



## *LINKS Mat-Su Parent Resource Center*

### *Special Events:*

*LINKS Dance for  
People with Disabilities  
and their friends!*

*Live music by the  
Back Acres Band*

*Where:*

*Wasilla American Legion*

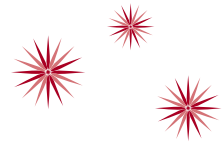
*When: Friday, February 10th*

*Time: 6-9pm*

*Cost: \$5.00 in advance  
or \$7.00 at the door*

*Refreshments will be provided*

*Please call 373-3632 to get  
your tickets in advance or  
for any questions.*



*February 2012 Volume #1 Issue #5*

### *Happy Valentine's Day from the staff at LINKS!*

Dear Board Members:

On behalf of the LINKS staff, I want to take this opportunity to express our sincerest appreciation for your contribution of time and resources. LINKS is deeply grateful for your

support and generosity. It is through the support of individuals like you that we are able to continue to strengthen our programs, and to develop new and innovative projects to serve our community. Again, thank you for making this mission a reality.

### *Linking Information:*

LINKS has received a five year grant from OSEP (U. S. Office of Special Education Programs) to provide support to parents as one of 30 such community parent centers nationally. Also, the Alaska's DEED (Department of Education and Early Development) granted very generous financial support to LINKS for parent training and advocacy.

For our community both of these entities have resourceful webpages and research that can help parents and professionals keep up to date on the newest laws and information.

<http://www.eed.state.ak.us/>

<http://www2.ed.gov/parents/needs/spaced/resources.html>

LINKS wants to provide the community with the most up to date and relevant information available with the most

access. That is why we are now providing some of our classes on youtube.com and facebook.com. We also will be hosting webinars and free classes at our location with professionals in that field. Please call to sign up so we can let our presenters know how many participants to expect. LINKS respects everyone's right to privacy and if we are videotaping and you need to ask a personal question during a class it will not be placed on youtube.com.

LINKS currently has openings on our Board of Directors. Please contact Amber at 373-3632 for an application or [eric@linksprc.org](mailto:eric@linksprc.org) if you would like more information on the responsibilities of a board member.



## Classes and Events



“I was slightly brain damaged at birth, and I want people like me to see that they shouldn't let a disability get in the way. I want to raise awareness - I want to turn my disability into ability.”

**Susan Boyle**

<http://www.youtube.com/watch?v=Yb3XAP0c8WU>



*Do you know of an individual with Traumatic Brain Injury?*

*Is he/she an Alaskan resident and eighteen or older?*

*They could qualify for up to \$2500 for equipment of services in order to help them access the community.*

*Grant applications are available on our webpage or at our office. Please call 373-3632 with any questions.*

February 8<sup>th</sup> 12-3pm at LINKS Mat-Su Parent Resource Center:

Alaska Autism and Resource Center's Krista James will be completing a Basic 101 on Autism for middle school through high school aged children. The class will focus on positive behavior reinforcement and accommodations.

This is a great class for parents and professionals trying to find how best to support their students through the rocky ups and downs of middle and high school.

February 10<sup>th</sup> 10-2pm at LINKS Mat-Su Parent Resource Center:

Alaska Center for Resource Families

February 16<sup>th</sup> 10-2pm at LINKS Mat-Su Parent Resource Center

Attorney Amrit Khalsa will be giving a class on Special Needs Trusts. A **special needs trust** is created to ensure that beneficiaries who are disabled or mentally ill can enjoy the use of property which is intended to be held for their benefit. In addition to personal planning reasons for such a trust (the person may lack the mental capacity to handle their financial affairs) there may be fiscal advantages to the use of a trust. Such trusts may also avoid beneficiaries losing access to essential government

Presenter Betsy Woodin is giving a class on FASD - Fetal Alcohol Spectrum Disorder 101. This is an easy to understand, basic class on what Fetal Alcohol Spectrum is and how it can affect our children. This class offers information to help parents, foster parents and providers understand what is happening in the brain of a child with Fetal Alcohol Spectrum. We hope our community will take this information and share it with others to help educate and maybe even prevent pregnant mothers from exposing their child to alcohol.

benefits. We have found that Mrs. Khalsa is a wonderful sincere presenter who will take the time to answer questions on the subject she is presenting on.

February 16<sup>th</sup> 6-7:30pm at LINKS Mat Su Parent Resource Center.

Join us for a teleconference provided by the University of Washington on "Executive Functioning in Autism" questions will be answered at the end of the presentation by the presenter.

February 24<sup>th</sup> 10-2pm at LINKS Mat-Su Parent Resource Center.

Fetal Alcohol Spectrum Disorder 201  
You must attend FASD 101 in order to attend 201

Developing Successful Interventions and Supports

A brief review of the biomedical foundations of FASDs followed by the

presentation of activities and tools that can assist with the development of successful, individualized intervention strategies for individuals with Fetal Alcohol Spectrum Disorder. This class is for parent, foster parents and providers.

**PLEASE RSVP FOR ANY CLASS YOU WOULD LIKE TO ATTEND 373-3632**

**LINKS Mat-Su Parent Resource Center**  
4931 E Mayflower Ln,  
Suite #3  
Wasilla, AK 99654

**Phone:**  
(907) 373-3632

**Fax:**  
(907) 373-3620

**E-Mail:**  
[links@linksprc.org](mailto:links@linksprc.org)

LINKS is reopening the SEAC Board!  
(Special Education Advisory Council)  
Mission: Collaborate with the Mat-Su Borough School District to work toward the provision of the most appropriate and best possible educational opportunities and outcomes for students with special needs.  
Contact LINKS 373-3632 for application

**We're on the Web!**  
Visit us at:  
[www.linksprc.org](http://www.linksprc.org)

## *Spaghetti Feed and Silent Dollar Auction by Special O*

Dinner 5-7pm

Auctions 7-9pm

Saturday February 11<sup>th</sup>

American Legion Post 35,  
Wasilla

Tickets \$7

Contact Special O for tickets  
631-8591

*Support your Special Olympic Athletes. Join the fun at Special Olympics Alaska Mat-Su Valley Community spaghetti feed and Auction!*

### *Mat Su Key Coalition Announcement*

Mat-Su Key Coalition Meeting Feb. 7<sup>th</sup> at 5:15pm at LINKS

Sign Making Party at LINKS Mat-Su Parent Center February 9<sup>th</sup> 1-5pm

25<sup>th</sup> KEY Campaign February 22 & 23, 2012

Ralley in the Valley- In Wasilla- 11am at the legislators office, February 23, 2012

Key Coalition is a free membership and is always looking for new and active members. Contact Cynthia at 352-1244 or 232-8775

### *LINKS Library*

LINKS Library is online! Call us and we will set up a username and password for you. Then you can browse and reserve books from home then come and pick them up during business hours. We hope to order more books and dvd's soon for parents to access. So check back often and see what is new!



[www.familyfun.com](http://www.familyfun.com)

### Materials

Yarn  
Cornstarch Glue  
Water  
Heart-shaped cookie cutter  
Parchment paper

### Instructions

First, make the glue by combining ¼ cup of cornstarch and ½ cup of water in a saucepan and stirring until smooth. Heat the mixture over medium heat until it's thick and translucent. Allow it to cool to the touch. Cut yarn into foot-long pieces. Place a heart-shaped cookie cutter on the shiny side of a piece of parchment paper. Have your child push a piece of yarn into the glue to coat it. Pick up the piece and run it between a thumb and forefinger to remove the excess glue. Lay the yarn inside the cookie cutter. Repeat with the other pieces until the yarn fills the heart shape in a thin layer. With clean hands, press the yarn flat. Gently lift off the cookie cutter and allow the yarn to dry hard, at least a day. You can speed up the drying process by placing the hearts and parchment paper into an oven set to "warm" for an hour or two.

**Tips:** You can store cornstarch glue in the refrigerator for up to a week. If the mixture gets too gel-like, stir in ¼ cup of hot water.

## **Sticky Hands, Warm Hearts**

**Turn a handful of yarn into a hangable heart ornament using cornstarch glue.**

