



Club JCC

JCC MetroWest
Special Needs Services

A Community of Opportunity

Issue 7 | January 2010

**Leon & Toby Cooperman JCC
Ross Family Campus**

760 Northfield Avenue
West Orange, NJ 07052
973-530-3400

www.jccmetrowest.org

Stephen Seiden

Chair, Board of Trustees
JCC MetroWest

Alan Feldman

Chief Executive Officer,
JCC MetroWest

message from the director



Dear Participants, Families, and Professionals:

So much has been going on at the JCC! While our longstanding programs continue, we also have some exciting new activities planned.

Join us as we hold our first ever Dance-a-Thon to raise awareness and funds for Club JCC Special Needs Services. Both our Special Needs Committee and our Teen Committee have been hard at work planning this event which brings together teens from our community and our participants with special needs. Our Teen Committee is comprised of local teens who attend Solomon Schechter High School, West Orange High School, Millburn High School, Livingston High School, Mount St. Dominick Academy, Butler High School, and others. Doors will open at 6:00pm and dancing begins at 6:30pm, ending at 11:30pm. We will dance decade by decade—a decade each hour—with contests and prizes throughout the evening. We still need sponsors for our dancers and for the event so please call Special Needs Services at 973-530-3998 or visit our website at www.firstgiving.com/jccmetrowest

Also new this year: A Club JCC Jr. program in Morris County and a third day added to our Club JCC Adult Day program. Think summer and be sure to check page 7 for information on summer program offerings.

Best regards,

Director, Special Needs Services

important notes

- To register for programs, call 973-530-3998 or email us at specialneedservices@jccmetrowest.org
- An intake interview is required prior to enrollment in programs.
- All programs take place at the Leon & Toby Cooperman JCC in West Orange unless otherwise noted.



inside this issue

programs and events	2	summer programs 2010	6
club jcc junior	3	club jcc 2009 in pictures	7
club jcc teen	4	what i love about the jcc!	8
club jcc adult	5		
children's jewish education program	6		

programs & events

Club JCC Dance-A-Thon

Join us for our first Dance-A-Thon to raise funds for Special Needs Services at the JCC.

www.firstgiving.com/jccmetrowest
January 23 • 6:00pm



Continuing the Journey

This series of workshops, sponsored by MetroWest ABLE, has been developed to assist families and caregivers with future planning to support the care of their family member with special needs.

Exploring the Wonderful World of Dating and Sexuality

Discuss how to open the discussion about dating and sexuality with your family member. We will explore opportunities for socialization in a supported setting as well as taking it to the next step.

Thursday, January 28 • 7:30pm

Tepper Conference Room

RSVP to Rebecca Wanatich at 973-929-3129

Financial Planning and the Future— It Is Never Too Early to Begin

Discuss future planning and when to begin. We will have the opportunity to hear from a financial planner, an attorney, and a care planning coordinator who each specialize in working with families of individuals with disabilities.

Thursday, April 29 • 7:30pm

Tepper Conference Room

RSVP to Rebecca Wanatich at 973-929-3129

Your Child's Rights to Special Education in NJ

What should you do if you suspect your child has a disability? What are your rights? This presentation will provide families with an introduction to their rights under the Individuals with Disabilities Education Act (IDEA) and 504 of the Vocational Rehabilitation Act. It will also provide an overview of the processes involved in evaluating and advocating for special education and related services. Denise Dimson Rekem is an associate at Cohn Lifland Pearlman Herrmann & Knopf LLP in Saddle Brook, NJ. She is a member of the Disabilities Law Group and works primarily in Special Education practice.

February 10 • 7:00pm

Tepper Conference Room

RSVP by 2/8/10

Kids Extravaganza

Don't miss the most exciting fundraiser for children and parents around! Character Meet & Greet, live shows, inflatables for kids, cocktails, auction, DJ for the parents—and much more. Proceeds support a myriad of programs within JCC MetroWest that engage everyone from babies to senior citizens as well as innovative programs for individuals with special needs, art programs, and sports & recreation programs.

Sunday, March 7 • 11:00am–2:00pm

Cooperman JCC • West Orange

\$18 per child in advance/\$25 per child at the door
\$8 per adult; children under 2 free

Transition Issues and Securing Adult Services for the Special Education Student

Join us for a presentation including an overview of federal and state education laws with particular emphasis on appropriate IEPs and transition goals for children 14 and older. McCauley Parles is an attorney with Cohn Lifland Pearlman Herrmann & Knopf LLP in Saddle Brook, NJ. Her practice concentrates in special education and disabilities law. Ms. Parles is the mother of a 19 year old with autism and has represented numerous not for profit organizations in the disabilities community as well as families of children with disabilities in special education, guardianship, and related matters. She is a founder of the Quest Autism Foundation and the Special Quest Recreation Program.

March 16 • 7:30pm

Living Room

RSVP by 3/9/09

Promoting Social Skills in Children With Autism Spectrum Disorders

Individuals with autism spectrum disorders often have difficulty engaging in social interactions. This free workshop will provide an overview of strategies for increasing social skills in children with autism. Parents, family members, and caregivers are welcome to attend.

Presented by Amy Golden, M.S., BCBA, Autism New Jersey's Parent Services Coordinator

May 14 • 10:00am–12:00pm

RSVP by 5/1/10

club jcc junior

ages 5-12 years



Club JCC Mini Friends | ages 5-8 years

This social recreational program includes free swim, structured games, and arts & crafts.

Sunday afternoons • 12:30pm-2:30pm
8 sessions • 2/7, 2/21, 3/14, 3/28, 4/18, 5/2, 5/16, 6/6
\$200 Member/\$240 Guest

Club JCC Junior Friends | ages 8-12 years

This social recreational program includes free swim, structured games, and arts & crafts.

Sunday Afternoons • 12:30pm-2:30pm
8 sessions • 2/7, 2/21, 3/14, 3/28, 4/18, 5/2, 5/16, 6/6
\$200 Member/\$240 Guest

Club JCC Junior Adaptive Sports | ages 8-12 years


This sports & recreation program is targeted at children diagnosed with Asperger's Syndrome and ADD/ADHD. The children participate in swim, sports skills, and yoga.

Thursday Afternoons • 4:00pm-6:00pm
16 sessions • 1/21, 1/28, 2/4, 2/11, 2/25, 3 / 4, 3/11, 3/18, 3/25, 4/1, 4/15, 4/22, 4/29, 5/6, 5/13, 5/27
\$480 Member/\$560 Guest

New! Club JCC Junior Yoga Morris County | ages 7-10 years

This yoga and creative journaling program takes place at Pediatric Therapy & Yoga of Morris, lead by Yana Kaufman, PT DPT.

Monday Afternoons • 4:00pm-5:30pm
8 sessions • 2/22, 3/1, 3/8, 3/15, 3/22, 4/12, 4/19, 4/26


VERONICA M. BIKOFSKY, D.M.D.
HOSPITAL OPERATING ROOM
DENTISTRY FOR SPECIAL CARE
PATIENTS

MEMBER, NFDH, AMERICAN ASSOCIATION OF
HOSPITAL DENTISTS, ADA, FELLOW IN THE
ACADEMY OF GENERAL DENTISTRY

60 PARK PL. STE 1107 973-732-3208
NEWARK, NJ 07102 (FAX) 973-732-3207

*Over 21 Years
Of
Special Care for Special Children*

Elliot A. Grossman, MD
Neurology

*Certified by The American Board of
Psychiatry and Neurology
in Neurology with Special Qualification in Child
Neurology and by The American Board of Pediatrics*

Specializing in the Care of Children
with

Autism -Asperger Syndrome-Attention Deficit Disorders-
Learning Difficulties-Epilepsy-Headaches-Developmental
Delays-Tourette Syndrome-Tics and Movement Disorders-
Sleep Disorders-and other neurologically related conditions

220 Ridgedale Ave. Florham Park – 2780 Morris Ave. Union
973 966 6333
www.elliotagrossman.com
PARTICIPATING IN MOST MAJOR PLANS

club jcc teen

ages 13-18 years

Club JCC Teen Sports

This sports and fitness program is targeted at teens diagnosed with Asperger's Syndrome and ADD/ADHD. Based on a boot camp model, teens will participate in a group exercise class and activities in our Fitness Center.

Tuesdays • 4:00pm-6:00pm

13 sessions • 2/2, 2/9, 2/23, 3/2, 3/16, 3/23, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25

\$390 Member/\$455 Guest

Club JCC Teen Saturday Night

Saturday Nights

(Please register for each session separately)

Sign up for a night on the town with other teens to participate activities in the community where participants can have fun while also learning valuable social, communication and community safety skills.

2/13 • Harlem Globetrotters | \$75 Member/\$85 Guest

3/6 • Dinner & Funplex | \$55 Member/\$65 Guest

4/10 • Stars on Ice | \$75 Member/\$85 Guest

5/8 • Dinner & Bowling | \$55 Member/\$65 Guest

6/5 • Dinner & A Movie | \$55 Member/\$65 Guest

Club JCC Teen Sunday

Sunday Afternoons

(Please register for each session separately)

Sign up for an afternoon on the town with other teens to participate activities in the community where participants can have fun while also learning valuable social, communication and community safety skills.

2/14 • Lunch & A Movie | \$45 Member/\$55 Guest

3/7 • Circus | \$65 Member/\$75 Guest

3/21 • Lunch & Funplex | \$45 Member/\$55 Guest

4/11 • Lunch & Bowling | \$45 Members/\$55 Guest

4/25 • Lunch & A Movie | \$45 Members/\$55 Guest

5/2 • Lunch & Funplex | \$45 Members/\$55 Guest

5/23 • Lunch & Turtleback Zoo | \$45 Members/\$55 Guest

Choosing an Attorney for Your Child's Special Education Case

By Denise Dimson Rekem, Esq.*

As the parent of a child with a disability, you may need legal help in obtaining the educational services that your child needs and deserves. An attorney can assess your child's case, identify the issues, and advise on appropriate steps towards obtaining the necessary services. They can represent you and your child in court, in due process hearings, and throughout the IEP process. Although an attorney can never guarantee a particular outcome, an experienced attorney should be able to give you a range of possible results and help you weigh the advantages and disadvantages of your case.

It is important to choose an attorney who best suits your needs. Attorney styles, demeanor, and personalities vary just as parents' styles do. Try to choose an attorney who is the most compatible with you and your objectives. You will be working closely together on behalf of your child. The following are important factors to consider:

- The attorney's special education expertise and knowledge: The laws in special education cases can be complex. Ask your attorney how many years he or she has been practicing in this area of law, how many cases he or she has handled, how many due process hearings he or she has been to, and whether he or she practices only in this area of law or primarily in other areas of law.
- Don't be shy about talking money: You have a right to know and fully understand what the costs are and how they are billed. Do not begin working with an attorney without an agreement or contract. That contract should spell out clearly both the attorney's and the client's obligations.
- Find out if support staff will be involved: Support personnel sometimes help with your case. Often, this keeps fees lower. Support personnel are often paraprofessionals such as paralegals, former educators, and so on. If they are being used, ask the attorney to explain their role and how they are being supervised.
- Possible outcomes of the case: Each special education case is unique because each student's particular disability and educational needs are unique. However, an experienced special education attorney should be able to review your child's records and give you a range of possible outcomes. The lawyer will help you carefully weigh the advantages and the disadvantages of your case, but cannot guarantee an outcome.
- Understanding your role: As a parent you play a vital role in your child's case. You are the decision maker. Lawyers cannot make decisions for you. They can advise you, help you understand the law and tell you what to expect. Ultimately, you are responsible for making the decisions, which include: Whether to accept or reject an IEP; whether to settle your conflict with the school informally; the terms of any settlement; and so on.

Whether you hire an attorney or not, you need to know what your rights and your child's rights are under the law so that your child receives appropriate services. Finding the right attorney will go a long way to making that happen.

* Denise Dimson Rekem is an associate at Cohn Lifland Pearlman Herrmann & Knopf LLP in Saddle Brook, New Jersey. She is a member of the Disabilities Law Group and works primarily in Special Education practice. She can be reached at 201 845-9600 or ddr@njlawfirm.com.



Special Needs Dances

6:00pm-8:00pm

2/28 • Purim Party

5/2 • Luau

Member \$11/Guest \$12

Club JCC Adult Saturday

Saturday Nights

(Please register for each session separately)

2/13 • Harlem Globetrotters | \$75 Member/\$85 Guest

3/6 • Dinner & A Movie | \$55 Member/\$65 Guest

4/17 • Dinner & Funplex | \$55 Member/\$65 Guest

5/15 • Dinner & Bowling | \$55 Member/\$65 Guest

6/12 • To Be Determined | \$55 Member/\$65 Guest

Club JCC Adult Sunday

Sunday Afternoons

2/14 • Lunch & A Movie | \$45 Member/\$55 Guest

3/7 • Circus | \$65 Member/\$75 Guest

3/21 • Lunch & Bowling | \$45 Member/\$55 Guest

4/11 • Lunch & Funplex | \$45 Member/\$55 Guest

4/25 • Lunch & A Movie | \$45 Member/\$55 Guest

5/2 • Lunch & Bowling | \$45 Member/\$55 Guest

5/23 • End of Year Picnic Lunch

& Games In The Park | \$45 Member/\$55 Guest

Club JCC Guys Night Out

Monday Evenings • 6:00pm-8:00pm

14 Sessions • 2/1, 2/8, 2/22, 3/1, 3/8, 3/15, 3/22, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24

\$350 Member/\$420 Guest

Girls Night Out

Wednesday Evenings • 6:00pm-8:00pm

16 Sessions • 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/16, 3/23, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1

\$450 Member/\$540 Guest

Circle of Friends

This life skills program includes activities that focus on cooking, nutrition, daily living skills, communication, socially appropriate behaviors, and interpersonal skills.

Wednesday Evenings • 6:00pm-8:00pm

8 sessions • 2/3, 2/17, 3/3, 3/17, 4/21, 5/5, 5/26, 6/2

\$200 Member/\$240 Guest

Club JCC Adult Day Program

This three day per week day program for young adults focuses on life skills activities.

Club JCC Mondays

Participants will spend the morning at the JCC participating in a music group, then a ceramics class. Participants will have lunch at the JCC before heading out for an afternoon of volunteer and other community activities, including trips to the library.

Mondays • 9:00am-2:00pm

16 sessions • 1/25, 2/8, 2/22, 3/1, 3/8, 3/15, 3/22, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 6/7, 6/14

\$1,280 Member/\$1,600 Guest

Club JCC Tuesdays

Participants spend the day in the community shopping for groceries for lunch. The day wraps up with a yoga class.

Tuesdays • 9:00am-2:00pm

18 sessions • 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/16, 3/23, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/2, 6/8, 6/15

\$1,350 Member/\$1,440 Guest

Club JCC Fridays

Participants spend their day in aerobics class and swim class, then wrap up with nutrition, cooking, and basic household life skills groups.

Tuesdays • 9:00am-2:00pm

19 sessions • 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11

\$1,425 Member/\$1,520 Guest



children's jewish education program

ages 5-14 years

The vision of the program is to provide children with special needs a Judaic curriculum that enables them to embrace Judaism throughout their lifetime to the best of their individual abilities. The program teaches holiday celebrations, Jewish values, customs, Teifillot, Torah stories, and Hebrew letter and word identification. This program is provided through a collaborative project with MetroWest Able and generous donations through United Jewish Communities (UJC). Please visit our website www.jccmetrowest.org to view a video of the program.

Sundays • 12:30pm-2:00pm

2/7, 2/21, 3/14, 4/18, 5/2, 5/16, 6/6

*This program started in September 2009.

Please call for information on our fees.*



summer programs 2010

Camp Friends at Camp Deeny Riback

Camp Friends provides children with special needs an opportunity to actively participate in summer camp along with their typically developing peers. Each child is provided with a one-to-one shadow counselor to support the camper so he/she can participate successfully in daily camp activities to the best of his/her ability.

** limited enrollment

** interview and evaluation required for admission to program

** additional fee applies for shadow counselor

June 22-August 14

Monday-Friday

Please call for fee schedule and information.

Teen Tracks Travel

Daily travel program for teens and young adults ages 13-21. Trips include activities in the local NJ/NY area including New York City museums and attractions, the Jersey shore, summer fairs, and more.

** Maximum enrollment is eight participants

** Intake interview is required for admission

August 2-August 27

4, 3, 2, 1 week options available

4 weeks • \$2,500 Member/\$2,900 Guest

3 weeks • \$2,025 Member/\$2,325 Guest

2 weeks • \$1,450 Member/\$1,650 Guest

1 week • \$725 Member/\$825 Guest





*VOLUNTEERS LENDING
A HAND AND A HEART*



Club **jcc** JCC MetroWest Special Needs Services

2009 in Pictures



JUNIOR FRIENDS FALL FUN



*CIRCLE OF FRIENDS SEND A HOLIDAY PACKAGE
TO TROOPS IN IRAQ*



What I Love About the JCC!

by Claire D'Alessio

Teen Saturday Night with the JCC is so much fun. Bowling at Hanover Lanes is great because we get to hang out and talk. Going to the Funplex and playing arcade games is a blast. I've gotten to see some great movies and can't wait to go to *Disney on Ice*. The best part of the JCC is my friends and the teachers. They rock.



Issue 7 | January 2010



JCC MetroWest is a beneficiary agency of United Jewish Communities of MetroWest New Jersey.

JCC MetroWest
760 Northfield Avenue
West Orange, NJ 07052
www.jccmetrowest.org