



A Dance Class For Me!

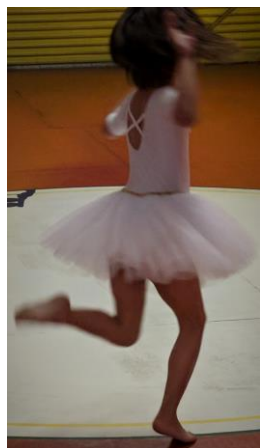
NOT YOUR TYPICAL DANCE CLASS

Volume 1 / Issue 1

UPWORTHY.ORG PRESENTS!

If you missed it, something extremely exciting happened this year. Scott Cronan from Upworthy.org asked if I would be part of his documentary. What could I say? I knew of Upworthy and because I like their mission I said yes!

If you haven't seen it, you can find it on Facebook by searching for Upworthy.org Presents. The documentary is called Dance Therapy and was posted on 7/11/18.



Joyful student being herself.

HERE ARE SOME UPDATES

Summer has been a busy time. The documentary by Upworthy Presents was very exciting, especially since it was viewed over 2.5 million times on Facebook!

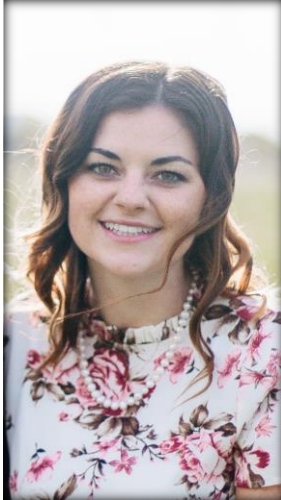
The Orange County Children's Therapeutic Center (OCCTAC), with the support from Mrs. McDowell who put a huge effort into raising funds for this camp, has put on a Special Needs Summer Camp. Elizabeth was invited to take part in the camp. A Dance Class For Me!® was offered daily the first week, Reiki and Comedy Improv the second week. The dance class included tap. Several shoes were borrowed from Elizabeth and some wore her Tap Wraps.

Heather Merkley, a student at BYU, contacted me to be an "Intern" for A Dance Class For Me!® Of course, yes! I have never had an intern and Heather seemed like the perfect candidate. Since she was going to be in town anyway while her husband attended his own internship she joined as many classes as she could.

A Dance Class For Me!® is now copyrighted. All choreography and classes fall under the copyright. And new classes have been added.

OCCTAC AND TAP WRAPS

During the Summer Camp the students who didn't own folklorico or tap shoes borrowed tap shoes that I have been collecting over the years. Not all students had a pair to borrow. And a few couldn't wear tap shoes for physical or sensory reasons. For these circumstances I have created a soft sock with taps to fit over street shoes. I call them Tap Wraps. Students on the Autism Spectrum have different sensory issues. Only one or two of my students refuse to put tap shoes or tap wraps on because of the sound, feel, or other sensory problem. That's okay. There is never pressure to change shoes or try tap. The greatest benefit of having tap in class is transition for the students. As the week went on, the students transition from their shoes to tap shoes became smoother and smoother.



HEATHER MERKLEY – A DANCE CLASS FOR ME!® OUR FIRST EVER INTERN

Heather describes herself as enthusiastic and passionate about the field of Autism and engaging with individuals with special needs. After volunteering, playing with, and working as a Job Coach and Registered Behavior Technician she realized how much she loved this population for being so genuine and down to earth!

She is studying Therapeutic Recreation and Nonprofit Management at Brigham Young University in Provo Utah.

Heather found dance to be extremely therapeutic as she grew up. She wants everyone to have the opportunity to experience the joy and benefits of dance regardless of their mental or physical state.

She was extremely wonderful to have in class. She agreed to volunteer for OCCTAC and is working with me during the summer camp. The students loved her.

A NEW STUDIO FOR A DANCE CLASS FOR ME!®

I'm so happy to be working at LaPham Studio. The Owner Tracy Pham is great and very supportive of programs like mine. She's a ballet teacher with a beautiful studio in Fountain Valley with air conditioning, a great sound system, and it's a very good location with plenty of parking in the back.

PLEASE FIND THE LATEST FLYER FEATURING CLASS SCHEDULE AND NEW LOCATION

You'll find it on the back of this newsletter.

MAMA NEEDS A NAP!

Inspired by the moms who bring their kids to class who asked me what day of the week it was and then apologized for seeming so lost, I told her that most of the parents look that way when they bring their student. It looks to me like some of the parents need some self-care, even if it's just a nap. I discussed the idea of starting a Meetup for mothers of special needs kids with a friend she asked me what would I call it, the name just popped into my head, Mama Needs a Nap! We haven't met yet but there are 15 members. If you would like to join, please do, you can also join a Facebook group with the same name. I thought we could meet for meditation, a dance class, a yoga class, a pole dancing class, support, anything that would be just for

Conference Coming Up



Date: October 13-14th, 2018

Time: Check in begins 8:00 am on Saturday, October 13th

Location: Liberty Station Conference Center San Diego, CA

Definitely worth looking into. I went last year, all speakers were on the Autism Spectrum. The conference was intense but wonderful and informative.

<https://loveandautism.com/for-parents/>

TAP TIPS

A Dance Class For Me! will include tap starting this fall. Folklorico or Flamenco shoes can be used for tap. Students may borrow tap shoes if their size is available, borrowed shoes stay with the instructor. If you would like to purchase taps for your student, here are a few tips.

DISCOUNT DANCE SUPPLY

www.discountdancesupply.com

ELIZABETH ROSE CHACON WILL HAVE A CODE YOU CAN USE FOR DISCOUNTS.

THERE IS A "SALE" SECTION ONLINE OR YOU CAN WAIT UNTIL THE SHOES YOU WANT GO ON SALE.

TWO STORE LOCATIONS NEARBY:

- 1931 N. TUSTIN AVE, SANTA ANA, CA 92705 (714) 835-7275
- 1501 RAYMOND AVE, ANAHEIM, CA 92801 (714) 999-0955

CERTAIN BRANDS OF SHOES GO UP TO SIZE 12

GOODWILL SHOPS OR SALVATION ARMY SHOPS

YOU CAN LOOK IN THE SHOE SECTION, SOMETIMES TAP SHOES ARE THERE MIXED IN WITH ALL THE OTHER SHOES. YOU JUST HAVE TO SEARCH.

Payless

Payless sells tap shoes for kids.

Tap wraps will be available for those who don't have a pair to borrow or can't put tap shoes on.

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WORD OF MOUTH REFERRAL PROGRAM

New referral program has been introduced. If you refer a parent for classes you will receive either:

A \$5 gift card to Starbucks (or other place if you prefer) There is no limit of referrals for a gift card.

A discount of \$5 on one month of payment/tuition. (Only one discount per month.)

New student does not have to enroll in a class. The goal is to spread information about my class by Word of Mouth.

UPCOMING PERFORMANCE OPPORTUNITIES

STUDENT PERFORMANCE ON 10/19/18 AT 8 PM

All students who take my class are invited to perform in the auditorium in the Huntington Beach Central Park Library. This show is open to students in Fountain Valley and at OCCTAC in Santa Ana. They will all learn two dances so they can dance together. Even the 2 year old students will be allowed to perform. The fee to participate is \$35 per family. Each family will receive a certain number of tickets. My goal is to fill the auditorium half way with family and friends of the students. You can give tickets to teachers, therapists, anyone who has an interest in your child's well-being. We can also sell tickets for \$5 each to the general population. Rehearsal starts at 7:00 pm, the auditorium will open to the audience a few minutes before 8:00 pm. The show will last about 30 minutes and will be autism-friendly. House lights will not go completely out. Students will have lights on back stage so they aren't overwhelmed by darkness. Costumes are not required but parents can discuss whether or not they want certain colors for tops and shirts. The students will only need to change into tap shoes back stage. If you are interested, please let me know. I will take \$10 deposits per family. The final payment totalling \$35 will be due October 1st.

ANNUAL AUTISM SPEAKS WALK PERFORMANCE ON 12/9/18

I'm proud to announce that my students have been invited to perform at the Orange County Walk for Autism Speaks, December 9, 2018. No fee to participate. All families will be updated with the information regarding time of performance.

NEW RESOURCE INFORMATION

NEW!! Transitioning to adulthood for children with special needs. The following links are recommended by Christy Clawson, one of the owners of wondermoms.org/. Preparing for adulthood is important for students with special needs. Information is power, here is some information.

Tenants Rights and Housing Assistance for the Disabled

Managing Your Child's Transition to Adulthood

Transition to Adulthood: Home Remodeling for Young Adults with Special Needs

Special Needs Checklist: How Disability-Friendly is Your City?

Vocational Training for Adults with Special Needs

NEW!! Coming in September of this year is a Certification for Autism Works Now (AWN). AWN 1-day Pre-employment skills to jobs training workshop includes book, 8-month AWN program planning week by week notebook & AWN Certification. For parents, employers, service providers, educators, administrators, transition programs, residential and day programs, non-profits & organizations that work with young adults with autism & special needs go to autismworksnow.org/ to learn more. Or find and follow on Facebook at @AMTAWN.

818-425-4129
ewizabephamp@gmail.com
www.ercampprovider.com

Saturdays at 11:00 am Assessments Available

Saturdays at 11:30 am A Dance Class For Me! (Age 2-3)

Saturdays at 12:00 pm A Dance Class For Me! (Teen)

Saturdays at 12:30 pm A Dance Class For Me! (Age 4-5)

Saturdays at 1:00 pm A Dance Class For Me! (Age 6+)

Sundays at 11:30 am A Dance Class For Me! (Teen & Young Adult)



Reiki Special

After teaching Reiki at the OCCTAC Summer Camp some were asking for Reiki sessions. If you are interested the price is \$15 and they can be scheduled in Santa Ana at Huntington Beach Reiki.

(818) 425-4129 Call or Text

ewizabephamp@gmail.com

Spa Party

Elizabeth has friends who love spa parties. If you do, too, join us! Contact Elizabeth for information for the location and time for the next party.

Student Performance on
10/19/18 at 8 pm

A Dance Class For Me!
NOT YOUR TYPICAL DANCE CLASS

Classes going on
now!

Call Elizabeth Rose Chacon now for an assessment!

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\$15 per Assessment
\$20 per class/\$75 per month
(1 month in a month, 6 months 12 \$60 per month)

Classes at LaPham Studio
8780 Warner Ave #8
Fountain Valley, CA 92708

