AUTISM SOCIETY
Improving the Lives of All Affected by Autism
Nebraska

NEWSGRAM

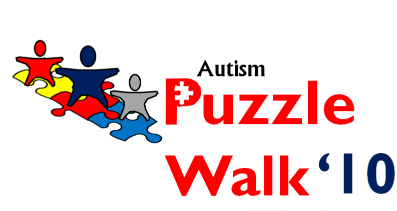
February 5, 2010

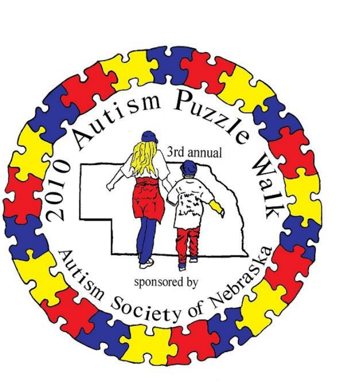
Help design the 2010 Autism Puzzle Walk T shirts!

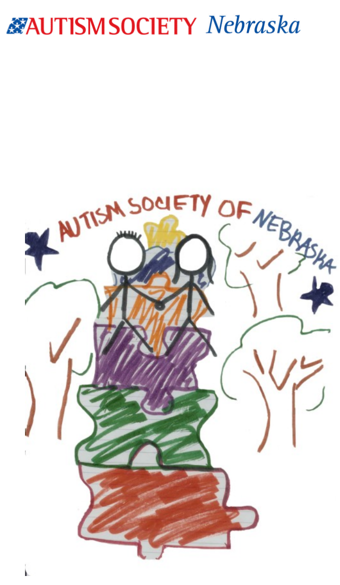
A few weeks ago we asked our community to help us design the 2010 Autism Puzzle Walk T shirts. Here are three designs that were submitted in the contest and we humbly thank everyone who took time to get creative.

Two of the designs below were submitted by persons on the spectrum and one was submitted by a sibling. All of the submission were all wonderful and we applaud your creativity! Thank you!!!!

But now we need our community to help decide which design to put on the Autism Society's 2010 Puzzle Walk T shirts! Please follow the link below and cast your vote!







CLICK HERE TO VOTE FOR THE PUZZLE WALK T-SHIRT DESIGN!

2010 ASD State Conference

The Nebraska ASD Network will hold its 7th annual ASD Conference in Kearney, NE on April 8th and 9th. Speakers will include Fern Sussman, Ruth Aspy, James Emmett, Barry Grossman, and Mary Schlieider. They will also hold a speakers dinner with individuals on the autism spectrum.

This year the conference will include a new vocational strand sponsored by Voc Rehab & Region 7 TACE as well as a parent track sponsored by the Autism Society of Nebraska.

You can register here or download the conference flyer here. Be sure and take advantage of the Early Bird pricing!

The Autism Society has some funding set aside for scholarships for parents to attend the state conference. You can download a **Supporting our Families Scholarship Application** HERE.

Act fast because completed scholarship requests must be postmarked on or before March 1st, 2010.

Not a member? Click HERE to join the Autism Society of America

Puzzle Walk Committee Meeting

Autism Society of Nebraska Puzzle Walk Meeting
Monday, February 8th, 2010 7pm-9pm
The Nebraska Medical Center-
Durham Outpatient Center Room (DOC) 2628
4400 Emile St- Omaha, NE
Michaela's Cell Phone: 402-658-5261 (See Map here)

Directions:
Off interstate-Take the 42nd St Exit (Exit 451)
Turn Left onto 42nd St. (Going North)
Continue on 42nd St.
Emile St. Turn Left at lights
Drive until you see the big circle drive on your Right- says "Durham Outpatient Center"
park in the parking structure to the West

Go in main doors of Durham Outpatient Center. Take elevators or escalator in the main entrance to second floor- room 2628

Autism Coverage in Omaha's Family Spectrum Magazine

Check out Omaha's Family Spectrum Magazine in March for two very special Young Heroes. Every month this Omaha parenting magazine spotlights some very special young people in the community and in March it will spotlight the autism community and specifically JP and Trey Neff!

Family Spectrum also hosts a daily radio show and hosted a discussion about autism with JP and Trey's mom, Shawn Neff. Shawn is a former Autism Society Board member and the current leader of the Omaha Autism Society Support Group. If you'd like to listen to the interview it can be found here. (February 2nd archive)

For great community connections and parenting information be sure and check out the Family Spectrum Magazine. The magazine comes home monthly with your school age children and is also available online. www.familyspectrum.com This was a great autism awareness piece as Family Spectrum helps us bring an autism perspective to their readers and listeners! Thank you to Family Spectrum Magazine!

OMAHA: Upcoming Sensory Friendly Movies

The Autism Society of America and AMC Entertainment have worked together to create sensory friendly films in an attempt to accommodate families with special needs. This is not only for autism families but also for any families with special needs.

The movie auditoriums will have their lights brought up, the sound turned down, and AMC's "Silence is Golden®" policy will not be enforced. There will be no previews before the film so plan to arrive early as the movie will start at 10am! AMC is also being very generous and letting our families bring in their own GFCF snacks. Regular concessions are also available to purchase.

Questions - contact Michaela Newman at (402)933-1216 or bnewms@cox.net

THE TOOTH FAIRY
Saturday, February 6
10:00 am
Omaha's AMC Oakview 24 Theater
3555 S 140th Plaza
$5 per person

DIARY OF A WIMPY KID
Saturday, March 20
10:00 am
Omaha's AMC Oakview 24 Theater
3555 S 140th Plaza
$5 per person

HOW TO TRAIN YOUR DRAGON
Saturday, April 10th
10:00 am
Omaha's AMC Oakview 24 Theater
3555 S 140th Plaza
$5 per person

Excellence in Autism Award

Every year the Autism Society of Nebraska awards an individual who shows outstanding commitment to the Autism Community. Anyone who touches the lives of individuals with ASD's is eligible. This award will be presented at the Statewide Annual Conference held this year in Kearney on April 8th & 9th.

Nominations should be emailed to the Nomination Committee at autismsociety@autismnebraska.org prior to March 1st, 2010.

Please include the name of the person being nominated, contact information for yourself and the nominee, and a one page narrative on why you think this person should be awarded the Excellence in Autism Award from the Autism Society. Please help us honor those who work so diligently to improve the lives of those affected by autism.

OMAHA: PTI-Nebraska hosts an open house

In an effort to reach more families of children with disabilities in the Metro Omaha area, PTI Nebraska has opened a satellite office in South Omaha. Join them for an Open House on Thursday February 11th.

Download a flyer here.

OMAHA: PRISM workshop Nurturing Healthy Sexual Development

Kathleen Feller, Associate Vice President of Early Childhood Programs, Nebraska Children and Families Foundation will be in town to offer training for parents and professionals. You will learn to

Identify normal sexual behaviors of your children
Respond to your child's questions about sexuality
Respond to your child's sexual; interactions
Identify and report suspected child abuse

This training also recognizes that a crucial component of nurturing healthy sexual development is protecting children from sexual abuse. The training is for parents of children of all ages. It is never too early to begin talking. Call in your reservations today! Call Cleo at 346-5220 ext 10.

Tuesday February 9th

6:15pm - 8:30 pm

St. Timothy's Church (93rd and Dodge)

Download flyer here.

Download flyer in Spanish here.

OMAHA: Ollie Webb announces Powerful Tools for Caregivers

The Ollie Webb is announcing a new session of their program, "Powerful Tools for Caregivers"(PTC). This is an educational program adapted to provide persons, who are raising and caring for individuals with disabilities, the tools needed to care for themselves.

Attendees will learn how to: reduce stress, balance life, improve self confidence, and better communicate feelings. Here is what one past participant said about the program: "For eight years, I felt so alone, caring for my special needs son. PTC opened the door for me to a world of caregivers that felt just like me. Now I am no longer alone. I know others who walk in my shoes each day and this is so comforting. PTC has given me the tools to cope with my life and the validation that what I do each day for my son is special and meaningful".

When: (6 Week Program)
Tuesday evenings from 5:30 pm - 8:30 pm
March 16, 23, 30 and April 6, 13, 20

5:30 - 6:00pm Dinner
6:00 - 8:30 pm Class

Cost: $35 single or $45 couple (covers book and dinner)

Where: Ollie Webb Center, Inc, 1941 S 42nd St, Suite 122

Download the registration flyer here.`

Help Support the Autism Society Puzzle Walk

Do you know of anyone who might be interested in serving as a corporate sponsor for our 3rd annual Autism Society Puzzle Walk? Please contact the Autism Society right away at autismsociety@autismnebraska.org!

Do you have a contact that would be interested in donating a raffle prize for our event? The raffle is always amazing! Help us make it even more spectacular and raise even more funds for a great cause! Contact us at autismsociety@autismnebraska.org to make a donation!

OMAHA: Support Group for Siblings of children with Autism

Siblings of children with autism have unique needs. The Support Group for Siblings of Children with Autism may increase siblings' understanding of their brother or sister's disability and help them feel more positive about themselves and their role with their sibling.

- Sponsored by Autism Action Partners—no cost for participation!!!
- Meet weekly for four weeks
- Age groupings (younger elementary, upper elementary, middle school, high school)

You can register your child for one of the following sessions by filling out the online registration on the Munroe-Meyer Institute web site at www.unmc.edu/mmi Download their flyer here.

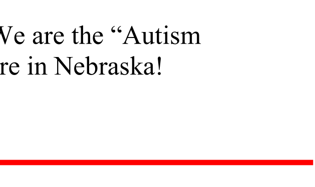
Session A: **February 2, 9, 16 & 23** (younger & upper elementary) 4:30-5:30 pm
Session B: **March 9, 16, 23 & 30** (middle & high-school age) 5:30-6:30 pm
  Sessions A & B will be held at the South Omaha Library (2808 Q Street)
Session C: **April 6, 13, 20, &27** (younger & upper elementary) 4:30-5:30 pm
Session D: **May 4, 11, 18, & 25** (middle & high-school age) 5:30-6:30 pm
  Sessions C & D will be held at the Millard Library (13214 Westwood Lane)
Session E: **June 1, 8, 15, & 22** (younger & upper elementary) 4:30-5:30 pm
  Session E will be held at Munroe-Meyer Institute (44th and Dewey Ave)

If you have question, please contact Teri Sedersten at (402)559-5732

SAVE THE DATE!
SATURDAY
MAY 1, 2010

3rd ANNUAL
AUTISM SOCIETY OF NEBRASKA
PUZZLE WALK

Please join our online support group



The Autism Society has an online forum that was created to help families (and professionals) communicate about resources, therapy options, doctors and schools across our state. We aspire to be a virtual support group for ALL families located throughout Nebraska. We share many of the same thoughts, questions, and desires for our loves ones whether we live in Ogallala or Omaha.

We encourage the newly diagnosed as well as the more seasoned families to express themselves in a safe environment. There can be a lot of division within the world and the autism community is no exception. The Autism Society has an "options policy" and believes that each person with autism is a unique individual. Each family and individual with autism should have the right to learn about and then select the options that they feel are most appropriate for their individual with autism. So whether it is a discussion about ABA or biomedicals, we are all here to support one another. It is the mission at the Autism Society to connect you with each other and allow you (and your loved one) to make the decisions that are best for your family.

We may be miles apart geographically but we are still a community. We are the "Autism Society"! Please join us and help strengthen the autism community here in Nebraska!

CLICK HERE TO JOIN

OMAHA: Support Group Calendar of Events

AMC Sensory Friendly Movie — **THE TOOTH FAIRY**

Saturday, February 6th 10am

The Barn—Sensory Friendly Open Play

Saturday, February 13 10am -2pm

Call (402)301-6829 to register or for more information

Support Group at **Pump It Up**

Monday, March 1st 6:00pm—8:00pm

Stay tuned to Omaha support Group events at www.autismnebraska.org/omaha

To have your event added to our calendar please email autismsociety@autismnebraska.org or you can post it directly into our calendar. Please be aware that your posting may take up to 24 hours to appear on the ASN calendar. We would appreciate your help including

Be sure and check the ASN Web Site and Calendar between Newsgrams!

All information on this newsgram is also available by visiting our web site at

To remove your name from our mailing list, please click here.

"All I can say to parents, if you see a kid displaying symptoms, NOTHING is the worst thing you can do," — **Temple Grandin**