

AUTISM SOCIETY

Improving the Lives of All Affected by Autism

Nebraska

April 6, 2010



NEWSGRAM

This Newsgram has links embedded in the text to take you to more information on the Autism Society web site. Simply click on the links OR you can obtain all of the same information by visiting our web site at www.autismnebraska.org

AUTISM PUZZLE WALK



Saturday, May 1, 2010

Chalco Hills Recreation Area
154th & Giles Road
Omaha

[GET REGISTERED ONLINE TODAY!](#)

[SCHEDULE OF EVENTS](#)

[GET YOUR PARTICIPANT GUIDE HERE](#)

[CAN'T COME? SIGN UP AS A VIRTUAL WALKER!](#)

[FREQUENTLY ASKED QUESTIONS](#)

Do you have a contact that would be interested in donating a raffle prize for the Puzzle Walk? The raffle is always amazing! We'd appreciate your help making it even better!

Help us make it even more spectacular and raise even more funds for a great cause! Contact Shawn Neff at saneff@cox.net to make a donation!

Visit www.autismnebraska.org for current information!
Go to WWW.FIRSTGIVING.COM/ASN to register today!

The Autism Society owes a big thanks to our 2010 Puzzle Walk sponsors!

Remember! 100% of the Puzzle Walk proceed stay in NEBRASKA to help our local community!



EVERY SECOND. EVERY DAY.

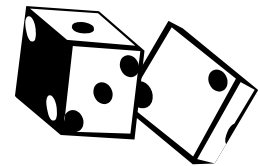
Spotlight on Puzzle Walk Fundraising

THANK YOU TO UNO NSSLHA AND TO EVERYONE WHO CAME OUT TO SUPPORT THIS EVENT. IT TURNED OUT AMAZING!



Join the Nebraska Methodist College for a Casino Night fundraiser in support of the 3rd Annual Autism Puzzle Walk!

Friday, April 16th, 2010
Nebraska Methodist College
720 N 87th Street
6:00pm - 9:00 pm
\$5 for adults
\$20 for a family



Join the UNO NSSLHA group for Dance fundraiser in support of the 3rd Annual Autism Puzzle Walk!

Friday, April 23rd, 2010
Prairie Lane Church
3111 South 119th Street
6:00pm - 10:00 pm
\$5 for adults
\$3 for children



Friday April 23rd—Omaha's Gallup Organization will be having an employee Pancake Feed with the proceeds being donated to the Autism Society Puzzle Walk! Thank you to Stephen Lichtenberg for advocating for our community and THANK YOU to our friends at Gallup!

Is your organization having a fundraiser to support the Autism Walk? Please send us the details and we'll happily share the news!

AUTISM PUZZLE WALK SUMMARY

PUZZLE WALK REGISTRATIONS

183

PUZZLE WALK FUNDRAISING PAGES

44 PUZZLE WALKERS PAGES

11 VIRTUAL WALKERS PAGES

PUZZLE WALK FUNDRAISING TOTAL

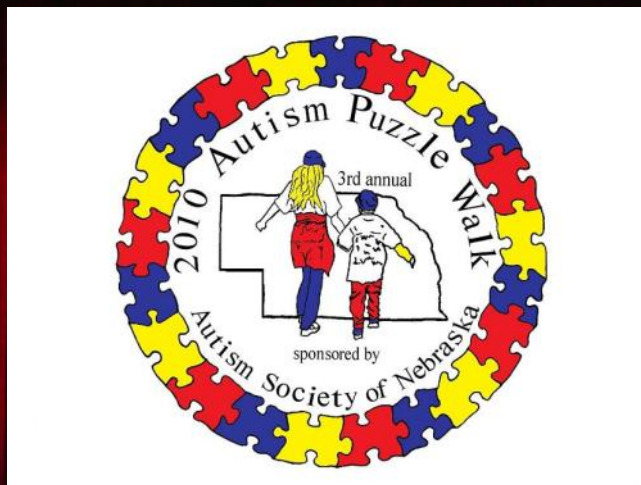
\$6,620

Sign up today and help us meet our goal of 800 walkers!

25 DAYS UNTIL THE WALK!



IN THE SPOTLIGHT!



The 2010 Autism Puzzle Walk Logo was designed by local parent, Genisa Neal and selected by our local autism community. To learn more about Genisa and her family you can visit her fundraising page at www.firstgiving.com/genisaneal

OMAHA: Grandparents (and other family members) Workshop

This Workshop is designed for grandparents, aunts, uncles and other extended family members of children with disabilities.

Date: Saturday, April 17, 2010

Location: ESU #3, 6949 So. 110th St., Omaha Nebraska

Lower Level: Cass/Douglas Room

Time: 8:30 am to 2:30 pm

Fee: \$5 for individuals, \$8 for couples

Confidential scholarships available: Call 402-597-4936 to inquire

Agenda

8:30 Registration and Continental Breakfast (Provided)

9:00-10:30 Family Story Activity

10:30-10:45 Break

10:45-12:00 Community Resources Panel Presentation and Q & A

12:00-12:30 LUNCH (Provided)

12:30-1:45 Brothers and Sisters Perspective

1:45-2:15 Wrap-up and Evaluation

2:15-2:30 Door Prize Drawings

Download a flyer [here](#).

Be sure and check the [ASN Web Site](#) and [Calendar](#) between Newsgrams! We often have new information on the web site that we have yet to include in the Newsgrams!

Alliance: Autism Society hosts an Autism Family Bowling Event

Free Bowling for families with children on the Autism Spectrum!

Saturday, April 10th

3:00 pm - 5:00 pm

Bowl Mor Lanes and Lounge

210 Niobrara Ave

Alliance, NE

NORFOLK: Support Group hosts a Family Fun Day

For Autism Awareness Month the Norfolk Autism Support Group will be hosting a family fun day on Sunday April 25th from 1-3. It will be held at the Norfolk YMCA in the East Gym. There will be games for the kids and refreshments. There will be no charge for this event. Contact Meg Westby at 640-3668 with questions.

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 groups (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 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 - 5:30pm

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 or tsedersten@unmc.edu

OMAHA: Autism Society Easter Egg Hunt



Thank you to everyone who came out and enjoyed the beautiful day and hunted Easter eggs with the Autism Society-Omaha Support Group and the Parent to Parent group with the Ollie Webb Center!

We had over 70 kids and over 1300 Easter eggs!

All information on this Newsgram is also available by visiting our web site at www.autismnebraska.org

2010 State Autism Conference

The Nebraska ASD Network will hold its 7th annual ASD Conference is this week in Kearney. They have an amazing line up of speakers including Fern Sussman, Ruth Aspy, James Emmett, Barry Grossman, and Mary Schlieider. The Thursday evening session will also include two amazing youth who will be sharing their personal stories.

Thank you to the NE Autism Spectrum Disorders Network for all of their work putting together this valuable resource for the Nebraska autism community! Thanks also go out to Voc Rehab & Region 7 TACE for their work on the new vocational strand. And finally the Autism Society would like to thank local parent and Autism Society board member, Megan Misegadis for all of her hard work putting together the parent track!

Other State Conferences

There are some other great Statewide Conferences going on right now. Check out our web site for more information.

[2010 ARC State Conference](#) April 9-10, 2010

[2010 Learning Disabilities State Conference](#) April 10, 2010

TIME: Kids with Autism at the Movies: Where shh! isn't allowed

[Read the full article here.](#)

This is a great Autism Awareness article that spotlights the Autism Society of America's sensory Friendly Movies!

Children's TV show adds character with Aspergers

[Learn more at the Autism Society of America website...](#)

Over the years, the popular PBS children's television show *Arthur* has celebrated kids with all kinds of abilities and featured many types of friendships. As part of season 13, *Arthur* will feature a storyline about Asperger's Syndrome and friendship.

Check out a youtube clip where one of the characters explains the character with Aspergers. Click [here](#) to view a brief clip.



PARENT TO PARENT: TIPS FOR THE KITCHEN....

The following recipe was shared by one of our GFCF veteran families. Here is a tried and true recipe that is sure to please! Thank you to Karen Falconer-Al Hindi for sharing her wealth of experience. The recipe has been modified from the book [Special Diets for Special Kids](#) .

FUDGEY BROWNIES

Ingredients:

2/3 c. xylitol
 1/3 c. corn oil (or any permitted oil or fat)
 2 TBL. Water
 10 oz. (1 pkg.) Enjoy Life brand semi-sweet chocolate chips (free of gluten, casein, and soy)
 2 TBL. Water plus 2 heaping TBL. Cornstarch
 1 tsp. gluten-free vanilla (Frontier brand is good)
 1/2 c. sorghum flour
 1/4 c. brown rice flour
 1/4 tsp. baking soda
 1 tsp. xanthan gum

Note: Substitute ingredients as you see fit. For example, you can use sugar in place of xylitol, eggs instead of the cornstarch-and-water egg replacement, etc

Directions:

Combine xylitol, oil and water in a small saucepan and bring just to a boil. Remove from heat and add the chips. Stir until chocolate is melted. Stir in cornstarch-and-water combination. Add vanilla. Combine remaining ingredients and add to the chocolate mixture. Pour into a greased 9" square pan (or ungreased non-stick pan) and bake at 325 degrees for 35 to 55 minutes. (Begin testing for doneness at 35 minutes, as for cake with a toothpick inserted near the center. Check at 10 minute intervals and remove when done.)

OMAHA: Vaccine Presentation by Dr. Jason Wiese

Lifesource Chiropractic and local Dan practitioner, Jason Wiese will be hosting a vaccine presentation on Saturday, April 10th from 10:00am - 12:00pm. Download a flyer [here](#) or visit their web site at www.lifesourcechiropractic.com for more information.

Autism Awareness Month: From a 24/7 Autism Mom

Check out this great Autism Awareness blog. Click [here](#) to read one mom's thoughts on autism awareness month and life as an autism parent.

ASA News: Text a donation to the Autism Society of America

Spread the word. Helping the autism community can be as easy as updating your Facebook or Twitter status! On April 1, the Autism Society is asking supporters to change their status on Facebook and/or Twitter to “Autism affects 1 in 110.

Help spread the word: <http://bit.ly/bUAVRf>.”

For the first time ever, supporters can now simply text “AUTISM” to 50555 to donate \$10 to the Autism Society of America. 100% of your donations will go to support the Autism Society’s mission of improving the lives of all affected by autism.

This donation will go to our parent organization and the funds will go towards the national initiative!

OMAHA: A birthday invitation for your child!

Our friends at the University of Nebraska - Omaha are at it again! They’ve heard us share that our kids are often left out of birthday parties and they decided to throw one in honor of our kids! They have been working hard to put a fantastic event together for our kids. All you have to do is register and then come have a great time at the birthday party!

If you have an elementary aged child who would like to attend a birthday party please email our friends at UNO at unobirthday@gmail.com to get on the birthday invitation list! **Deadline to register is Friday, April 9th.**

The party will be April 17th from 1:00 - 3:00 pm.

You will need to provide them with

1. Child’s name and mailing address (so they can send an invite)
2. Child’s birth date and age
3. A picture (will be used for some visual references during the party)
4. Any special dietary needs
5. The child’s main interests in toys and activities

All information on this Newsgram is also available by visiting our web site at www.autismnebraska.org

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

HOW TO TRAIN YOUR DRAGON

Saturday, April 10th

10:00 am

Omaha's AMC Oakview 24
3555 S 140th Plaza

SHREK 4

Saturday, May 22nd

10:00 am

Omaha's AMC Oakview 24
3555 S 140th Plaza

Are you a Special Olympian?

We are hoping to find a Nebraska athlete on the autism spectrum who is participating in the National Special Olympic Games in Lincoln this summer. Due to confidentiality reasons, the Special Olympics can't share participant information so we are putting a call out through the Autism Society to find you!

If you or your loved one is participating in the National games and would be willing to be interviewed please email Kristen Larsen at larsenk@charter.net or call 308-237-4343! Thank you!

Autism Society Board Members Needed

The Nebraska Chapter of the Autism Society seeks to have board representation for across the State and will be taking applications to fill Board member positions. We need Autism Professionals as well as Autism Warriors. Anyone interested in helping advocate for individuals affected by autism is eligible.

If you are interested in learning more please contact Autism Society President, Michaela Newman at autismsociety@autismnebraska.org.

AUTISM SOCIETY—OMAHA SUPPORT GROUP NEWS

Come join us at Pump It Up - The Original Inflatable Party Zone - for a night of bouncing, jumping and climbing! This will be a private event for families with children on the autism spectrum.

WHO: Autism Families

WHEN: The 1st Monday of every month
6:00pm - 8:00pm

WHERE: Pump It Up 960 S 72nd (72nd & Pacific)

COST: \$5 per child (\$10 maximum charge per family)

You don't have to be a member of the Autism Society to take part in our events!

THIS EVENING CAN BE WHATEVER YOU WANT IT TO BE!

There are a variety of ways this evening can serve your family:

1. Come to Pump It Up and climb, bounce and have a blast with your family. Consider it a family night out. You don't have to participate in the support group meeting. You can also look at this as a night to get the kids out and burn off some energy in reduced cost / autism friendly environment!
2. Leave the kids home (with Dad or Mom or Grandma or a babysitter) and join the support group for a chance to talk and meet other parents. The support group meets in a separate room away from the excited chaos.
3. Bring a helper to supervise/play with your kids and then the adults can come join the support group discussion. Then if you are needed you are only a few steps away. Or RSVP to Shawn Neff at saneff@cox.net to see about a UNO Volunteer to supervise your child while you attend the support group.
4. One parent can play/supervise the kids and the other parent can attend the support group.
5. OR we have some amazing volunteers from the UNO NSSLHA (Speech language students) who are coming to help provide some respite. **If you need a college volunteer to supervise your child you MUST RSVP to Shawn Neff at saneff@cox.net by the prior Wednesday in order to be ensured an adult volunteer.** This will be first come first served as our participation grows we are finding the kids are starting to outnumber the volunteers! We only need the RSVP if you are seeking a volunteer to chaperone your child.

All autism families are welcome. You do not have to be a current member of ASN or the Omaha Support Group.

Omaha Calendar of Events

Saturday, April 10—AMC Sensory Friendly Movie HOW TO TRAIN YOUR DRAGON

10:00 am \$5 per person

Oakview AMC Theater 3555 S 140th Plaza

Saturday, April 10—Open Gym at the Barn

10:00 am—2:00 pm

13504 South 226th Avenue, Gretna

Call (402)301-6829 to RSVP

Sunday, April 11—Autism Day with the Royals

[Click here for more information](#)

Sunday, April 11—Autism Night at Omaha Children's Museum

5:30—8:00 pm

\$10 per family or free with museum membership

Friday, April 16—Casino Night Fundraiser

6:00 pm —9:00 pm

NE Methodist College, 720 N 87th St,

\$5 per person / \$20 per family

Saturday, April 17th—ASD Birthday Party

RSVP to unobirthday@gmail.com

Thursday, April 22—Pump It Up: Bounce for Autism fundraiser for the Autism Society of America

7:00 pm – 9:00 pm \$5 of each admission with go to the national Autism Society organization.

Friday, April 23—Together We Dance Fundraiser

6:00pm —10:00pm

UNO NSSLHA

Prairie Lane Church, 3111 S 119th St

\$5 adults / \$3 child

Saturday, May 1—Autism Society Puzzle Walk

Monday, May 3—Pump It Up/Support Group

6:00 pm—8:00 pm

960 S 72nd St, Omaha

\$5 per child / \$10 family maximum

Saturday, May 22—AMC Sensory Friendly Movie Shrek 4

10:00 am \$5 per person

Oakview AMC Theater 3555 S 140th Plaza



A group poses after attending one of the Autism Society Sensory Friendly movies in Omaha.



A couple of our amazing walk volunteers pose for the camera during a committee meeting.

Summer Resources to Check Out!

KEARNEY:

Challenger Baseball [Click here for more information.](#)

OMAHA:

AllPlay Baseball [Click here for more information](#)

The Barn Summer Camp [Click here for more information](#)

Camp Munroe Recreational Therapy Summer Camp Call 559-5777 for application

Challenger Baseball [Click here for more information](#)

The Rose Summer Classes [Click here for more information](#)

LINCOLN:

Homer's Heroes Baseball [Click here for more information](#)

STATEWIDE:

Nebraska Game and Parks Family and Friends Fishing Events [More information](#)

Easter Seals Summer Camp [Click here for more information](#)

Please help us complete our list of resources! Please forward any ASD friendly events to AutismSocietyNewsgram@autismnebraska.org !



Put on the Puzzle! The Autism Awareness Puzzle Ribbon is the most recognized symbol of the autism community in the world. Autism prevalence is now one in every 110 children in America - that's 13 million families and growing who live with autism today.

Show your support for people with autism by wearing the Autism Awareness Puzzle Ribbon this month – as a pin on your shirt, a magnet on your car, a badge on your blog, or even your Facebook profile picture - and educate folks on the potential of people with autism! For suggestions and resources, visit www.autism-society.org/ribbon.

All information on this Newsgram is also available by visiting our web site at www.autismnebraska.org

April Autism Awareness Events by the Autism Society

WORLD AUTISM DAY

Friday, April 2, 2010

ALLIANCE: Autism Society Bowling Event

Saturday, April 10, 2010

[Click here for more information.](#)

LINCOLN: The Horse Boy sponsored by the Autism Society

April 2—8 Mary Riepma Ross Media Arts Center

OMAHA: Autism Society Autism Awareness Day with the Omaha Royals

Sunday, April 11, 2010

[Click here for more information](#)

OMAHA: BOUNCE FOR AUTISM - Proceeds go to the Autism Society of America

Thursday, April 22, 2010 7:00 pm—9:00 pm

[Visit Pump It Up's web site for more information!](#)

Autism Awareness Spotlited in the Omaha World Herald—you can read the article [here](#).



Thank you to all of the families who were able to meet at the State Capitol on April 1st!

The Autism Society would like to thank board members Cathy Martinez and Colleen Siracuse as well as the all of the other warriors who showed up to represent our community!



Autism Society of Nebraska

PO Box 83559
Lincoln, NE 68501-3559

Phone: 1-877-375-0120

E-mail:



To have your event added to the Autism Society Newsgram and calendar please email AutismSocietyNewsgram@autismnebraska.org or you can post it directly to our calendar at www.autismnebraska.org. Please be aware that it may take 24 hours for your event to appear on the site.

We appreciate your help including our statewide community events! Please help us help you AND your neighbors!

Please take a few moments to help us make sure the Autism Society has your current information in our mailing list!

[Click here to update our records](#)

Nobody made a greater mistake than he who did nothing because he could do only a little.

- Edmund Burke