#### **ASFV Newsletter**

Autism Society of the Fox Valley

#### Message from the President

Happy summer everyone!

It's hard to believe June is over and July is already here. ASFV's membership is at an all time high. I have to thank the board members for continuing to come to the meetings, step up to monitor outings, and do the behind the scenes work to keep our affiliate active and growing. We held our first soccer camp and participated in another Wings for Autism event.

The Autism Society of Wisconsin is holding it's inaugural annual golf outing to raise funds to continue their mission of education and support across the state. For more information about this great outing contact Kelly Brodhagen at 920-558-4602 or check the website: www.asw4autism.org. A tee-time is waiting for you!!!!

August 1st, ASFV is holding another family outing to Bay Beach. The

specific information is inside. Several parent/educator workshops are being planned for the coming school year. In the meantime, I am holding a 2 evening training for parents, caregivers, and educators. The information and registration is inside.

ASFV is sponsoring Carol Gray for the Fall ASW Conference. "Not Your Mother's Social Stories" will be presented by Carol on October 11th.

As always, please keep your email contact current. ASFV's website address is autismfoxvalley.org and our general information email is info@autismfoxvalley.org.

All social outings use the email address:

asfvevents@autismfoxvalley.org

Have a wonderful summer! Diane Nackers.

President



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#### **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.





## THURSDAY, AUGUST 2, 2018 10:00 AM SHOTGUN START SENTRYWORLD, STEVENS POINT \$165 GOLFER | \$600 FOURSOME

Featuring Special Guest
BILL SCHROEDER #84
GREEN BAY PACKERS WIDE RECEIVER
Tour Swing Golf Long-Drive Team

Please join us for the inaugural Tee-Time for Autism. Enjoy 18 holes of scramble-format golf at SentryWorld golf course, with proceeds benefiting the Autism Society of Wisconsin and the Central Affiliate. Your registration includes 18 holes of golf with GPS golf cart, a SentryWorld medallion bag tag, \$15 Pro Shop merchandise credit, a box lunch, banquet style dinner & two drinks (soda or beer) on the course.





Wisconsin

#34 In Golf Digest's "100 Greatest Public" #4 in Golf Magazine's "Best Golf Courses You Can Play in Wisconsin"

## Autism 101+



## Training for caregivers, parents, grandparents

Bright Star Care Appleton and the Autism Society of the Fox Valley present Diane Nackers, MS CCC-SLP. Diane has a master's degree of speech and language pathology from UW Stevens Point and has 15 years experience working with individuals on the autism spectrum. She sits on the board of directors for the Autism Society of the Fox Valley as President. Diane is currently working for the Appleton Area School District.

This will be a **two session training**. The first session will include autism 101 information targeting myths and facts, autism statistics, characteristics and features, and strategies needed to increase communication. Session two will include: detailed sensory, communication and behavioral information and materials to increase communication while decreasing behaviors.

#### Learning Objectives:

- ⇒ Participants will learn basic characteristics and features of autism
- ⇒ Participants will learn communication, sensory, and behavioral strategies for working with all ages of individuals with ASD
- ⇒ Participants will interact with a wide variety of materials to increase their "toolbox" for working with individuals with autism.
- ⇒ 3 C. E. U. hours available upon request and completion of both sessions

July 23rd, 2018 4:30 to 6 p.m.

August 6th, 2018 4:30 to 6 p.m.

BrightStar Care Appleton 35 Park Place #100, Appleton, WI 54914

https://www.brightstarcare.com/appleton

RSVP to Jane Zornow: jane.zornow@brightstarcare.com



# RAVE

#### ASFV 13th Annual Night with the Timber Rattlers

When: August 18th

Theme: Fang's Birthday Party

Extras: Fang's Birthday and Post Game Fireworks

Time: Join us from 5:00 til game time for a tailgate party. ASFV is sponsoring the meat, buns, chips and water/juice. Please bring a dish to pass.

Tickets: \$5.00 each—(limit 6) \$7.00 each additional ticket. To reserve your

tickets please send a check made out to ASFV to:

Steve Brennan 625 S Keller Park Dr. Appleton 54914

sbrennan78@yahoo.com or call 920-739-2596 DEADLINE July 14th!!!

## ASFV Family Day at Bay Beach with Bertrand Schmitz Consulting—August 1st

WHERE: 1313 Bay Beach Rd. We reserved pavilion #3. This is a sheltered pavilion and will be our gathering spot to check in, eat, and our resting

spot. The pavilion will be manned throughout the event.

TIME: 10 am to 2 - check in before noon - stay as long as you like

LUNCH: 11-1

FOOD: Provided: Burgers, hot dogs, chips, cookies, water, juice, picnic

utensils – please provide your own lunch if you are on a special diet.

COST: FREE lunch AND \$5.00 per person will be given out at check in to purchase tickets. All other tickets and snacks will be on your own.



RSVP total number attending a MUST: asfvevents@autismfoxvalley.org

## ASFV/Xavier Football Camp—Saturday, September 15<sup>th</sup>!!

Join us for our 14th 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

11:00: Introductions & Instructions

11:05: Gather to assigned group

11:10: Stretching/Warm-ups

11:20 Station work (10 stations at 6 minutes each)

bob.olson1976@gmail.com or phone (920) 788-5298

12:20-1:00 Assembly for awards and pictures

1:00-3:00 Picnic style lunch for the entire family \*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.\*



#### **ASFV Safety Scholarship**

The Autism Society of the Fox Valley offers three (3) safety scholarships—up to \$250 each. Families who need assistance purchasing 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. 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 and in the subject line write "ASFV Safety Scholarship".

#### **ASFV Parent Support Group**



Do you need to talk, or just need a break? Please join us the first Sunday of each month, from 6:00-8:00 pm for ASFV's monthly Parent Support Group meeting.

Where: 211 E Franklin St. in downtown Appleton (just two blocks west of City Park) in the building that houses Soar Fox Cites Inc. The doors will be locked, but there is a doorbell and someone will let you in. Refreshments will be provided.

Parents and other caregivers have the opportunity to get together in a relaxed, informal atmosphere to talk about everything from your personal experiences to available resources and general education about autism. We hope to see many of you there! For more information: info@autismfoxvalley.org

#### A-Team Social Outings



This social opportunity is designed for adults on the autism spectrum who like to participate in social activities, and are interested in getting to know others.

An ASFV board member organizes the events and is present to facilitate socialization for those who attend. Our expectation is that all adults with ASD be members of the Autism Society of the Fox Valley (ASFV).

We engage in various activities and events are communicated to individuals via email. Please contact Diane Nackers at asfvevents@autismfoxvalley.org.

Upcoming event: July 13th—Sabre Lanes, Menasha—1-3

August 1st-Bay Beach

#### Teen Group Social Outings

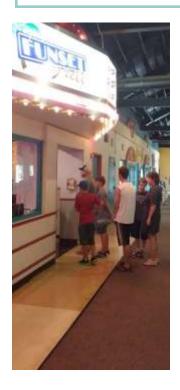
The ASFV Teen Group is going strong. If you have a teen who would like to meet new people on the spectrum please RSVP to the outing information below.

Teens are given the opportunity to socialize in a positive environment. These outings are very well attended. Your teen must be able to be independent with supervision provided by an ASFV board member. If you have any questions or would like to be placed on the email list: asfvevents@autismfoxvalley.org

Upcoming outings:

July 13th— Sabre Lanes Bowling, Menasha 1-3.

August 1st-Bay Beach



#### Hangin' Out Social Outings

The Hangin' Out Social Group is designed for kids who are 7-12 who would like to participate in social outings with same age peers. Extreme Air, Pizza Ranch, and bowling are just a few of the activities we have done. If your child is 7-12 years old and would like to participate in our monthly outings, email Diane at asfvevents@autismfoxvalley.org or Heidi at heididahle2003@ yahoo.com to be placed on the email list for these events.

Next Outing: July 13th—Sabre Lanes, Menasha 1-3

August 1st—Bay Beach

September 15th Xavier Football Camp



#### ASFV/Menasha Soccer Club—1st Annual Soccer Camp

Thank you very much to the Menasha Soccer Club Moms and the Menasha High School soccer team for supporting a great group of kids as they learned skills needed to play soccer.

The camp was well organized, the visuals were terrific, and the kids running the stations were supportive, understanding and great with all of the kids.

We look forward to joining them again next May for another soccer camp.



#### Spectrum Saturday at the Building for Kids



The Building for Kids Children's Museum in Appleton opens its doors the 3rd Saturday for children with autism and their families. Guests are invited to explore the museum's exhibits and connect with other families. This event is free of charge for all families who arrive between 9 and 10am.

For more information please call The Building for Kids Children's Museum at (920) 734-3226.

100 W. College Ave. Appleton, WI

www.buildingforkids.org

DATES: July 21st Furry Friends with the Fox Valley Humane Association August 18th—Making Magic September—closed for exhibit updates and maintenance

#### Octoberfest Volunteers Needed



If you have a couple hours to spare, ASFV is looking for volunteers to help us in our fundraising booth. The day is fast paced and a lot of fun. All proceeds go to help support our social outings. We will NOT be cooking this year BUT doing more community outreach.

Date: September 29th

Time: 2 hour shifts needed

Contact: Heidi Dahle heididahle2003@yahoo.com

#### Alternative for Education in Appleton



Email: Akschauman@alternativecenterforeducation.com



Objectives of the program:

Diagnose specific learning disabilities (dyslexia, dysgraphia, dyscalculia) and treat these disorders as well as the learning problems associated with other conditions (autism spectrum disorders, traumatic brain injury, ADHD, etc.) by: administering formal diagnostic assessments; utilizing research-based instructional methods and assistive technology; and, teaching clients social skills and self-advocacy as they transition into higher level education, employment, and/or community.

#### ASFV 14th Annual Golf Outing a Success!!

ASFV must extend a huge THANK YOU to the volunteers, sponsors, and golfers who supported the efforts and raised close to \$10,000 for our programs!!! There were 38 amazing teams of golfers, a large number of hole sponsors, and a record profit from our 50/50 raffle and silent auction items. The weather was perfect and the energy was great inside the clubhouse and another delicious steak dinner was served. Thank you to the Irish Waters Golf Club staff who made this event go so smoothly. Thank you Bob and Ann Olson for all the work you do coordinating absolutely EVERYTHING!! BIG plans for the 15th annual!





The silent auction items donated this year were absolutely fantastic!!!



#### THANK YOU to ALL of the Hole Sponsors!!!!

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Fore Front Mechanical McCain Food Weyers Foundation

ETI Converting Flexo Imaging Sonoco

Kens Sports JJ Keller Foundation Kaukauna Utilities

## 2018 Fall Conference October 11 @ 8:00 am 4:00 pm

#### Not Your Mother's Social Stories™

Presented by: Carol Gray



### Bridgewood Resort Hotel & Conference Center Neenah, Wisconsin

The Autism Society of Wisconsin's 2018 Fall Conference will feature Carol Gray's, "Not Your Mother's Social Stories<sup>TM</sup>" day-long workshop. An exhibit hall will also be available for attendees to network with various organizations throughout the day. At the end of the workshop, each conference attendee will receive a Social Stories 10.2 Certificate of Completion! http://www.asw4autism.org/event-cal/fall-conference/

#### Workshop Description

Social Stories are an internationally respected, evidence-based practice that has been effectively employed by parents, professionals, family members, and friends (referred to as Authors) in their work on behalf of people with autism or social communication differences. Though the 'heart' of Social Stories has stood the test of time since their introduction in 1991, they have kept pace with research and experience – resulting in this new, dynamic workshop that makes it very clear that today's Social Stories are "...Not Your Mother's Social Stories." Social Stories have grown up. Today's Stories are more sophisticated, tackling topics with an informed awareness of context and concepts. In this 2018 training led by Carol Gray, the founder of Social Stories, participants will learn how to research, develop, and implement Social Stories for all age and ability levels with an emphasis on writing for adolescents and adults. At the close of the workshop, participants will receive a Social Stories 10.2 Certificate of Completion personally signed by Carol Gray.

Social Stories<sup>TM\*</sup> (Junior Articles for tweens and Social Articles for adolescents and adults) have helped individuals with autism of all ages meaningfully understand and respond effectively to daily interactions and events. The earliest roots of Social Stories extend to efforts to help secondary students with autism succeed in vocational experiences in the community; giving Social Stories a sound philosophy and timeless practical value. Despite Social Stories' popularity and high regard, parents and professionals often do not use them to their full advantage, or forego the opportunity to systematically employ them throughout an individual's lifespan. This training includes the most current information on Social Stories, an explanation of why they are often so immediately effective, as well as new ideas to gather information to identify the most specific and relevant topics, to empower participants to take full advantage of their potential for the people in their care.

Using lecture, discussion, case examples, and activities, this workshop describes the latest Social Stories 10.2 criteria as well as never-published 'tricks of the trade' strategies. It also includes information on how to write Stories about previously unaddressed concepts (context, categorization, organization, patience, sexuality, resilience, perseverance, as a few examples) while building self-esteem and supporting generalization at the same time. Authors will gain an updated understanding of what a Social Story is (and what it is not) and will leave equipped with the updated skills they need to make Social Stories work harder and longer for each person with autism from first steps through adulthood.

#### Marcus Valley Grand Cinema's "Reel Movies for Real Needs"

Reel Movies for Real Needs creates a welcoming & comfortable environment - lower sound, lights up - where families with children who need accommodations will be able to share the experience of seeing family-friendly films at a theater. Regular matinee pricing applies.

Reserve your seats ahead of time! Please visit <a href="www.marcustheatres.com/marcus-specials/sensory-specific-films/reel-movies-for-real-needs">www.marcustheatres.com/marcus-specials/sensory-specific-films/reel-movies-for-real-needs</a>

Save the date for future offerings:

- \* Ant-Man and the Wasp July 7
- \* Hotel Transylvania 3: Summer Vacation July 14
- \* Teen Titan Go! To the Movies July 28
- \* Christopher Robin August 4
- \* The House with a Clock in its Walls September 22
- \* Smallfoot September 29
- \* Goosebumps 2 October 13
- \* Nutcracker and the Four Realms November 3
- \* The Grinch November 10
- \* Fantastic Beasts: The Crimes of Grindelwald November 17
- \* Ralph Breaks the Internet: Wreck-it Ralph 2 November 24
- \* Spider-Man: into the Spiderverse December 15
- \* Aguaman December 22
- \* Mary Poppins Returns December 29

## ASFV Conference Scholarships Available

The Autism Society of the Fox Valley offers five (5) conference registrations to the Autism Society of Wisconsin Annual Conference. Families, educators and therapists may apply for a free conference registration for the Fall conference. You must be a member of ASFV and live or teach in the Fox Valley area to be considered.

If you would like to apply, please send an email (just a few paragraphs) about how the scholarship will help you and your family or, if you are a therapist or teacher, how it will help the students you support. Send the email to: info@autismfoxvalley.org and in the subject line write "ASW Conference Scholarship". You may also send a letter to ASFV, PO Box 266, Little Chute, WI 54140.

This annual scholarship is to honor Connie Pitt, a local educator who died unexpectedly several years ago. Connie was a dedicated teacher who taught students with autism.

Please feel free to contact us at info@autismfoxvalley.org

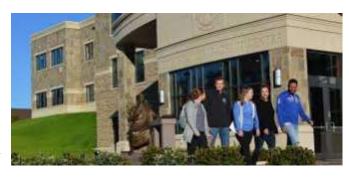


## Going Through College with High Functioning Autism: How can a student with autism thrive in a typical college setting?

#### By Lisa Jo Rudy

#### Updated February 11, 2018

Maureen Johnson, Ph.D., is a Health Education Instructor at Southern Illinois University Edwards-ville. She's also an adult with an autism spectrum diagnosis. Having recently gone through the college system, Maureen has first person knowledge of how to smooth the path to graduation. Her suggestions are a great start for teens with autism



(and their parents) as they think about applying for, managing, and thriving in college.

- 1. Obtain certification of your ASD from your medical professional. In order to obtain accommodations on a college campus (such as disability support services), you will probably be required to have documentation of your ASD from a physician, neurologist, or psychiatrist.
- 2. When applying for college or a program, it is a good idea to indicate your disability. Of course, you are not required to do so. However, state institutions are not permitted to discriminate against someone due to a disability.
- 3. Without delay, locate the disability support services on campus. This is very important, as they will likely be the professionals who will arrange (or provide verification) for you to receive necessary accommodations to perform well in your courses.
- 4. Let your professors know of your ASD and what may be helpful to you. If possible, arrange a meeting with your professors before the beginning of the semester, but no later than the first week. They will probably respect your honesty and the initiative you are taking in your courses. Also, don't hesitate to ask for help. As an instructor, I am always willing to help someone who asks for it.
- 5. If you are planning on living in a dorm, you may want to let the administration know about your ASD or request a private room. If you are someone who is extremely sensitive to external stimuli (light, sound, etc), you may want to be placed in a "study floor" instead of a "sorority wing." Or, if possible, you may want to request a private room so that you have a little more control over your environment.
- 6. Do your best! Speaking as an instructor who also has an ASD, I am sensitive to students who have special needs. However, this also means I expect students to attend class unless they have medical documentation.
- 7. Seek career counseling as soon as possible. Finding a job after graduation is particularly challenging for students with an ASD. Unfortunately, society tends to focus on the limitations that come with the word "autism" rather than the strengths. So you may want to write down some activities you really.

enjoy doing or perform particularly well. This can be very helpful for a career counselor who will work to provide you with some direction in terms of courses, volunteer, and internship opportunities.

- 8. Have the number of a personal counselor nearby. You may have your good days and bad. Some issues can be especially daunting for a college student with an ASD. There's no shame in speaking with a counselor on campus, who can help you work through those issues.
- 9. Utilize your advisor. Take an active approach with your advisor. It can't hurt to mention your ASD so you can work with your advisor to find a career that is compatible with your strengths. Share the results of any career testing with your advisor, so that you may receive more guidance.
- 10. Write down your strengths as well as your limitations. As I mentioned, society tends to focus on the limitations of an ASD rather than the strengths. You need to advocate for yourself by writing down what you do well and those tasks in which you have succeeded.
- 11. Establish a medical care provider near your campus. This is extremely important because as a person with an ASD, you have special medical conditions that many college students will not share. Do some research online or ask your hometown physician for a referral.
- 12. Join an activity to meet people with similar interests to your own. Socializing is not something that always comes easily to people with an ASD. Think of those activities you enjoy or in which you have succeeded. There are bound to be groups or clubs focusing on that activity.
- 13. Consider taking a few classes online. Students with an ASD may be overwhelmed by the harsh lighting and noise from a classroom. You may want to check and see if a couple of your required classes may be taken online. However, be advised that taking classes online actually requires more self-discipline than in a traditional classroom.

Maureen also makes a point of saying: "Congratulate yourself for having the ambition to attend college and not letting yourself be limited by a limitation! If you've made it this far, there's no telling what else you will do!"



#### Six Tips for Vacations and Weekend Trips: from Sandbox Learning

Family vacations create memories, teach children about new places, and provide an often much needed break. Unfortunately, some children have a difficult time with new situations, people, and schedules. This article includes ideas for making vacations and weekend trips less stressful and more enjoyable before, during, and after the trip.



- 1. Prepare Kids Unfamiliar places and situations can be very stressful for some children. Prepare children for a trip by showing them websites, brochures, or guidebooks. Pictures of lodging, activities, people going on the trip, and transportation are helpful for setting expectations. If you are flying, discuss the security process and etiquette for sitting on the plane (using an inside voice, keeping on a seatbelt, having feet off the seat in front of them).
- **2. Involve Kids in Planning –** If you are debating where to go, involve children in the decision. Research different trips and discuss the strengths and weaknesses of each

place. Consider children's interests in the decision. Because you loved the beach as a child does not mean your child who does not swim, sunburns easily, and finds the feel of sand upsetting will like the beach. Before a trip, let children help pack their suitcases so they know what they will have with them. Use this as an opportunity to discuss the weather and appropriate clothes for activities. Pack and have readily available a small bag of toys and books for car rides, unexpected waiting periods, and downtimes.

- 3. Create a Sense of Familiarity Consider children's routines and familiar possessions when planning trips. Sleep schedules may be difficult to follow, but keep wake up and bedtime as close to the child's usual schedule as possible. Familiar objects also help children with consistency. If a child reads a favorite story before bed, carries personal items in a backpack, or uses a stress ball, be sure to pack these items.
- **4.** Keep Children Aware of the Schedule Many children benefit from very structured schedules and the lack of a familiar schedule on a vacation can be upsetting. If children use written or picture schedules, create one for the trip. Some children just need a verbal reminder of what to expect next or when to change activities. Many times consistently keeping children notified of the schedule and schedule changes helps them relax and transition through the day.
- **5. Remember Downtime is Important –** Families often over plan vacations. Spending time with friends and family, going from one location to another, or doing a number of things at one place can exhaust children. Plan rest periods so children can read, play a game, or nap.
- **6.** Create Memories Trips are fun and exciting, but children often forget some of it when they return home. Buy a travel diary before the trip. Every evening discuss the day's events. Have children write in the journal. They can add pictures, tickets, and brochures from the day. Read the book during the year to remember the experience, encourage communication, and plan future trips.





#### **Membership Application**

Date of Application	
Name Email	
Street Address	
City, State, Zip Phone (	)
The Autism Society of Wisconsin (ASW) serves 53 count our 5 local Autism Society affiliates listed below. By che the Autism Society of Wisconsin and the local affiliate. I leave this section blank.	osing a local affiliate below, you will join both
Autism Society of the Fox Valley (ASFV)	Autism Society of Central Wisconsin (ASCW)
Outagamie, Winnebago, Calumet, Fond du Lac and Waupaca Counties	Clark, Forest, Langlade, Lincoln, Marathon, Oneida, Portage, Price, Taylor and Wood Counties.
Autism Society of the Lakeshore (ASL)	
Manitowoc, Sheboygan, Calumet, Kewaunee and Door	Autism Society of Chippewa Valley (ASCV)
Counties	Sawyer, Polk, Barron, Rusk, St. Croix, Dunn, Chippewa, Pierce, Pepin, Eau Claire, Buffalo, Trem-
Autism Society of Northeast Wisconsin (ASNEW)-	pealeau and Jackson Counties.
Brown, Shawano, Oconto, Florence, Menomonie and Marinette Counties	
MEMBERSHIP CATEGORIES: Individual (\$12) Famil	y (\$15) New Member Renewing Member
BILLING:Bill my Master Card/VISA Card #	Exp Date
Authorized Signature	CVV (3 digit code on the back)
Check enclosed: Check #	
Additional contribution (tax deductible).	
\$25\$50\$100\$ (Other)	
Please send your completed membership form and pay Autism Society of Wisconsin   1477 Kenwood Dri 54952 Fax (920) 558-4611	Data Rac'd

If you have questions, email ASW at asw@asw4autism.org or call 888-428-8476.

Autism Society of the Fox Valley

PO Box 266

Little Chute WI 54140

(920) 968-6829

Email: info@autismfoxvalley.org

**ASFV Board Members** 

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#### **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.

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

Website: www.autismfoxvalley.org

New email: info@autismfoxvalley.org

All social outings:

asfvevents@autismfoxvalley.org

#### Thank you for your generous donations!!



Darren Singer Family

Green Bay Blizzard

Capital Credit Union – Green Bay Packer game Day Fundraising

6th Annual Zumbathon - Heidi Kopf

