

We are the [x] family, Wain and Lily with two adult children with autism and developmental disabilities. As a result of the COVID-19 pandemic since March, our lives have changed dramatically. Our daughter, Nicole, attended the day program called Hope Autism Solutions in Basking Ridge. Our son, Eric, attended the day program called Volunteer Action Program in Bridgewater. Since March, the day programs have been closed due to the state's order. Starting in September, the day programs were able to open back up at a 25% capability, but we haven't sent them back yet.

The biggest challenge for our family during the COVID-19 has been to keep busy at home. Our goals are to stay positive and have fun. This is where we leaned on our allies. The main source was virtual technology utilizing Facebook Live, Zoom, Cisco Webex and Google Meet.

Nicole's day program is run by Our House, Inc, a non-profit organization serving individuals with developmental disabilities for 40 years. Shortly after closing due to the pandemic, Our House offered virtual programming. Nicole has been receiving one-on-one speech therapy, and she is doing very well.

Before the pandemic, Nicole received Applied Behavioral Analysis (ABA) therapy through the service provider Anchor Behavioral Solutions. Nicole is now receiving the therapy virtually. She is also doing well with this, and she is having fun!

Eric's day program is also run by Our House, Inc. Our House offered virtual programming for his program as well, but at the moment, Eric is not taking them. He is busy with his other programs such as:

- \* Theatre for Everyone: Acting and Improvisation through collaboration between Paper Mill Playhouse and Theatre in Motion
- \* Club Friday Night Hangout: social skills program run by The Achievement Center (Arc of Somerset County) at Raritan Valley Community College.

The group has fun with themes such as scavenger hunt, Top Chef and Murder Mystery. At the end of the semester, the class presents a talent show.

- \* Somerset County Therapeutic Recreation Department: Some fun classes were Mystery Science where the class learned how to make ice cream, Painting and Faux Stained Glass.



Wain is busy with his hobby, golf! He joined the US Am Tour, where he won 3 tournaments this year. He also plays with his various golf buddies.



His family holds weekly zoom calls. With 10 brothers and sisters, the calls usually run for 4 hours!

When the pandemic started in March, all of Lily's activities were cancelled. Shortly after, all of them turned virtual.

She was in the 2019-2020 NJ LEND (Leadership Education in Neurodevelopmental Disabilities) program at the Boggs Center.

She is a member of Seniors Sing choir at Continuo Arts Foundation.

She practices mindfulness in a program called Dream Life in collaboration with Sanare Center for Integrative Medicine and Solazzare.

She is a member of The Max Challenge for her fitness and nutrition.

She leads a support group for families with individuals with developmental disabilities called NJ Parents of Exceptional Adults.

Some online resources are Noom for nutrition, Everwalk for walking and fitness, and Chef Todd Mohr for web cooking classes.

She keeps busy with cooking all homemade meals and combines her interest of photography by taking pictures of the finished dishes!



We find that lending a hand to others can help in staying positive. As a way to give back, Wain and Lily participated in virtual 5k runs/walks for Our House, Inc. who provides services to our children, for Shimon and Sara Birnbaum Jewish Community Center (JCC) who also provides services to the disability community, and Team Campbell Foundation who helps families dealing with childhood cancer. In addition, Lily participated in a virtual 5k walk for Broadway Cares/Equity Fights Aids and a virtual 10K walk for Middle Earth in Bridgewater.

As a family, we enjoy walking and hiking. We have visited Hacklebarney State Park and Washington Valley Park.



We also enjoy music, and one of the family's favorite musicians is Josh Groban. We all enjoyed his virtual concert!

