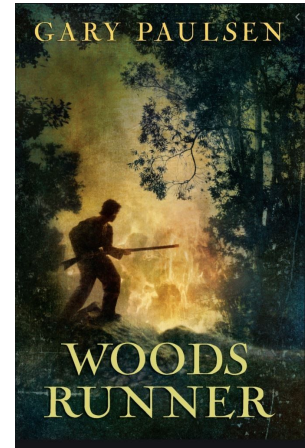


# Fall Offerings

## Book Club

Book club is back. The group finished *Heroes, Gods and Monsters of the Greek Myths* and is on to *Woods Runner* by Gary Paulsen. Paulsen is famous for another classic, *Hatchet*. Generally book club is more about sharing personal connections to the reading, or what resonated with an individual. However, the experimentation with imagery and diction in *Woods Runner* has led to interesting literary analysis. As the students are getting ready to wrap up their second book, there is big news on the horizon. For the next book, members are going to use the Phoenix Public Library digital catalogue. Members are able to check out books and audiobooks from the catalogue using the Overdrive app on their iPads. Along with access to the online catalogue through the Overdrive app, members will have access to Kanopy, a web service used by universities that contains thousands of documentaries, foreign films, classics and indie films.



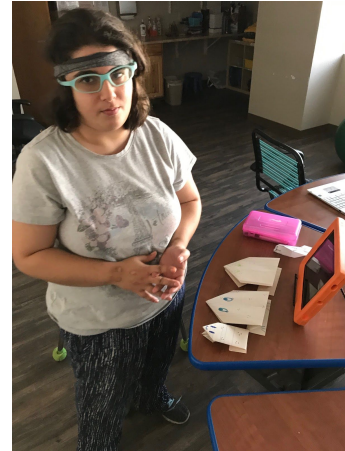
## CoCaVoX

CoCaVoX may sound silly, but it is what Life Access is all geared toward. It means college, career, volunteer exploration. This course truly has something for everyone. Some participants may have their eyes set on all three of these topics, others may only be looking at one or two at the moment. It is relevant whether someone is weighing their options, ready to start applying or is already working or taking classes. Students also benefit immensely from the expertise our newest team-member, Lynn, brings to the table. She is an adult with autism who has personal experience transitioning into adulthood, taking college courses, working and volunteering. A typical day could range from researching and applying to classes, jobs or volunteer opportunities to going off-site to volunteer, work or take a class. This is also the class to figure out what kinds of supports are needed to be successful. Whether someone needs to figure out a sensory routine that sets them up for the day or they need one-on-one support in the classroom, CoCaVox is the place to figure it out and get it done.



## Communication Skills

Communication Skills is a time to work on all things communication. Total communication refers to the copious methods of communication all people use to communicate. People text, email, gesture, choose items on menus, make facial expressions; all of these methods of communication have a time and place they are most appropriate. That is why it is important to have many communication tools in your toolbelt. On the days Lynn is in the classroom she leads the group in a discussion. She immediately had thoughts about how to maximize the relevance and usefulness of the course time, and her discussions are always a highlight. However, this class is not just about broadening communication skills; it is also a time to focus on specific skills and hone those. This may look like practicing typing with less support, using your voice to communicate or having a conversation using an app like TouchChat.



Students are also encouraged to make sure their communication apps have relevant, personalized and useful options and layouts. Recently the students have extended the realm of communication to include maps and street signs. Safely and effectively utilizing these forms of communication is essential for anyone wishing to go into the community to work, volunteer, go to class or meet up with friends.

## Healthy Lifestyle Club



Health is often simplified down to physical health. That is certainly part of it, but health really refers to an individual's physical, mental and social well-being. With that in mind, Healthy Lifestyle Club is a lot more than a physical education class. In addition to participating in activities like dance, sports, yoga and exercise, members learn about sleep, nutrition, illness, cooking, and emotional health. Through this lense, even everyday tasks like keeping your living or working space clean are part of leading a healthy lifestyle. Similar to Communication Skills, this is also a time to work toward independence. If a sensory strategy is helpful, is there a way to get the same effect with less support or without equipment? Now bring it all together, it is a great time to take information from CoCaVoX about a prospective opportunity and come up with a pre-work/class sensory routine.