



### **AUTISM SOCIETY OF THE FOX VALLEY**

**Winter Newsletter** 

January 2018

## **Message from the President**

Happy New Year!!!

I hope this finds all of you well and ready to face the new year with hope, optimism and a sense of well being. The ASFV board members are looking forward to all of the activities and events we have planned, or are planning.

We have some very exciting news! ASFV is proud to bring the Safe and Sound program to the Valley March 27th and 28th. Inside this newsletter you will find the publicity materials that we hope you will share with first responders, police liaison officers, medical professionals, and law enforcement in your area. We are thrilled to offer a parent component to this training. On page 6 is the detailed information for the parent training. Please share this with your friends and families. All are welcome to attend. Please register for this event at asfvevents@autismfoxvalley.org. The more you share this event the better.

Flood your Facebook pages with the information. We have limited space for the first 100 people and this is a free event.

The Autism Society of Wisconsin spring conference is quickly approaching. The breakout sessions and family events are truly spectacular. ASFV has 10 scholarships available to cover the registration fees. You must be an ASFV member to apply. The information for the conference and scholarships is inside.

ASFV has 2 family events so far. January 21, 12-2, at Super Bowl in Appleton. Lunch and 2 hours of free bowling are included. February 11th, 9:30-11:30, we will be going to SkyZone in Appleton. Please email for more information or to RSVP at asfvevents@autismfoxvalley.org

Have a wonderful rest of the winter.

Diane Nackers ASFV President



Hats off to all of our members!!

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## Thank you—Thank you!

ASFV is tremendously grateful to all of those who have donated to help support our mission. We will be able to continue all of our programs for another year.

Our gratitude goes out to:

Sargento Cheese

Winnebago County Sheriff Dept—Sargent Matz and crew

Dahle Family

Menasha Corporation Foundation

Culver's Darboy and Little Chute

C.A.R.E Program

Feiver Family Fund

Hailey Horbst—Uniquely Boo Event

Girl Scout Troup 2274

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## Hangin' Out 7-13 Social Group

Social development and friendships are often primary concerns for parents. ASFV continues to offer social outings for kids who are 7-13 years old. If your child would like to be added to the emailing list to receive all of the outing updates, email Diane at asfvevents@autismfoxvalley.org or Heidi at

Heididahle2003@yahoo.com.



Several outings are being planned.
January 21st—Super Bowl 12-2—family outing
February 11th SkyZone 9:3011:30—family outing
March 17th—potentially EAA

Email: asfvevents@autismfoxvalley.org to register

## **Teen Group Outings**

The ASFV teen group begins its 8th year!! We hold monthly outings at a wide variety of locations. The group consists of teens 13-20 who want to socialize with others. The teens should demonstrate a level of independence so they can participate in community outings without parental supervision. The teens are supervised by board

member Diane Nackers.

Our next teen group is:

January 21st—Super Bowl—12-2 family outing

February 11th 9:30-11:30 family

March 17th—potentially EAA Email:

asfvevents@autismfoxvallev.org



## **Twenty Something Social Network**

ASFV's adult group is designed for young adults with ASD, 19 – 29 years old, who can independently participate in social activities, and are interested in social networking. We are hoping to get consistent events on the calendar.

The group is always looking for

more members to participate (we require a minimum of 3-5 participants to hold each event).

Please email Diane at asfvevents @autismfoxvalley.org for more information or if you are interested in helping facilitate these outings.





## **ASFV Parent Support Group**

ASFV's parent support group meeting is held the first Sunday of each month from 6:00-8:00pm.

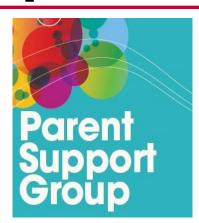
We meet at 211 E Franklin St, Appleton in the SOAR/ WisconSibs/ NAMI building.

Parking is free and refreshments are provided. Please note that the front door will remain locked, but there is a doorbell for entry.

Parents, grandparents and other caregivers are welcome to share their questions, concerns, insights and information in a relaxed supportive setting.

To be added to the support group email list:

info@autismfoxvalley.org









## **ASFV February 11th Family Outing**

WHAT: Skyzone Sensory Jump Family Outing

WHEN: 9:30-11:30 am DATE: February 11th

WHO: EVERYONE can jump

COST: FREE

ASFV would like to thank you all for your ongoing

support.

RSVP: asfvevents@autismfoxvalley.org

More info coming to the Facebook page.







# Spectrum Saturday at the Building for Kids

2018 dates: January 20, February 17, March 17, April 21, May 19, June 16, July 21, August 18, September TBD, October 20, November 17, December 8.

Join us for a lower sensory experience and special programming created especially for children on the autism spectrum. Free admission for children on the spectrum and their families from 8:30 am-10 am, but stay as late as you want! Programming begins at 9 am. Come check out the brand new exhibits with more GREAT plans and programs for 2018.

January 20 - Spectrum Art Exhibit

February 17 - Bunnies with K&R Animal Sanctuary

All family members of children with autism can spend the morning exploring the museum at NO COST.

## **Monkey Joe's Play Dates**

Monkey Joe's play dates continue to be a popular way for families to connect while their children play.

Where: Monkey Joe's

1800 N Casaloma Dr, Appleton, WI

54913

When: 9 am until your child is worn

out

- ASFV board member present
- Interact with other families
- Let the kids enjoy the new bouncy toys



FREE of charge for all ASFV members and a reduced \$5.00 for non-members.

Play dates:

February 3rd March 3rd April 7th May 5th

June 2nd

We are looking forward to seeing you there.

## **Become an ASFV Member**

What are the benefits of your \$15 annual membership?

- Free monthly Monkey Joe's
- Free quarterly newsletters
- \* Free Parent/Educator workshops
- Free admission to many social and family outings

Free monthly Building for Kids

Free Parent/Support Group

Safety and conference scholarships

# Reel Movies for Real Needs at Marcus Theaters

#### SPECIAL SHOWING FOR FAMILIES AND INDIVIDUALS WITH SPECIAL NEEDS

## SERVING A REAL NEED WITH A REEL EXPERIENCE

We understand that sometimes it is difficult or uncomfortable for families with special needs children to attend movies together. Marcus Theatres Reel Movies for Reel Needs is a specially designed program to serve families with special needs such as autism or other challenges, who seldom attend movies.

#### A COMFORTABLE ENVIRONMENT

Reel Movies for Real Needs creates a welcoming and 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 theatre.



## AN OPPORTUNITY TO SHARE THE MOVIE EXPERIENCE

Reel Movies for Real Needs is ideal for families who may not feel comfortable attending regularly scheduled shows.

Check out these upcoming Reel Movies for Real Needs at 10:30am:

Paddington 2 - January 13

Peter Rabbit - February 10

Black Panther - February 17

Call:

Valley Grand Cinema W3091 Van Roy Road Appleton, WI 54915 (920) 734-7469

## **Expressive Therapies**



Expressive Therapies offers numerous groups for all ages and populations. See www.expressivetherapies.net Most groups start in January. Registration is now open! Sara Devine MT-BC, NMT, LCSW 920.284.0891 800.791.3601

245 Metro Dr, Appleton WI 54913

info@expressivetherapies.net

# Safe and Sound<sup>TM</sup>

# **Autism Awareness for First Responders**





## Parent Training and Education

Date: Tuesday, March 27, 2018

Time: 6:00-8:00 pm

Where: Miron Construction Headquarters

1471 McMahon Dr. Neenah, WI 54956

Cost: FREE

Dealing with first responders and law enforcement in an emergency is stressful and scary. Safety is a constant concern for our families. ASFV is proud to bring the Safe and Sound<sup>TM</sup> program and this parent training to the Fox Valley.

Created in 2005, the Safe and Sound<sup>TM</sup> initiative includes providing information and training to law enforcement and first response professionals – from police, fire & rescue officers to Emergency Medical Services officers. This parent component will teach you disaster preparedness, communication tips when working with law enforcement, environment and safety modifications, and time to interact with the creators of this program.

<u>Sgt. Jimmy Donohoe</u> of the Pensacola, Florida Police Department and Retired <u>Captain Bill Cannata</u> of the Westwood, Massachusetts Fire Department have been training first responders on how to better handle a call involving autism and related disabilities for 12 years. Both Jimmy and Bill, have sons on the autism spectrum and are career long professionals in their perspective fields.

To learn more about the presentation: <a href="http://www.autism-society.org/living-with-autism/how-the-autism-society-can-help/safe-and-sound/">http://www.autism-society.org/living-with-autism/how-the-autism-society-can-help/safe-and-sound/</a>

# Safe and Sound<sup>TM</sup>

## **Autism Awareness for First Responders**





Wednesday, March 28, 2018
8:00 am-1:00 pm
COST: FREE
(Pre-registration required)
Lunch is included

Fox Valley Technical College
Public Safety Training Center
W6400 Hwy BB, Room 101 A/B
Appleton

The Autism Society of the Fox Valley is pleased to offer a FREE training for First Responders. The session will focus on tools for agencies to address autism-related field contacts, communication and behavior, sensory issues, deescalation techniques and arrest, restraint and custody issues.

The session will also provide information on how first responders can recognize an individual with autism, and discuss how actual incidents were handled. Special tactics, response techniques, rescue techniques, patient care, search and rescue, and actual incidents will be discussed. Incidents discussed will highlight police responses, fire rescue, rescue from heights, motor vehicle crashes, and emergency medical responses.

Autism is becoming increasingly prevalent. With now 1 in 68 children diagnosed, autism is no longer only a disability issue; it is a reality in the community. Throughout the country, children and adults with autism are living average lives, going to school, working and enjoying recreational activities in their communities.

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Sgt. Jimmy Donohoe of the Pensacola, Florida Police Department and Retired <u>Captain Bill Cannata</u> of the Westwood, Massachusetts Fire Department have been training first responders on how to better handle a call involving autism and related disabilities for 12 years. Both Jimmy and Bill, have sons on the autism spectrum and are career long professionals in their perspective fields.

To register visit: https://www.surveymonkey.com/r/W33DNXH

You will receive an email confirmation.

<u>Pre-registration is required.</u> Seating is limited to 200. A waiting list will be generated.

Continuing Education Hours will be provided.

QUESTIONS? Contact Jessica Fischer at 920-558-4600 or email jfischer@asw4autism.org



## Autism Society of WI 29th Annual Conference April 19-21, 2018 Kalihari Resort & Convention Center, Wisconsin Dells

Pre-Conference A: April 19th from 9:30 am - 12:30 pm

A Girl's Eye View: Understanding and Working with Girls on the Autism Spectrum

Presented by Shana Nichols, Ph.D.

Pre-Conference B: April 19th from 9:30 am - 12:30 pm

Mental Health Treatment Techniques and Modifications for People with Autism Spectrum Disorders

Presented by Robert Peyton, Ph.D., BCBA-D

Pre-Conference C: April 19th from 1:45 pm - 4:45 pm

Making the World a Bit Easier to Navigate: Using Executive Function Skills

Presented by Brenda Smith Myles, Ph.D.

Pre-Conference D: April 19th from 1:45 pm - 4:45 pm

Sensory Overload vs. Behavioral Tantrums: Understanding the Difference and How to Respond

Presented by Jen Bluske, OTR, and Danna Hamlett, MS, LMFT

#### Keynote Friday, April 20

Critical Mass, Purposeful Practice and Autism: Creating Independent Learners Presented by Brenda Smith Myles, Ph.D.

#### Keynote Saturday, April 21

Finding My Voice(s): My Personal Autism Journey towards Independence Presented by Jonathan and Jodi Murphy







For more information:

http://www.asw4autism.org/conferences\_workshops.html



## **Connie Pitt Memorial Scholarship**

To be used for this year's conference at the Kalahari

The Autism Society of the Fox Valley offers ten (10) full conference **registrations** to the Autism Society of Wisconsin Annual Conference. Families, educators and therapists may apply for a free conference registration (Thursday-Saturday). You must be a member of the Autism Society 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.

## **ASFV Safety Scholarships Available**



The Autism Society of the Fox Valley offers three (3) reimbursement safety scholar-ships—up to \$250 each. Families who need assistance purchasing additional locks, alarms, fence gates, paying for swimming lessons, or anything to help ensure safety measures may apply.

To apply 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. When approved please provide a receipt validating your purchase 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". You may also send a letter to ASFV, PO Box 266 Little Chute, WI 54140.





# Asperger/Autism Spectrum Diagnosis in Adults http://www.aane.org/

Regardless of an "official" diagnosis, AANE is here to support you in your questions about your <u>Asperger profile</u>. That said, many people choose to seek a diagnosis from a professional for many reasons. Below is a guide to help you navigate the current diagnostic landscape. This process can be confusing for anyone, as the designations can change from year to year, and there is on-going debate among professionals and non-professionals regarding the parameters of diagnosis. Know that AANE is here to answer your questions. Also, know that diagnosis, by its very nature, describes broad generalizations. Here at AANE, regardless of your diagnosis, we recognize your unique experience as an individual.

### How an Asperger/autism spectrum diagnosis is made in adults:

#### **Initial Discovery**

Many adults with an Asperger profile stumble upon the description of Asperger Syndrome or Autism Spectrum. They may read about it or be told by a family member or friend about the profile. Some may believe that the information matches their history and their current situation and, as a result, may self-diagnose. Others are not so welcoming of the diagnosis and do not choose to identify with the label. Sometimes family members suspect that their adult child, spouse, or sibling may have an Asperger profile and wonder how to tell them about it.

Professionals, even some who have had long-term relationships with their clients, may realize for the first time that the traits their client is exhibiting are best described as an Asperger profile or Autism spectrum difference. A professional may be uncertain of the diagnosis, however, if Asperger/Autism spectrum is outside his or her area of expertise.

#### Choosing not to seek diagnosis

Many individuals choose to conduct their own research through books, the internet, and through support and information organizations (like AANE). Independent exploration can provide sufficient answers and confirmation that an Asperger profile accounts for challenges faced and talents possessed. Some individuals do not find that getting an official diagnosis is necessary.

#### Working with a professional

There are numerous reasons as to why someone might seek a formal diagnosis. For some, it can offer a clear avenue for communicating their strengths and struggles to friends and families. For others, it can open the door for needed supports: Formal diagnosis is necessary if one wants to apply for <u>Supplemental Security Income</u> (SSI) or <u>Social Security Disability Insurance</u> (SSDI). A diagnosis is needed to request reasonable accommodations for employment under the Americans with Disabilities Act (ADA). See <u>Adult Life Planning and Employment</u> for more information.

#### How do you get a "formal" diagnosis of Asperger/Autism spectrum difference (ASD)?

Many individuals pursue neuropsychological testing with a neuropsychologist (PhD) or a psychiatrist (MD). As a result of this testing, it may be determined that the individual has ASD, something related to ASD, or something different. This will give a fairly full picture of strengths and challenges and of how one's brain processes information.

The clinician will usually ask questions about your behavioral history, make behavioral observations, and administer various paper-and-pencil or computer-based tests to evaluate a range of cognitive, linguistic, and communicational abilities. When you go to see the clinician, be sure to bring with you any previous testing or other written records of past behaviors that stand out in your life. It is also a good idea to bring along a friend or family member who can provide additional perspective.

Any professional with the credentials and expertise to diagnose any other condition may also make a diagnosis of ASD. Such professionals may be social workers (MSW), master's level psychologists (MA), or other mental health professionals.

Neuropsychological testing is not required to get a "formal" diagnosis. To apply for SSI there must be written documentation in the record from a medical doctor or Ph.D level psychologist that there is some type of a psychological issue (not necessarily Asperger/Autism). There is no requirement of psychological testing. Specific issues regarding inability to work may be described by other clinicians.

#### The variability of diagnosis

Keep in mind that the Asperger/Autism Spectrum diagnosis is not an absolute and fixed category of traits and characteristics. Everyone with this profile looks different and therefore the boundaries around this characterization can be challenging to define.

Historically, professionals have not even agreed on the constellation of attributes that define Asperger Syndrome and/or ASD.



Fewer females than males receive diagnoses of AS or ASD. This could be because professionals are still learning to recognize the profile as it is expressed in girls and women.

Because many adults have adapted strategies to navigate a predominantly neurotypical world, their differences might be less easy to identify than those of children which may result in fewer adults receiving an official diagnosis.

#### Is it ever too late to discover an Asperger profile or to seek a diagnosis?

Never. It is never too late for an individual to increase self-awareness in order to capitalize on strengths and work around areas of challenge. Knowing about the Asperger/Autism Spectrum diagnosis gives the individual an explanation, not an excuse, for why his or her life has taken the twists and turns that it has. What one does with this information at the ages of 20, 50, or 70 may differ, but in all cases it can still offer great value and improve quality of life.

#### Young adults may use this self-knowledge to improve their college experience by:

- Choosing a single room to decrease social and sensory demands and to ensure a safe haven.
- Taking classes part-time (to account for executive functioning/organizational challenges).
- Possibly living at home (to minimize the number of changes to adjust to all at once).
- Joining interest-based groups (so that socializing has a purpose).
- Choosing careers that match interests and abilities.

#### In middle adulthood, individuals may use the information to:

- Do a life review, understand why careers and relationships have or have not been successful.
- Improve on relationships or pursue better matches.

#### In late adulthood, individuals may use the information to:

- Do a life review.
- Renew and/or repair relationships affected by an Asperger profile.

#### Regardless of age, individuals may use the information to:

- Find people who share similar interests.
- Find other people with Asperger profiles with whom to compare notes (in-person or online).

#### How do I tell an adult that they may have an Asperger profile?

- 1. Lead with strengths! Most people with an Asperger profile have significant areas of strength (even if these have not been translatable into tangible successes).
- 2. Next, point out the areas in which they are struggling.
- 3. Then, suggest to them that there is a name for that confusing combination of strengths and challenges, and it may be an Asperger profile. You may lead them to AANE or other resources for further information. Provide support along the way.

#### WI resources for adults:

- 1. https://caravelautism.com/autism-resources/
- 2. http://www.asw4autism.org/resource\_directory.html
- https://catalpahealth.org/
- 4. https://www.agnesian.com/locations/doll-associates
- 5. https://www.autismspeaks.org/resource-guide/by-state/136/Where%20to%20get%20an%20Autism%20Diagnosis/WI

## **SAVE the DATE**

# ASFV Annual Golf Outing June 2nd

ASFV holds this annual fundraising golf outing each year. More information will be coming in the spring. If you would like to make donations or sponsor a hole, please contact Bob Olson bob.olson1976@gmail.com

This is the most affordable outing in the Valley. GREAT fun for a GREAT cause.



## Winnebago County 4-H Horse and Pony Project June Date to be Announced Soon

The Winnebago County 4-H club is setting an earlier date than usual for the Pony Project Ride.

Mark your calendars for June 10th or 17th. More will be known soon. Two sessions will be run to allow for more kids to ride. The kids will get to spend quality time grooming, riding and just being with these gentle horses.

The ASFV families always have a wonderful time. All of the volunteers are patient, kind and supportive. If you would like to be on the email list for this event please email:

asfvevents@autismfoxvalley.org with Horse Ride in the subject



## **ASFV Annual Timber Rattler Outing**

Date: August 18th

Time: Tailgate party 5:00 with ASFV sponsoring the brats, hotdogs, and soft drinks. Please bring a dish to pass.

First pitch 6:35pm.

Tickets: \$5.00 per ticket (limit 6) \$7.00 each additional ticket.

Parking info in your ticket package.

Contact: Steve Brennan 625 S. Keller Park Dr. Appleton 54914 to

reserve your Box Seat tickets.

Email: sbrennan78@yahoo.com

Phone: 920-739-2596 RSVP by July 15th.









## **Membership Application**

Date of Application	
Name Email	
Street Address	
City, State, ZipPhon	e ( )
The Autism Society of Wisconsin (ASW) serves 53 colour 5 local Autism Society affiliates listed below. By the Autism Society of Wisconsin and the local affiliate leave this section blank.	choosing 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	Autism Society of Chippewa Valley (ASCV)
Door Counties <u>Autism Society of Northeast Wisconsin (ASNEW)</u> - Brown, Shawano, Oconto, Florence, Menomonie and Marinette Counties	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
Authorized Signature	CVV (3 digit code on the back)
Check enclosed: Check #	
Enclosed is a \$10 contribution towards the cost of the	e newsletter—thank you!
Additional contribution (tax deductible).	
\$25 \$50 \$100 \$ (Othor)	

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## Autism Society of the Fox Valley

PO Box 266 Little Chute, WI 54140 888-428-8476

Email: info@autismfoxvalley.org

#### **ASFV Board Members**

Diane Nackers—President
Ann Olson—Vice President
Bob Olson—Treasurer
Heidi Dahle—Secretary
Steve Brennan
Archna Hendrick, MD
Kristin Wahl
Chad Leder
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

Submission deadlines are December 1, March 1, June 1, and September 1. 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.



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Autism Society of the Fox Valley

Website: www.autismfoxvalley.org

New email: info@autismfoxvalley.org

All social outings:

asfvevents@autismfoxvalley.org



