

PACE Setter

PACIFIC AUTISM CENTER for EDUCATION

Connect • Support • Educate



COVID-19: A Message from the Executive Director

As of Tuesday, March 31, 2020, at 12:01am, seven Bay Area counties were issued Shelter-in-Place orders. In compliance with this directive, PACE has shut down its PACE School, Sunny Days Preschool, and Faces Behavioral Therapy programs through May 3, 2020. Our Residential services will remain open. PACE's administrative offices will be closed, however, the administrative and executive staff will work remotely.

Nothing is more important to us than protecting the health and well-being of the individuals and families we serve, as well as the greater community. We recognize that now, more than ever, our efforts to provide support remotely to individuals and their families is critical during the school and program closures.

During this time, PACE staff will work to develop remote learning opportunities and teaching and behavioral strategies for the families in our community. In the coming days, we will strive to provide materials, social stories, and communication to help our community work through this difficult time. We implore our

families and community to utilize our free online resource, Porchlight Autism Education Series, to gain knowledge and strategies to help optimize the home environment for loved ones with special needs.

We know that COVID-19 will have a profound impact on nonprofit organizations. For PACE, due to program shutdowns and cancellations of pertinent fundraising events, we will need the support of our community to help offset potential financial challenges. Donations will not only help our programs, but it will help us sustain our staff of teachers, instructional aides, therapists, and residential caregivers who are committed to serving the needs of our students and their families. We thank you for your generosity and stand with you as a community as we get through this challenging and rapidly evolving situation.

Sincerely,

Kurt Ohlfs
Executive Director

Stay Up-to-Date with PACE



In response to the rapidly evolving circumstances around COVID-19, PACE is now providing several ways to keep our students, clients, families, and communities up-to-date with news and resources.

On our website, we have added a new COVID-19 updates page, as well as a resource page with tons of information compiled by our PACE School and Faces Behavioral Therapy management teams. Access a myriad of educational resources, tools for special needs families, and ideas for arts and crafts and movement during shelter-in-place. The list also includes COVID-19 specific resources, including important hotlines, Social Stories, as well as the best learning Apps for individuals with autism.

PACE is working hard to ensure you have a comprehensive tool kit through shelter-in-place.

Visit our COVID-19 and Resource pages at www.pacificautism.org

Ask a Therapist *By Caitin Duffin, BCBA*

At Faces Behavioral Services, our team of therapists is there to answer any and all questions from parents and caregivers on best practices to help their child develop skills at home. Our Faces Clinical Supervisor, Caitin Duffin, addresses a question often asked by parents about routines!

Question: My child has difficulty adjusting to changes in his typical daily routine. How can I plan activities so that he is successful when changes occur?

Answer: Great question. This is a common question from parents. Let's talk about some solutions that foster success!

When planning activities, it is key to state expectations clearly. One way to do this is to use the Premack Principle, or "Grandma's Rule." This principle uses clear and simple language to state expectations. For example, when presenting an activity, use language like "first book, then snack." Establishing clear rules and explaining them to children in simple, positive terms will help your child understand what you want them to do. Additionally, it is important to give your child periodic reminders of what you would like him to be doing.

An additional way to plan for success is to create an activity that is super fun and engaging for your child. One way to avoid challenges is to have some alternative activities planned. If you start to notice that your child is losing interest, it is okay to present a new activity. It is important to explore ways to keep your child busy and entertained. One way to do this is to set aside special items or snacks that you use just for that activity.

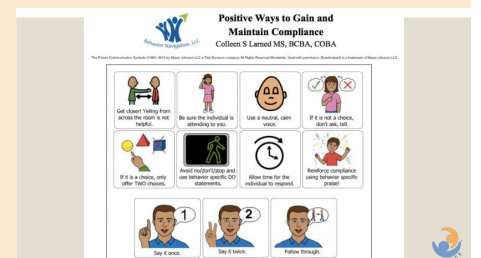
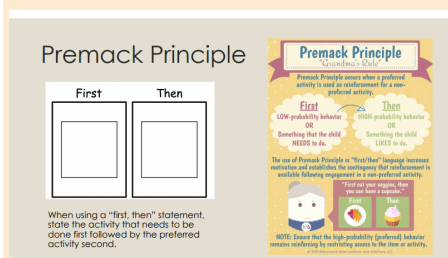
Another way to foster success is to plan appropriate activities. One way to do this, is to break up long activities so that the activity is easier for them. Giving a child frequent breaks will help them stay focused when completing tasks. Lastly, when planning activities, to foster success, control the materials that are available. This may mean controlling how quickly your child uses the materials you bring along. It may mean keeping some toys or items out of reach. Doing these things, will not only foster success, but it will foster communication too!

For behavioral therapy information and tips go to www.porchlighteducation.org

Creating A Daily Routine PDF

At PACE, we are working hard to provide our students, clients, and their families with support and resources throughout shelter-in-place. The shelter-in-place directives have profoundly impacted day-to-day routines and schedules. To better aid families during this time our Faces Behavioral Therapy team has put together a helpful resource for establishing routines at home for your child.

"Creating a Daily Routine at Home" is a FREE resource that can be used for children of all abilities. Learn how to best facilitate instructions, the best language to use, and what type of system best works to achieve your family's daily goals.



To download a free copy, please visit www.pacificautism.org.

Support PACE Programs

COVID-19 is having a profound impact on nonprofits throughout the Bay Area, including right here at PACE. With program closures, service disruptions, and cancellations of fundraising events, the agency will experience unprecedented losses in funding. **The 2020 Bay Area Real Estate Roundtable event, which represents approximately 50% of PACE's annual fund, has been canceled. This is a critical loss of funding for PACE programs and services.**

Now, more than ever, we rely on our generous giving community to help offset some of the financial challenges we will face. By making a contribution to PACE, you will help sustain our staff of teachers, instructional aides, therapists, and residential caregivers. You will help ensure our programs can continue on after the crisis is over. Most importantly, your gift will support our students, clients, and residents who rely on our school, housing, and therapy services.

Please consider making a donation to support our programs. No donation is too small, everything makes a difference! Thank you for your generosity during this challenging time.

Donate online at www.pacificautism.org/donate

Donate by mail or phone:

Send check or credit card donations to:
PACE Development Department
1880 Pruneridge Avenue
Santa Clara, CA 95050 or phone 408.625.6174

For assistance, contact Melissa Watkins, Marketing and Resource Development Manager, 408.625.6174

Children's Programs

By Karen Kennan, PACE Assistant Executive Director

Early intervention has long been considered the key to improved, life-long outcomes for individuals with autism. In 2005, after significant review of the scientific literature PACE expanded its services to include early intervention for children under the age of six. Under the direction of then Education Director, Marcia Goldman, the program initially provided in-home one on one developmental therapy based on many of the principles of Floortime, a relationship-based therapy that follows the child's lead and helps children expand their "circles of communication." Individual home therapy quickly expanded into an on-site preschool program where children who were receiving one on one intervention could practice their newly emerging social and communication skills in a nurturing and supportive environment amongst their peers and under the guidance of trained special educators.

Our early intervention program has evolved over the years bringing in and benefitting from an expanded tool box of methods and practices. In 2011, PACE acquired Faces, a behavioral therapy program that was founded on the principles of Applied Behavior Analysis, (ABA) a practice that is based on the science of learning and behavior. Although not used exclusively, ABA methodologies

now guide much of our early intervention practices through one on one sessions as well as within the preschool. As new literature emerges and new evidenced-based studies inform our practices, our services continue to grow and change. However, our goal has always been consistent – to help our youngest clients learn how to successfully relate, regulate and communicate.

UPDATE:

Throughout the mandatory Shelter in Place the Sunny Days Preschool and the Faces Clinic site will remain closed. During this time, our staff will continue to provide resources and support for our families through online meetings, shared worksheets, online learning materials and active coaching for parents and families. If you are in need of resources or assistance please visit our Resource page at www.pacificautism.org/about-pace/resources.

For general information about our Early Childhood Programs go to:
www.sunnydayspreschool.org
www.facesforkids.org



PACE School: Building Skills with OT

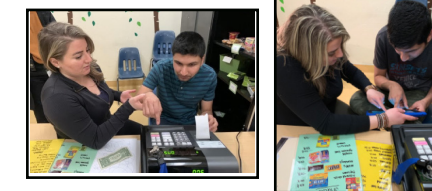
By Yasmin Gomez, Marketing and Development Associate

Katia Kuzni, CCC-SLP, joined PACE as a Speech-Language Pathologist (SLP) in January 2019. Our team of SLPs, including Katia, are a critical part of the exceptional education that PACE provides to children and adults impacted by moderate-to-severe autism. Katia brings warmth, enthusiasm, and creativity to every session while balancing carefully-designed activities with structure and playful routine for those students who need it.

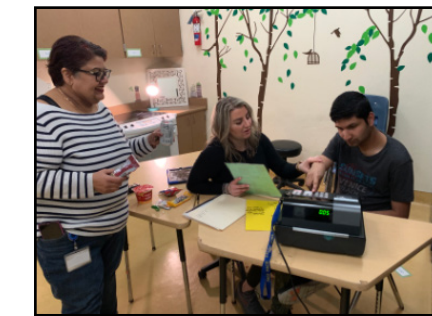
At the PACE School, Katia assists in running the Student Store, facilitates reading and art groups, and 1:1 therapy. The Student Store is one of her favorite therapy activities, as it allows her to work side-by-side with PACE students and her fellow SLP and Occupational Therapy peers. At the Student Store, both staff and students can shop for items using cash. However, the Student Store provides more than just an opportunity to purchase a delicious snack. Students gain many skills while running and participating in the store. They can reinforce their social interaction skills by greeting each other (either with an AAC device or verbally), making selections, and exchanging currency. Students practice waiting their turn, and saying please and thank you as they come and leave.

Social interactions help our students with communication skills and strengthens their independent living

skills. Some students are even able to enter numbers into a cash register and hand back change to their customers. Vocational activities, such as the student store, are an essential part of the school's curriculum as it provides our students the opportunity to practice skills within a different context, helping to strengthen various skill sets. At the PACE School, Katia and PACE staff create ongoing learning opportunities for students and are a wonderful asset to the PACE family.



Katia is a certified member of the American Speech-Language-Hearing Association and licensed in the state of California. Additionally, Katia is trained in PROMPT, ABA, Hanen and PECS - all of which have prepared her for the energetic environment at PACE.



Residential News

By Melissa Watkins, Marketing and Resource Development Manager

The PACE Residential Program offers a loving family environment for children and adults with autism. PACE is licensed to serve residents from ages 6-59 years and currently operates two children's homes and four adult homes in the South Bay.



In September 2019, renovations went underway at LaMar Group Home for adults for a brand new bathroom, and new flooring in various areas of the home. Our attendees of the 2019 PACE Golf Classic helped to fund these facility upgrades, collectively raising over \$21,000, plus a \$10,000 matching donation from the SPARK Foundation! The renovations were also made possible from the generosity of the Ramirez Family and Steve Delamore of Abbey Carpet and Flooring. Thank you for allowing us to keep our group homes comfortable and safe for our clients!

New Nutrition Program at Children's Homes!

Beginning in April 2020, PACE will implement a new nutrition

program, called My25, in its two children's homes. The program will apply a framework for the residential homes to provide nutritious snacks and meals to the residents while also taking into account their dietary needs and preferences. PACE hopes to improve the residents' overall health and implement the framework for long-term healthy lifestyles.

Thank you, Cupertino Rotary!

In 2020 (date postponed due to COVID-19), the Cupertino Rotary will give our Miracle children's home a landscaping makeover! They plan to build a new obstacle course that will allow the residents to develop and strengthen skills in a fun and engaging way. They will also build three planter boxes with refurbished wood, so the residents can enjoy growing healthy vegetables. We are so thankful for the ongoing support from the Cupertino Rotary, who have supported our Sunny Days Preschool and Residential homes with numerous projects over the years.



The Porchlight Education Series is a free eLearning training platform with over 50 modules that offers solutions to common daily challenges a parent or caregiver may confront in the world of developmental disabilities.

We are excited to announce that our expansion of Porchlight, Porchlight University, will launch in 2020.

Porchlight University will be a resource to teachers and para-educators who work primarily with neuro-typically developing students on how to better facilitate learning for students on the autism spectrum and of differing abilities who are integrated into their classroom.

This new eLearning program will consist of four 1-hour long modules, each module broken down into 15 minute lessons. The topics will cover:

- Understanding Autism
- IEP tools and education law

- Modifying curriculum for all learners
- Setting up classroom environments and Positive Behavior Culture

A Certificate of Completion will be available to download after the completion of each 1-hour long program. The content is suitable for individual and group learning.

PACE continues to fund projects like Porchlight and Porchlight University through grants and private donations as a commitment to share our knowledge with the greater community.

Special thanks to our Porchlight University supporters: Heffernan Insurance and Autism Speaks.



www.porchlighteducation.org

PACE's Youth Leadership Committee

By Yasmin Gomez, Marketing and Development Associate

The PACE Youth Leadership Committee (YLC) is a group of talented, driven high school students who work to build a more inclusive future for individuals with moderate-to-severe autism. The 2019-2020 season had a record 16 members, representing seven high schools throughout the Bay Area. Throughout the school year, the team brainstormed numerous fundraising and outreach initiatives, including ways to get more of their peers involved in raising awareness of autism in their schools and community.

In October 2019, the YLC hosted their first restaurant fundraiser at Mendocino Farms Santana Row.

In early 2020, the YLC was looking forward to numerous events, such as hosting workshops at local libraries and additional restaurant fundraisers.

Unfortunately, due to the recent COVID-19 outbreak and

Shelter-in-Place directives, PACE was forced to cancel all YLC fundraising and outreach events.

The cancelled events include:

- **April 2: Jiazen Cafe, FUNdraiser for Autism Awareness Month**
- **April 18: 6th annual Voices for Autism Benefit Concert**

PACE would like to thank the members of the 2019-2020 Youth Leadership Committee for their enthusiasm and dedication to furthering PACE's mission. We look forward to the 2021-2022 season.

If you would like to support the YLC's fundraising goal of \$2,000, please visit: www.pacificautism.org/donate

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!

April is Autism Awareness Month

The month of April is recognized as Autism Awareness Month. At PACE, we embrace differences, celebrate diversity and the ability to be unique every day. We are incredibly proud of our students, clients, and residents whom we serve.

Since we can't celebrate in person this month, it's imperative that we come together to support our autism community in alternative, virtual ways. Read on to learn some ways you can celebrate Autism Awareness Month from the safety of your home. Make sure to follow PACE on Facebook all month long for more ideas and activities!

In honor of Autism Awareness Month, consider making a tax-deductible donation at www.pacificautism.org/donate. Your contribution directly supports PACE's educational, residential, and behavioral therapy services for children and adults with moderate-to-severe autism.

1) "Light It Up Blue" On World Autism Awareness Day!

April 2 is World Autism Awareness Day! Show your support by wearing blue, the widely recognized color for autism awareness made popular by Autism Speaks' "Light It Up Blue" campaign. Upload your photos to Facebook or Instagram and tag PACE!



2) Bake puzzle piece desserts

Baking can be a great activity to do together as a family. This Autism Awareness-inspired rice krispy treat recipe is a perfect opportunity to show support:

www.thirtyhandmade-days.com/autismricecrispy-treats/



3) Learn and share knowledge about Autism!

There is a lot of information out there about autism and not all of it is accurate. Our free eLearning service, Porchlight Autism Education Series, provides over 50 modules about autism, including myths and facts. **To learn more about autism, visit www.porchlighteducation.org!**



Celebrate with us all month long!
Follow us on Facebook at www.facebook.com/pacificautismce

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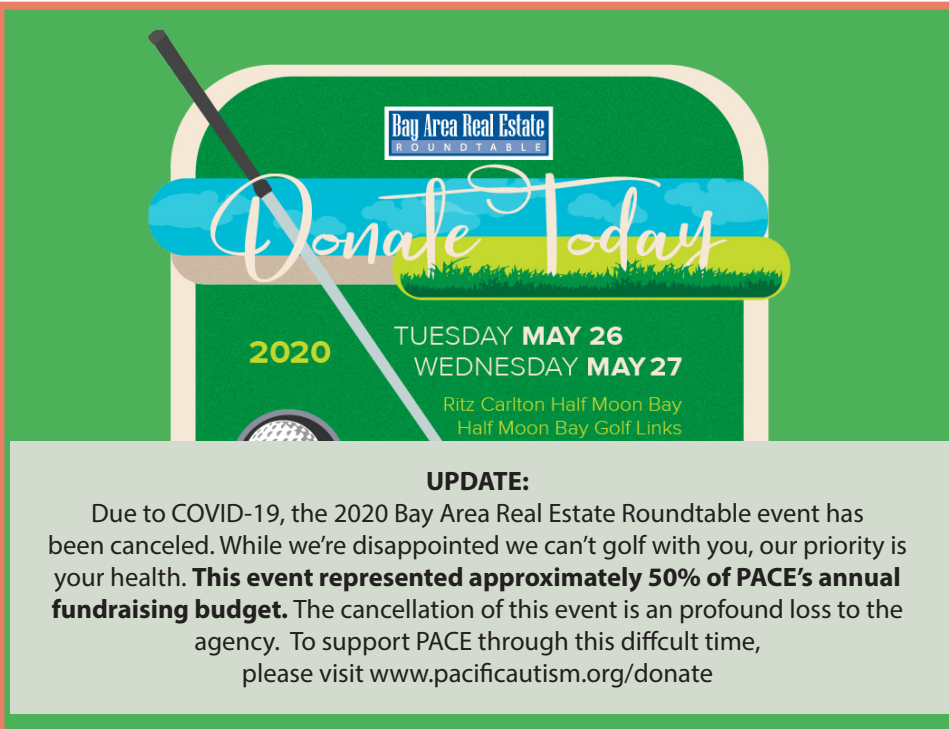
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Executive Director: *Kurt Ohlfs*

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

Donate Today
2020
TUESDAY MAY 26
WEDNESDAY MAY 27
Ritz Carlton Half Moon Bay
Half Moon Bay Golf Links

UPDATE:
Due to COVID-19, the 2020 Bay Area Real Estate Roundtable event has been canceled. While we're disappointed we can't golf with you, our priority is your health. **This event represented approximately 50% of PACE's annual fundraising budget.** The cancellation of this event is an profound loss to the agency. To support PACE through this difficult time, please visit www.pacificautism.org/donate



PACE 2020 Golf Classic
PACIFIC AUTISM CENTER FOR EDUCATION
FRIDAY, SEPTEMBER 25th
SAVE THE DATE!
Cinnabar Hills Golf Club
SAN JOSE, CALIFORNIA

We're here for you.

During these uncertain times, we are here to support you and your family with important resources, teaching materials, and indoor activities during shelter-in-place.

We have created a new page on our website dedicated to sharing these resources with you. On our new resource page, you will find a myriad of educational resources, tools for special needs families, and ideas for arts and crafts and movement during shelter-in-place. We have also included COVID-19 specific resources, such as Social Stories, and as well as the best learning Apps for individuals with autism/developmental disabilities.

Our vision is a world in which people of all abilities live fulfilling lives, especially in this rapidly changing environment. We will continue to update our Resource page throughout the coming weeks. Stay safe, vigilant, and healthy.

Below is a list of resources compiled by our PACE School and Faces Behavioral Therapy teams. To see the full list, please visit

www.pacificautism.org/about-pace/resources

We encourage parents and caregivers to utilize our free online eLearning resource Porchlight Autism Education Series. Browse over 50 modules covering a range of topics at no cost:

www.porchlighteducation.org

COVID-19 Specific Resources:

Get accurate, up-to-date information on COVID at:

- <https://covid19.ca.gov>
- www.cdc.gov
- www.who.int

Important Hotlines:

- **Depression/Anxiety Crisis Hotline:** Text "Home" to 741741 for texting support (if texting is preferred over phone calls) <https://www.crisistextline.org/texting-in>
- **National Domestic Abuse Hotline:** Avoiding public spaces and working remotely can help to reduce the spread of COVID-19, but for many survivors, staying home may not be the safest option. We know that any

external factors that add stress and financial strain can negatively impact survivors and create circumstances where their safety is further compromised.) Call 1-800-799-7233 or TTY 1-800-787-3224 or chat on www.thehotline.org

Support Groups:

- **Parents Helping Parents Autism Lectures, Parent Support Groups, and Tips for Parents During a Pandemic:** www.php.org

Lunch Assistance (during school closures):

- Free lunches and breakfast for anyone under 18 years old in Sunnyvale: Bishop, Lakewood, San Miguel, Vargas, or Columbia Middle School, Monday-Friday from 11-1 p.m, Child must be present.
- Free lunches and breakfast for anyone under 18 years old in San Jose: visit www.sjsud.org

Educational Resources:

- BrainPop: Animated educational site for kids: www.brainpop.com

- GoNoodle: Movement for kids with repetition: www.gonoodle.com
- NAT Geo 4 Kids: Easy to follow science resources: kids.nationalgeographic.com
- Vooks: Audible books for students with music: www.vooks.com/parent-resources
- Smarty Symbols: Visual Support Access for families for 1 month: www.smartysymbols.com/ Use Promo Code: HOMEVISUALS
- LessonPix: Adapted materials for various activities and topics: <https://lessonpix.com/sharing>

Apps for Autism:

- Choiceworks App: can be used to make visual schedules, visuals with a timer: www.beevisual.com
- Pictello (available on app store) - a make-your-own visual story app with lots of options for customization! Great for social stories or showcasing fun memories