



April 2020 Edition

In these times of uncertainty, the special needs community is especially affected. Many of our children thrive on routine and suffer from immune compromised systems that leave them vulnerable.

Even with such uncertainty, we encounter inspiring stories and selfless gestures. Professionals in industries such as education, medicine, transportation, mail, food industry, and first responders make heroic sacrifices for the good of our community.

Let me know who inspires you! Drop me a line at [jenni@jennibasch.com](mailto:jenni@jennibasch.com). If you aren't already receiving this newsletter in your email, please join my list at [jennibasch.com](http://jennibasch.com).

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### Have you heard of Easterseals?



As America's largest nonprofit, Easterseals is committed to the health and wellbeing of people living with disabilities, veterans, and elderly.

Their services include:

- Early intervention
- Employment placement
- Autism services
- Adult day care

Check out the Easterseals website for their response to the coronavirus. They provide updates, resources for children and families, and educational ideas and activities. Their blog, factsheets, and articles provide loads of useful information, tools, and techniques. <https://www.easterseals.com/explore-resources/living-with-disability/coronavirus.html>

## April is Autism Awareness Month!



### Did You Know?

- According to the Center for Disease Control and Prevention, autism spectrum disorder affects 1 in 54 individuals
- More than 3.5 million Americans live with autism spectrum disorder
- Autism spectrum disorder affects all ethnicities and socioeconomic groups
- With proper diagnosis and treatment, children and adults with autism spectrum disorder can be active, contributing members of society!

### Autism CARES Act of 2019

The US Senate passed the Autism CARES Act of 2019 to provide research, benefits, and training for individuals with autism and their families. This legislation increased federal funding to \$369.7 million through 2021!

For more information about autism spectrum disorder, check out these websites. Both have resources, tools, and useful information:

[autism-society.org](http://autism-society.org) or [autismspeaks.org](http://autismspeaks.org)

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### Awesome Product Alert!

If you haven't heard of sensory socks, then you have to check this out. Made for kids with sensory and tactile issues. A full-body pod allows kids to feel safe and contained while decreasing anxiety and sensory overload. If you try it, let me know how it goes.

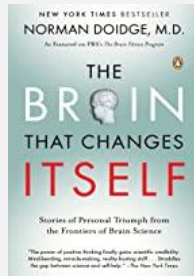
You can find it here: [https://www.amazon.com/Sensory-Calming-Therapy-BlankTherapeutic/dp/B07DP6VQJQ/ref=sr\\_1\\_12?keywords=sensory+clothing&qid=1583782367&sr=8-12](https://www.amazon.com/Sensory-Calming-Therapy-BlankTherapeutic/dp/B07DP6VQJQ/ref=sr_1_12?keywords=sensory+clothing&qid=1583782367&sr=8-12)



## Book of the Month

I am obsessed with everything Norman Doidge! If you haven't heard of him, you're missing out on incredible information about the brain and neuroplasticity. His stories and research are mind-blowing and well written.

My favorite book by Norman Doidge:



[https://www.amazon.com/Brain-That-Changes-Itself-Frontiers/dp/0143113100/ref=sr\\_1\\_3?crid=2JVY6HWYEH52&keywords=the+brain+that+changes+itself&qid=1583782857&prefix=the+brain+that%2Caps%2C261&sr=8-3](https://www.amazon.com/Brain-That-Changes-Itself-Frontiers/dp/0143113100/ref=sr_1_3?crid=2JVY6HWYEH52&keywords=the+brain+that+changes+itself&qid=1583782857&prefix=the+brain+that%2Caps%2C261&sr=8-3)

Dr. Norman Doidge's website:  
<http://www.normandoidge.com>

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## Inspiring Stuff!

Meet Valerie Lawrence. Valerie has spastic cerebral palsy and is a mother, blogger, wife, and real estate agent. Her YouTube channel encourages her fans to live and think positively. She is "thriving with CP" while raising three children and advocating for disability rights.



Valerie's YouTube channel:  
<https://www.youtube.com/channel/UCh5N7lxHGIXUcKO3FodxsBw>

Valerie's episode of *Born Different: I'm a Cerebral Palsy Supermom*  
<https://rumble.com/v85ev3-im-a-cerebral-palsy-supermom-born-different.html>