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Wear Your Mask!

the likelihood the child will eat something and eliminates pressure on the parents and child. Then during the main meal, have the child sit with the rest of the family and present them with a small amount of the foods the rest of family is eating. If they do not eat them, that's okay!

Bring a dish your child will eat. Picky eaters do better when there is something familiar on their plate. Including a preferred food with a novel food often decreases anxiety in picky eaters and increases the likelihood that they will eat something during the meal.

Relax. Holiday meals are not the best time to introduce your picky eater to a new food. You may offer your child a food the rest of the family is eating, but do not pressure them to eat the food if they do not want to. Doing so, will just create more stress during the holiday season. If your child tries a new food, provide lots of praise and positive attention. If family members make comments or offer suggestions, simply listen and move on! Happy Holidays!

Pro Tips provided by Dr. Jennifer Felber, Director of The Pediatric Feeding Clinic at The Summit Center

Pro Tips: Making Mealtimes Easier



The holidays are upon us! Although many of us won't be participating in gatherings with our extended families, we can still enjoy a festive meal with our immediate family.

While it is an exciting time of year, the events that come with the holiday meals can be challenging and frustrating for some parents, and even more so for parents of a picky eater.

Below are some tips to help you and your child get through this holiday season!

Prepare Ahead of Time and Practice. Children, especially picky eaters, often need to be exposed to a new food multiple times before they begin to consume the food on their own. For these children, it is helpful to introduce them to some of the holiday foods they will be exposed to a couple of weeks prior to the actual holiday event. When presenting a new food, I encourage parents to start by presenting a small piece of the food as opposed to a placing a whole portion of a new food on their dinner plate. Once the child is comfortable and accepting small amounts, gradually increase the size of the bite or portion of the food.

Feed Your Child Before. While the holiday season can be overwhelming for parents, it also can be overwhelming for the child too. Stress and anxiety suppress appetite, which ultimately decreases the likelihood that the child will eat during the meal. Feeding your child preferred foods before the main meal will increase

Shopping for the Holidays?



Did you know that you can shop for all your friends and family member's holiday gifts online, while at the same time supporting Summit?

We are a beneficiary of iWorld Fundraising (where you can buy brand name products), Embrace the Difference (where you can buy some beautiful jewelry), Amazon Smile (where you can buy anything!), and KidsCents at Rite Aid (where you can buy all your gift wrapping products and more).

Visit our "Shop for Summit" page at www.thesummitcenter.org to learn how to shop through any of these sites.



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Check out our Spooky Pumpkins!



Our BFFs (Building Friendships Fridays) program is continuing to run as a hybrid model and the individuals we serve are having a blast! We even made sure that we could have a special Halloween celebration. Check out their spooky creations from our safe and fun on-site pumpkin carving event last month!

The goal of Building Friendship Fridays is to help the individuals we serve build long-lasting and meaningful relationships. By participating in activities like bowling and school dances, our individuals interact with their peers in different social settings. Due to the pandemic, many of our hangouts have become virtual but Friday nights are still fun!



Tips from the CDC for a safe Thanksgiving!

Celebrating virtually or with the people you live with is the safest choice this Thanksgiving.

No gatherings of 10 people or more.

Stay at least 6 feet away from others who do not live with you.

Wash your hands often.

Wear a mask!



Our Annual Conference has Gone Virtual!

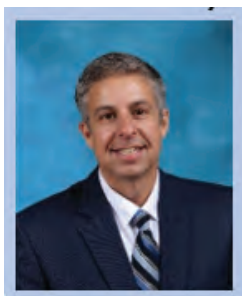
Annually, the WNYRCASD hosts a conference with presentations by experts in the field of autism spectrum disorders with the goal of giving you information about evidence-based interventions and practices that have been shown to improve educational outcomes for children with autism spectrum disorders. This year, due to the COVID-19 pandemic, we will be hosting four virtual sessions. Register for each session at thesummitcenter.org/events.



Wednesday, December 9 @ 1 - 3 p.m.

Addressing Behavior Problems in the Virtual and In-person Classroom for Students with Autism and Related Disabilities

Presented by David A. Meichenbaum, Ph.D. of The Summit Center, Inc.



Virtual and hybrid learning models present a series of challenges that increase the risk of behavioral difficulties for children with ASD. This workshop will identify important considerations to understand and address behavior challenges. During the first hour, strategies will be presented to help reduce maladaptive behaviors and to support the acquisition and demonstration of more appropriate behaviors across home and classroom settings.

During the second hour, participants will be able to understand the factors, specific to the current circumstances, that are contributing to challenging behaviors, list supports and accommodations to minimize challenging behaviors for virtual and 'hybrid' learners and identify strategies to increase the development and demonstration of adaptive alternative behaviors across settings. The last 15 minutes will be used for Q & A. Register at thesummitcenter.org/events

Wednesday, January 27 @ 1 - 3 p.m.

I Can Do It Myself! Behavioral Strategies to Increase the Independence of Children with Autism

Presented by Bridget A. Taylor, Psy.D., BCBA-D of Alpine Learning



With the advance of behaviorally based programming, children with autism can learn many skills never thought possible. Children with autism can learn to talk, play with toys, socialize with their peers and become active functional participants in their families and communities. The goal of any intervention program, however, is to help individuals with autism perform these responses without supervision and direct prompts from adults. The first hour of this presentation will review specific skills that enhance the independent functioning of individuals with autism across a range of curriculum areas and behaviorally-based teaching strategies to achieve independence.

During the second hour, course participants will be able to identify research-based strategies to promote independence, identify procedures to increase motivation to teach independent skills and identify the reasons for addressing curriculum areas related to independence. The last 15 minutes will be used for Q & A.

Join us for Mini-Workshop Wednesdays

A series of six 30-minute mini-workshops focused on educating children with autism virtually. Each workshop will include a 15 minute presentation and a 15 minute question and answer session. These sessions are targeted to teachers, classroom aides, and related-service professionals who work with students with autism.

Learn more and register for each session at www.thesummitcenter.org/events

Mini Workshop 2: Parent Engagement During Virtual Instruction (Wednesday, December 2 from 2:30 – 3 p.m.)

This webinar will provide tips on how to effectively coach parents to assist their child through their virtual sessions.

Mini Workshop 3: Using Visuals to Drive Student Success During Synchronous Instruction (Wednesday, December 16 from 2:30 – 3 p.m.)

The presenter will introduce numerous visual strategies to incorporate into Virtual Teaching Sessions.

The Big Game

Thank
YOU

We had been planning a fun, socially-distanced drive-in style viewing of the Buffalo/Seattle football game on Sunday, November 8. After discussions with the Erie County Department of Health, and given the increasing number of COVID-19 cases in our region, we decided to cancel our event out of concern for our attendees, volunteers, and the WNY Community.

We want to take the next few pages and thank our generous sponsors for their continuous support to our organization. We could not do it without you.



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Thank You!

Gerry and Missy Cornish
The Big Game Chair Couple

Dr. Joseph and Cheri Greco

"We are proud to support Summit students and their families."

Andy and Laura Ryan

"We are proud to support Summit in their mission to maximize life success for individuals facing developmental, social, and behavioral challenges."

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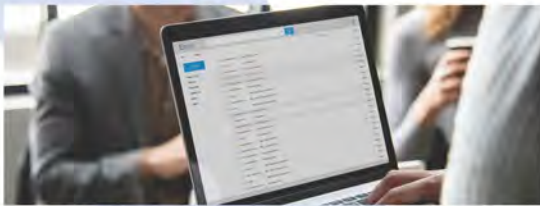
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The M&T Charitable Foundation, together with M&T Bank, is proud to support The Summit Center and the work it does in the community.

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Spread Some Holiday Cheer

The 2020 Holiday season will be here before we know it! Each year The Summit Center sponsors "Holiday Cheer," an agency wide program to help support our students and their families. The Holiday Cheer program's goal is to grant Holiday wishes to any Summit families in need of help during the Holiday season. With all of the additional challenges that 2020 has brought, we know that Holiday Cheer will be more important than ever this Holiday season.

Last year we provided assistance to 67 children from 26 families. Each child submits 3 specific wish list items, with families also having an opportunity to submit family wishes/needs as well. Last year we granted just over 300 wishes.

To purchase a gift for a family this year, please visit our registry at www.thesummitcenter.org/holidaycheer



Additional News

National Philanthropy Day

Thursday, November 11 was National Philanthropy Day and we honored two of our most ardent supporters: Cindy DeMarti, Board member, and West Herr Automotive Group, corporate partner. Summit is able to provide exceptional programs and services because of their charitable giving. Thank you to both!

Zone Information

We've placed a list of all Summit's SED and OPWDD programs and how services could be impacted based on the various NYS micro-cluster zone designations. Please visit the "Parent Resources" section at www.thesummitcenter.org to learn more about these zone designations.

Public Meeting on the Children's Internet Protection Act (CIPA)

Join us for a presentation on the Children's Internet Safety Act on December 28, 2020 at 6 p.m. If you are unable to attend; the full presentation will be available on our website at the registration link. Register here: www.thesummitcenter.org/cipa

Guardianships, Wills, and Special Needs Trusts

Wednesday, December 9
6:30 – 8:30 p.m.



This virtual presentation will cover options available to parents and caregivers to protect the person, property, or both, of an individual with an intellectual or developmental disability. Register at thesummitcenter.org/events

Bruce Goldstein, Special Counsel at Kenney Shelton Liptak Nowak LLP, has more than 40 years of experience practicing law.

He heads the department at KSLN that serves individuals, their families, and community organizations and employees that serve people with special needs in the Education and Human Services fields.



With a staff of 500 professionals and expertise in autism and social/emotional development, The Summit Center is Western New York's leading provider of evidence-based educational, behavioral health, adult, and community programs to 1,350 children and adults each year with developmental, social and behavioral challenges.

This newsletter was written and designed by Marketing Communications Coordinator, David Goodwin. Feedback is appreciated. Please email dgoodwin@thesummitcenter.org.

www.TheSummitCenter.org