



The International
22q11.2 Foundation Inc.

Monthly News & Updates

International 22q11.2 Foundation, Inc.

March 29, 2020 | Issue 2

A Few Updates from our Medical Advisory Board

22q FAMILIES AND FRIENDS --- On behalf of the International 22q11.2 Foundation, we hope this message finds you in good health. As the world adapts to these unprecedented circumstances, we wanted to share some educational, interventional and financial links that we hope will help you all through these difficult times.

We do hope you will join us to celebrate our **“10th Anniversary 22q at the Zoo - Worldwide Awareness Day”** being celebrated **virtually** under the COVID-19 restrictions. 22q at the Zoo is truly the one moment of the year where no matter where you live you are not alone! So even though Life may currently be a Zoo – the International 22q11.2 Foundation, Inc. will always be there for you!

Join us on
May 17th, 2020

at our **Virtual**
22q at the Zoo
Worldwide Awareness Day[®]

The International
22q11.2 Foundation Inc.

What's Happening?

22q at the Zoo – Worldwide Awareness Day goes **VIRTUAL!**

Please join us on Sunday May 17, 2020 for our virtual zoo day!

[Learn
more](#)

RESOURCE LINKS - Please feel free to click on the links below:

Sesame Street - Your friends on Sesame Street are here to support you and your family.

Boardmaker - Free coronavirus communication and teaching resources
Joe Wicks is the Nations P.E. Teacher with free daily kids workouts on youtube

Speech Buddies - 6 free online speech therapy resources for kids

Edhelper - Free printable worksheets

Seussville - Read, play games and hang out with Dr. Seuss

Watch Broadway Shows - online for free with a 7 day free trial

Visit the Kennedy Space Center without leaving the couch

YouTube Videos:

COVID-19 iN Kids

Sonja A Rasmussen, MD, MS
Professor, Department of Pediatrics & Epidemiology

IEP RIGHTS - Special Education attorney and COPA Board member shares students' IEP Rights during pandemic

Resources through the Children's Hospital of Philadelphia

Manage Anxiety in the Face of the COVID-19 Pandemic

By Lily Brown, Ph.D., Center for the Treatment and Study of Anxiety, Penn Psychiatry

Try These Integrative Strategies to Stay Healthy

Today, the Integrative Health team is sharing evidence-based recommendations from physicians at the University of Arizona Andrew Weil Center for Integrative Medicine titled "Integrative Considerations during the COVID-19 Pandemic."

Build Resiliency During COVID-19 with These Tips

"In times of uncertainty, we may not always be able to control the outcomes, but we can control our response to them," says Lauren Chestnut, Program Manager for Wellness/Work Life. "And that's resilience."

Find Educational Resources for At-Home Children

The COVID-19 pandemic has created challenges for families across the country. As more and more schools close, requiring school-age children to remain at home in an effort to promote self-distancing, parents/guardians are

looking for ways to maintain their responsibilities while supporting the educational needs and development of those in their care.

Tips for Families Supporting Kids With Special Needs During the Coronavirus Crisis

We know many families are facing challenges adapting to a new normal, and this shift can be particularly difficult for children with special needs like autism spectrum disorder. We are all in this together, and want to offer a few ideas and resources for support during an uncertain time. Dr. Kate Wallis and Dr. Shruti Mittal offer some tips to help your family navigate this challenging time. Although these tips are designed with children with special needs in mind, you may find that these are useful considerations for all children.

US Department of Education

Questions and answers on providing services to children with disabilities during the Coronavirus Disease Outbreak



Request Emergency Financial Assistance if Impacted by COVID-19

Senate Passes Updated Economic Relief Plan (CARES Act) for Individuals and Businesses - Understanding what this means for families and businesses.

Coronavirus Financial Assistance Military Service members and families who have been affected financially as a result of travel restrictions, closures and other events from the coronavirus can check with their service relief organization to see if emergency help is available.

Financial Assistance After A Disaster - Find out how to get emergency financial help from the government if you have been the victim of a disaster.

The following information is a list of states which contains policy changes, opportunities for communities and families, and general updates with links to information for everyone who has been affected by the COVID-19 Pandemic.

- **Alabama**
- **Alaska**
- **Arizona**
- **Arkansas**
- **California**

- Colorado
- Connecticut
- Delaware
- Florida
- Georgia
- Hawaii
- Idaho
- Illinois
- Indiana
- Iowa
- Kansas
- Kentucky
- Louisiana
- Maine
- Maryland
- Massachusetts
- Michigan
- Minnesota
- Mississippi
- Missouri
- Montana
- Nebraska
- Nevada
- New Hampshire
- New Jersey
- New Mexico
- New York
- North Carolina
- North Dakota
- Ohio
- Oklahoma
- Oregon
- Pennsylvania
- Rhode Island
- South Carolina
- South Dakota
- Tennessee
- Texas
- Utah
- Vermont
- Virginia
- Washington
- West Virginia
- Wisconsin
- Wyoming



Birthday Coming Up? Plan a Virtual Celebration!

Celebrate **YOUR** birthday with us on our Facebook page! Create a FUN-draiser with your friends and family and raise funds for the International 22q11.2 Foundation.

[Visit](#)

Please remember us when shopping online! Every little



bit helps!

0.5 % of all eligible purchases benefit the individuals and families served by The International 22q11.2 Foundation at no additional cost to you. Visit [here](#) how to register for **AmazonSmile**.

Remember to bookmark and continue using **AmazonSmile** <https://smile.amazon.com> to ensure that all your eligible purchases benefit 22q!

[Visit](#)

Sincerely,

The Executive Board International 22q11.2 Foundation, Inc.

Here for You Since 2003!

www.22q.org

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