



Summer 2017

# Autism Society of the Fox Valley Newsletter

## Message from the President

Summer seems to be flying by and ASFV has been busy. ASFV held a very successful golf outing, the social groups continue to thrive, and we are planning the September 9th ASFV/Xavier High School football camp. Bob Olson is coordinating this wonderful event. Email him with questions or registration: [bob.olson1976@gmail.com](mailto:bob.olson1976@gmail.com)

**The ASFV has a new website and email address:**  
**[www.autismfoxvalley.org](http://www.autismfoxvalley.org) and [info@autismfoxvalley.org](mailto:info@autismfoxvalley.org). Social outing registrations are now being taken at [asfvevents@autismfoxvalley.org](mailto:asfvevents@autismfoxvalley.org).**

ASFV continues to look for opportunities for social outings for families. Our Bay Beach outing was a huge success, over 100 people attended. The July 23rd Horse Riding event still has a few openings and it's not too late to get your tickets for the August 5th T-Rats game. Info for both events is inside this newsletter or on the Facebook page.

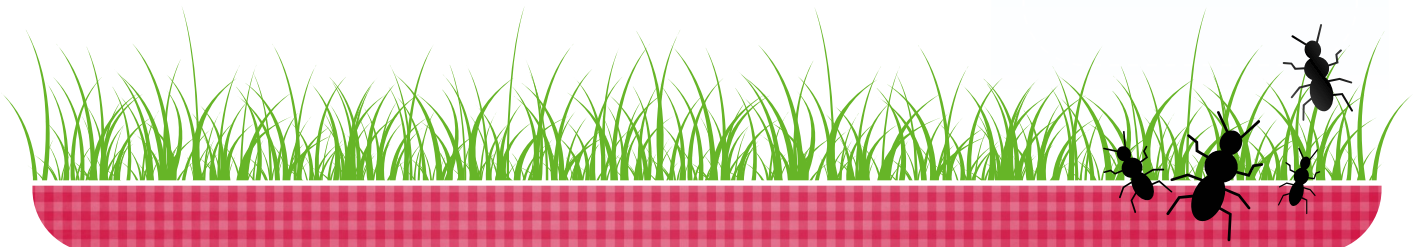
ASFV continues to be an all volunteer board who actively seeks input from our membership. Please feel free to offer suggestions and attend monthly board meetings (held the 4th Tuesday of every month at Goodwill in Menasha). We want to hear from you. ASFV strives to provide a high level of support and opportunities.

Have a wonderful summer,  
Diane Nackers, President



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## Monkey Joe's Playdates— Back in September

Thank you to all of the wonderful families who make these playdates such a success. We have the dates booked for the school year, so save the first Saturday of each month starting September 2nd.



## Hanging Out Social Outings



ASFV offers social opportunities for kids 7 – 12 years old who have high functioning autism or Asperger's. The children have participated in a variety of outings. The goals of these outings are to foster socialization, experiences, and fun. All outings are supervised by the social group facilitators. All event opportunities are emailed to parents. If you would like your child on the list please email Diane Nackers: [asfvevents@autismfoxvalley.org](mailto:asfvevents@autismfoxvalley.org)

## Teen Group

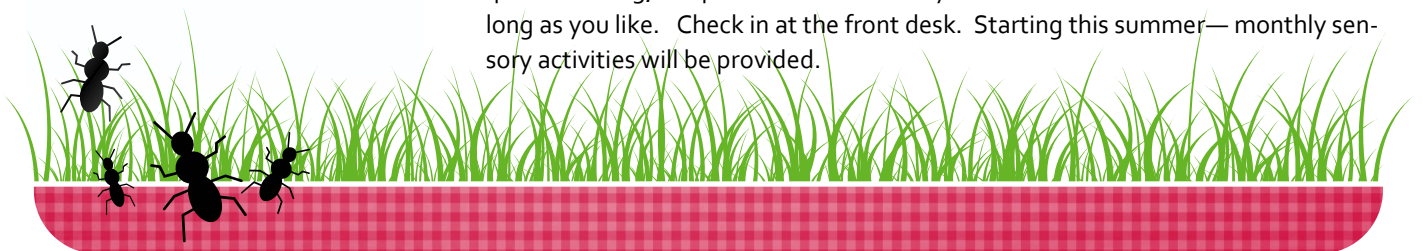
The ASFV teen group is in its 7th year!! We hold monthly outings at a wide variety of locations. The group consists of teens 13-19 who have high functioning autism or Asperger's syndrome. The teens should demonstrate a level of independence so they can participate in community outings without parental supervision. The teens are supervised by board members Diane Nackers. All events are emailed to those who wish to be on the list of outings: [asfvevents@autismfoxvalley.org](mailto:asfvevents@autismfoxvalley.org)



## Spectrum Saturday Continues—Note Time Change

Spectrum Saturday events are held at The Building for Kids—downtown College Ave Appleton— at no cost to the families who participate. Doors open at 8:30 am the 3rd Saturday of each month.

The new start time reflects the need for some families to start their adventure in a quieter setting, but please feel free to stay as long as you like. Check in at the front desk. Starting this summer— monthly sensory activities will be provided.



## Parent Support Group Meeting

Are you interested in talking with other parents who have children on the spectrum? Once a month, parents have the opportunity to get together in a relaxed, informal atmosphere to talk about everything from their personal experiences to the latest available resources.

The ASFV Parent Support Group will meet on the **first Sunday of each month from 6-8pm at**

**211 E. Franklin Street, Appleton, WI 54911.**

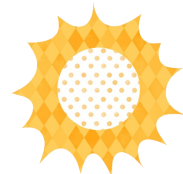


Free parking is available in the adjacent lot and our meetings will be held in the 1st floor board room space. The exterior doors will remain locked for safety purposes, but a doorbell is available for entry.

For more information contact :

[info@autismfoxvalley.org](mailto:info@autismfoxvalley.org)

*ASFV mission statement: The Autism Society of the Fox Valley, Inc. was established in 1989. We are a 501 (c) 3 non-profit organization serving the counties of Calumet, Fond du Lac, Outagamie, Waupaca and Winnebago. Our mission is to provide information and referral, advocacy, public awareness, education and support for individuals, families, professionals and others who support people with autism.*



## Autism Society of WI Service Area Update

Beginning in January of 2017, the Autism Society of Wisconsin is transitioning from a state affiliate to serving a portion of the state as defined by our new 53 county service area. The change is a result of a decision made by the national Autism Society. Our new service area begins with Vernon, Juneau, Adams, Marquette, Green Lake, Fond du Lac, and Sheboygan counties and extends up to the Northern border of Wisconsin. We are currently keeping the name, the Autism Society of Wisconsin, but may consider a name change in the future that better reflects our new service area.

The Autism Society of Wisconsin serves as the parent organization for five local affiliates located throughout our service area. These affiliates will continue to offer the same wonderful programs and services they always have. As direct affiliates under the National Autism Society, the Autism Society of South Central Wisconsin and the Autism Society of Southeastern Wisconsin are responsible for serving the remaining coun-

ties in the southern part of the state.

The Autism Society of Wisconsin continues its commitment to making a difference in the lives of those affected by autism in Wisconsin. We hope to work with the other affiliates to continue our statewide initiatives such as hosting the Essay Contest, developing and distributing our Next Steps guides, and working collaboratively on advocacy issues.

The Autism Society of Wisconsin looks forward to our future, focusing on our new 53 county service area. We're excited to work with our local affiliates and other local partners to build capacity in our communities. Please give us a call if you have any questions.

For more information call: 888-428-8476





2016 Horse Event



## 4H Horse and Pony Project Spots Available



This amazing event still has a few spots available. When all 50 slots are filled a waiting list will be created.

**Please reply before Sunday, July 16th** to Diane Nackers:

[asfvevents@autismfoxvalley.org](mailto:asfvevents@autismfoxvalley.org). A list will be compiled on a first-come, first-served basis.

**Where:** Winnebago County Fairgrounds, Oshkosh

**When:** Sunday, July 23rd 2017

**Times range from 12-2. More specific information will be mailed with your registration request.**

## Timber Rattlers - Last Call

**When:** August 5, 2017

**Where:** Timber Rattlers Stadium, Appleton

**Time:** Potluck tailgate supper starts at 5:00 until game time. ASFV is sponsoring the meat, buns and soft drinks. Please bring a dish to pass.

**Cost:** \$5.00 per ticket for boxed seats. Come join us and see all the new changes to the stadium!!



**Contact Steve Brennan ASAP at [sbrennan78@yahoo.com](mailto:sbrennan78@yahoo.com)**



## Octoberfest Volunteers Needed—September 30, 2017

ASFV supports their mission for community education and public awareness by manning a burger and brat stand at Octoberfest. We are in need of volunteers who are willing to work a 2 to 4 hour shift. No experience needed—just be ready to have lots of fun!!!

ALL profits from the food and t-shirt sales go directly to the family programs we offer.

Please contact Heidi Dahle at

[heididahle2003@yahoo.com](mailto:heididahle2003@yahoo.com)



**SKY ZONE**  
TRAMPOLINE PARK



*Join Us!*

**Sensory Morning at  
Sky Zone Appleton**

Sky Zone turns down the music and dials down the distractions for the comfort of our extra special jumpers. We welcome children and adults with special needs, their family, AND friends to jump! We will make every effort to accommodate ALL jumpers.

Every 2<sup>nd</sup> & 4<sup>th</sup> Sunday of the month from 9:30am to 11:30am!

\$10 to jump, \$2 for reusable Sky Socks

3169 Van Roy Rd, Appleton, WI 54915 (920)351-4441  
[Tracey.sorenson@flyhighparks.com](mailto:Tracey.sorenson@flyhighparks.com)



## SAVE the DATE—September 9th



Join us for our 12th Annual Football Camp! This coed, non-contact camp is perfect for all ages and abilities! Sponsored by the Autism Society of the Fox Valley with support from the Appleton Xavier Hawks Football team, coaches, parents and staff. Siblings and parents are welcome on the field with the campers. A picnic style lunch will follow the camp. The camp is FREE for kids of all ages.

LOCATION: Xavier High School Football Field, 1600 W. Prospect Ave, Appleton Event Timetable:

10:15-10:45: Registration

10:50: Introductions and Instructions

11:00: Station work (10 stations at 6 minutes each)

12:00: Picnic Style lunch for the entire family inside Xavier High School

12:10 – 12:20: Assembly for awards when everyone is seated

\*If your child requires a special diet, please plan accordingly. We are unable to meet individual requests. The picnic lunch provided consists of burgers, brats, a variety of salads and drinks.\*

\*\*\*\*\* **Registration is required.**

Player Name: \_\_\_\_\_ Age \_\_\_\_\_

Email: \_\_\_\_\_ (required)

Address: \_\_\_\_\_

Phone : \_\_\_\_\_

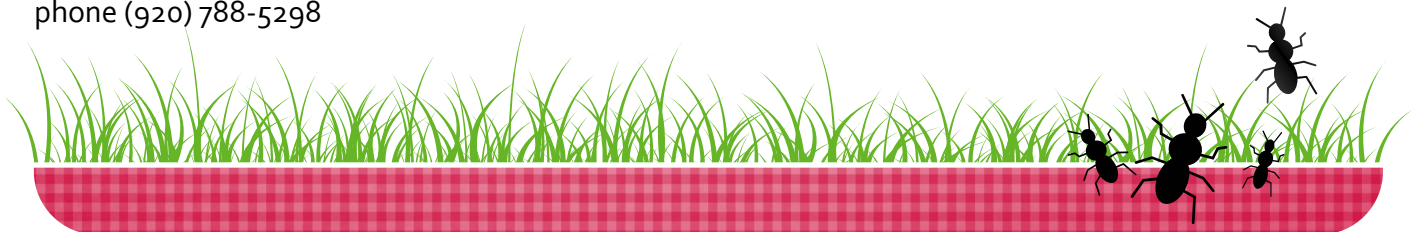
Cell #: \_\_\_\_\_

Please check t-shirt size (Circle either youth or adult and the size). Youth: S M Adult: S M L XL

I agree to have my child participate in the camp, and be photographed or videotaped during camp:

# of family members attending lunch, including camper \_\_\_\_\_

Return to: Bob Olson, ASFV, 1216 Lewis St., Little Chute, WI 54140 or email bob.olson1976@gmail.com or phone (920) 788-5298





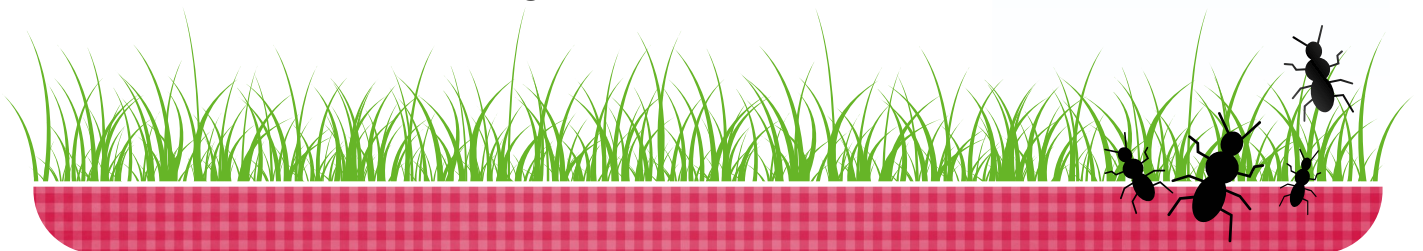
## 14th Annual Golf Outing a Huge Success



The Irish Waters Golf Club hosted the ASFV annual golf outing again this year. The 36 teams enjoyed almost perfect weather, great food and good golf. The silent auction, 50/50 raffle, margarita stand, shake of the day and putting contest helped ASFV raise over \$11,000. ALL monies raised go directly to our programming.



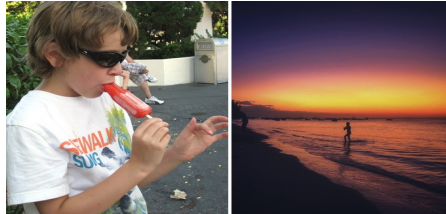
THANK YOU to all who helped make this day a success. The hole sponsors, silent auction donors, golfers, and volunteer workers put on another great outing. Sponsor list will be published in our fall newsletter. See you all again next year.



# "The AWEnesty of Autism"

Blog written by Kathy Hooven

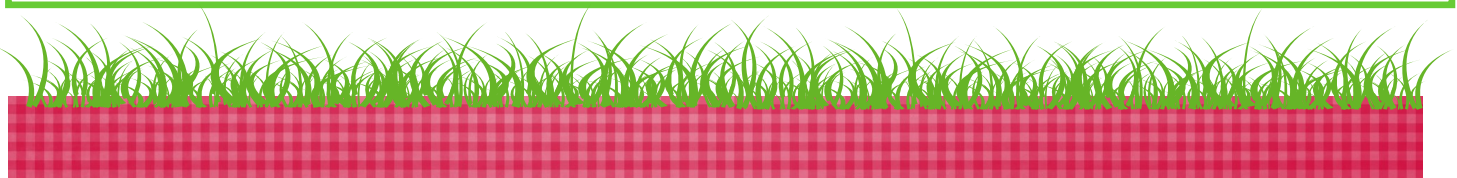
Kathy Hooven, mother to a son with autism. You can read more about Kathy and her family on her blog, ["The AWEnesty of Autism."](#) You can also follow her on [Facebook](#).



Ahhh... do you hear that? It's the sound of children banging around in the kitchen trying to make their own breakfast while you try to sleep off your Orange is the New Black binge watching hangover. As you curse the sound of Fruity Pebbles spilling all over the floor you remind yourself it's not the end of the world because first of all, you are not wearing an orange jump suit and serving 8-10 years, and second of all, since there is nowhere to go you can just continue to lie in bed and let the dog clean up that rainbow sugary mess. No, it's not Mother's Day or your birthday, it's summer. Let the love/hate relationship with the season I love/hate the most begin!!

Summer is warm summer nights, popsicle sunsets, staying up late, bathing in the pool instead of the bathtub and no homework. Praise God there is no vague writing assignments, no common core math and no tardy slips for rolling into school 30 seconds after the bell rings. Thirty seconds, seriously...cut me a break...again...please?! Summer for my autistic son is also a love/hate season. Ryan is ecstatic that summer is upon us, yet, anxious that the school year has come to an end. There are multiple reasons why these hot summer days bring us both joy and anxiety. Here are just a few:

1. Bugs. Big ones, little ones, flying ones, crawling ones. Summer equals warm weather (love) which unearths the bugs, which we now call "things", and these unearthed "things" equal anxiety (hate).
2. Hooray, there is no schedule (love)!! Oh dear God, there is no schedule (hate)!! Yes, not as much running to and fro certainly equals less screaming to "Hurry up before we are tardy (again)", but, not as much to do is NOT necessarily a good thing for a child who craves routine, who loves a schedule and who always wants to know "what to expect" next.
3. No more packing the **EXACT SAME SCHOOL LUNCH EVERY SINGLE DAY** (love), but, figuring out what to feed him since **that** lunch is for school only, causes my chest to constrict (hate). No, we cannot eat Little Caesar's Pizza every single day for lunch (can we?).



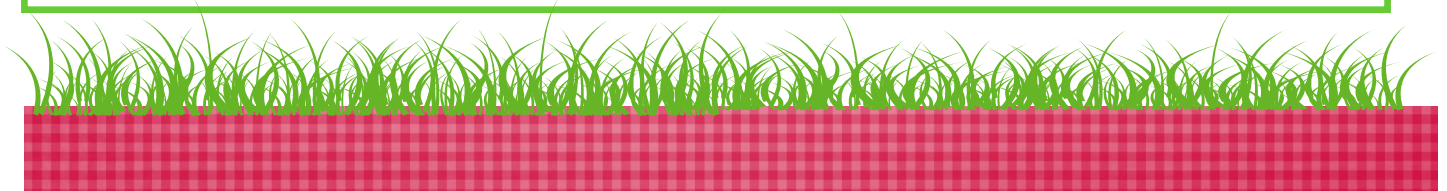


4. The pool is officially open so some days the pool becomes one big bath tub (love) so there really is no reason to shower. Ever. Just like his brain takes a break over the lazy days of summer, so does his hygiene (hate). I mean, if we have nowhere to go, why is cleanliness even an issue?
5. No reason to brush teeth ever. See number 4.
6. Ryan struggles so much to "fit in", so, summer time means a temporary freeze on many awkward social situations (love), but, the end result is a summer spent in his room alone (hate).
7. Thunderstorms. Summer means cool fronts clashing with warm fronts which means the wonderful smell of a summer rain (love), but, if there is a greater than 80% chance of a thunderstorm someone is NOT going outside (hate). Good bye plans for the day. It's that time of year we consider blocking The Weather Channel.
8. Summer means increasing his building expertise and using his imagination as he creates new worlds in Minecraft (love), but, it means way more freedom to withdrawal from this world into the world of Creepers, Zombies and Spider Jockeys (hate).
9. More time with mom means I continue to learn more and more about his incredibly unique mind and his beautiful heart (love), but, as much as I love it, I know he would much rather be walking the mall with a group of teenagers. Summer can be very, very lonely (hate).
10. Summer means time for vacations, time to explore somewhere new (love), but, for a kid who likes routine, leaving his comfort zone and trying somewhere new is usually met with a great deal of grumbling and resistance (hate). If it ain't the beach, he ain't going.

Ahhhh...yes, welcome summer. I love to love and hate you. Orange is the New Black begins right about the time I start comparing Ryan's bedroom to the SHU (Segregated Housing Unit for those of you unfamiliar with Litchfield Penitentiary) as he spends much of his time in solitary confinement.

There are plenty of reasons why summer and autism clash. The lazy days of summer are too lazy, too carefree, too unscheduled, too much. So, there are plenty of reasons for me to despise summer, but, rather than focus on the bugs, the weather and the smell of boy seeping from under his bedroom door, I try to focus on all the reasons Ryan and I both love summer because even on the hard days, even in the tough moments, we both know the seasons will change almost as quickly as he does.

<http://www.awenestyofautism.com/blog/what-my-kid-with-autism-wants-you-to-know-about-him-hint-it-has-nothing-to-do-with-autism>



# Transition to Sensory Safe Summer

October 15, 2016/in Articles by Empowered Kids

Sensory processing refers to how our central nervous system receives and responds to sensory input, which includes touch, taste, sound, sight and smell.

Each change of season brings with it a range of sensory input which can affect children in different ways. For some children, the transition to summer can be difficult, and this can lead to a series of challenging behaviors which can impact on their social engagement during the holiday season. With a little preparation and planning, we can support our children to have a sensory safe summer, and have a positive and fun experience during these warmer months.

As each child is unique, it is worth making note of your child's sensory needs to be able to plan ahead. As not all sensory input can be controlled (for example an unexpected summer downpour resulting in soaking wet clothes and hair), it is also worthwhile trialing a range of calming strategies that can be easily accessible (perhaps squeezing a piece of blue tac or chewing some gum) that can be used to help a child self regulate when exposed to a particularly challenging situation.

Some common sensitivities to be aware of in summer include:

## Weather

Children can be very sensitive to the sun and can find it hard to regulate their temperature appropriately. These children can also miss the internal cue that indicates 'thirst', therefore are prone to dehydration. In addition to the higher temperatures, the summer months can also bring increased humidity and additional brightness/glare, which can make a child feel very hot, sweaty, irritable and lethargic. Prevention is the key so keeping children cool, in the shade and well hydrated is a good place to start.

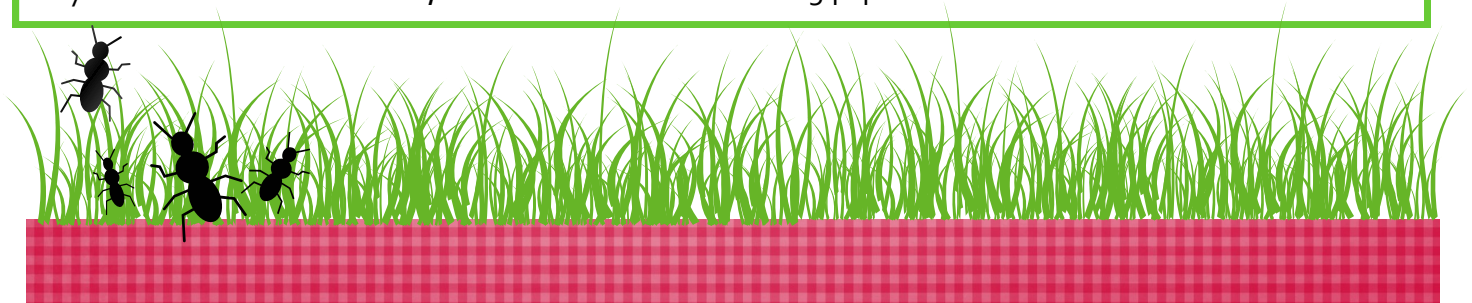
## ASFV Safety Scholarships Available

The Autism Society of the Fox Valley offers three (3) safety scholarships—up to \$250 each. Families who need assistance purchasing additional locks, alarms, fence gates, or anything to help ensure safety measures can be taken for your child, can apply.



Just send a short letter explaining what your needs are and the expense you expect to incur. The ASFV board will vote on your request at the next board meeting. You will then be notified via email or mail. If your scholarship is approved, provide a receipt and you will be reimbursed for up to \$250. You must be a member of the Autism Society of the Fox Valley to be considered.

Send the email to: [info@autismfoxvalley.org](mailto:info@autismfoxvalley.org) and in the subject line write "ASFV Safety Scholarship". You may also send a letter to ASFV, PO Box 266 Little Chute WI 54140.



## Weather—continued

*Tip: Support a child's fluid intake by placing evenly spaced marks on a drink bottle to indicate levels that correspond with the time of day. For example, drink to the first line by morning tea, the second line by lunch etc. It is also important to be mindful of their clothing both during the day and overnight, with breathable, light fabrics being the most suitable, and encourage your child to wear a pair of high quality sunglasses with a neoprene strap and a wide brimmed hat or cap to reduce the glare. Ensure that the car windows have a suitable window shade to reduce sensory overload when your child is seated in the car.*

## Sunscreen

Sunscreen is a necessary addition to any beach bag, however for some children, it is a part of the day that they would prefer to avoid. Try an unscented brand that does not leave a greasy residue on the skin and perhaps a spray.

*Tip: Deep pressure can be calming and organizing for children so before applying sunscreen you could try firm squeezes to the arms and legs, squishes all over their body with a cushion or firmly rolling a ball over their body, arms and legs. Additionally you could apply sunscreen using firm, even strokes and ensure that it is applied before any exposure to sand (consider applying before leaving the house.)*

## Sand/Water

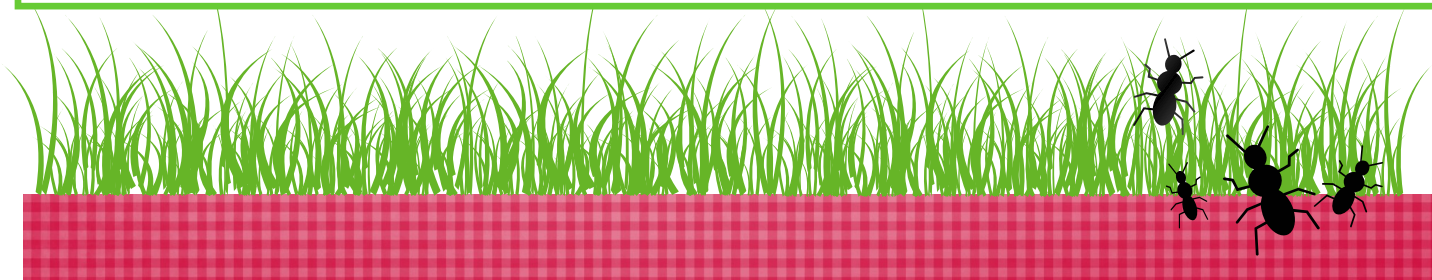
Summer play often consists of sand and water, both of which can be challenging environments for children with sensory processing difficulties to play in. They may become avoidant and display some challenging behavior. A day at the beach or at a waterpark may seem like a lovely family day out but to some children, this can be a day filled with unpredictable and unfavorable sensory surprises. It is worthwhile making a note of when your child has a meltdown and consider what may be causing sensory overload. It can be something as seemingly insignificant as the stickiness of a melting ice-block on their fingers, the sound of the seagulls, drops of water on their skin or the smell of a particular flower that only blooms in summer.

*Tip: Have a sensory area at home, such as a water table and a sand pit with hidden shells or colorful stones to help desensitize your child in a fun, safe, controlled environment.*

## Be a Detective:

We often help parents to identify whether a child's challenging behavior and responses is behavioral or whether there is a sensory component triggering the behavior. Sometimes it's not easy to tell however it is important to identify. It can be helpful to keep a journal of the daily routine and make a special note of any unusual or challenging behaviors your child displays. Include brief details about what happened before the event, during, and after. Keep the journal over a week or two and see if you notice a pattern. If you're unsure or need specific strategies for your child, it is best to contact an occupational therapist who is specialized in assessing sensory processing challenges.

If you would like specific strategies or advice on how we can assist your child, feel free to contact Empowered Kids through our website or email us directly at [admin@empoweredkidsot.com.au](mailto:admin@empoweredkidsot.com.au)





## Affordable Colleges Information

### Scholarships and Financial Aid for Students with Disabilities

According to the [National Center for Education Statistics](#) (NCES), approximately 11% of undergraduate students have a disability. Considering that [around](#) 20.2 million students are enrolled at U.S. colleges, an estimated 2 million of them are likely living with some type of a disability. This may include a visual impairment, a specific learning disability, an orthopedic impairment, hard of hearing/deafness, or a speech disability, among others. Many of these students receive federal financial aid in the form of grants and loans, while some work part-time and/or receive financial assistance from their families to help pay for college. As medical and tuition costs continue to rise, however, more and more scholarships for students with disabilities are being made available to fill critical financial gaps.

The [Americans with Disabilities Act](#) (ADA) makes it illegal for colleges and universities to discriminate against students with disabilities in any way. While colleges and universities are not required to provide financial accommodations in the form of disability scholarships to students, most do. There are a large number of scholarships for students with disabilities from outside sources, but these can often be difficult to find, even using popular online scholarship locator tools.

To learn more about these educational and financial opportunities:

<http://www.affordablecolleges.com/resources/scholarships-students-with-disabilities/>

### Community Resource Guide

The Autism Society of the Fox Valley offers a resource guide. This guide has been updated and is available on our website.

[www.autismfoxvalley.org](http://www.autismfoxvalley.org)

If you would like to be added to the guide please email

[info@autismfoxvalley.org](mailto:info@autismfoxvalley.org)



Date of Application \_\_\_\_\_  
Name \_\_\_\_\_ Email \_\_\_\_\_  
Street Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_ Phone (     ) \_\_\_\_\_

The Autism Society of Wisconsin (ASW) serves **53 counties** in Wisconsin. We share membership with our 5 local Autism Society affiliates listed below. By choosing a local affiliate below, you will join both the Autism Society of Wisconsin and the local affiliate. If there is no local affiliate serving your county, leave this section blank.

☐ **Autism Society of the Fox Valley (ASFV)**  
Outagamie, Winnebago, Calumet, Fond du Lac and Waupaca Counties

☐ **Autism Society of the Lakeshore (ASL)**  
Manitowoc, Sheboygan, Calumet, Kewaunee and Door Counties

☐ **Autism Society of Northeast Wisconsin (ASNEW)**  
Brown, Shawano, Oconto, Florence, Menomonie and Marinette Counties

☐ **Autism Society of Central Wisconsin (ASCW)**  
Clark, Forest, Langlade, Lincoln, Marathon, Oneida, Portage, Price, Taylor and Wood Counties.

☐ **Autism Society of Chippewa Valley (ASCV)**  
Sawyer, Polk, Barron, Rusk, St. Croix, Dunn, Chippewa, Pierce, Pepin, Eau Claire, Buffalo, Trempealeau and Jackson Counties.

### MEMBERSHIP CATEGORIES:

☐ Individual (\$12)    ☐ Family (\$15)  
☐ New Member    ☐ Renewing Member

### BILLING

☐ Bill my Master Card/VISA Card # \_\_\_\_\_ Exp Date \_\_\_\_\_  
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☐ Check enclosed: Check # \_\_\_\_\_  
☐ Enclosed is a \$10 contribution towards the cost of the newsletter—thank you!

Additional contribution (tax deductible).

☐ \$25    ☐ \$50    ☐ \$100    ☐ \$ (Other)

Please send your completed membership form and payment to:  
Autism Society of Wisconsin | 1477 Kenwood Drive | Menasha, WI 54952  
Fax (920) 558-4611

If you have questions, email ASW at [asw@asw4autism.org](mailto:asw@asw4autism.org) or call 888-428-8476.

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**Autism Society of the  
Fox Valley**

PO Box 266

Little Chute, WI 54952

(920) 888-428-8476

Email:

[info@autismfoxvalley.org](mailto:info@autismfoxvalley.org)

**ASFV Board Members**

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SLP —President*

*Ann Olson—Vice President*

*Bob Olson—Treasurer*

*Heidi Dahle—Secretary*

*Steve Brennan*

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*Kristin Wahl*

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*Andy Teska*

*Ben Marks*

*John Oehler*

## Newsletter Submissions

Articles of interest, stories/poetry of persons with autism, book reviews and upcoming conferences or workshops are accepted. Submissions can be sent to: Diane Nackers, 8042 Sequaro Ct, Neenah WI 54956 email: [bnack5@gmail.com](mailto:bnack5@gmail.com).

Submission deadlines are December 1st, March 1st, June 1st, and September 1st. Responsibility for accuracy of information remains that of the author of the article. Articles from this publication may be reprinted, giving credit to the author and ASFV. The ASFV Editorial Review Board reserves the right to edit or refuse submissions.



*Like Us on Facebook  
Autism Society of the Fox Valley*

## ASFV is THANKFUL for ALL Donations

**United Way Campaign Contributors:**

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Donating!**

