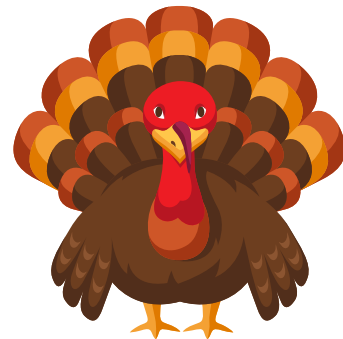




MONTHLY

# NEWSLETTER



NOVEMBER 2024 | ISSUE NO. 2



## FALLING INTO FUN WITH FRIENDS

Welcome to our November issue of the Embrace Abilities newsletter! We're excited to keep you connected with our latest events, resources, and inspiring family stories.

As the year winds down, special gatherings are planned to celebrate friendship, gratitude, and the amazing community we've built. Your support means everything to us, and we're so thankful to have you with us.

We hope you enjoy what's in store this month!

**BRIDGETT**  
Founder/President

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## PUMPKIN PLAYDOUGH

### Materials Needed

- 1 ½ cups all-purpose flour
  - ¾ cup salt
  - 1 ½ teaspoon cream of tartar
  - 1 tablespoon pumpkin pie spice
  - 1 ½ cups water
  - 1 tablespoon vegetable oil
  - optional orange food coloring
  - large cooking pot (or saucepan)
  - spoon
  - wax paper
- 
- Add ingredients to saucepan. Stir to combine.
  - Continue to stir the ingredients. Heat over medium heat for 4-5 minutes.
  - Cool and add coloring.
  - Knead the dough and enjoy!



## SEASONAL SUPPORT

The holiday season is full of excitement, but it can be overwhelming for neurodiverse children due to changes in routine, unfamiliar environments, and new sensory experiences. Preparing ahead of time can make the celebrations more enjoyable for everyone. Try using a visual schedule or social story to walk your child through upcoming events so they know what to expect. Practice holiday traditions like decorating or baking at home to familiarize them with new activities. When attending gatherings, pack a sensory kit with familiar items—



like fidget toys, noise-canceling headphones, snacks, or a favorite blanket. Create a plan for finding quiet spaces or taking breaks if things become too much, and don't feel pressured to stay longer than your child can handle. It's all about creating a comfortable and positive holiday experience for your family at your own pace!

## SENSORY PICKS

At Embrace Abilities, we love discovering sensory tools that provide calming and engaging experiences for neurodiverse children. One standout recommendation from our allied professionals is the liquid motion bubbler. This small, captivating tool is perfect for children who need a gentle, visual way to relax and focus.



The liquid motion bubbler is a simple yet effective sensory tool that provides a calming, visual experience. As the colorful droplets slowly flow down, they create a soothing effect that can help children calm down during moments of overstimulation. This repetitive motion can bring peace to kids with sensory processing challenges or hyperactivity, making it easier to focus and relax.

This versatile toy is also great for improving visual tracking skills and works wonderfully as a fidget tool for children who need gentle sensory input. Whether in the classroom, during therapy sessions, or at home, the liquid motion bubbler offers an easy and engaging way for kids to self-regulate.

The best part is that it never runs out—flip it over, and the calming flow starts again. If you'd like to try it out, consider using our [affiliate link](#) to support Embrace Abilities. Every purchase helps us continue offering free events and resources for families like yours!



## MEMBER SPOTLIGHT: REESE

Reese, age 9, joined Embrace Abilities in June 2024. A huge Sonic fan, he quickly found a friend in Samuel, who shares his enthusiasm. Before joining, Reese had a hard time forming friendships due to social challenges, but at Embrace Abilities, he found a space where he could be himself, free from judgment.

His excitement at being part of the group speaks volumes, and his story highlights the importance of creating a welcoming environment where kids can connect, feel accepted, and enjoy being themselves.

## OCTOBER HIGHLIGHTS

October has been full of connection and joy at Embrace Abilities, bringing our community together through inclusive gatherings and outreach.

We kicked off the month with our Inclusion Park meetup at Gautier's Town Commons Park, a brand-new, accessible playground for kids of all abilities. With 31 attendees, including two new families, the meetup was alive with laughter, exploration, and a genuine sense of belonging. We also had a special moment to celebrate our October Birthday Buddies with cupcakes, making the day even more memorable.

Families especially appreciated the foam-padded ground, offering even the youngest children a safe place to play, climb, and explore with confidence. It was a fantastic way for our families to come together, enjoy a beautiful day outdoors, and forge lasting connections.



In the spirit of Halloween, Embrace Abilities joined local celebrations with events like Trunk or Treat at St. Paul's and Table or Treat at Chick-fil-A in D'Iberville. These festive outings allowed us to connect with new families, share treats, and spread our message of inclusion and support, strengthening our community bonds in meaningful, family-friendly ways.

We closed the month with a Coffee with Caregivers session led by board member and Board-Certified Behavior Analyst Kenzie Parker. Kenzie shared practical behavior management techniques to foster positive family interactions in a supportive space to learn and connect.

Special thanks to A Latte Friends for providing the coffee and Kim and Ashley Nash for providing delicious refreshments. Attendees enjoyed a warm, informative morning filled with shared experiences, helpful insights, and community support.



ID 327967679 | Kids Thanksgiving © Yana Lysenko | Dreamstime.com

## NOVEMBER 9TH

Mark your calendars for our upcoming Friendsgiving on November 9th from 1 to 4 PM! We'll have food, games, and fun for the whole family as we celebrate in a warm, welcoming space. Don't miss this chance to connect and make lasting memories!

**D'IBERVILLE RECREATION CENTER**  
10706 Kajja Dr, D'Iberville, MS 39540



## DECEMBER 15TH

Save the date for our Christmas Party on December 15th from 1 to 4 PM! Get ready for an afternoon of festive fun, holiday treats, and a special visit from Santa. Join us to celebrate the season, share some laughs, and make joyful memories with friends and family!

**D'IBERVILLE RECREATION CENTER**  
10706 Kajja Dr, D'Iberville, MS 39540



## BIRTHDAY BUDDIES

A big Happy Birthday to our amazing November Birthday Buddies!

We hope your special day is filled with joy, laughter, and lots of fun. We can't wait to celebrate with you at our next meetup! If you see them, send some extra birthday cheer their way!

- November 1st - Evan
- November 11th - Liam
- November 13th - Ethan
- November 17th - McKinley
- November 18th - Will & Bryant
- November 19th - Henry & Abigail
- November 23rd - Jaxon
- November 24th - Anna
- November 30th - David
- November 30th - Levan

# IMPACT

In Q3 2024, Embrace Abilities expanded our reach, formed new partnerships, and launched key initiatives to support families across the Mississippi Gulf Coast and beyond. We are proud to share our progress and celebrate the positive impact we've made together.



## COMMUNITY GROWTH

Increased the number of families served from 37 to 76, expanding support across all coastal counties, including Simpson, Marion, and Mobile.



## NEW PARTNERSHIPS

Partnered with Victory Behavioral to bring Story Time to our events, creating joyful and enriching experiences for children. Together, we're fostering spaces where kids can connect and grow.



## INITIATIVES & SPONSORSHIPS

Introduced the Birthday Buddies initiative and secured \$2,148.51 through individual and corporate sponsorships to support future growth.

# OUR SPONSORS

*We are deeply grateful to our sponsors for their generous support, which enables Embrace Abilities to provide free, inclusive events and resources for families across the Mississippi Gulf Coast. Your contributions help us foster friendships, connect caregivers, and build a supportive community for children and teens with diverse needs.*

## GOLD SPONSORS



## SILVER SPONSORS



## BRONZE SPONSORS



## COMMUNITY SUPPORTERS

ALMEIDA'S MEXICAN RESTAURANT

INTERESTED IN A SUPPORTING US? EMAIL [DONATE@EMBRACEABILITIESMS.ORG](mailto:DONATE@EMBRACEABILITIESMS.ORG) OR CALL (228) 400-5011.

HUG HAPPENINGS