

Serving children aged 2 through 21 with intensive ABA therapy in-home and our centers.

## Message from Dr. Macatee

First, I want to wish all of you a very happy and healthy holiday. Whatever you celebrate, please know that we are there with you in spirit, friendship, strength, and most importantly, hope. This has certainly been a challenging year in many ways. Being able to find ways to celebrate, albeit unique in our own ways and traditions will hopefully bring us back to what matters the most. Kaleidoscope's Vision Statement this month brings us in full circle back to our overall mission to enable those we support to act independently while moving towards meaningful lives. Really, independence and meaning can apply to all of us when evaluating our lives, the things we cherish and those we love.

To continue, as an agency we are committed to being proactive and reactive during this pandemic. While some of our individuals continue to utilize in-person services, many choose to participate in our virtual programming. Please do not hesitate to contact me directly if you have any suggestions or concerns during this time. I have an open door policy with my staff, families, community partners and anyone that is a part of our Kaleidoscope family. I know I say this a lot, but I feel it warrants repeating. We are here for you now and always. Please take some time to find the gratitude this holiday season. When I sit down with my family, which I imagine will be a combination of zoom and my dining room table; I will celebrate my gratitude for you.

Warmly,

TaraColleen Macatee, MFT, Psy.D.  
Executive Director

## Popcorn Snowballs

Sweet, crunchy and gooey popcorn snowballs are a delicious snack and make great party favors or holiday treats!

### Ingredients

- ½ c. popcorn kernels
- 3 tbsp. canola oil
- ½ c. sugar
- (Or use a bag of premade sweet Kettlecorn)
- 5 c. mini marshmallows
- ¼ tsp. vanilla extract
- sprinkles or peanuts (optional)
- 4 tbsp. butter
- ¼ tsp. salt
- 1 c. M&Ms

### Directions

1. Place a heavy bottom dutch oven or saucepan over medium heat. Add the oil and popcorn and stir the kernels so that they are evenly coated. When the oil becomes hot and sizzles, add the sugar. Shake the pot or pan until the first few kernels pop. Place the lid on top and continue gently shaking back and forth while the remaining kernels pop. Once the popcorn stops, remove from heat and place into a large mixing bowl to cool.



(Or Use a bag of premade sweet Kettlecorn popcorn).

2. Next, in a small saucepan over medium heat, add the butter and marshmallows. Stir continuously until the marshmallows are melted. Remove from heat and add the salt and vanilla extract.
3. Pour over the popcorn and coat evenly. Add M&Ms, sprinkles or nuts.

Cover your hands with a light layer butter or coconut oil. Form the popcorn mixture into 3" balls. Set them on a piece of wax (or parchment) paper to cool completely, about 30 minutes. **Yields: 12**

## Four Tips to Help You Take Care of YOU!

Below are some tips to from Autism Speaks to help you make sure you are meeting your own needs, while being the best caregiver you can be as the holidays approach.

### Give yourself a break.

If you can, allow yourself to take some time away, even if it is only a few minutes. Go for a walk, shut your door and watch a new TV show, or try a Zoom reunion with family or friends. If you feel guilty about taking a break, try to remind yourself that this break will help you feel renewed for the things you need to do when you get back. You, your child and your family will be better for it!

**SELF**  
*Care*  
IS NOT SELFISH

### Stay connected.

During this time, it is critical to stay connected to your family and friends in any way possible. Your support network may look different right now, but it is more important than ever. Keep up the phone calls, emails, FaceTimes and texts with the people in your life. If you have been part of a support group or know other caregivers in similar situations, set up a virtual coffee break or social hour. And don't forget to ask for help!

### Try to have fun.

Think of ways to incorporate your child's strengths and interests into fun family activities. A love of trains? You may not be able to ride one, but you can drive to the nearest station and watch the trains go by while listening to holiday music and eating a favorite treat. Turn off the news and have each family member pick a favorite movie or YouTube video to watch each night.

### Give yourself a pat on the back.

Think about all you have accomplished during 2020. You may have learned to homeschool or taken over as your child's behavioral aide. You may have successfully helped a child get comfortable wearing a mask for the first time. You may have mastered online grocery shopping or setting up group Zoom chats. Whatever it may be, pat yourself on the back for all of your hard work during this stressful time.

To read more from Autism Speaks: <https://bit.ly/Morehelpfularticles>

## Glittery Snowflake Craft

### You'll need:

- 4 Popsicle sticks
- Sequins
- Ribbon
- Markers or acrylic paint
- Glitter



1. To get started you may want to pre-glue four popsicle sticks together to make a snowflake using a hot glue gun. (Criss cross the sticks).
2. Decorate the snowflake with paint or markers.
3. Once the paint dries, cover your snowflakes with white glue
4. Start adding sequins and glitter simply shake the container over the snowflake before the glue dries!
5. After the glue dries, shake each snowflake to get rid of any excess sequins/glitter.
6. Once the snowflakes are finished, add a ribbon loop to them using glue or a hot glue gun and then they are ready to be hung anywhere you need holiday cheer!





Established 15 years ago, Kaleidoscope has a successful history of providing services to children and adults. Kaleidoscope ABA provides evidenced based ABA therapy treatment developed and overseen by Board Certified Behavior Analysts (BCBAs). We offer center-based and home-based ABA therapy services.

*Delivered through an Exclusive Partnership with:*  
**Cleveland Clinic Children's Center for Autism**



## Massachusetts Autism Treatment Centers

Franklin · Mansfield · Wellesley

## In-Home & Community Therapy

Boston · Worcester · Middlesex  
Norfolk · Bristol · Plymouth · Suffolk

**Phone:** 877-ABA-0399  
**www.KFSABA.org**

 [www.facebook.com/kfsaba](http://www.facebook.com/kfsaba)

## Massachusetts Family Friendly Events

**December 1st-19th - 2:00-6:00 PM**  
**Winter Wonder Walks at Snowport**  
<https://bit.ly/31F4tqH>

**December 1st-20th Wed-Sun. 10:00 AM-8:00 PM**  
**Massachusetts Horticultural Society's Festival of Trees**  
<https://bit.ly/35Bvd5J>

**December 14th - 11:00 AM-12:30 PM**  
**Northeast Arc - Managing Stress, Anxiety & Depression During Challenging Times Zoom**  
<https://bit.ly/3nyTvmZ>

**December 30th - 7:00-7:30 PM**  
**Autism Speaks Virtual Pajama Party!**  
<https://bit.ly/2UD3F9P>

## Making Strides!

**Kaleidoscope ABA is excited to now offer social skills groups for children and adolescents in our Massachusetts Centers!**

The groups will meet in the early evening and on weekends. Call today for more information!

**877.ABA.0399**



## Massachusetts Employee Spotlight

Caroline Fearnley is a full-time BCBA at our Kaleidoscope ABA Franklin Center. She has been working in the field of Autism education and research since 2013 and graduated from Western New England University, with a Master's

Degree in Applied Behavior Analysis, in 2019. She excels in the areas of parent communication, staff training, and ensuring coordination of care takes place with all of the providers involved in her client's lives. Her passion and commitment is exemplary and her attention to detail and positive upbeat attitude is admirable! We are so happy to have Caroline on the team!

**Fun Fact:** Caroline is presenting her graduate thesis research at ABAI and needs to practice so let her know if you're interested in learning more about establishing stimulus control of motor stereotypy!

## MAZE SOLUTION

