



Nantucket S.T.A.R. Fall 2022

by **Kerry Ray** on September 22, 2022

The sun has set on another wonderful Nantucket summer! While I miss the warmth and time on the boat and beach, I'm happy to be back to the rhythm of the school year. S.T.A.R. had a wonderful summer season of summer programs, both in the pool and on the beach.



We were so excited to return to the Community Pool for the first time since the pandemic with six weeks of Learn to Swim. What a joy it was to be back in the pool! Just as we welcomed old friends and new, we welcomed old staff and new to the program! S.T.A.R. parent Ian Graham brought his wealth of knowledge and experience to the group. Ian is an ex-swimmer and has led his daughter's Special Olympics swim team. We also welcomed Gracie Meisner to the pool and the beach. Gracie has experience in leading adaptive programming in her hometown, is an avid swimmer and teaches swim lessons. It was wonderful getting to know Gracie and Ian! Participants had a blast getting comfortable in the pool and working on stroke development. Some of our more experienced swimmers kept our staff busy, swimming lap after lap! Participants made leaps and bounds in terms of swim skills. One star even swam in the deep end unassisted for the first time! Way to go, swim

crew! What a wonderful collaboration between the Nantucket Community School and Nantucket S.T.A.R., supported by the Nantucket Golf Club Foundation!



We were blessed with absolutely amazing weather this summer, with plentiful sunshine, warm waters and hot temperatures- the perfect recipe for Ocean Adventures! Every Friday of July, S.T.A.R. staff and volunteers welcomed two groups of participants at Jetties Beach. In collaboration with Nantucket Community Sailing, our stars explored the ocean on kayaks and paddle boards. Much fun was had, cruising along the water together! Participants gained skills and confidence, while having an absolute blast. Some experienced the joy of standing unassisted on a paddle board for the very first time, while others really improved their paddling skills, easily zooming across the water independently. The double kayaks were a fantastic introduction to kayaking for some and amazing practice to paddle in sync with a staff member for others. We are grateful for the continued support of Ocean Adventures from The Nantucket Golf Club foundation.



Early fall adventure pods have been an amazing experience so far! Starting the first week of September, we took pods in a slightly different direction this session by adventuring with various community members and locations. This shift from our

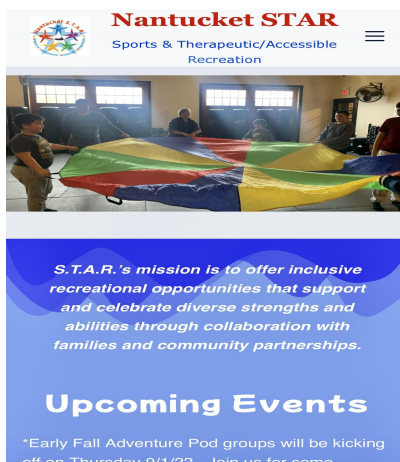
usual nature hikes has seen us cruising the harbor with Shearwater Excursions, visiting the Fire and Police Stations and moving mindfully with Marjory Trott at Children's Beach. It has been a joy to meet new people and explore with our stars! At the Fire Station, one participant joyfully exclaimed after the visit that she couldn't wait to be a fire woman! We are so grateful for our community partners who teach us so much about the world we live in and inspire our stars. Adventure Pods are made possible with support from the Community Foundation for Nantucket's Nantucket Fund.

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S.T.A.R. NEWS AND COMMUNITY EVENTS



Mark the calendar for our first Pumpkin Party! Join us on Saturday, October 29th from 1-4pm at Bartlett's Farm to view entries in the pumpkin decorating contest! Feeling creative? Join a team and decorate a pumpkin, large or small! All proceeds go directly to Nantucket S.T.A.R.! Spread the word!



If you have visited our website lately, you may have noticed some changes. In an effort to make information more accessible and increase functionality, we are in the process of restructuring the format and look of our site.

It is our hope a more organized and user friendly site will help get information out more effectively and act as a resource for the community. Keep an eye out for updates and many thanks for your patience as we continue to update our site .

*Thank you to Anna Steadman for your technological support ! *

Cape & Islands Social-Emotional Learning Parenting Workshop Series



Get Outside Cape Cod
WITH LISSY PERNA

OCTOBER 20, 2022 | 6:00-7:30PM | ZOOM

Learn how to get your kids motivated and excited to be outside with Lissy Perna, founder of Get Outside Cape Cod and author of "50 Cape Cod Hiking Trails: The Best Family-Friendly Nature Trails on Cape Cod." With insightful storytelling, Lissy shares her family's experience on local trails and the importance of being in nature. She will inspire you to get outside, too!

SCAN QR CODE TO REGISTER:



No cost thanks to the Coordinated Family & Community Engagement (CFCE) Grant.



Don't miss this exciting zoom presentation by Lissy Perna!

Lissy Perna is based on Cape Cod but this workshop aims to highlight the importance of spending time outdoors wherever you may be and how you can get more out of time spent outdoors.

If you have not already done so, please take a moment to complete the [Contact Information Update](#) form. I am trying to be sure that we have the most current and up to date information for all of our families and participants. Many thanks!

The DDS (Department of Developmental Services) Autism Division runs a program for **low-income children with autism** called the **Children's Autism Services Waiver Program**. This program serves children **under the age of 10** who meet both the clinical and financial eligibility that includes having/obtaining MassHealth Standard Insurance. The Autism Services Waiver Program allows children to receive Expanded Habilitation, Education, in-home services and supports, such as Applied Behavioral Analysis (ABA) and Floor Time, for a total of up to 3 years. At the conclusion of the three years of the intensive in-home services, a child may access ongoing Supplemental Services (for example respite and goods and services, etc.) that meet the child's needs until the child's 10th birthday. Currently, the program serves approximately 400 children a year. While the program is near capacity, they are expanding the number of participants and there is a high rate of turnover in the program every year, so they are looking to have a new pool of applicants to draw from to fill open slots.

The Autism Division is accepting **new application requests** for families interested in this program between the dates of **October 14, 2022 and October 31, 2022**. Applications must be postmarked or emailed from a parent/guardian no later than **October 30, 2022**.

The application form, family notice and related materials in multiple languages are available on the DDS website [DDS Autism Waiver Service Program Overview | Mass.gov](#) and at the seven regionally based Autism Support Centers (a list of the Centers is available on the DDS website). Please feel free to forward this along to anyone who may be interested.

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FALL PROGRAMS

The S.T.A.R. team is excited to roll out our fall session of programs. Some scholarships are available in cases of financial need. Program space is limited.

Stars on Ice

Come enjoy time on the ice, playing games, building social skills. Music is turned off and lighting is at a comfortable level. All levels are welcome. Ages 5 and up.

When: Mondays 4-450pm October 17, 24, November 7, 14, 21 &28

Where: Nantucket Ice Rink

Cost: \$65 and includes helmet/skate rentals

Registration required

*please indicate hockey/figure skate preference and size when registering.

Sensory Art

Join S.T.A.R. and art instructor Kat LiBretto at the Artists Association's Visual Arts Center to explore and create! Throughout the program we will explore a wide variety of media and sensory experiences to create beautiful art! Ages 6 and up.

When: Fridays 330-430pm October 21, 28, November 4, 18, December 2 & 9

Where: Visual Arts Center 24 Amelia Drive

Cost: \$65

Registration required

*please dress to create and get messy!

Cooking Class with Terri (virtual)

Join S.T.A.R. Board member Terri Dion for a virtual cooking class! Terri will lead the group in the preparation of a festive holiday dessert.

When: Saturday, November 19 3pm

Where: virtual

Cost: Free of charge

Registration required

*please indicate dietary restrictions, ingredients will be provided.

Participants can be registered for programming by emailing kerryr@nantucketstar.com

Stay tuned for more information on additional programs, news and events as they become available!

[READ MORE ON OUR WEBSITE](#)



Nantucket S.T.A.R.
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