oak Brook, Pleasant Dale, Westchester and York Center, the City of Countryside, and the Villages of Hinsdale and Willowbrook.: <http://gatewaysra.com/>

Contact your local YMCA and Park District as many are offering virtual programs and some are beginning phased re-openings.

Monthly Activity Schedules

This next section includes a daily activity for Monday through Friday of every week in September with each department having a day of the week. Mondays are Social Wellness, Tuesdays are Developmental Therapy, Wednesdays are Physical Therapy, Thursdays are Occupational Therapy and Fridays are Speech Therapy. These schedules have been created by our talented and experienced team of therapists and social workers at Easterseals Joliet! We hope you give them a try!

Week 1: September 1st - 4th

Tuesday, September 1st

Painting with Water

Get a big bucket of water, a combination of paint brushes and rollers and paint everything outside. This is a great pretend play activity. Kids can use their imagination as “painters”. Let’s soak up all the sunshine while we can!

Wednesday, September 2nd

It's gardening day!! Go outside and squat down to pull out weeds that are in the garden. You can also fill up a watering can or large cup so that it weighs a few pounds. Now, carry it around the garden and water the plants.

Thursday, September 3rd

Fun with kitchen utensils

- Use tongs to pick up items: cotton balls, small/medium toys, blocks LEGOs

- Use a spoon to stir items in a bowl: ice cubes to make noise, cotton balls, water to try to keep it in the bowl or cup
- Whisk: put cotton balls or pom poms inside the whisk and have the child pull them out; whisk items in a bowl
- Ice cube tray: put items into and take them out of the tray with tongs/ spoons
- Spatula: pick up/ flip items (Play-Doh)
- Measuring cups: pour/ transfer water

Friday, September 4th

Help your Mom or Dad set the table for dinner. What do we need?

Week 2: September 7th - 11th

Monday, September 7th

Lets practice calming down our inner monster and bring out the monster love with this fun song by Elmo and friends! Practice your belly breathing and sing along!

<https://www.youtube.com/watch?v=mZbzDOpyIA&frags=pl%2Cwn>

Tuesday, September 8th

Outdoor Scavenger Hunt:

- Something green
- Bird
- Flag
- Butterfly
- Flower
- Dog
- Rock
- Bug
- Tree
- Leaf

Wednesday, September 9th

Today is a good day to run fast! Go to the backyard and set up two cones really far apart. Run as fast as you safely can (parent supervision recommended) from one cone to the other. How fast can you go?

Thursday, September 10th

Playing cards

- Work on flipping one card over at a time using index finger and thumb- make it a game, whoever has the highest number on the card, wins that round
- Use clothespins to clip matching cards together
- Slide paper clips onto the cards, match the number of paper clips to the number on the card
- Play a game of UNO or go fish, working on holding the cards in one hand
- An old deck of cards? Cut the cards in half and make a matching game, finding the same number and suit (cut in straight, diagonal, curved lines)

Friday, September 11th

-Find 3 things in your house that match:

- Square
- Shiny
- Small

Week 3: September 14th - 18th

Monday, September 14th

Sometimes we feel happy, sometimes we feel sad... Let's sing along and learn all about the different emotions with The Feelings Song!

<https://www.youtube.com/watch?v=-J7HcVLsCrY>

Tuesday, September 15th

Sensory Walk for Kids

Sensory walks are a fun way for kids to explore their sense of touch using their feet. Fill several different buckets or bins with various materials. Some fun ideas include: water beads, flour, sand, bubble wrap, sticks, shaving cream and water. Have the kids take off their shoes and explore the different textures. Be sure to have a towel handy for the kids to clean their feet at the end.

Wednesday, September 16th

Today is Rock Star Day! Put on your favorite song and pretend you are a famous rock star. Dance, jump, and move around to the music. Try to make up a new fun dance move!

Thursday, September 17th

Fun with pasta noodles!

- Thread string/shoelaces through pasta noodles. You can tie a noodle on the end as a “stopper” or make a pasta necklace and tie the ends together when all the noodles are on the string
- Glue noodles onto a piece of cardboard, the child can thread the string/shoelace through the noodles
- Make an art project with noodles! Glue different noodles onto cardboard; draw an outline of a animal/character/picture and have the child fill it in with noodles
- Use noodles to make shapes! Make a square/triangle/rectangle with spaghetti or other kinds of noodles
- Paint with noodles! Dip the ends of noodles into the paint and dab on paper or dip the noodle into paint and roll/drag the noodle onto paper

Friday, September 18th

-Name 3 things you wear in the winter. Then name 3 things you wear in the summer.

Week 4: September 21st -25th

Monday, September 21st

Monday 9/21/20- Did we enjoy singing about feelings... Let's sing and dance along to another feelings song!

<https://www.youtube.com/watch?v=UsISd1AMNYU>

Tuesday, September 22nd

Story Time

Gather your favorite books around the house. Have your child sit down and attend to the story and encourage them to identify familiar objects on the pages by pointing. Children can work on turning pages independently and exploring different textures (if any). Looking at books together is a great language activity and overall great for development.

Wednesday, September 23rd

It's Spy Day! How sneaky can you be? Try to quietly walk on your tip toes and/or crawl around the house so that no one can see or hear you. Shhhh! Be very quiet.

Thursday, September 24th

Reuse items around the house

- Build towers or cities using cereal boxes or cardboard boxes
- Cut a small opening in a container you don't need anymore- drop checker pieces, Connect 4 pieces, coins into the opening

- Practice opening containers- bottles with small screw caps, larger containers with tops that turn, containers that lids need to be pushed/pulled off, Ziplock bags that need to be pinched closed
- Use a muffin tin or egg carton to sort items by color, shape, texture
- Stretch rubber bands around cans

Friday, September 25th



What is it?

What does it do?

Where does it live?

What does it look like?

It rhymes with ...?

Week 5: September 28th - 30th

Monday, September 28th

We started this month with belly breathing, and had fun dancing and singing with our feelings, now lets take a minute and pause our busy day with a fun dance party break to get ourselves up and moving because once the music starts... We just can't stop the feelings!!!!

<https://www.youtube.com/watch?v=KhfkYzUwYFk>

Tuesday, September 29th

Block Building

Don't have blocks at home? That's ok! Use anything around your home that you can stack on top. Work on turn taking during this activity and stacking big to little. Have your child imitate what you are building. You can use Tupperware or cardboard boxes. Incorporate counting (and singing). You can sort the blocks or items you are stacking by size and color.

Wednesday, September 30th

Today is jumping day!! How many different ways can you jump? Forwards? Backwards? Sideways? Two legs? One leg? Are you able to do hopscotch or make your own jumping pattern? Try to be creative!

Contact Us

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Contact: Morgan Tokarski, Pediatric Family Navigator

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Visit us on the web at www.easterseals.com/joliet/

