2014-2015

Social, Therapeutic & Recreational Services

NYS THERAPEUTIC RECREATION ASSOCIATION
“2014 ORGANIZATION OF THE YEAR”

SERVING ALL OF WESTCHESTER COUNTY

Activities for Children, Teens and Adults include:
• Bowling • Cooking • Film • Fitness • Golf
• Horseback Riding • Music • Art • Dance

(914) 243-0583 • Fax: (914) 243-3039
www.sparcinc.org
Dear Friends and Families,

Welcome to SPARC’s 25th anniversary program season!

This is an exciting brochure for us, offering programs in honor of a quarter century of service to children and adults with autism and other developmental disabilities. In 1989, it was not our goal to keeping getting “bigger,” rather it was to keep getting “better.” Each year since then shows SPARC’s continuous development as we respond to parent and participant needs and requests. It is exciting to imagine where we will be 25 years from now! And that is our goal – to secure the future of SPARC and the wide array of services we provide for the next generation. We are proud and humbled by the reputation SPARC has as a service provider in Westchester County.

We put a mighty effort into making this year one to remember through celebrations, special events, new programs and welcoming many new participants. Thank you for all you do to help SPARC maintain our high standards and ensure the smiles, fun and friendships that bring our members together each week.

Warmly,

Rose Rothe, CTRS
Founder / Executive Director

At SPARC we play with spirit, laugh with kindness, learn to love life, ourselves and each other!
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| TEENS                |                                  |                                   |                                 |                      |                                 |
| Ages 13-20           |                                  |                                   |                                 |                      |                                 |
| Golf Clinic          | Cooking Fun                      | Bowling                           | Tea Time                        | Club SPARC, Ages 12-15|
| Dinner Friends       |                                  |                                  | Rec Night                       | Movie Night Film     |
|                      |                                  |                                  |                                 | Production Workshop   |

| CHILDREN             |                                  |                                   |                                 |                      |                                 |
| Age: 5-12            |                                  |                                   |                                 |                      |                                 |
| • Kids Express:      |                                  |                                   |                                 |                      |                                 |
| All Students K-5     |                                  |                                   |                                 |                      |                                 |
| • Little Spirit, SPIRIT: Special Need Students Elementary / MS / HS | | | | | |
| • Magic of Music:    |                                  |                                   |                                 |                      |                                 |
| Special Need Students K-5 | | | | | |
| • Summer Magic:      |                                  |                                   |                                 |                      |                                 |
| After School Programs are contracted by your school district or SEPTA. Call us (914) 243-0583 to bring programs to your school! | | | | | |
| Kidz Time Horseback Riding | | | | | |

Currently in Armonk, Bedford, Briarcliff Manor, Eastchester, Katonah-Lewisboro, Lakeland, Pleasantville, Somers, Yorktown

**ANNUAL SPECIAL EVENTS**

- RED CARPET PREMIER FOR FILM PRODUCTION WORKSHOP: May 16, 2015
- ANNUAL FAMILY BBQ (CHILDREN, TEENS, YOUNG ADULTS): May 29, 2015
- ADULT AND GROUP HOME RESIDENT PICNIC: July 24, 2015

**OUR PROFESSIONAL TEAM IS JUST RIGHT FOR YOU**

SPARC’s team of creative professionals is experienced in therapeutic recreation, music therapy, art therapy, special education, social work and more. We understand the range of participants’ personal and functional needs, autism spectrum disorders, learning and developmental disabilities, communication disorders, seizures, allergies, special diets and adaptive equipment. SPARC Specialists are knowledgeable about individuals’ social, emotional, physical, and medical concerns. We inspire participants to “reach for the stars” in a spirit of encouragement, friendship and fun.
SPARC, Inc., Special Program And Resource Connection, is a not-for-profit agency founded in 1989, entering our 26th year in 2015. Our services reach about 1,000 individuals in every corner of Westchester County. Weekly activities foster individual potential, new friendships and eliminate isolation. Programs and trips in typical community venues strengthen participants’ inclusion skills and acceptance in their neighborhoods. SPARC also provides resources, training and consultation for local agencies and professionals.

**OUR MISSION**

SPARC enhances the lives of people with developmental disabilities through high quality therapeutic recreation activities. Participants work on skill development in a nurturing social community that does not otherwise exist in their lives.

**OUR GOALS**

Every person needs time to relax, be with friends, develop new abilities, and learn about oneself. SPARC provides active, challenging, and interesting recreation for people with special needs, as well as respite for their families. Our specialists use enjoyable, goal-oriented activities as steps towards overcoming obstacles and developing behavioral, functional and life skill goals. A fun and joyful atmosphere fosters:

- Positive attitudes, confidence & independence
- Socialization & new friendships
- Self-esteem & accomplishments
- Community integration skills
- Decision-making & self-determination
- Problem solving in social situations
- Self-expression & communication skills
- New interests & leisure skills

SPARC is part of the rhythm of life for each person benefitting from new skills, favorite activities, and friendships developed in our programs.

**LINK-UP: Learning Independence in the Community**

An alternative to traditional day habilitation or “without walls” programs

LINK-UP, now in its 4th year, is an innovative daytime program engaging young adults, aged 18-30, in community integration activities. We meet on a college campus in downtown White Plains, offering a range of young adult growth opportunities. The program supports higher ability participants with a 1:4 staff ratio. Participants learn about navigating their own world through volunteer work, visiting exhibits, going on tours, using public transportation, handling money and practicing pre-vocational skills. On campus SPARC provides experiences that promote lifelong learning through cultural and educational programs that engage our students mind, body and spirit. Bring your lunch to eat in the cafeteria or outdoors. Transportation by private / family arrangements.

**Place:** PACE Lubin Graduate Center, White Plains

**Time:** Tuesdays and / or Thursdays 9:00 am – 2:00 pm

**Cost:**
- $350 Tu or Th / 10 week session – 1x week
- $700 Tu & Th / 10 week session – 2x week

**Start Dates:**
- 9/9/14
- Sept - July, rolling admission, 44 weeks
**MONDAY**

**DINNER FRIENDS**
Enjoy an evening out on the town having dinner with friends. Sample new restaurants chosen by the group. Build independence while learning good judgment and safety in the community, mealtime interaction and money management.

**EXPLORING ART**
You will be delighted with the imaginative masterpieces created in this sociable craft class. Weekly projects offer exciting new materials, instruction and ideas to excite your inner artist!

**GOLF CLINIC**
New and experienced SPARC golfers receive personalized instruction. Learn and practice skills on the driving range, putting green and lush golf course. Stance, pivoting, swing, control of the ball, safety and golf etiquette are covered. No equipment required.

**MUSIC LOVERS**
Sing-along, dance and play percussion instruments in our high energy, interactive, joyful music program. Activities encourage social connections and musical self-expression. Share your enthusiasm through movement, perform a solo, choose and learn new songs.

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**TUESDAY**

**COOKING FUN**
A tasty class for new and experienced cooks. Develop skills in food preparation, kitchen safety and table setting that you can show off at home. Learn healthy choices and collect recipes for favorite snacks, entrees, veggies, salads, desserts and ethnic cuisine.

**LINK UP**
An innovative daytime program engaging young adults in their 20’s in community integration activities. See page 7.

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**THURSDAY**

**ACTIVE & FIT: ON YOUR FEET OR IN YOUR SEAT**
Get a total body workout sitting or standing; it’s such a good time it won’t feel like work at all! Learn popular fitness techniques including stretching, aerobics, yoga, use of props and stress-relieving relaxation exercises. For beginners or experienced exercisers.

**ADULTS**

Place: BOCES, Yorktown
Time: 6:30 – 7:30 pm
*Cost: $ 185 / 12 weeks
$ 370 / 24 weeks
Summer $ 110 / 7 weeks

Start Dates: Fall 10/2/14
Spring 2/5/15
Summer 6/11/15

**ATHLETIC CLUB**
A recreational program where members learn skills at a slower pace and play adapted sports in a social atmosphere. Favorite games: basketball, baseball, soccer, track, hockey, volleyball and more! Participants must follow directions and engage in team activities.

**TEENS**

Place: White Plains AMF Bowling Alley
Time: 6:00 – 8:00 pm
*Cost: $ 250 / 12 weeks
$ 500 / 24 weeks
Summer $ 165 / 8 weeks

Supplemental Fee: Group Home Resident $ 100
Summer $ 75

Start Dates: Fall 10/1/14
Spring 2/4/15
Summer 6/10/15

**MUSIC LOVERS**
See description on Monday

**PET CONNECTION**
Share your love of animals with trained therapy dogs, visits from cats, rabbits, turtles, birds, guinea pigs and others! Bring special animal friendships into your life as you learn about handling and caring for pets, teaching commands and tricks and playing games.

**PET CONNECTION**

**TEENS**

Place: Elmsford
Time: Adults 6:30 - 7:30 pm, Young Adults 7:30 - 8:30 pm
Cost: $ 185 / 12 weeks
$ 370 / 24 weeks
Summer $ 110 / 7 weeks

Start Dates: Fall 10/1/14
Spring 2/4/15
Summer 6/10/15

**YOUNG ADULTS**

Place: Yorktown Grange
Time: 7:00 - 8:00 pm
Cost: $ 160 / 10 weeks
$ 320 / 20 weeks

Start Dates: Fall 10/1/14
Summer 3/4/15

**LINK UP**
An innovative daytime program engaging young adults in their 20’s in community integration activities. See page 7.

**YOUNG ADULTS**

Place: PACE Lubin Graduate Center, White Plains
Time: 9:00 am – 2:00 pm
*Cost: $350 10 week sessions
$1,540 / Full year

Start Dates: Fall 9/1/2014, rolling admission, 44 weeks

**WEDNESDAY**

**BOWLING**
Join SPARC’s Bowling League and receive weekly instruction, practice your technique, improve your score and join friends. Bring $ for snacks (optional). Includes 2 games.
**FRIDAY**

**COFFEE HOUSE**
This new social group is designed to accommodate the schedule and budget you need. Socialize with peers over “a cup of Joe” and a snack, while listening and moving to live music. Relax with friends and enjoy starting your weekend!

**REC NIGHT**
Rec Night is a haven for teens with Asperger Syndrome to develop social skills and find friends with similar interests and abilities. Listen to music, play games, enjoy local outings and help plan activities to make this group what you’re looking for. Discover free time with others an enjoyable part of life.

**SOCIAL CLUB**
Young adults in their 20’s will find a social “oasis,” meeting old and new friends. Bring music, join discussions, enjoy games, art, snacks, dances, parties, special guest visitors and being part of the community. Learn leisure skills, independence and leadership. Trips include: movies, dinners, bowling, theatre, golf, arcades, sports, & more.

**TEEN TIME**
Enjoy activities with other teens, such as games, dances, parties, listening to music, snacks and talking about teen concerns. Develop social skills, independence, manage stress and discover how to enjoy leisure time. Trips may include: bowling, mini-golf, dinner, movies, arcades, theatre, and sports.

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**SATURDAY**

**CLUB SPARC**
Younger teens learn about making and being a good friend through typical youth recreation pastimes. Experiences are designed to encourage self-expression, conversation skills, problem solving and decision making, while developing interests and self-esteem.

**MOVIE NIGHT**
Love going out with friends on Saturday nights to catch a movie? Build independence as you enjoy watching and critiquing movies, learn group decision making, money management and social conversation skills. When time allows, we’ll go out for a snack too!

**FILM PRODUCTION WORKSHOP**
SPARC’s production team creates original scripts, camera techniques, lighting, directing, and acting (optional.) Projects include: neighborhood events, biographies, fiction, movie reviews, music videos, animation, and interviews. Invite your family to our annual “Red Carpet Premiere” and watch on YouTube.com/SPARCIncTV.

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**TEENS 12-15**

**Place:** Pace University, Pleasantville

**Time:** 10:00 am – 11:45 am

**Cost:** $ 870 / 30 weeks

- payment plan optional

**Start Dates:** Full Year 10/18/14

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**TEENS**

**YOUNG ADULTS**

Place: Pace University, Pleasantville

**Time:** Master class 10:15 am-12:15 pm

Studio Class 12:30–2:00

**Cost:**

Master class $650 / 28 weeks, Summer $160 / 6 weeks.

Studio $465 / 28 weeks, Summer $160-2 hrs / 6 weeks.

**Start Dates:** Full Year 9/27/14

Summer 6/13/15

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**TEENS**

**YOUNG ADULTS**

Place: 2nd Saturday Greenburgh Multiplex Cinema, Elmsford

3rd Saturday Cortlandt Town Center

**Time:** 6:30 - 9:30 pm

**Cost:** $ 270 includes tix / 9 months

Summer $ 160 / 2 months

**Start Dates:** Full Year Oct- June

Summer July- Aug

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**TEENS**

**YOUNG ADULTS**

Place: Emmanuel Lutheran Church, Pleasantville

(Yorktown)

**Time:** 6:30 - 9:15 pm

**Cost:** $ 575 / 30 weeks

Summer $ 225 / 5 weeks

**Start Dates:** Full Year 9/26/14 – 6/5/15

Summer 6/30/15 Tues & Th
Playtime for your child on the autism spectrum can be filled with smiles, friends and fun! SPARC Specialists, trained in interventions for ASD’s, help children enjoy specially designed music, art and games at their level of readiness. In a positive, flexible environment, children develop social skills, with goals targeting: attention, language, frustration, listening, taking turns, winning / losing, aggressive responses, and self-esteem.

**SUMMER PROGRAMMING**

Descriptions are found throughout the brochure. Weather permitting; activities take advantage of nature and outdoor opportunities where suitable.

**YOUTH:**
Horseback Riding, Summer Magic (contracted by school districts)

**TEENS & YOUNG ADULTS:**
Film Production, Golf Clinic, Horseback Riding, Movie Night, Rec Night, Social Club, Teen Time

**ADULTS:**
Active & Fit, Athletics, Cooking Fun, Exploring Art, Music Lovers, Terrific Times

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**5-12 FOR CHILDREN ON THE AUTISM SPECTRUM**

| Place: Pace University, Pleasantville | Time: 10:30 am – 12:30 pm |
| **Cost:** $870 / 30 weeks - payment plan optional |
| **Start Dates:** Full Year 10/18/14 |

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**HORSEBACK RIDING**

Adapted horseback riding gives participants new skills, accomplishments and a love for animals. Riding instruction develops independence, balance, posture, self-esteem, and concentration. Enjoy farm animals and grooming horses. Individualized goals.

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**REGISTRATION FORM**

Registrations also accepted online at www.sparcinc.org

**REGISTRATION DEADLINE:** (please call for late openings)
Fall: 9/1/2014 Spring: 1/2/2015 Summer: 5/15/2015

NEW PARTICIPANTS: Please fill out form completely
Returning Participants – list important updates not on file & program selection

**Participant Name:** __________________________________________________________________

**Address:** ________________________________________________________________________

**City:** ______________________________________ **State:** ____ **Zip:** _________________________

**Birthdate:** ___________________________________ **SS#** ________________________________

Check ______ ok to share phone # with group members

**Emergency Contact:** ______________________ **Phone:** ________________________________

**Parent Employers:** G1 ____________________________ G2 ________________________________

**Physical Exam Date:** __________________________

**Day Program/School/Job:** __________________________

**Disability:** ______________________________________________________________________

**Medications:** ______________________________________________________________________

**Self Care Needs:** ___________________________________________________________________

**Allergies:** ________________________________________________________________________

**Adaptive Equipment:** ________________________________________________________________

**Seizures:** ________________________________________________________________________

**Vision/Hearing:** __________________________________________________________________

**Verbal/Communication:** _____________________________________________________________

**Concerns:** _______________________________________________________________________

**More about participant:** _____________________________________________________________

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**PLACE:**

- **Site 1:** Cimarron Ranch, Putnam Valley
  - **Cost:** $400 / 10 weeks each
    - Summer $320 / 8 weeks
  - **Time:** Lesson assigned 9:00, 9:45, 10:30 am
  - **Start Dates:** Fall 9/13/14
    - Spring 3/21/15
    - Summer 6/13/15

- **Site 2:** Therapeutic Equestrian Center, Cold Spring
  - **Cost:** $600 / 12 weeks
  - **Time:** Lesson assigned 10:30, 11:00, 11:30 am, 12:00 pm
  - **Start Dates:** Fall 9/13/14
    - Spring 3/21/15

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**HORSEBACK RIDING**

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**SUMMER PROGRAMMING**

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**YOUTH:**
Horseback Riding, Summer Magic (contracted by school districts)

**TEENS & YOUNG ADULTS:**
Film Production, Golf Clinic, Horseback Riding, Movie Night, Rec Night, Social Club, Teen Time

**ADULTS:**
Active & Fit, Athletics, Cooking Fun, Exploring Art, Music Lovers, Terrific Times
PARTICIPATION / PHOTO RELEASE
(This section MUST be completed and signed)

I permit _____________________ to actively participate in activities as registered on this form and to be transported and given emergency medical treatment in case of injury. I grant permission for photograph or video images to be used for educational use or promotion of SPARC services. Check if you do not want photo used □, do not want name used □. My signature is valid for ongoing enrollment in SPARC unless otherwise indicated.

By participating in a SPARC program, the parent/guardian of each participant and the participant agree to indemnify, release and hold harmless SPARC, its officers, directors, employees, consultants, agents (including independent contractors, if applicable), and volunteers from any and all liability or causes of action whatsoever arising out of, or which may result from such participation.

Date: ____________ Parent/Guardian/Agency Representative Signature: __________________________

Please make checks for program payable to: SPARC, Inc.
and mail with this form to: SPARC, 3045 Gomer Street, Yorktown Heights, NY 10598
Payments cannot be accepted at program sites
Credit Cards Accepted – Call the SPARC office (914) 243-0583

PROGRAM LOCATIONS
Programs meet throughout Westchester, enabling you to become part of your community in northern, central or southern towns. Accessible facilities are available.

ELIGIBILITY
SPARC welcomes and accommodates individuals with developmental disabilities. Staff: participant ratio varies based on participants’ functional abilities. We do not provide 1:1 supervision or support behavioral issues which create safety concerns. Sessions are designed with sensitivity to participants’ strengths, needs and compatible peers. Groups are co-ed, based on age and abilities. Membership is open regardless of residence. We also offer “Kids Express,” a general education, inclusionary after-school program.

ENROLLMENT PROCEDURES
NEW participants must file SPARC’s registration application prior to joining programs. An intake interview with a Program Coordinator will help find the best placement for each applicant. Returning participants must update registration forms annually with changes in personal or contact information and signed authorization for recreation participation. Returning group members meeting deadlines have first choice should a waiting list be necessary. Registration deadlines, in general, are 3 weeks prior to program start dates. Late registration fees may apply. Once deadlines pass, please call to inquire about openings. We will make every effort to accommodate interested individuals.

PROGRAM FEES, MEDICAID, SCHOLARSHIPS, REFUNDS
Full payment of fees is required prior to program start dates. Please call (914) 243-0583 to inquire about a scholarship, flexible payment plan or financial aid application if fees create a hardship. Full refunds for program withdrawal are available up to 1 week prior to program start, late withdrawal may incur cancellation fees. Starred (*) programs receive Medicaid waiver respite funding. SPARC fees cover additional program enhancements. Fees are 60% required, 40% requested family contribution. Medicaid regulations do not allow us to require a mandatory donation and you have the right to opt out. Without family support, programs expenses will not be met, thus jeopardizing our future ability to offer many of our youth and young adult programs.

WINDOW ADVISORY/CANCELLATIONS
As program locations cover a broad geographic area, weather varies and may cause cancellations in only some areas of the county. Program cancellation notice will be provided 3 hours prior to scheduled programs through email and telephone. Information is also available on SPARC’s office telephone answering machine (914) 243-0583. An effort is made, but not guaranteed, that weather related cancellations will be rescheduled.
CHILDREN: SCHOOL BASED PROGRAMS

PRE-SCHOOLS
Play is the most natural experience for children to explore their world. While engaged in fun SPARC activities, pre-schoolers develop basic functional and social skills: sensory integration, communication & language skills, playing with others, body awareness, taking turns, following directions while we nurture each child’s creative strengths and personal growth.

KIDS EXPRESS / LITTLE SPIRIT
Our inclusionary or special education recreation program for grades K-5 emphasizes social skills while children enjoy unique games, crafts and role play. The curriculum addresses: making & being a good friend, dealing with social challenges, listening, sharing, following rules, understanding & expressing feelings and self-esteem.

MAGIC OF MUSIC
Our music specialist leads a lively, interactive, goal oriented program, involving children in singing, movement and musical games. Small classes allow children to enthusiastically explore rhythm and rhyme, percussion instruments, and dramatic play. Our goals include: receptive & expressive language, social skills, improved attention, self-expression.

SUMMER MAGIC
An extended school day for summer special education students to enjoy structured summer recreation fun: water play, gym time, music, art and more. SPARC staff are available to collaborate with school faculty to carry-over IEP goals.

MIDDLE & HIGH SCHOOL TEENS: 
AFTER-SCHOOL SPIRIT
A fun time for teens to socialize, build independence, confidence and self-esteem. SPIRIT is a lifeline for teens who have not had an appropriate way to participate in the after-school community. Student chosen activities may include: games, art, music, movement, discussions and other typical teen interests. SPARC helps students deal with social challenges, develop new interests & leisure skills. SPIRIT also expands safe coverage hours for busy parents.

CONTRACTED SERVICES FOR GROUPS OR INDIVIDUALS GROUP HOMES, WITHOUT WALLS, DAY HABS, SCHOOLS OR 1:1 IN PRIVATE HOMES
SPARC group programs can be tailored to your schedule and needs, making this a popular and successful service option. These services are provided to group home agencies, day habilitation sites, Without Walls programs and to schools throughout Westchester County. We are flexible and sensitive to your concerns and our individualized contract with you will provide:
- Our Recreation, Art or Music Therapists in your home, center or school
- Program services provided weekly or at your preferred monthly schedule
- Assurance of dependable, well designed activities without the complications of transportation or staffing
- Choice of any activity in this brochure or tell us your other ideas!

SPARC professionals also offer private or semi-private consultation, providing therapy or instruction for children and adults adjusting to social, cognitive emotional or physical challenges. We enable participants to experience progress and achievements in their special activity interests. Weekly visits or other schedules are available to fit your personal lifestyle. Sessions can be in your home or at our setting.

Activity choices:
* Fitness, yoga or dance
* Pet therapy
* Golf
* Music (voice, instrument), Photography
* Drama,
* Sports
* Creative writing
* Cooking
* Art (painting, drawing, sculpture, jewelry, ceramics, crafts)
* Gardening or other activities of your choice.

ELECTED SCHOOL SOCIAL SKILLS PROGRAMS:

MIDDLE & HIGH SCHOOL TEENS: 
AFTER-SCHOOL SPIRIT
A fun time for teens to socialize, build independence, confidence and self-esteem. SPIRIT is a lifeline for teens who have not had an appropriate way to participate in the

VOLUNTEER, BOARD, STUDENT INTERNSHIP OPPORTUNITIES
Please consider contributing your time and energy to improve life for kids and adults at SPARC. Volunteers involvement with our participants is extremely rewarding. Taking part in our programs is fun, while giving you the chance to develop special relationships and contribute your expertise. High school and college internships are available as community service or supervised clinical training. Adult volunteers participate in activities as varied as providing 1:1 assistance to participants, teaching new activity skills, clerical or computer work in our office and helping with fundraising events. Opportunities to join our Board of Directors are available periodically to parents and community members dedicated to our mission. Call (914) 243-0583 and get involved!

ANNUAL GALA
April, 2015: Don’t miss the festivities at our 6th annual celebration! Join us for a night of music, dance, cocktail buffet, silent auction, door prizes and more.

Congratulations to our 2014 honorees:
Dave Stevens, DDS, Mercy College, Susan and Andy Morris & Family.

GOLF OUTING
Join us on September 10, 2014 for our 15th Annual Golf Outing and enjoy a great day on the greens. Golfers fee includes cart, greens, lunch and dinner, contests, prizes, raffles, silent auction gift bag and more. Sponsor a journal ad, hole or event. Fundraising supports SPARC trips, scholarships, adaptive materials and vital programs. Register at www.sparcinc.org.

FACEBOOK
Come visit us at SPARC — Special Program And Resource Connection and show everyone that you “like” us. See program photos, get special event updates, find out all the latest happenings!

2ND ANNUAL CATHY KADNAR LEADERSHIP ANNUAL AWARD
Matteo Pungello, recipient

AMAZON SMILE
Type AmazonSmile in your internet browser and select SPARC for your charitable “cause.” A donation will be made to us as you do internet shopping.
Put a little SPARC in your life!