

AUTISM SOCIETY

Improving the Lives of All Affected by Autism



Nebraska

MAY 25, 2010

NEWSGRAM

We hear a lot of questions about what we do with the money raised from the Puzzle Walk. The most exciting answer is that 100% of the proceeds from the Autism Society Puzzle Walk stay in Nebraska. Essentially that money goes where our **Board of Directors** decides it best serves our mission of improving the lives of all (Nebraskans) affected by autism!

So who are our Board of Directors? Our board is open to professionals, family members and persons on the spectrum. We seek representation from communities across Nebraska. **And this is your lucky day because right now we are seeking applications to fill open board positions!**

We all know that there is so much to do in serving the autism community. Trying to meet these needs has been compared to trying to extinguish a three alarm fire with a bucket full of water. In other words, there is never enough time, money or resources to meet all of the needs.

This is why our board is so very important. These community leaders help determine where the Autism Society is going to invest their limited resources. Some previous areas the Autism Society has invested their resources include our web site and Newsgram, ASD State Conference, family scholarships, support groups, community events, sponsorship of summer ASD camps as well as scholarships for parents to attend conferences.

The Autism Society of Nebraska is committed to working with the local grassroots communities to meet their needs because no one knows better than you what your community needs. We are here to partner with you to make it happen! Our goal for 2010 is to expand our network of support groups across Nebraska. With a stronger grassroots organization it will be easier for us to make sure we are having a real impact across the entire state! Therefore...the Autism Society needs passionate individuals who are willing to step up and help lead the Nebraska grassroots community!



WE NEED YOU!

Please consider volunteering for this important leadership role in the Nebraska community.

Take the first step and download our application [here!](#)

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

LINCOLN: Behavior Strategies & Autism with Dr. Lorrie Bryant

Discussion will center on the basic principles of behavior and effective strategies for increasing adaptive behavior and decreasing behavioral excesses that cause difficulty for children with autism spectrum disorders. Parents will have the opportunity to ask questions afterwards

June 1, 2010 @ 6:30 p.m. – 7:30 p.m.

Place: South Gate United Methodist Church
3500 Pioneers Blvd, Lincoln, NE 68506-4853

*Space is limited please register prior to May 27 e-mail at Vdepenbusch@msn.com.
Download a flyer [here](#).

New column coming to the Newsgram...but we need your input!

We will be launching a “Dear Abby” style column that will be answered by a local autism professional who has been serving our families for many years. If you have a question or need advice please email to AutismSocietyNewsgram@autismnebraska.org.

LINCOLN: Dreams Unlimited

Dreams Unlimited is dedicated to helping children with disabilities have the opportunity for fun and challenge in areas they may never have thought possible. Our mission is to assist children with disabilities and their families to access & coordinate adapted recreation that may otherwise not be available to them. Dreams Unlimited coordinates and funds recreation opportunities for children with disabilities and their families.

Check out their web site for some neat upcoming events... www.dreamsunlimitedlincoln.org



We had a community member forward a link to share with everyone. Please be sure and check out www.sandbox-learning.com for some great resources!

Success Stories are fun, printable children’s books with personalized text and illustrations focusing on character development by addressing emotions, social skills, safety, and communication skills. You can customize them with your child's name and even customize the pictures to look like your child. This is a great resource for families and teachers! Sign up today and get one free story customized for your child. If it works for your child, you might choose to go back and pay their modest fee to have other success stories personalized!

(For more tips please visit our [Autism News](#) section on our web site where everything is archived!)

The Barn Summer Camp Applications

The Barn is now taking registrations for their summer camp for special needs kids. Camp size ranges from 5-10 to allow for more one to one interaction and less waiting by the campers. Campers will experience a variety of sensory activities, outdoor activities and many typical camp events to enhance sensory integration opportunities. Summer camp provides an opportunity for the kids to interact with peers, and build on the skills they have been learning all year through individual therapy, school and other special services.

Socialization with peers within a community setting is important for kids with sensory integration disorders and The Barn summer camp provides that privilege in a safe and nurturing environment. Activities to include: paint, art creations, water play, horses, hayrack rides, climbing, swinging, hiking, wood crafts, gardening, musical instruments, imaginative games, outdoor games and so much more.

Visit their web site for more information www.myplaybarn.com or call (402)301-6829

Autism Society Announcement

The Autism Society is having to change our toll free phone number. Please be sure and update your records to show our NEW phone number!

1-800-580-9279

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 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: Summer Acting Classes at The Rose

Autism Action Partnership and The Rose Theater are offering children and teens with ASD an unique theatrical experience that promotes creativity, confidence and self-esteem. Professional actor/educators from The Rose will use team exercises, game playing and interactive storytelling to introduce your child to the world of theater. These classes are designed specifically for students who are diagnosed on the autism spectrum.

Tuition is \$30 per ASD student, and a registration form is required for enrollment. Please contact Niki Mulkey at nikim@rosetheater.org. *Note: Sibling scholarships are not available during the summer session

Classes for K-2nd Grade: June 14-18 from 9:00 a.m. to 11:00 a.m.

Classes for 7th - 10th Grade - June 21 - 25 from 9:00 a.m. to 12:00 p.m.

Classes for 3rd - 6th Grade - July 19 - 23 from 9:00 a.m. to 12:00 p.m.

Cost: \$30.00 per ASD student; Registration: Call The Rose Theater at (402) 502-4617 for an application. Download a flyer [here](#).

Help ASA get funding for a 24 hour hotline!

Every month, Pepsi awards grants through the Refresh Project for ideas that will have a positive impact— and you get to vote for the great ideas that mean the most to you. In May, the Autism Society is eligible for a grant to expand our free nationwide support line (currently open 8 hours each weekday), to offer confidential, one-to-one contact with a *live* specialist 24 hours a day, 7 days a week.

When a diagnosis is made, parents and family members often wonder what to do next. Even where valuable treatments and support services exist, families must negotiate a maze of agencies and providers in search of support appropriate to their individual needs—a process that consumes time and energy already in short supply for families affected by autism. Parents, individuals on the spectrum, and professionals often want to talk to a skilled professional about their situation, and many times cannot or do not know who to call.

The Autism Society already provides this line of support to many families and individuals, but with the help of this grant, we can expand our contact center to make trained professionals available at any hour of the day or night, and provide more training and support to Autism Society chapters to improve their local outreach efforts.

The grant is given to ideas that get the highest number of votes for each funding level in a one month period, so we need you to log on and vote every single day in the month of May. You can vote for 10 different ideas every day, so please use one of those votes to support our project. Your vote will have a huge impact on helping people get support from those who really understand. Go to www.refresheverything.com/autismsource today to show your support of this great idea!

**Ask others to vote at www.refresheverything.com/autismsource throughout May
PLEASE VOTE EVERY DAY!**

Research opportunity

For study: Mothers of two children, one diagnosed with autism spectrum disorder, one not are the participants.

Women who have at least two children who were born from January 1, 1992 to December 31, 2007 with a minimum of 36 weeks of gestation.

These are the basic steps:

1. Fill in consent form - Download a consent form [here](#).
2. Fill in the data gathering form - Download the data gathering form [here](#).
3. Get a copy of their prenatal visits from their MD for both children- normally this is only one page as all the data are on one form, but it varies from MD to MD. Download a Letter to your provider [here](#).
4. Submit all forms electronically or mail to the PO box located on the letter.

The study question: What is maternal prenatal body mass index (BMI) at 12 weeks of pregnancy? Is it different for two siblings, one later diagnosed with autism spectrum disorders, one not?

Two participants will be randomly selected each of the two will each be given a \$30 gift card. Participants have a one in 60 chance of winning a \$30.00 gift card which will be mailed.

If you who like to participate, please email Ruthann.hendrix@waldenu.edu

OMAHA: PTC announces Summer Friendship Camps

Pediatric Therapy Center is taking applications for their Summer Friendship Camp. The class is a 6 week social skills program designed for 6-8 and 9-13 year olds. They are also introducing a new preschool group for ages 4-5. Click [here](#) for more information or call (402)932-2782. Deadline is June 4th.

OMAHA: PTC announces Fit Kids Camp

This is a 6 week summer program for children with low muscle tone, decreased strength, coordination difficulties, and sensory processing differences. Sessions will focus on increasing strength, improving coordination, and developing healthy habits. This camp will provide opportunities for learning and participating in a variety of team and individual sports. This is a great opportunity for developing skills and increasing activity in a fun and encouraging environment where kids can be successful and make new friends. For an application to this camp please contact us at office@ptcne.org or visit our website at ptcne.org

June 21—August 22

Ages 6—12 Cost is \$75

Monday and Wednesday at 3:30pm

LINCOLN: Project EXCEED taking applications for 2010-11

Project EXCEED (Excellence in Collaborative Education & Early Development) & Ruth Staples Child Development Lab will be accepting applications for young children with an educational verification or medical diagnosis of an autism spectrum disorder to take part in a research, teaching and service project as part of the Ruth Staples Child Development program. Participating children receive research-based individualized instruction and opportunities to practice critical early social, communication and behavioral skills while participating in a high-quality early childhood program.

For the 2010-11 academic year, Project EXCEED is accepting applications for children between the ages of 18 months-3 years of age. The program takes place Monday-Friday from 7:30 a.m. until 12:30 p.m. from August 23rd 2010 through April 29th 2011. The Ruth Staples child development program is a full-day program (7:30 a.m.-5:30 p.m.). Participating families will be responsible for partial tuition costs (see application for details). Project EXCEED participants will be required to attend during the morning hours (7:30-12:30) and parents/guardians may choose whether their children continue to participate in the Ruth Staples child development program in the afternoon.

Space for participants is limited. Children and families who are selected will be invited to join Project EXCEED and to voluntarily make a decision whether to participate or not participate. Direct questions to Laura Maddox via email at autismproject@unl.edu or by phone at 402-472-2121. Download an application [here](#).

OMAHA: 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

TOY STORY 3

Saturday, June 26

10:00 am

Omaha's AMC Oakview 24

3555 S 140th Plaza

The Despicable

Saturday, July 17

10:00 am

Omaha's AMC Oakview 24

3555 S 140th Plaza

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

OMAHA: Biomedical Discussion Group

The Omaha Support Group has created a separate support venue for those families pursuing biomedical interventions. The Biomedical Discussion group is meeting the third Thursday of every month at 7pm. This is a discussion forum for those families currently involved in biomedical treatments.

However, on Thursday, June 17th the group is inviting those parents who might be new to biomedical and diet interventions to join them. This is your opportunity to speak with parents who are familiar with these practices and learn how they are helping their children. The group suggests you do some research prior to the meeting so that you can be prepared to ask questions. They recommend visiting these websites generationrescue.org and tacanow.org or reading the books, "Louder Than Words" and "Healing and Preventing Autism" by Jenny McCarthy or "Changing the Course of Autism" by Dr. Bryan Jepson.

The June meeting will be held at Senor Matias' Restaurant, located at 2505 S 90th St. Please RSVP to Karen Al-Hindi by Monday, June 15th at karen.alhindi@gmail.com or 554-3834 (leave a message).

If you have any questions regarding the group you can contact Chrissy Cameron chrissycameron@cox.net or Karen Falconer Al-Hindi karen.alhindi@gmail.com for more information.

OMAHA: Support Group sets a Meetup Time for Summer Bowling

The Omaha Support Group will be again having a standing bowling date at Sempeck's Bowling (former Thunder Alley location) in Elkhorn every Friday morning at 10am. This will be all summer long. No RSVP...just show up!

Sempecks again is offering the Kids Bowl Free program where kids can bowl 2 free games every day during the summer! You will need to register online at www.kidsbowlfree.com you can get your kids 2 free games EVERY day during the summer! You can also get yourself a pass for \$25 bucks to bowl along with them all summer long! You will need to pay for shoe rentals but otherwise this is a VERY low cost event!

We are going at their starting time when they are a little less busy. This is an informal gathering. You don't need to check in with anyone with the support group...just come and bowl and expect to see other ASD families!

Again, there will not be any reservations for our group. This is just an open event at Sempeck's and we are establishing it as a meet up time where our families can go bowling and know there will be some familiar and understanding faces!

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)

Guest Speaker:
Bridget Cannon-
Hale will be
presenting parent
advocacy tips

NEW! NOTICE OUR CHANGED FORMAT!

We now have two rooms available to our group. One room is for those 8 and older and the other room will be for the younger children. Parents have the right to chose their room if one age group does not work for their child. The children will switch after 45 minutes so that both groups will get to experience both play areas. We will then combine the group for the last 20 minutes in order to facilitate opening up the rock wall.

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.

OMAHA: Calendar of Events

Friday Bowling—Kids Bowl Free Program

The Omaha Support Group will be again having a standing bowling date at Sempeck's Bowling (former ThunderAlley) in Elkhorn every Friday morning at 10am. This will be all summer long. No RSVP...just show up!

We are going at their starting time when they are a little less busy. This is an informal gathering. You don't need to check in with anyone with the support group...just come and bowl and expect to see other ASD families!

If you register online at www.kidsbowlfree.com you can get your kids 2 free games EVERY day during the summer! You can also get yourself a pass for \$25 bucks to bowl along with them all summer long! You will need to pay for shoe rentals but otherwise this is a VERY low cost event!

Again, there will not be any reservations for our group. This is just an open event at Sempeck's and we are establishing it as a meet up time where our families can go bowling and know there will be some familiar and understanding faces!

Saturday, June 5th "Welcome to Summer" Barbecue and Open Play at the Barn

5:00pm—9:00pm

The Barn, 13504 South 226 Avenue, Gretna Call 402-301-6829 with questions.

Monday, June 7—Pump It Up/Support Group Guest speaker: Bridget Cannon Hale

6:00 pm—8:00 pm

960 S 72nd St, Omaha

\$5 per child / \$10 family maximum

Thursday, June 17—Biomedical Discussion Group for those activity using biomedical interventions

7:00 pm Location: Senor Matias Restaurant (2505 S 90th St)

For June, the group is inviting parents who are new to biomedical and diet interventions. This is your opportunity to speak with parents who are familiar with these practices and learn how they are helping their children. It is highly suggested that you do some research prior to the meeting so that you can be prepared to ask questions. The group recommends visiting these websites generationrescue.org and tacanow.org or read these books, "Louder Than Words" and "Healing and Preventing Autism" by Jenny McCarthy or "Changing the Course of Autism" by Dr. Bryan Jepson. Please RSVP to Karen Al-Hindi by Monday, June 15th karen.alhindi@gmail.com or 554-3834 (leave a message).

Saturday, June 26—AMC Sensory Friendly Movie Toy Story 3

10:00 am \$5 per person

Oakview AMC Theater 3555 S 140th Plaza

Saturday, July 17—Omaha ASD Family Pool Party and Barbecue

10:00am—12:30pm

Maple Village Country Club 3645 Maplewood Blvd

Click here to RSVP <http://www.evite.com/app/publicUrl/ZCVSTYQWMRIUGOOPYAL/poolparty>

Or contact Karen Al-Hindi at karen.alhindi@gmail.com before Thursday, July 15th.

Summer Resources to Check Out!

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

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](#)

PTC Camps [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](#)

Autism Society Board Member Vacancies

The Nebraska Chapter of the Autism Society seeks to have board representation for across the entire state of Nebraska. We currently have board vacancies and are taking applications for these very important positions.

Board members are asked to attend a quarterly meeting that rotates between Lincoln and Omaha locations. Additionally they are required to participate in a monthly teleconference call to review and discuss Autism Society matters.

Anyone interested in helping advocate for individuals affected by autism is eligible, but we particularly need board representation from the professional community serving our population. Please consider this important volunteer opportunity!

Download an application form [here](#). Application are due July 1, 2010.

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

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!

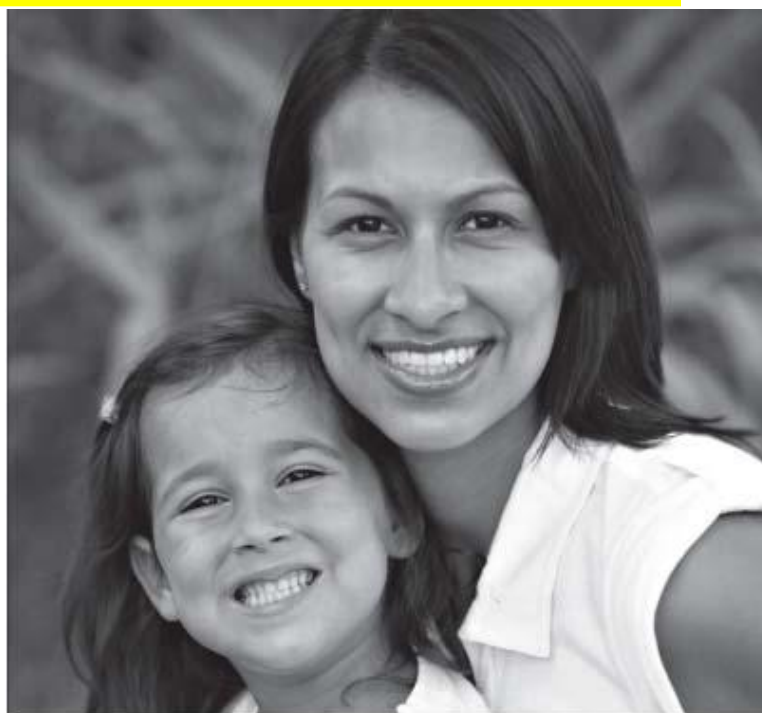
Autism Society of Nebraska

PO Box 83559
Lincoln, NE 68501-3559

Phone: 1-800-580-9279

E-mail:

autismsociety@autismnebraska.org



The Project Lifesaver Bracelet.

A track-and-respond program for families who deal with Alzheimer's, autism and Down Syndrome.

Do you care for a loved one who might wander away from home or become confused while away from their house? Project Lifesaver makes finding them easier. We fit your loved one with a wristband transmitter **before** they wander off, which makes them easy for us to find. And once we find them, our staff has been specially trained to communicate with special needs individuals. So if you need us, we're sure to bring your loved one home quickly and safely.

Take comfort in Project Lifesaver. For more information, contact the Sarpy County Sheriff's Office at 402.593.2288 or projectlifesaver@sarpy.com.



projectlifesaver.org

www.autismnebraska.org

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!