

PACE Setter

PACIFIC AUTISM CENTER for EDUCATION

Connect • Support • Educate



Chelsea Siouxson

Kara Oettinger

PACE welcomes **Chelsea Siouxson** as **PACE School Director of Behavioral Services**. Her mission is to bridge the gap between Applied Behavior Analysis (ABA) techniques and educational learning in the PACE school. She is establishing a new system to implement evidence-based data collection practices in our classrooms. The new data collection software will be used to collect, track, and report progress for each student. "It is a huge change and brings a way to systematically measure both educational and behavioral progress," Chelsea says. Her philosophy for training staff is that in order for teacher training concepts to work in the classroom, teachers must also integrate behaviors like organization and preparation into their own lives. The skills can then support the teacher and the classroom. Additionally, Chelsea has a personal goal to train the teachers to interact with data so it becomes second nature to document and report on data to guide curriculum development.

Kara Oettinger, PACE School Program Director, is focused on building the curriculum and academic rigor using evidence based practices. Setting measureable IEP goals and meeting IEP compliance is a large part of the school director position and as Kara enters her new role she assumes the responsibility of improving student services and supports campus wide. "When we improve independent living skills, we are preparing the students for the adult day and post-secondary programs after PACE," says Kara.

Together, Kara and Chelsea are dedicated to the staff's professional development. Teachers, therapists, and independent aides require departmental training sessions with individualized attention. Professional development consists of a two week in-service training program once a year, a two hour in-service program once a month, and behavior training sessions one time per week for all staff. The training is comprised of creative ways to teach educational materials, scaffold curriculum, and continue to support strong behavioral change. Offering individual attention for each staff member helps to build positive rapport and solidify relationships. This practice also contributes to building a positive experience for both staff and students.

PACE awarded \$50k Community Assist Grant

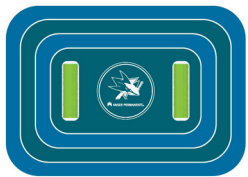
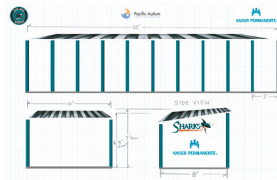


THANK YOU SHARKS FOUNDATION AND KAISER PERMANENTE!

Pacific Autism Center for Education has been awarded a \$50k Community Assist Grant by the Sharks Foundation and Kaiser Permanente as part of their Healthy Living: Fitness & Wellness Month.

The Sharks Foundation and Kaiser Permanente will partner with PACE to create a custom covered bike garage and purchase 10 Rifton Adaptive Tricycles for PACE students.

This month, volunteers will revitalize the bike track with fresh paint, construct the 10 new bikes, plant new flowers, landscape the garden beds, and construct play equipment.



Ask a Therapist *By Iris Yang, OTR/L*

When we talk about our senses, we usually think of "5 Senses": touch, sound, vision, smell, and taste. But, what we don't realize is that we actually have two more senses that support our daily lives- proprioception and vestibular.

In this article, we will focus on proprioception. Proprioception is how we feel our body moves in space. For example, if you are asked to close your eyes and touch your nose, you can do that because your muscles and joints provide your brain with information of where your nose is and where your arms are without having to look to find them. This is important for children with autism because their proprioception skills may need attention as poor registration is a consideration in the therapeutic diagnosis.

DOES YOUR CHILD HAVE POOR REGISTRATION OF PROPRIOCEPTION?

Here are some possible indicators:

- Breaks toys easily
- Seeks excessive amounts of proprioception
- Uses more force than necessary
- Poor joint stability
- Overall low muscle tone

PROPRIOCEPTIVE ACTIVITIES provide additional input to the muscles and joints that help a child become more aware of where his or her body is in space. Here are some general activities that will work the muscles and joints:

- **Weight Bearing:** crawling, push-ups, wheelbarrow walk, lying on stomach, propping self on elbows to complete activities (e.g. reading a book, doing a puzzle)
- **Deep Pressure:** tight bear hugs, joint compressions, wrestle
- **Resistance:** push against a wall, push/pull objects, arm wrestle
- **Cardiovascular:** running, jumping

Try these common movements to help your child with proprioceptive development:

- Heavy Lifting such as carrying/pulling/pushing heavy objects such as books/shopping bags/shopping cart, tug of war, etc.
- Pillow fight/jumping/crashing into pillows
- Climbing ladders on a playground, swinging
- Making items with play dough
- Wrapping a child tightly in a blanket, bouncing/laying on a therapy ball

Each child has specific needs and may benefit from certain activities, depending on his or her abilities. If you have specific questions about your child, please consult an occupational therapist!

For more occupational and behavioral therapy tips go to www.porchlighteducation.org



A Message from the Executive Director

By Kurt Ohlfs, Executive Director

At PACE, our greatest opportunity is to leverage our resources and knowledge of autism to support the community. Currently, there is a very limited number of trained and credentialed special education teachers in the Bay Area. Linda Darling-Hammond, President of Learning Policy Institute, an education research nonprofit based in Palo Alto, says the need for teachers in Special Education is like a “five-alarm fire.” PACE is refining an initiative to provide internships and scholarships for individuals to become special education teachers and to meet their special education requirements through their work and service at PACE. Our goal is to deliver three to five trained special education teachers per year to the San Francisco Bay Area school districts.

The PACE classrooms offer real life special education teaching experience. Our training commitment also offers paraprofessionals, newer to special education, real world opportunities to learn how to manage classrooms and organize curriculum. We train our staff to be competent in challenging situations and foster leadership by putting them in the trenches. In this way, we are able to provide skilled teachers and paraprofessionals back into the neighboring school districts to help with the crisis in special education. Most graduating credentialed teachers have not been in realistic difficult classroom situations and there are even fewer mentor teachers that are adequately prepared

for future challenges of classroom management. The PACE opportunity gives the teachers a path of understanding and longevity for the special education career track.

This process also supports the individuals who previously may not have had access to earn a living wage, find a career path. For talented people who may not have the access to greater training and development through traditional paths, this training changes someone’s future. This full circle perspective continues to demonstrate our commitment to our executive leadership beliefs of Competence, Conscience, and Compassion in all we do.

Our newest development of Porchlight University is also focused on building skillful training opportunities for special education teachers in school districts across the United States. The concept is to offer teachers and educators who work primarily with typically developing student classrooms on how to successfully facilitate learning for all students in their classrooms. There are many students with high functioning autism spectrum disorder and with differing learning abilities who are integrated into their classrooms and this platform will help train teachers to develop new methods, curriculum, and communication techniques in order to work with all of the students. By utilizing the Porchlight University platform, PACE will offer innovative special education training in school districts nationwide.

Sunny Days Campus Projects

By Karen Kennan, Assistant Executive Director

Exciting changes are taking place at the PACE School lower campus this fall.

With 1 in 59 children currently being diagnosed with autism, PACE has seen a growing need for educational placements for young elementary children with special needs. To meet increased requests from school districts, PACE will be opening up a second early education autism classroom (ages 6-9) on the lower campus (Sunny Days Preschool and PACE Kindergarten). The rearrangement of classrooms joins the Sunny Days Preschool morning program in a shared space with our Little Faces Behavioral Services for Children afternoon clinic. In this new configuration, all of the programs serving our youngest clients are now housed together in one side of the building. The office will remain in the same location and will adjoin the newest addition of the early education classroom.

In anticipation of the move, the preschool/clinic room received a face lift of fresh paint, wall covering, new flooring, and furniture, all designed to create a warm, welcoming space to enhance the daily learning environment for our students. The speech and occupational therapy areas also received a fresh coat of paint and a new configuration.

This summer the Sunny Days campus benefitted from the generous contributions of volunteers who donated their time and talent to enhance the outside space as well. Working with *Habitat for Humanity*, employees from *Western Digital* designed, built, and painted an outdoor playhouse that now occupies a prominent spot on the playground.



In addition, Eagle Scout Pranav Saravanan, created a sensory outdoor obstacle course for students to explore a trail of different textures and activities.

As always, it is our goal to provide high quality programs for children on the autism spectrum as well as those needing a little extra support. With these facility enhancements we will continue to meet this objective in an enhanced and updated space.

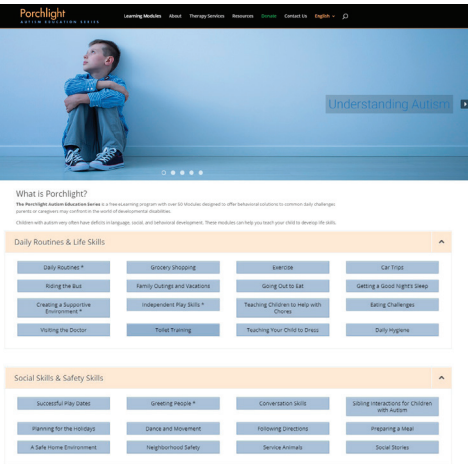
Did you know.....
The Sunny Days phone main number has changed.

Sunny Days/Little Faces: 408-625-6198
The office is staffed 9 am-3pm.



The Porchlight Education Series is a free eLearning training platform that offers solutions to common daily challenges a parent or caregiver may confront in the world of developmental disabilities.

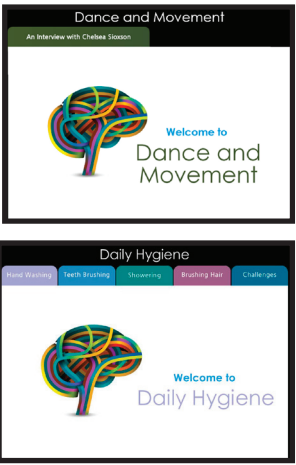
We are announcing our new and improved website.



www.porchlighteducation.org

Where can you begin to gather the resources necessary to teach your child? Porchlight Education Series will give you some ideas on how you can embark on this journey.

PACE now has an extensive library of 50 modules and new modules are added regularly. Our latest module is Dance and Movement and highlights knowledge and experience from our School Behavioral Director, Chelsea Siouxson.



By: Karen Kennan, Assistant Executive Director

This month, Faces Behavioral Services welcomes Board Certified Behavior Analyst Chris Topham to the department. With a Master’s Degree in Special Education, Chris has worked in the field of behavior analysis for more than five years, earning his BCBA in 2016. He most recently worked at CSLOT, the Center for Speech Language, Occupational and Behavior Therapy, where he provided clinical management for clients up to age 8. At Faces, Chris will join BCBAs Dor Zhang and Amelia Lalley and will provide clinical leadership for our mid-and north peninsula clients.

In other updates, we are relocating the Faces Clinic in Redwood City and consolidating management operations out of the Little Faces clinic location in San Jose. The majority of our north peninsula Faces Behavioral Services clients receive services



in their home or at school therefore, it is no longer necessary for us to maintain the expense of a large clinic space. We will continue to provide ABA therapy sessions in the mid-peninsula region.

We currently have availability for morning clients in our Little Faces clinic (on site) or in homes. Please contact Intake Coordinator Jacqueline Cardoza intake@facesforkids.org for more information.



FACES Team

Ways You Can Help

- **Make a donation**
By Mail: 1880 Pruneridge Ave.
Santa Clara, CA 95050
Online: www.pacificautism.org
By phone: 408-245-3400
- Double your gift- **make a matching gift contribution.** To include PACE in your workplace giving options, please contact **development@pacificautism.org**.
- Go to **www.escrip.com** and enter PACE’s ID number: **472692** to register your credit and reward cards.
 - Choose PACE on **Amazon Smile** (smile.amazon.com)
- Donate your old vehicle to **Donate for Charity!** Call 866-392-4483 or use their website **www.donateforcharity.com**. Donate for Charity handles all the details and distributes the net proceeds to PACE!

PACE School: Approaching 30 Years!

By Melissa Watkins, Fund Development Associate

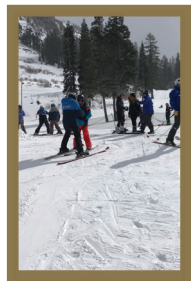
With PACE's 30th Anniversary approaching, there are many accomplishments and milestones to be proud of. In 1989, the school started with 14 students and now serves over 60 students. While PACE has been through many changes over the years, our mission has remained steadfast in providing exceptional education, care and support to those with autism.

PACE's education and therapy programs continue to strive to enhance physical and social-emotional health, improve independence, and life skills for students and clients. Through carefully designed, individualized education plans and compassionate care from teachers and therapists, we have witnessed incredible achievements from our students, both in the classroom and in the community.

Community outings, in fact, have been an integral part of student progress at PACE. Planning special activities and outings not only makes life more exciting, but also offers a chance for students to socialize and interact with people they might not otherwise meet. Community outings develop conversation skills, social skills, vocational skills and job training, and even travel skills. A recent graduate from the PACE School successfully traveled abroad for a month with his family; an experience that requires self-regulation, flexibility, and adaptability. Another student skied unassisted for the first time in his ski lessons! Supporting

our students with community integration allows them to participate in enjoyable activities and expand their interests and their lives.

We are proud of these accomplishments and plan to continue our mission for at least another 30 years!



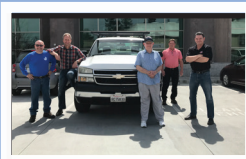
Look for more ways to celebrate with PACE's 30th Anniversary coming in January!

Residential News

By Dave Gilbreth, Residential and Facilities Manager

Managing the Residential Program requires quick timing and an ability to direct the team towards successful outcomes to place client and student needs ahead of everything else. A warm 'Thank You' to all of the parents and caregivers for their support and trust. Here are a few updates from the past few months.

Bothman Construction donated a pick-up truck to PACE so we are now able to move things around ourselves and not have to rent a truck or hire a hauling company. A huge thank you to Bothman Construction Company.



The **Rotary Club of Cupertino** volunteered for 10 hours to help rebuild and clean up our landscaping, along with making a generous donation to the children's group homes. The team worked at Miracle and Morehouse rebuilding the children's play structures, stairs to the trampolines, shelving units in the garages, assembling a new cedar swing, cleaning gutters, spreading 30 bags of mulch, repairing fences and



trimming trees and many other tasks that needed to be done. A huge thank you to the Cupertino Rotary club.

The **Scales of Justice** which is a Lions Club made up of retired law enforcement professionals prepared and cooked for three BBQ's for PACE: two Residential Group Home BBQs and the annual PACE

School Staff BBQ! The Scales of Justice really know how to do a BBQ, every guest and all the residents had such a great time. A huge shout out to the Scales of Justice for the hard work and service to PACE.



The **Sunnyvale Elks Club** held a pizza party for the PACE group homes and made wonderful donations of household goods, kitchen, bath items and gift cards. All the residents of the group homes had a wonderful time and really enjoyed themselves at the Sunnyvale Elks Club. Thank you!



All of the group homes have been going on wonderful adventures around the Bay Area visiting Carmel, Monterey, Half Moon Bay, San Francisco, Sausalito, Santa Cruz Boardwalk, and Santa Cruz for the Disabilities on the Beach Day. All group homes have Great America season passes for all the residents; it's always a hit and we go quite often!



The group homes need your support. Item donations, gift cards, and financial donations are always greatly appreciated. If you would like to make a donation to the group homes please contact Dave: davegilbreth@pacifica-tism.org or 408-882-7284.

PACE's Youth Leadership Committee

By Melissa Watkins, Fund Development Associate

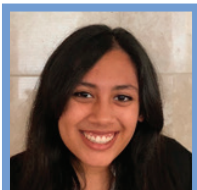
In 2008, PACE established the Youth Leadership Committee (YLC) to address the increased number of high school students who were enthusiastic about volunteering for the agency. The purpose of the YLC is to raise annual fund dollars, increase awareness of autism, and provide a positive service opportunity to the community. Members are selected by an application and interview process, and over the course of the school year, gain hands-on experience in fund-raising, marketing, event planning, and research. The YLC manages their own initiatives, such as the student-led workshops called "Operation Enable" and larger events such as "Voices for Autism". The 2017-2018 YLC raised over \$1,100 at these events!



Celebrating its 10th Anniversary this year, the newest members of YLC are motivated and excited to

take on a new year! The 2018-2019 program welcomed 14 members (including ten new members) representing seven different high schools throughout the Bay Area. YLC also introduced Co-Presidents, **Isha Chakraborty** and **Saisamkalpa Mantrala**, to spearhead a new initiative for the committee. In October, the leaders introduced a plan to partner YLC with mission-driven high school clubs, such as Best Buddies, to educate peers about autism spectrum disorder. Members of YLC will work with clubs at their high schools to co-host workshops, promote YLC fund-raising events and PACE programs and services.

Isha and Saisamkalpa are driven to bring greater autism awareness to the community and shape high school level involvement. We hope to see you at a future fund-raising event! To learn more about YLC, visit: www.pacifica-tism.org



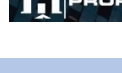
INCREDIBLE 2018 PACE EVENTS

A HUGE Thank you!!

We raised over \$250k in Fund-A-Need donations at the **Bay Area Real Estate Roundtable** and the **10th Annual PACE Golf Classic**. These funds along with additional dollars raised go to create resources for families affected by autism and to repair our Preschool, PACE School, and Residential Group Homes.



Thank You
Dinner Sponsor



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THANK YOU!

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Executive Director: Kurt Ohlfs

The PACE mission: To enhance the lives of people impacted by autism, through innovation, exceptional education and compassionate care.



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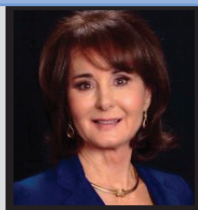
To Order: Melissa @ 408-625-6193 or
<http://bidpal.net/sweatshirts>

Coming Soon...Our 30th Anniversary!



Great Givers: Jan Berthold

By: Marta Weinstock, Director of Marketing and Development



Great Givers come in many varieties. Some volunteer their time, talents and ideas; some make in-kind donations of much needed materials and equipment; and some make generous financial contributions to support our ongoing mission. Over the years, PACE has benefitted from the generosity of many donors and volunteers who have provided our agency with priceless support. In this issue of PACE Setter, we're pleased to acknowledge Jan Berthold who knows how important it is to support the causes and programs that make a difference in the life of the community.

Jan Berthold, CPCU, CWCA, PWCA, ChFC, CLU, Senior Vice President of Heffernan Insurance Brokers, was selected as our Fall 2018 PACE Setter Great Giver for the generosity she inspires in everyone she meets. Jan's personal knowledge and experience of supporting organizations includes managing risk-assessment audits, creating workers compensation insurance solutions, connecting executives, and building a network of trusted advisors to provide expertise for all of her clients' needs. Her personal mission is to transform the way companies manage business insurance and workers

compensation. She holds a deep commitment to helping and supporting nonprofit organizations both personally and professionally.

Jan first got involved with Pacific Autism Center for Education because she is aware of a deep unstated stigma about mental health and neurological learning differences in our culture and wanted to help make a difference in the lives of the people we serve. As she says, "It's not a sexy cause, yet treating individuals with autism has a huge impact on our society." She elaborated on the long-term benefits saying, "when a child with autism is accepted, cared for, and educated, our communities create belonging." She wishes more people knew about all of the work PACE undertakes in Silicon Valley.

Jan recognizes the challenges PACE encounters daily working with individuals affected with moderate to severe autism. Jan describes accurately how the classrooms and homes can be very difficult environments to manage with intense behaviors that require ultimate patience and dedication by all of the staff. Unintentionally, an employee can be hurt in a dangerous episode

of behaviors trying to protect the student. She congratulates PACE on doing a great job and says she is proud to donate to an organization with the strength to carry forward the steadfast mission of "client first". She also says PACE's teachers and leadership are valuable assets. "PACE is devoted to the education of children and making a positive difference, that's why I continue to offer financial support." says Jan.

Jan has worked with hundreds of clients and specifically over 20 nonprofit clients in her field of business insurance and workers compensation and is committed to educating on ways to reduce insurance costs. Jan's knowledge is captured into two new books she authored. Jan recently wrote, *Getting to Zero: How to Slash Workers Compensation Costs, Minimize Risk and Improve Your Bottom Line* (2018) and, to be published shortly, *80/20 CFO*, which outlines how to strategize customer financial management.

Jan also believes that individuals with means have a re-

sponsibility to give back and have a positive impact on the community. Her advice on the best financial planning is to place appreciated assets, like appreciated stock or real estate, in a donor-advised fund with the help of your financial advisor. These funds are not subject to capital gains and the owner receives full deductions which renders the ability to give to organizations that carry forward a mission close to your heart. Her philanthropic relationship with PACE is standing six years long and has been cultivated by friends on the Board of Directors and Golf Classic Committee.

In addition to Jan's generosity, PACE benefits from the thoughtfulness and bigheartedness of Heffernan Insurance. Most recently, the office had an annual 'Kids Day' where local children and families put together drawstring sacks filled with crayons, pencils, markers, rulers and etc. and donated approximately 16 back to school packs to our older students. Furthermore, the Heffernan Foundation has supported PACE with grants for a music therapy program. For the 2018 PACE Golf Classic 10th Annual Tournament at Cinnabar Hills Golf Club, Jan Berthold was a Course Sponsor!

We are grateful for the ongoing support of Heffernan Insurance and recognize Jan's generosity as a lifeline for our organization.

