

AUTISM SOCIETY

Improving the Lives of All Affected by Autism



Nebraska

OCTOBER 28, 2010

NEWSGRAM

HUSKER HEROES: WE GOT YOUR BACK



There's still time to register for the November 14th Husker Heroes event at Hawks Center in Lincoln. Families can come and play with UNL athletes at several stations throughout the center.

Come play the bean bag toss with the wrestlers, hoola hoops with basketball players, bounce a tennis ball on a racket with tennis players, meet the mascots and do cheers with the cheer squad. Don't miss the fun!

REGISTRATION IS REQUIRED! Due to limited space a MAXIMUM OF 4 people per family. Please RSVP by Friday, November 5 to huskerheroes@gmail.com or call 421-8866. Registration should include the name of the person with the disability, number of immediate family members attending and current email address. Download a flyer [HERE](#).

Have your United Way donations impact YOUR community!

UNITED WAY CAMPAIGNS ARE UNDERWAY!

Most companies across the state participate in the United Way Campaign, which gets into full swing each fall. **Did you know that you, and anyone else you know, can donate to the Autism Society of Nebraska through the United Way?** It's true! The United Way allows donors to write in specific organizations for donations. If you would like to have your United Way donations go to ASN, you can write it in as:



Autism Society of America—Nebraska Chapter
PO Box 83559
Lincoln, NE 68501-3559

If your United Way campaign contact person needs any information about the Autism Society of Nebraska, he/she can contact ASN Treasurer, Dan Kosmicki at 1-800-580-9279.

Halloween Tips

Scary Costumes / Haunted Houses
Trick or Treating
Ringing the doorbell but not going inside the house
Taking just one piece of candy
Saying Please and Thank You...even if you don't like the candy!

OH THE HORRORS!!!!

Are you stressed out thinking about Halloween? Here are some helpful pointers to help you navigate this socially challenging sensory minefield. (These tips were provided by the Pediatric Therapy Center (PTC) in Papillion. You can learn more about them at www.ptcne.org)



Here are some helpful strategies to help all your little ghosts and goblins have a great time:

- Provide preparation about going to parties or any other activities that are different from their typical routines. Discuss when, who will be there, what you will do, etc. and review frequently before the event.
- Provide sensory preparation activities before Trick or Treating for calming and organizing the sensory system. Focus on heavy work and movement based activities.
- Don't force participation. Respect your child's choices and allow them to choose an alternative when possible. Be creative about ways they can participate. For example, if trick or treating is too stressful they might enjoy passing out candy or watching a Halloween movie instead.
- Find a place to take a break if necessary and bring helpful calming items from home. This may require some pre-planning, but it will allow for a more enjoyable experience for everyone.
- Consider in advance the challenges your child will face and be prepared. If loud noises or being in crowds is an issue plan to wear earplugs or headphones, or begin trick or treating slightly earlier to avoid the crowds of children.
- Discuss an "exit" or "all done" strategy before the activity. This may mean that you set a time limit, a behavioral criteria (meltdowns = time to go home), or a password for them to tell you when they've had enough.
- Use Social Stories. These can be great tools for children who benefit from a framework to guide and prepare them. For older children it may be helpful to read some Halloween books that show typical Halloween parties to give them a frame of reference.

Halloween Tips (continued)

Try to have a plan – which houses you will go to, what to say/do when you get to the door, when you will take a break, etc. Keep kids involved in the plan and talk about changes. Do some practice runs around the house, to friendly neighbors, or family members in the area. This can be very helpful to provide early information about tolerating their costumes, navigating the social interaction, and making safe choices.

Get kids involved - take them to the store and let them pick out their costumes, candy to hand out at home, decorations to put up around the house, etc.

Most importantly, make the priority of the events/activities to have fun. Be flexible and understanding and read your child's cues. It's great to have a plan, but make sure to allow for flexibility. If expectations aren't met, try again next time and reinforce with your child that celebrating holidays is different for everyone, and that next year you can try something different from what you learned.

Another great tip is to take pictures that can become a great reference as you prepare for this Holiday next year.

We hope you have a safe and hauntingly fun Halloween!



Are you wondering how to do a gluten free Halloween?

Check out this site for some Gluten Free candy suggestions!

<http://www.theglutensolution.com/beta/events/gluten-free-halloween-candy-list-2010/?gcat=14011>

**1 in 110 children today have AUTISM
THAT IS 1% OF OUR CHILDREN!**

Guardianship: Can I still vote?

The following is an excerpt from the Nebraska Advocacy Services, Inc. law-in-brief, *Guide to Voter Eligibility in Nebraska*

Can I vote if I have a guardian?

It depends. The law in this area is not clear. When you are registering to vote, one of the requirements is that you have not been “officially found to be mentally incompetent.” If you have received an official determination of mental incompetency, you cannot vote. If you have received no such legal determination, you should register and vote.



If you have a *limited* guardianship—a situation where a judge has decided that you need a guardian to make decisions for you in certain areas such as medical care or deciding where you live—it is **less likely** that your vote may be challenged based on mental incompetence.

If you have a *full* guardianship—a situation where a judge has decided that a guardian needs to make decisions for you in all areas of guardianship law—then it is **more likely** that you may be challenged based on mental incompetence. The areas of guardianship law include deciding where you live; medical care; protecting personal property; giving consent; arranging for training/education/services; applying for benefits; assuring that whoever may have a duty to support you is doing so; entering into contractual arrangements; and handling money or property to make sure your needs are being met. Therefore, you still have a right to vote if you have a guardian as long as you have not been found mentally incompetent by a court of law.

No one should tell you how to vote. Your Voice, Your Vote, Your Right.

Don't forget to vote on November 2nd!



1 in 110 children have autism.
1.5 million Americans live with autism

They need your help!

So get out there and advocate for a better tomorrow!

You can start...by being heard on election day!

SUPPORT GROUP NETWORK NEWS

ALLIANCE: Autism Awareness Activity Day

November 16, 2010
5:00pm—7:00pm
Alliance Public Library

Join the Alliance Autism Society Support Group as they come together for an Activity Day. They will have crafts for the kids and will be providing light refreshments. Come have a fun family event and start strengthening the autism community in Western Nebraska! Email Debbie Hagler at normdeb@telecomwest.net with any questions.

KEARNEY: Support Group Meeting

The Autism Support Group of Kearney (ASK) will be meeting Sunday, November 14, 2010 at 2:30 at the Kearney Library Norman room.

**SAVE THE DATE - They'll be having a Christmas party on Saturday, December 5th. More information coming soon!

NORFOLK: Support Group Meeting

The Autism Support Group of Norfolk will be meeting Sunday, November 7, 2010 at 2:00pm. It will be held at Associated Psychologists and Counselors which is located at 1306 North 13th Street. There will not be childcare.

Please contact for Meg Donovan at 640-3668 or megdonovan70@yahoo.com with any questions.

OMAHA: Support Group Meeting / Pump It Up Night

The Autism Society Omaha Support Group will be meeting Monday, November 1, 2010 at 2:30 at the Pump It Up. They'll be having their Holiday party in place of the December Pump It Up. More information coming soon!

AUTISM SOCIETY—OMAHA SUPPORT GROUP

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: **MONDAY, November 1, 2010**

6:00pm - 8:00pm

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

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

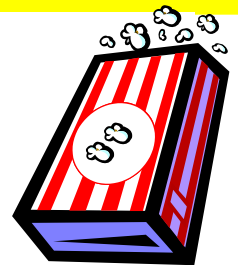
THIS EVENING CAN BE WHATEVER YOU WANT IT TO BE!

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.

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.



SENSORY FRIENDLY FILMS

The Autism Society is very thankful to AMC Entertainment for their leadership in bringing families affected by autism and other disabilities a special opportunity to enjoy their favorite films in a safe and accepting environment. We have now had almost two full years of Sensory Friendly Movies here in Omaha and for many of our families this has been an amazing way to overcome some of the isolation we as a community tend to experience.

A movie is something that so many in society take for granted but for those with sensory issues it can be very difficult. For some, walking into a dark theater is terrifying. For others the heart pounding sound system is too much to handle. 2 hours is an awful long time to sit still and for many of our community it is just not possible for them to be totally silent for the entire showing.

So what is a *sensory friendly* movie? This is a movie venue that is accommodating to YOUR needs! The auditorium will have their lights brought up, the sound turned down, and a silence policy will not be enforced. AMC showings do not have previews so plan to arrive on time!

We are thrilled to announce additional sensory friendly opportunities in the area! First of all, AMC has expanded their theaters and starting in July there will now be a sensory friendly showing at the AMC –Star 17 theater in Council Bluffs! Also Marcus Theatre has recently developed their own program called **Reel Movies for Real Needs** and there are two Nebraska theatres participating. You can learn more about the Marcus Theatre program [here](#) as some of their accommodations vary.

MegaMind

Saturday, November 6

OMAHA:: 10:00 am

Oakview 24 Theater (AMC Theatre)
3555 S 140th Plaza

COUNCIL BLUFFS: 10:00 am

Council Bluffs Star 17 Cinema (AMC Theater)
3220 23rd Avenue

Harry Potter and the Deathly Hallows Part 1

Saturday, November 20

OMAHA: 10:00 am

Oakview 24 Theater (AMC Theatre)
3555 S 140th Plaza

COUNCIL BLUFFS: 10:00 am

Council Bluffs Star 17 Cinema (AMC Theater)
3220 23rd Avenue

The Autism Society of Nebraska has developed a toolkit to help you approach your local theater about creating sensory friendly showings in your community! Contact us at autismsociety@autismnebraska.org to find out more information about how to create sensory friendly showings in your community!

OMAHA Support Group—Gym Swim Family Event



Check out photos from this past week's Gym and Swim Event at Montclair Community Center on our photo gallery [HERE](#).



Did you miss it? Don't worry...we are doing it again!

Join the Autism Society Omaha Support Group for another open gym and swim time at the Montclair Community Center located at 2304 S 135th Ave in Omaha.

WHO: Autism Families

WHAT: Open Gym and Open Swim time for our families

WHEN: Sunday, November 21st

12:00—1:00 Explore the gymnasium and game room

1:00—3:00 Family Swimming Time



Game Room: Ping Pong, Pool Table, Foosball, Air Hockey, and a Craft Table (There is no cost for the games. However, \$1 is needed to cover usage of the items like paddles/balls. You will receive the \$1 back when the items are brought back to the counter.)

Open Gym: Run, shoot hoops, play! This is free. Bring your own equipment.

Swimming: Costs \$1 per person. Sorry no floatation devices allowed (You can bring in a life jacket, diving rings, water toys) The pool varies from 3ft to 12 ft so you will need to be in the water with your children.

Children attending these events must have an active parent with them at all times. This is not a structured group activity but rather a venue for our families to come together. Parents must be responsible for their own children in the swimming pool.

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

OMAHA Support Group at the Bellevue Berry and Pumpkin Ranch

The Omaha Support Group had a fantastic day at the Bellevue Berry and Pumpkin Patch! It was a great (although perhaps a little too windy) day out in nature taking in all of the fun fall sights and a few of the spooky sights as well.

We had almost 100 community members join us celebrate the changing seasons as well as support each other as we got out and about in our community!



Be sure and check out more of our photos on the Autism Society web page [HERE](#).



OTHER COMMUNITY NEWS

KEARNEY: KidZone Respite

Attached are registration forms for The Arc of Buffalo County's free monthly respite sessions at KidZone, Kearney Area Children's Museum for the fall 2010 semester. This is a very popular program for children with disabilities between the ages of 2-10, and their siblings, hosted the first Thursday of each month from 6-8 pm.

Due to the popularity and staff and volunteer availability, The Arc will be accepting registrations on a first come, first serve basis up to 25 children. Please note that once the available respite slots are filled, there will begin a waiting list, based on a first come, first serve basis.

Submit your registrations as soon as possible. This program was made possible from grant funding from the Nebraska Respite Network.

Download Kidzone Respite guidelines [here](#).

Download registration form [here](#).

ELKHORN: CREATE hosts a special needs Art Class

Every child is an artist! This class will give your child the opportunity to learn and explore using art. There will be a variety of activities, easily adapted to meet the needs of your child. This class is a place to play and explore using our imagination.

Special Needs class meets every Tuesday from 4:30-5:30pm

Cost - \$10 a day or \$30 for the month (4 Classes) Cost covers all materials and instruction for the class. This is for school age individuals. Just call ahead at (402) 933-4446 to reserve your space! You can join anytime!

Learn more at www.inspireandcreate.com

TEMPLE GRANDIN SPEAKS AT KSU

and streamed online live

Temple Grandin, a world-renowned animal behaviorist who has autism, will speak at Kansas State University at 7 p.m. Nov. 9 in Forum Hall of the student union.

The lecture, which will cover Grandin's personal and professional life, is free and open to the public. It also will be streamed live online at ome.ksu.edu.

Read the press release [HERE](#).

Get Registered Today! Autism Action Partnership's Autism Summit



Autism Action Partnership's Annual Autism Summit will be held **November 4 & 5, 2010** at the Scott Conference Center. The Scott Conference Center is located at 6450 Pine Street, Omaha, NE 68106.

Registration for the two day conference will be \$35 for parents, \$50 for students and college disability service coordinators, and \$150 for professionals. Discounted hotel accommodations are available at the Courtyard by Marriott, 1625 South 67th Street, Omaha, NE 68106. Call (402) 951-4300 and mention the AAP Summit when making the reservation. The Marriott is conveniently located directly across the street from the Scott Conference Center.

About the Keynote Speakers:

Dr. Jed Baker's outstanding program is recognized as one of the most effective for teaching social and emotional skills. He will be presenting on handling challenging behaviors and teaching social skills.

Mr. Mark Ellison is the coordinator at West Virginia Autism Training Center at Marshall University. He will be giving an overview of the College Support Program for Students with Asperger Syndrome.

Breakout presentations will include information on the medical component of autism, The Prevention Group's vocational program for young adults on the spectrum, technology in the classroom and at home, Rethink Autism, and much more.

For more information about the Autism Summit or to register visit www.autismaction.org

OMAHA: Halloween Party Sponsored by M.O.R.E

Who: M.O.R.E. (Minority Outreach Resource Education) and the Charles Drew Health Center are providing a free, fun evening for families of children with special needs. The center will open an hour early for those with special needs. Enjoy plenty of Halloween candy, decorations, apples, oranges, punch and spooky fun! Come trick or treat with us!

Where: Indoors at the Charles Drew Health Center, 2915 Grant Street
Follow the balloons for handicap accessible parking.

When: Sunday, October 31, 2010
4:00pm – 5:00pm

Download a flyer [HERE](#)

PTI Nebraska hosts Special Education Law Conference

November 5-6, 2010
Omaha Marriott Hotel, 10220 Regency Circle

Welcome is at 1pm on Friday, November 5th
Close is 5pm on Saturday, November 6th

Wrightslaw

Featuring: **Sharon Walsh, Policy Consultant with Walsh Taylor Inc.** Sharon lives in Virginia and provides IDEA policy consultation to states including Nebraska and serves as the Governmental Relations Consultant for the Division for Early Childhood of the Council for Exceptional Children (DEC) and the IDEA Infant Toddler Coordinators Association (ITCA).

and

Wayne Steedman, Esq. with the Wrightslaw Speakers Bureau. Wayne has a law degree from the University of Maryland and a Master's Degree in Social Work. He has served as a hearing officer and is an active member of the Council Of Parent Attorneys and Advocates (COPAA).

Primary teaching tools will be

Wrightslaw: Special Education Law, 2nd Edition
Wrightslaw: From Emotions to Advocacy, 2nd Edition

This conference made possible by Part C - ARRA Funds There will also be a Wrightslaw conference in Lincoln, NE July 2011. Go to www.wrightslaw.com for updates.

[Download a Registration form here.](#)

ASD Network Workshops

The Nebraska ASD Network is overseen by the Nebraska Department of Education and works in an advisory capacity providing training to Nebraska schools. They offer exceptional training to professionals as well as parents. Be sure and keep an eye out on their website for the current list of workshops!

These are a GREAT way to bring training to your teachers as well as into your home!

<http://events.unl.edu/asdnetwork/upcoming/>

LINCOLN: How to teach Sexuality Education for persons with Developmental Disabilities

DATE: Tuesday, November 16, 2010

LOCATION: O Street Clinic 2246 O Street Lincoln, NE 68510

TIME: 4:30PM - 6:30PM

COST \$0 - Complementary Snacks

WHO: This interactive workshop is designed for professionals, therapists and teachers who work with persons with developmental disabilities.

FACILITATOR - Lisa Schulze, M. Ed.

Register online now! www.ppheartland.org/training

Creating and implementing effective sexuality interventions for persons with developmental disabilities can be a daunting task. This interactive workshop is designed for professionals, therapists and teachers who work with persons with developmental disabilities. Participants will learn simple guidelines for providing sex education and ways to address barriers through effective sexuality policies, and discover the most current recommended books, video and curricula to help persons with developmental disabilities fulfill their intimacy needs safely and responsibly. Note: Information and resources on autism and Asperger's Syndrome will be included. The first 20 participants to register will receive a complimentary educational resource for use with their clients and students.

Registration deadline is November 11, 2010 or when the workshop is full. Download a flyer [HERE](#).

OMAHA: Social Detective Camp sponsored by Stones Worth Stepping

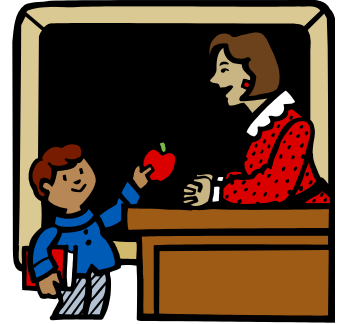
Kids will learn how to be good Social Detectives in this camp by learning about how to use their eyes, ears, and brains to become more observant in social situations. Through use of *You are a Social Detective!* by Michelle Garcia Winner and Pamela Crooke, kids will learn the following concepts:

1. School Smarts/Social Smarts and Expected Behavior
2. Unexpected Behavior
3. Being a Social Behavior

Download a flyer [HERE](#).

Friend of Autism Nominations Sought by ASD

Do you know an educator who demonstrates remarkable dedication to individuals with autism spectrum disorders? Nominate them for the ASD Network Friend of Autism Award. Submissions should include details of how the nominee exhibits the following qualities.



Commitment: Has the education of families and children and youth with ASD as a primary focus and provides opportunities that enable students with ASD to reach their potential.

Vision: Sees potential in all individuals, readily adapts to change and accepts all individuals with ASD and their strengths and needs.

Innovation: Is aware of empirically supported practices in the field of Autism Spectrum Disorders and shows a willingness to adapt and use resources creatively.

Inspiration: Displays positive interactions with students and parents and actively influences peers with their energy and enthusiasm.

Please include contact information for the nominee and the person(s) submitting the nomination. Nominations can be submitted via email: to Annette Wragge at awragge2@unl.edu, or by mail to the following address: Annette Wragge, UNL, 253F Barkley Center, Lincoln, NE 68583-0738

*Nomination Deadline: March 1st, 2011

*The award will be presented during the evening event at the 2011 ASD State Conference on April 7th and 8th. (Embassy Suites, La Vista)

Please contact Annette with any questions!

It takes a village to raise a child and we truly have to rely on all of the villagers when it comes to our special needs children!



Thank you to all of the professionals out there helping serve our families!

OMAHA: ESU3 hosts Birth—5 Transition Planning Workshop

Date: November 5, 2010

Location: ESU #3 / Cass-Douglas Conference Room

Time: 10:30 – 1:30 (Lunch will be provided)

Fee: Free to all Planning Region #3 Member Districts, \$10 per staff and others

Audience: Birth to 5, Early Childhood and Kindergarten Teachers, Special Education Directors and Early Childhood Coordinators

Lois Balsillie will facilitate a Birth-5 transition planning meeting on Friday, November 5, 2010 at ESU #3. Lois is a former Early Childhood Special Education teacher. She has an extensive background in early childhood education including 15 years with Bellevue Public Schools before retiring in 2009.

Topics discussed will include:

- What Rule 51 says about Early Intervention Transition
- Who is involved in the child's transition?
- What are the best practices and quality indicators?
- Latest research and implementation
- When do transitions occur?
- Examples and sharing of best practices and current models
- Brainstorming around barriers and solutions for quality transitions

Download a flyer [here](#).

Help us make this Newsgram relevant to you!

We rely on our community to help us find useful information to share with you through this Newsgram. If you have an event that you would like added to the Autism Society of Nebraska Newsgram please email us at autismsocietynewsgram@autismnebraska.org.

You are our eyes and ears across the state. Please help us help you AND your neighbors by sharing your resources and contacts with us!



The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

Join the Autism Society of Nebraska on Facebook!
Become a Fan...click [HERE!](#)

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

Autism Society of Nebraska

PO Box 83559
Lincoln, NE 68501-3559

Phone: 1-800-580-9279

E-mail: autismsociety@autismnebraska.org

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



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