

## CASPER MINDS NEWS

### MARCH 2015 NEWSLETTER

#### A Message from Angela....

Happy March! Can you believe that we in the third month of the 2015!!!

We have some new and exciting events coming up for CM.

We are opening a social skills group for our preschooler's called the "Appa's". They will be working on skills such as, sharing, personal space, your turn, my turn; follow the leader, listening with your whole body; what's a friend; plus many new and exciting fun skills to get your kiddos ready for school! The group will be held on Friday's from 3:00-3:45pm.

We are also going to be running a "Study Skill" Seminar for all kids (not just for kiddos with special needs). It will be held for 6 weeks starting on

Saturday March 21st ending on May 9th from 11 to 1:30 pm.

The total cost (paid upfront on the first day of the session) is \$360.00. There will be a family rate (siblings) of \$210.00 for the 6 week session. Please call 571-248-1784 ext. 4 for more information.

CM has also been featured in the Haymarket Lifestyle Magazine in the February addition, and reprinted with the full article this coming March! We are so excited to be able to share CM with the community!

As always,  
Thank you for your support and business; Finding Peace of Minds with Casper Minds!

Warm Regards  
Angela M Kralik  
President/Owner  
Casper Minds LLC



#### Up Coming Events & News:

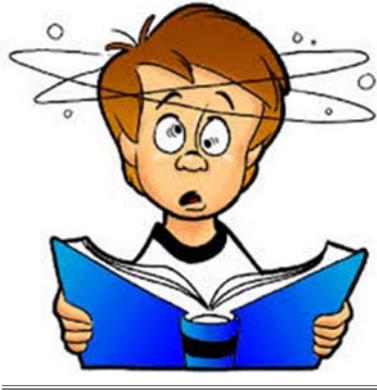
Casper Minds was featured in Haymarket Lifestyle Magazine!

Did you know that Casper Minds has a Facebook Page? Please go ahead and LIKE us!

Pre School Social Skills Group in underway!  
Please call our office if you would like your preschooler to attend! (571-248-1784) to be added to the list.

Casper Minds will be having monthly sweepstakes...take advantage and enter!

We have a lost & found for all those lost hats and gloves!



## Study What?

Attention all parents/grandparents of 5th-8th Graders!

Open to all children on all different academic levels.

Casper Minds will be offering a new 6 week seminar on

Learning How to Study!

When: On Saturdays

from 11:00 am-1:30pm

\$60.00 per session (there will be a sibling  
discount)

Session will start on March 21, 2015

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# OUR STAFF

- **President/CEO: Angela M Kralik**
- **Human Resources/Financial Services/IT: Jeff Kralik**
- **Office Manager: Gloria Murphy**
- **Handy Man: Patrick Murphy**
- **Speech and Language Therapist: Andrea Toomey (Lead) (CCC-SLP)**
- **Speech and Language Therapist: Laura Barrett (CCC-SLP)**
- **Legal Advocate/Marketing: Kellyann Bisbano (Lead)**
- **BCBA/Supervisor: Recairdo Mangrum: ( BCBA Master's in Behavior Analyst)**
- **Applied Behavior Analysis: Kierra Culpeper (QMHP)**
- **Applied Behavior Analysis: Nistha P (BCBA in-supervision)**
- **Applied Behavior Analysis: Lauren Petersen (Master's In Autism)**
- **Social Skills (Adult) Group Instructor: Kelly Maitland (Master's in Ed)**
- **Academic Tutor: Jason Sack (Master's in Ed)**



## Looking for an ABA?

Tired of the nightly meltdowns? We have solutions! Please call us and inquire about our ABA therapists. Call our office at 571-248-1784

- **Behavioral Assessments**
  - **Caregiving training**
  - **In-home therapy**
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## News Flash....

### INTRODUCING CM'S NEW SOCIAL

### SKILLS CLASS:

Preschool Social skills Group  
(The Appas)

**We added another Middle School Group which will take place on Wednesday nights from 7 to 8 pm. Please call us at 571-248-1784 Ext 4 if you would like your middle school student to be added to the list!**

#### NEED OT SERVICES?

- Casper Minds is currently in the process of adding OT to our list of services! If, interested, you can add your name to our waitlist!
- We are also still currently taking speech clients!

CASPER MINDS LLC  
7528 Gardner Park Drive  
Gainesville, VA 20155  
571-248-1784  
[www.casperminds.com](http://www.casperminds.com)



## TUTORING?

**Is your child falling behind or having trouble keeping up at school?**

Please call our office if you would like to set up a date and time to have your child to have tutoring services and meet our tutor, Jason Sack. Mr. Sack is a Prince William County School Teacher.

Jason has days and times available!

571-248-1784

Ext 4

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# FAMILY SUPPORT GROUP



Once a month, we will be holding a parent support group where parents can talk to other parents/grandparents/guardians about any topic regarding their child's/grandchildren's Special Education process and what their experiences are and etc. During that time, I will also discuss a topic pertaining to the IEP and its process. This a great way for parents and grandparents to support one another and reach out to each other and the community. We also are trying to establish guest speakers to attend to talk about their programs for children with special needs.

We will meet on the 2nd Thursday each month at our Gainesville office. Please feel free to tell your friends...I just ask they email me to let me know they are attending.

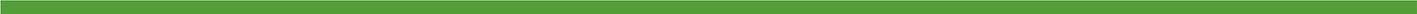
**2<sup>nd</sup> Thursday of the Month**

**Meeting Times: 7:00pm-8:00pm**

**Casper Minds Office**

**7528 Gardner Park Drive-Gainesville, VA 20155Please RSVP:**

**Kellyann@casperminds.com**



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## **Adapted Sports and Recreation Opportunities for Children with Disabilities in Northern Virginia!**

I spend a lot of time and energy each week watching my son practice and compete in baseball. It's a full time job watching him play both for competitive travel and our local Little League but it's his passion so I smile. I also have to admit, as parents it does bring us great joy to watch our children participate and truly enjoy and succeed in something that they just love to do. While I was watching him the other day, I thought that everyone who desires to play a sport should be able to in an environment that best is suited for them, their needs and their personal safety.

PE and extra curriculum athletics are definitely an important educational component for every child. It helps foster self-esteem, cognitive benefits, physical improvements, and a sense of well-being and can also help build social skills if it's a team orient sport. We all know the benefits but sometimes it can be challenging to find a team or sport that is best suited for your child with disabilities so I did some research and found a fantastic site for all our readers in Northern Virginia! They have a lot of sports listed but I especially love the I Can Shine....a program designed for all children with disabilities to learn how to ride a two-wheel bike for the first time with a adapted bikes.

Please visit the FCPS Parent Resource Center at [www.fcps.edu/cco/prc](http://www.fcps.edu/cco/prc) for their online Adapted Sports & Recreation booklet which is filled with many opportunities to engage in many different sports. They can be reached at 703-204-3941. Also, another website that might be of interest is the Special Olympic Basketball which is geared for all skills level! [www.novasova.org/basketball.html](http://www.novasova.org/basketball.html)

# Guidelines for *Leaving Kids* HOME ALONE

## AGE APPROPRIATE:

7 & under	Should not be left alone for any period of time
8-10 years old	Should not be left alone for more than 1½ hours & only during daylight and early evening hours.
11-12 years old	May be left alone for up to 3 hours but not late at night.
13-15 years old	May be left unsupervised, but not overnight.
16-17 years old	May be left unsupervised (in some cases, for up to two consecutive overnight periods).

## SAFETY TIPS:

- Things to memorize: Full name, address, telephone number.
- Post an emergency list - local, long distance numbers to call in case of emergency.
- Let neighbors know that your child may be home alone.
- Call the child several times while you are away.
- Teach your child how to lock windows and doors.
- Tell your child not to go into other people's homes (neighbors included) without your permission.
- Designate a safe house to run to if the child feels like he/she is in danger.
- Teach children kitchen safety and what is/is not okay when you are not at home with them.

## BY STATE

Alabama	None	Nebraska	None
Alaska	Unknown	Nevada	None
Arizona	None	New Hampshire	None
Arkansas	None	New Jersey	None
California	None	New Mexico	10
Colorado	12*	New York	None
Connecticut	None	North Carolina	8
Delaware	12*	North Dakota	9*
Florida	None	Ohio	None
Georgia	8*	Oklahoma	None
Hawaii	None	Oregon	10
Idaho	None	Pennsylvania	None
Illinois	14	Rhode Island	Unknown
Indiana	None	South Carolina	None
Iowa	None	South Dakota	None
Kansas	6*	Tennessee	10*
Kentucky	Unknown	Texas	None
Louisiana	None	Utah	None
Maine	None	Vermont	Unknown
Massachusetts	8	Virginia	None
Michigan	11*	Washington	10*
Minnesota	None	West Virginia	Unknown
Mississippi	12*	Wisconsin	None
Missouri	None	Wyoming	Unknown
Montana	None		

[WWW.THIRTYHANDMADEDAYS.COM](http://WWW.THIRTYHANDMADEDAYS.COM)

\* - suggested age, not legal requirement

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## How does your child hear and talk?

Every child is unique and has an individual rate of development. The chart represents on average, the age by which most children will accomplish the listen skills. Children typically do not master all items in a category until they reach the upper age in each age range. Just because your child has not accomplished one skill within an age range does not mean the child has a disorder. However, if you have answered no to the majority of items in an age range, seek the advice of an ASHA –certified speech – language pathologist or audiologist. Use language pathologist and audiologist to locate a practitioner near you.

### Where to get help?

If you think your child may have a speech, language or hearing problem, you can contact an ASHA- certified

- **Audiologist:** Audiologists are hearing care professionals who specialize in prevention, identification, and assessment of hearing and related disorders and provide treatment, rehabilitative services, and assistance devices.
- **Speech –language pathologist.** Speech –language pathologists’ help people develop their communication abilities as well as treat speech, language, swallowing, and voice disorders. Their services include prevention, identification, evaluation, treatment, and rehabilitative.

ASHA-certified speech language pathologists and audiologists have completed their masters or doctoral degree and have earned ASHA ‘s certified or clinical competence(CCC)

**Please call us at Casper Minds if you would like to meet with a  
Speech Therapist.**

