Autism Society of the Fox Valley

Happy summer everyone!

It’s hard to believe June is over and July is already here. A common question has been asked on the phone, through email and on the Facebook page: what can we do to fill all of this time with the kids this summer? In an attempt to help answer this question, Chad Leder has been doing a terrific job keeping the Facebook page up to date and full of community things to do.

Another common theme lies in questions about special education programs, evaluations, and placements. It is very difficult to keep up with so many special ed changes. Thanks to Shannon Knall for keeping us to date with legislation. She posts on the ASFV Parent Support Group Facebook page. Here is one link that is very useful.

www.disabilityscoop.com/2016/06/16/schools-reminded-evaluations

SAVE the DATE: October 22nd — Wings for Autism will take place at the Appleton International Airport. More information coming in July.

A very special thank you to Kelly Brodhagen and Jason Konz for working to create a new website for ASFV. It is terrific!! The address remains the same but our event information will be able to be updated more efficiently.

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: autismevents@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.
ASFV 11th Annual Night with the Timber Rattlers

When: **August 6th**
Theme: **Disney Princesses**
Extras: **Pre-Game Petting Zoo and Post Game Fireworks**

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

Tickets: $5.00 each—no limit. 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 6th!!!

Bertrand Schmitz Consulting Outings

**JULY 14: BAY BEACH (11:00-1:00):** We will meet by the main building at 11:00 and pass out money for tickets just as we have done in past visits. Lunch will be on your own...please bring money along to purchase lunch from the park, or you may wish to pack a lunch to bring along.

**JULY 28: BOWLING 1:00** We will be at Sabre Lanes again for the summer. A reminder that we will be paying for the shoes during each bowling outing.

**AUGUST 11: MENOMINEE PARK (OSHKOSH) 1:00-3:00:** We will meet at Menominee Park in Oshkosh where there are a number of things to do and see. There is a zoo, a beach, and baseball diamonds. We will send out a meeting spot prior to the outing.

**AUGUST 25: BOWLING 1:00**

Please contact Dick Schmitz or Mark Bertrand for specific information. 920-205-1087 bertrandbscs12@yahoo.com
Join us for our 11th 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)
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.*

Registration is required.  Player Name: ________________________________ Age ______ Email: ____________________________ (required)  Address:____________________________________City, State, Zip _____________________________ 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
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 Cities 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 for all adults with ASD to be a member of the Autism Society of the Fox Valley (ASFV). All A-Team members should have the ability to independently participate in social events in the community.

We engage in varied activities events are communicated to individuals via emails. Please contact Diane Nackers at autismevents@autismfoxvalley.org.
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 18th – Sky Zone Trampoline Park in Appleton from 1-3.
August 13th – Hollywood Cinema

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 18th – Sky Zone Trampoline Park in Appleton from 1-3.
August 13th – Hollywood Cinema

Community Conversation – Fox Valley Sept. 22nd

When: 5:00-7:30 p.m.
Where: Miron Construction Company, Neenah.
MC: Lisa Malak from Channel 5
Dinner will be provided.
The goal of bringing everyone together is to
1. Create new relationships and broaden the local network
2. Learn about community resources (resources that support families, resources that help businesses successfully hire people with disabilities
3. Gain new perspectives and have an opportunity to voice different viewpoints (families get to share their ideas; business leaders get to share their needs and ideas, etc.)
4. Identify new strategies that can help solve the issue of youth unemployment
5. Recognize roles in helping to solve the issue.

CONTACT: Kelly at asw@asw4autism.org
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 16th August 20th September 17th

NEW!! Special programming will start in July. Check out the Everybody Plays Room for details.

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. Date: September 24th

What: We sell hamburgers, brats, soda, water and merchandise. Contact: Heidi Dahle hedidahle2003@yahoo.com

Alternative for Education in Appleton

The Alternative Center for Education (ACE) is located off of Oneida Street in the Edison Center at 101 W Edison Ave, Suite 115, Appleton, WI 54915-1367.

(920) 750-8773
Email: Akschauman @alternativecenterforeducation.com

Objectives of the program:
- diagnose specific learning disabilities (dyslexia, dysgraphia, dyscalculia)
- treat these disorders as well as the learning problems associated with other conditions (autism spectrum disorders, traumatic brain injury, ADHD, etc.)
- 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 11th 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 record number of hole sponsors, and a record profit from our 50/50 raffle and silent auction items. A little rain didn’t dampen anyone’s spirits and the clubhouse was filled with excitement and energy during the steak dinner. 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!!

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

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

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Strategies to Handle Anxiety with Your Child During the Summer
July 24, 2014 Adapted from an article by Mendability

Do you see an increase in anxiety during the summer? Are you exhausted from trying to convince him or her that everyday tasks are not the enemy? If you’re tired of battling anxiety – read on.

Studies show that nearly 40% of children and adolescents with Autism have clinically elevated levels of anxiety, or at least one anxiety disorder (1). It’s no wonder, then, that the dramatic changes in routine, weather, and predictability that come with the summer season increase the stress and anxiety of our kids on the Spectrum. Although current research has not yet determined whether anxiety is a symptom of Autism or a comorbid disorder, we do know it increases functional impairment (2).

Although there is no easy season for families of kids with Autism, summer can be particularly challenging. The supports and team of professionals typically surrounding the child throughout the school year dwindle over summer break. The parent is forced to become not only the primary caregiver, but also the teacher, therapist, playmate, and more. Children are very perceptive and they can feel the stress this places on their loved ones. It’s important to remember, that even if you feel overwhelmed and frustrated, you must try to remain calm, composed, and organized. This is no easy task.

#1: Take a step back and observe
Identify the triggers. Take time to observe your child carefully. Note times when anxiety or fear is peaked. You may not be able to pinpoint the exact fear itself, but discovering the activity is a huge step. Knowing the triggers are a source of anxiety allows you to take steps to intervene. It’s a good idea to take notes as a record of your observations. They not only become part of the process of active listening, but they also serve as a method for you to reflect on the small changes that are otherwise lost within your busy life. Concentrate on writing down key points rather than attempting to preserve a sequence of events.

#2: Help the brain regulate
Let’s continue with the car ride example. If car rides are anxiety-enducing, then consider, of course, minimizing trips as much as possible. However, since your child will eventually have to leave the home, utilizing sensory enrichment strategies that are known to increase serotonin and dopamine in the brain (and thus increase self-regulation and pleasant feelings) is a smart way to minimize problems along the way.

Ideas include hanging suction window shades, playing quiet instrumental music, using a scent diffuser, and controlling the air conditioning to allow for a comfortable climate. Be aware too that a trigger could be motion. They may be imperceptible to you. They are probably not imperceptible to them.
#3 Anticipate temperature changes

The summer heat and abrupt changes between cool (air conditioning) and hot (outside) can cause stress (3). Our kids with autism struggle to regulate their brain Serotonin levels, thus repeated requirements on the body to thermoregulate, or adjust to the surrounding temperature, is draining. The rule of thumb here is to make changes as gradual as possible. If your house is air conditioned, cool the car for a few minutes before having him or her get inside. Drop off your child in front of a destination, if possible. If you must park first, open the windows and allow some of the heat to seep inside to assist with the adjustment.

#4 Common anxiety prevention strategies – Best Practice Ideas

– **Relax** - Downtime is a crucial component of brain growth. It is a time when new information is integrated and consolidated into memories, contributing to personality and functional everyday skills. Keeping this in mind, don’t exhaust yourself trying to imitate the school-year schedule by maintaining the same level of intervention and learning time. Rushing from activity to activity can be a source of stress for both you and your child. Relax.

– **Visual Schedule** - A visual schedule is a way to post what’s to come so your child can mentally process upcoming transitions ahead of time. Make a fun and creative month- or week-long poster and place it in a noticeable location.

– **Take a walk** - Physical exercise increases endorphins, protects existing neurons, and enhances overall brain plasticity (4). Walking in nature is a naturally enriched experience with undomesticated smells, sights, and sounds.

– **Set up an anxiety-free zone** - It’s always a good idea to have an area in the home where kids can retreat to and feel safe. Populate his or her safety zone with art, a variety of textures, pleasant smells, and a stereo with classical music. Play centers around the house and backyard are safe areas where a child can play and discover, unstructured.


References


Sheard, M. H., Aghajanian, G. K. (1967). Neural Release of Brain Serotonin and Body Temperature. DOI: 10.1038/216495a0

Youth in Partnership with Parents for Empowerment

An opportunity for youth with disabilities and their parents to learn about the transition process in a unique way!

Tundra Lodge Resort & Conference Center
865 Lombardi Avenue
Green Bay, WI

October 7 & 8, 2016
November 11 & 12, 2016
January 6 & 7, 2017
February 3 & 4, 2017
March 3 & 4, 2017

 YiPPE starts at 5:00 p.m. Friday and ends by 3:30 p.m. on Saturday.
Youth, ages 15-20, along with their parents/guardians,
must attend All five weekend sessions.

 YiPPE is FREE!

YiPPE assists youth with disabilities to:
• learn how to make decisions for themselves
• get involved in their school and community
• learn about self-advocacy and self-determination
• prepare for work and/or college
• get to know other youth, make friends and have fun

YiPPE assists parents to:
• plan for their youth’s future
• learn about transition topics such as: health care, employment, education, inclusion, legislation, and adult services
• learn about valuable resources
• become part of a network of parents who have youth with disabilities
• enjoy time with other parents

Registration, food, overnight stay and resources are paid for with a DPI IDEA Discretionary Grant,
Wisconsin Statewide Parent-Educator Initiative (WSPEI)
FALL CONFERENCE

Building Social Relationships
Scott Bellini, Ph.D.
October 6, 2016
La Crosse, WI

Building Social Relationships through Evidence Based Social Skills Programming for Youth with Autism Spectrum

The workshop will provide an overview of the Building Social Relationships (BSR) program, a social skills instructional model developed by Dr. Bellini. The workshop integrates research on social-emotional functioning with effective strategies for teaching social skills to children and adolescents with autism spectrum disorders (ASD). The BSR program provides a systematic and comprehensive framework to guide parents and practitioners in the development and implementation of social skills programming.

Learning Objectives for Participants

- Increase knowledge of social and emotional functioning
- Increase awareness of the relationship between social skill deficits and social anxiety
- Develop skills necessary to assess social functioning
- Increase awareness of skill acquisition versus performance deficits
- Increase awareness of evidence based social skill strategies
- Develop skills necessary to implement social skills strategies

Scott Bellini, PhD is the Director of the Social Skills Research Clinic (SSRC), a university based center specializing in developing and empirically examining the outcomes of social skill interventions for youth with ASD. He is also a faculty member in the School Psychology program at Indiana University, Bloomington. He is a licensed psychologist in the state of Indiana and an endorsed Health Services Provider in Psychology. He is currently conducting research on professional development outcomes for educators, anxiety disorders, and social skill interventions, including video modeling for youth with ASD. He has published numerous research manuscripts and has provided consultation and training to families and professionals in over 35 states on the topic of social skills programming for students with ASD. He is the author of the book, Building Social Relationships, which was named the Literary Work of the Year by the Autism Society of America.

Registration opens in July
www.asw4autism.org
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.
Autism Society of Wisconsin
Membership Application Form

Date: ____________________
Name: ________________________________________________________________________________________
Street Address: _______________________________________________________________________________
City, State, Zip: ________________________________________________________________________________
Email: _________________________________________________ Phone (         ) __________________________

Chapter joining
_____ ASFV, Fox Valley area, Outagamie, Winnebago, Calumet, Fond du Lac, and Waupaca Counties

By joining ASFV—you are automatically a member of ASW.

Membership Categories (select one): _____ Individual $12.00 _____ Family $15.00
(Select one) _____ New _____ Renewal

(Select one) _____ Bill My Master Card/VISA Card#______________________________________ Exp Date_________
(Select one) CVC

(Please print clearly)
_____ Check enclosed, check # _______________
_____ Enclosed is $5.00 to contribute to the cost of the newsletter

Additional contribution (tax deductible) for the work of ASW for individuals with autism:
_____ $25 _____ $50 _____ $100 _____ $ Other

Please send your completed membership form and mail to:

ASW
1477 Kenwood Drive
Menasha, WI 54952

ASW membership benefits include: Reduced conference rates, ASW voting privileges, and a quarterly
subscription to the ASW newsletter, “Connecting Wisconsin”. Membership is for one year. Check your
mailing label on your newsletter for membership information. If you have questions, email ASW at
asw@asw4autism.org or call 888-428-8476.
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.

Mealtime and Children on the Autism Spectrum:

Beyond Picky, Fussy, and Fads

Contributed By: Marci Wheeler, M.S.W.


Inside the article you will find:

1. Medical Assessments for Feeding and Eating Skills
2. Behavioral Problems that Affect Feeding and Eating
3. Environmental Problems that Affect Feeding and Eating
4. Strategies for Addressing Eating and Feeding Problems