

DEVELOPMENTAL  
& BEHAVIORAL PEDIATRICS

# NEWSLETTER



A monthly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center

## Jewish Holidays

Rosh Hashanah, the Jewish New Year, is one of the two High Holidays that arrive each fall. The other is Yom Kippur, the Day of Atonement. Rosh Hashanah is generally a time of spiritual reflection and prayer. There are apples and challah bread dipped in honey in the hopes of having a "sweet" new year, one that is filled with love, happiness, joy, and celebration. A special horn called a shofar is blown. Yom Kippur is considered to be the holiest day of the year for the Jewish people. It is a solemn day with no working, eating, or drinking. Often Jews spend the day in synagogue in order to feel closer to God and to ask repentance for one's sins. For those who celebrate you can wish them a "meaningful holiday" or say "L'Shana Tova" (Happy new year!).



### September Holidays:

- *September 5: Labor Day*
- *September 22: First Day of Fall*
- *September 25-27: Rosh Hashanah*
- *October 4-5: Yom Kippur*

## Fall Events



Even though everyone is getting ready to go back to school, there are still some fun local events happening! Below are some free events around the Boston area:

**September 4:** Deaf and Hard of Hearing Night at Fenway Park

**September 8:** Virtual Disability Forum with Candidates for Governor of Massachusetts

**September 10-11:** The Boston Arts Festival 2022

**September 11:** Cambridge Carnival

**September 17:** Open Barnyard at Weir River Farm (Hingham)

**September 18:** Boston Local Food Festival

## Clinician Spotlight:

Get to know your DBP providers with our clinician spotlight!

This month meet **Dr. Arathi Reddy!**

Q: How many years have you worked at BMC?

A: 11 years

Q: Where did you attend medical school/training?

A: Western University of Allied Health Sciences (med school), Atlantic Health System (peds residency) and Albert Einstein College of Medicine (DBP training)

Q: What do you enjoy most about working in DBP?

A: I love working with our wonderful patients, watching them grow and make progress over time

Q: What's a fun fact about you?

A: I love candy even though my father was a dentist!



## New College Opportunity for Students with Autism and IDD

On July 28, 2022 Massachusetts became the first state in the nation to open college opportunities to students with Autism and IDD. This law known as; "Inclusive Concurrent Enrollment 4," grants students with Autism and IDD access to higher education. Students will be allowed to "participate in undergraduate academic courses, internships, work-based training's, extracurricular activities and all other aspects of campus life." Under this new law, students will not be required to take standardized tests/apptitude tests, have a high school diploma, meet high school course requirements, meet a minimum grade point average, or have a passing score on the statewide assessment test used for acceptance." Massachusetts colleges and the department of higher education will be working on establishing "guidelines to ensure participating individuals select courses that are appropriate to their individual strengths, needs, preferences and interests." For more information you can read the full law [HERE](#).

## Acorn Painting!

Looking for a fun and easy craft project? Try acorn painting! All you will need is:

- \*paper
- \*paint
- \*a container with a lid
- \*acorns



1. Place the paper in the container
2. Dip the acorns in paint and drop them into the container with the paper
3. Close the container
4. SHAKE IT UP!



Once your arms are tired from all that shaking, open the container and see your beautiful art work!!

## Resources



Boston Medical Center is here to support you during this difficult time. Check out our new resource spreadsheet, which has links to online learning, social stories, music/animal/fitness programs, live online classes and more. See the second tab for free meals and financial services throughout Massachusetts. This spreadsheet is available in multiple languages and will be continuously updated as new resources become available. Know of something to add?

Email us at  
[autismprogram@bmc.org](mailto:autismprogram@bmc.org)  
 with suggestions.

For past recordings of our webinar series: Caring for Kids with Autism and Developmental Differences, please visit <https://www.youtube.com/channel/UCifYfJKUuSa8XzytUcn-Anw>



## Clinic

Developmental & Behavioral Pediatrics clinicians are available by phone/Zoom for telehealth visits and consultations. Please call us at 617-414-4841 if you have any questions or are in need of support. To create a free zoom account, visit [zoom.us/signup](https://zoom.us/signup).



## Our Clinicians

Marilyn Augustyn, MD  
 Naomi Steiner, MD  
 Arathi Reddy, DO  
 Ana Carolina Sanchez, MD  
 Jodi Santosuosso, NP  
 Rachel Amgott, NP  
 Christina Lazdowsky, NP  
 Mei Elensary, MD  
 Alyssa King, PhD  
 Ana Treadaway, MD  
 Mediatrix Mbamalu, MD  
 Christine McGivney, DO  
 Jocelyn Kuhn PhD  
 Audrey Christiansen, MD  
 MaryEllen Killion, RN

## ABOUT THIS NEWSLETTER

This newsletter is brought to you by the Autism Program at Boston Medical Center, a family support program of Developmental & Behavioral Pediatrics. We are committed to supporting any family of DBP during this time, regardless of diagnosis. Please don't hesitate to reach out, and follow us on social media for more tips and information!



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The Autism Program at Boston Medical Center



@BMCAutismProgram