

# All Things Autism



1710 W. Schilling Road  
PO Box 1160  
Salina, KS 67402-1160

Phone: 785-827-9383  
Toll-Free: 1-800-526-9731

Fax: 785-823-2015

Email: [AustimServices@occk.com](mailto:AustimServices@occk.com)

## Tips for Fourth of July

July 4th is a fun holiday to celebrate, but its also a noisy and busy one.

However you choose to celebrate this year, here are some helpful tips for your day:

### **Prepare your child in advance**

Talk about what's going to happen at the party. You could even show your child online videos of fire-works.

### **Focus on Fun**

Tell your child why you enjoy fireworks. Let them see that you're excited to attend. This will help them get excited too. Describe the activities you know they'll enjoy.

### **Bring along favorite items**

Such as sensory toys, games and snacks. These can serve as a crucial distraction if they become antsy while waiting.

### **Create a special space**

A space that's "their own" by bringing a favorite blanket, towel, or chair. Creating a defined space can help make them feel more comfortable.

### **Consider bringing headphones**

To help block out excessive noise. Also consider sitting some distance from the fireworks display—someplace you can still see the colorful explosions, but without the intense noise.

### **Take breaks**

## CONTACT INFORMATION

**Yesica - Director**  
[yswenson@occk.com](mailto:yswenson@occk.com)  
Ext: 171

**Shabella- CCTS**  
[sgutierrez@occk.com](mailto:sgutierrez@occk.com)  
Ext:146

**Dena - Lead Autism Specialist**  
[dblazier@occk.com](mailto:dblazier@occk.com)  
Ext: 221

**Jaylan - Autism Specialist**  
[jalexander@occk.com](mailto:jalexander@occk.com)  
Ext: 191

**Michelle- Autism Specialist**  
[msimmons@occk.com](mailto:msimmons@occk.com)  
Ext. 180

**Keisha- Autism Specialist**  
[khamilton@occk.com](mailto:khamilton@occk.com)  
Ext. 206

## Notice

OCCK will be closed the following dates:

**Tuesday, July 4th, 2023**

**There will be no sessions on those dates.**

## Red, White, and blue Jell-O Cups

The steps to make these jello cups are very simple. All you have to do is:

Prepare the jello according to the instructions on the box. One box of Strawberry flavor and one berry blue flavor.

Wait until its completely set and then cut it into squares.

Blend heavy cream with sweetened condensed milk inside a small jar.

Inside the mini cups make layers of jello and the creamy mixture until it reaches the top. Decorate how you like. The ones in the photos have some whipped cream and sprinkles on top.



## Save the Date!

**Friday, July 28th, 2023 @**

**5:30pm - 7:30pm at**

**122 S Sante Fe Ave**

**Salina, KS 67401**

*Our next Sensory Friendly even will be in partnership with the Kid's Creative Corner. All individuals with sensory needs are welcome. Pizza will be served.*

*Brought to you by : Kid's Creative Corner and The OCCK Autism Team*

## Parent Support Meeting

**August 1st**

**5:30pm-7:30pm**

**@ OCCK**

If you would like a link to join via video email: [AutismServices@occk.com](mailto:AutismServices@occk.com)

## Parent-to-Parent

Families Together's parent to parent program matches supporting parents who have experience raising a child with disability with parents who need someone to listen, encourage and support them. Matches can be made based on diagnosis, a new family situation, sibling challenges, medical needs, and more

[Familiestogetherinc.org](http://Familiestogetherinc.org) or by phone at 800-264-6343.