

ASFV News



President's letter:

I hope this finds you all well and ready for the fall transition. Wow, what a terrific summer! Finally the heat showed up—for those of us who like heat, that is. We had enough rain to keep the lawns growing and flowers blooming.

The ASFV board has been busy as well. Peggy Bartman and I took the teen group geo-caching at Buboltz Nature Preserve. Dr. Archna Hendricks planned a fantastic golf clinic for children at Bob Burns Center. Steve Brennan planned the annual Timber Rattler game and picnic. Bob and Ann Olsen organized our annual fund raising golf outing that was successful in gaining funds and community support. Kristin Wahl held the monthly support group meetings with increasing attendance.

We continue to look for ways to communicate with our members in the most effective, timely, and cost efficient manner. We are becoming more proficient at using our Facebook page to get out upcoming events. Information. It is vital that we have a current email address. In order to save money on postage—we only send out the ASFV News via email or have it available for you to read online at www.focal.org/asfv.

This newsletter is full of upcoming opportunities for you and your families. The annual football camp, teen group, Spectrum Saturdays, Shining Time story hours, Monkey Joe's play dates, support group meetings, and our Octoberfest booth are all featured inside.

These events are all manned by the volunteer board members. We put out a call for volunteers in the last newsletter—to which we had a good response. If you have a couple hours to spare to volunteer your time at any of these events, please email us at asfv@hotmail.com.

Finally, ASFV added Lisa Lesselyong to the board. She is a speech pathologist and currently works as an autism consultant for CESA6. She is a terrific addition to the board.

Happy Fall,
Diane Nackers
President ASFV

Annual Membership Meeting Sept. 17th at Monkey Joe's

September 10th at 9 am, ASFV will hold it's annual membership meeting. Topics of discussion will include changes to the bylaws that will further align us with the Autism Society of Wisconsin.

Members will have a chance to interact with board members, ask questions, offer suggestions, and vote on the new by-law changes.

Please feel free to stay and share some cake

while the kids are playing on the wonderful inflatable equipment.

Monkey Joe's is located at 1800 N. Casaloma Dr., Appleton, WI.

Volume 7, Issue 4

September 1, 2011

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6th Annual ASFV Football Camp

The camp is FREE for kids of all ages. It is sponsored by the Autism Society of the Fox Valley: Website: www.focol.org/asfv

Saturday, September 10th

LOCATION: Xavier High School Football Field, 1600 W. Prospect Ave, Appleton



Event Timetable:

- 10:00-10:45: 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

- Don't forget to bring along cameras and video recorders! Be prepared to have fun!!!

Registration is Required:

Player Name: _____
 Email: _____ (Very important, confirmations sent via email)
 Address: _____
 City, State, Zip _____
 Phone—() _____ Cell #: _____

Please check t-shirt size (Check either youth or adult). Youth: S M L XL
 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 (920) 788-5298

Spectrum Saturday New Event Dates

The Building for Kids is pleased to announce additional opportunities to enjoy time with your children!



The Building for Kids Children's Museum in Appleton, has opened its doors early on select Saturdays exclusively for children with autism and their families.

Guests are invited to explore the museum's exhibits and connect with

other families from 8am-10am, prior to the museum's opening to the general public. Light Lab will be open for experiments and DaVinci will again have specially designed art projects. Choice boards and other visuals are available if needed.

This event is **free** of charge for children with autism and their families through the generous support of the Wisconsin Branch of Kings Daughters and Sons at The Community Foundation for the Fox Valley.

The Building For Kids Children's Museum,

100 W. College Avenue, Appleton, Wisconsin.

www.buildingforkids.org

(920) 734-3226.

FALL DATES:

September 10th

October 15th

November 12th

December 10th

Monkey Joe's Play Dates Set

ASFV reserved Monkey Joe's for the school year. All other events are the first Saturday of each

For those new to ASFV, we reserve Monkey Joe's, an indoor inflatable play-ground, once a month starting at 9am. This time is exclusive to ASFV and our families, until they open the doors to the public at 10am.



Members are free! Non-members pay \$5 per family.

No RSVP necessary.

Monkey Joe's at 1800 N Casaloma Dr, Appleton, WI 54913

Questions? Call Michelle Matz (920)540-0386

DATES:

September 17 - annual member mtg

October 1st February 4th

November 5th March 3rd

December 3rd April 7th

January 7th * May 12th**

Shining Star Story Time at Appleton Public Library

What: A story time for children on the Autism Spectrum

Where: Appleton Public Library, Children's Program Room

Age: Developmentally appropriate for ages four through eight

Time: 6:30- 7:15 p.m.

Dates: 8/18/11, 9/15/11, 10/20/11, 11/17/11, 12/15/11

A parent or therapist must accompany

each child. Siblings are welcome to attend but must also be supervised by a family member or other adult. This program will use visual supports and high interest activities to engage the

children. A "break" room will be provided for children having difficulty participating with the group. Fidget sensory toys and seating cushions will be available as well.

For more information : Miss Ashley at

athiem-menning@apl.org or (920) 832-6189

Appleton Public Library Children's Services

225 N. Oneida St. Appleton, WI 54911

(920) 832-6187 <http://kids.apl.org>

Miss Ashley is a professional librarian who has completed training on Autism Spectrum Disorder through CESA 6.

Upcoming Teen Group Outings

September 10th (Saturday): Autism Football Camp

(in conjunction with the Xavier High School Football Team)

Where: Xavier High School 1600 West Prospect Avenue Appleton 54914

Family friendly environment. Parents and siblings welcome on the field

Cost: Free



Sign-up required: Contact Bob Olson: E-mail: Bob.olson1976@gmail.com or phone (920) 788-5298

September 24th (Saturday): Oktoberfest – ASFV booth in Downtown Appleton

Families can sign up for a two-hour shift to help serve food and talk to the community about autism. Shifts are as follows:

9:00 - 11:00 am 11:00 - 1:00 1:00 - 3:00 pm 3:00 - 5:00

The proceeds from this booth help support our efforts to provide no cost to low cost outings.

To sign up please contact: peggybartman1@gmail.com or heididahle2003@yahoo.com

October 15th(Saturday) 10:00am - noon: Shopping Scavenger Hunt at Northland Mall

In small groups the kids (with some adult assistance) will be given a list and have to find the items in a number of stores at the Mall. We think it will be good practice for Christmas shopping! We will plan to go to a “fast food” place to eat for the last ½ hour.

Cost: approximately \$5.00 – enough to pay for sandwich and drink

November 10th (Saturday) 1:00 – 3:00pm: Heckrodt Wetland Reserve

1305 Plank Road Menasha 54952

The group will take part in the Big Bird Discovery Days program – learning about eagles and peli- that live in Wisconsin. We may also do a nature scavenger hunt depending on the weather.

Cost: Free



cans

December 10th (Saturday) : 10:00am – noon: Olde Country Buffet

4531 West Wisconsin Avenue Appleton (near the Fox River Mall).

This is our yearly Holiday feast. Please have your child bring a \$5.00 gift to give to another group member.

Cost: Free (this activity is a Holiday present from the ASFV)

For more information or to sign up please e-mail: peggybartman1@gmail.com or bnack5@gmail.com

Parent Support Group Meetings

The ASFV parent support group meets year-round on the 2nd Sunday of each month from 6:00-7:30 pm.

HARMONY CAFÉ

233 E. College Ave Appleton.

For information contact Kristin Wahl at kdwahl99@sbcglobal.net

Kristin updates parents via



email the week of each support group meeting. If you have certain topics that you

would like to discuss, please email Kristin prior to the meeting and she would be happy to find and share any information on that subject that she has available to her.

www.focol.org/asfv

Email: asfv@hotmail.com

Bob Burns Golf Clinic Update & Thank You



The Fourth Annual Bob Burns Golf Clinic for kids with Autism took place on July 30th, 2011. This event was an ASFV sponsored members-only event. 33 children participated this year, our largest turnout to date. The kids took part putting, chipping, hitting irons and driving. Bob Burns and his team of instructors were quite impressed with several of the participants and their amazing shots. The clinic was

followed by a cookout lunch for the kids and their families. It was a successful outing and smiles were seen on so many faces.

A special thanks to Bob and Chris Burns and their wonderful staff. They taught the kids with enjoyment and enthusiasm. Thanks also to the ASFV for making this event possible

ASFV Octoberfest Booth—September 24th

ASFV will once again have a booth selling burgers, brats, and hot dogs as well as ASFV merchandise downtown Appleton during Octoberfest.

Come support our efforts—all proceeds are used



for ASFV programs.

We need your help!! If you are interested in volunteering—please contact Heidi Dahle at heididahle2003@yahoo.com.

Back to School—5 Tips for a Successful Start to the New Year

Extracted from: *The Autism Survival Guide* by Craig Kendall

1. Communicate

Ensure open lines of communication. Speak with teachers, guidance counselors and the principal. If possible, contact your child's teacher well in advance of the first day of school.

Set correct expectations regarding communication. Tell your child's teacher how you want to be communicated with. How often. By email or in-person visits. Set this up at the very beginning of the school year to ensure that you have a steady stream of information on how your child with autism is doing.



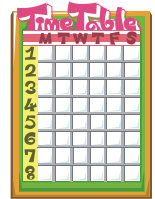
2. Build Familiarity

Establish routine. Nearly all children with autism crave routine. They want to know what will happen and when...and they want to know this in advance. If the school year is about to start, establish this routine now. Set a bed time. A time for doing homework. A time to leave for school and a method of getting there. Make sure your child understand, in advance, these steps.

Go to the school .

Wander the halls. Work with the school administration to allow your child to wander the halls before the first day of school. Allow him or her to understand the lay of the land. Visit the gym, the cafeteria, the play ground, the library. Ensure that there are no areas of the school that will be a surprise to your child the first time they go there once school has started.

Take photos. This is often a great way for a student with autism or Asperger's syndrome to establish familiarity and get used to the school environment in advance of day one. Take photos of the school...his or her classroom, their desk, the cafeteria, the gym. Allow your child to view these photos and make a photo scrapbook so that they are comfortable with the setting before school starts. This way, the only new aspect of the school that your child will not have seen before school starts is the student body.



3. Develop Routine

Develop a set schedule in advance. Before the first day of school establish the entire school year routine. Where will your child sleep, eat, play? What about chores? Get this all established before school starts.

Allow your child to have input. Depending on the age of your child with autism, allow him or her to contribute to the establishment of the routine. What time will they do their homework? What time is bed time? Where will they sit to do their homework? The more input your child with autism has on these issues the more comfortable and cooperative they will be.

4. Organize for Success

Get your child organized. With most children with autism, chaos reins in their heads all the time. It is essential to help your child stay organized... especially now that school is starting.

Set a specific place to do homework. Ensure that the right school supplies (pencils, erasers, paper, etc.) are there and have their organized place. Lighting and noise are often sensitivities that children with autism struggle with. Make sure your son or daughter have appropriate light and that their study spot is quiet.

Establish a timeline. Once your child is home from school a good idea is to allow some down time...perhaps 30 minutes. Then it is time to do homework. Establish a specific time for play, for homework, for down time...and stick to this schedule.

Allow your child to learn and develop scheduling skills. One issue that plagues many children with autism is poor organizational skills. Allow your child to help establish an organized plan for the new school year.



5. Advocate

Develop self-advocacy. You are your child's best advocate. You will help them with homework, help them get to school; make sure that they receive the resources they need to succeed in school. But, over time, your child needs to learn self-advocacy. As your child gets older, perhaps as a teenager, they will need to understand that the "squeaky wheel gets the grease." They will have to understand what their rights are and begin to stand up for them.

Allow more responsibility over time. In the middle school years and especially in high school, your child should learn what he needs to be successful and practice getting these resources. After all, what is school for? It is to help your child transition into young adulthood. While it is important for you to fight for resources for your child, you cannot always be there. This is the time when you need to help your child help themselves.



NEW Resource--Finding Your Way

Finding Your Way: A Navigation Guide for Wisconsin Families Who Have Children and Youth with Special Health Care Needs and Disabilities has been published.

The Wisconsin Children and Youth with Special Health Care Needs Program developed this guide in partnership with the Community of Practice on Autism Spectrum Disorders and other Developmental Disabilities to assist families who may have concerns or questions about their child's development or have recently received a diagnosis of a special health care need or disability.

Finding Your Way provides brief descriptions of programs, services and systems of support and gives contact information to learn more about these and other resources. You can download a .pdf version of the booklet at

<<http://www.waisman.wisc.edu/connections>>

www.waisman.wisc.edu/connections
or at www.waisman.wisc.edu/cedd/products.php under Health-Products
Other Health Resources.

If you have any questions, please

contact Tim Markle at
timothy.markle@wi.gov or
(608) 261-6879.

Webcast link:

Evidenced Based Practice for Children and Adolescents with Autism Spectrum Disorders

<http://www.waisman.wisc.edu/connections/webcast.php>

Upcoming Conference

DR. TONY ATTWOOD

Is presenting: A Complete Look at Asperger Syndrome

Monday, October 10, 2011
Country Springs Hotel,
Pewaukee, WI
Registration: 7:30—8:15AM

Workshop: 8:15AM—4:30PM
Sponsored by the Autism Society of Wisconsin and the Autism Society of Southeastern Wisconsin

Contact Jane Pribek at
jpribek@asw4autism.org or (920) 973-4080



**ASFV Parent Educator Workshop
Kick-Off Speaker - Dr. Kristina Iyama**

Presenter: Dr. Kristina Iyama-Kurtycz

Date: Thursday, October 13th

Time: 6:30 – 8:00pm

Where: Shattuck Middle School Auditorium

600 Elm Street Neenah

Cost: Free

Sign-up through the ASFV website: <http://www.focol.org/asfv/register.htm>

Certificates of attendance will be provided

Dr. Christina Iyama practices at University of Wisconsin Hospitals and Clinics and has specialities in Developmental Pediatrics and Pediatric Genetics and Metabolism. Much of Dr. Iyama's work centers on diagnosing autism in very young children.

Dr. Iyama will talk about new research relating to autism; medications; research-based interventions and other topics related to autism.

For more information contact: Peggy Bartman at peggybartman1@gmail.com

Services for Adults on the Autism Spectrum

What services are available in our community and how does a family
access them?

Presenters: *Brenda Gretzinger*, Disability Benefit Specialist, Aging and Disability Resource Center Serving Outagamie, Calumet and Waupaca Counties; *Amy Mather*, Rehabilitation Counselor, Division of Vocational Rehabilitation; *Kelly Brodhagen*, Executive Administrator Autism Society of Wisconsin, Mother of young adult with autism

Date: Monday, November 7th, 2011

Time: 6:30 – 8:00pm

Where: Redwood Room, Goodwill Building, 1800 Appleton Road Menasha

Cost: Free

No sign-up required

SAVE THE DATE ASW 2012 Annual Conference

“From Stepping Stones to Milestones”

May 3rd – 5th, 2012 Hotel Sierra, Green Bay

Earlybird Registration: Before December 23, 2011

Autism Society of Wisconsin Membership Application Form



Date: _____

Name: _____

Street Address: _____

City, State, Zip: _____

Email: _____ Phone () _____

Check Chapter joining (select one)

____ ASFV, Fox Valley area, Outagamie, Winnebago, Calumet, Fond du Lac, and Waupaca Counties.

____ ASGM, Greater Madison area, Dane, Columbia, Sauk, Richland, Crawford, Rock, Green, Iowa, Lafayette and Grant Counties. **Please contact the Autism Society of Greater Madison for their membership application at autismmadison@gmail.com or visit <http://autismmadison.org/>**

____ ASL, Manitowoc, Lakeshore area, Manitowoc, Sheboygan, Calumet, Kewaunee and Door Counties.

____ ASNEW, Green Bay area, Brown, Shawano, Oconto, Florence, Menominee and Marinette Counties.

____ ASSEW, Southeast/Milwaukee WI area, Milwaukee, Waukesha, Racine, Kenosha, Dodge, Jefferson, Ozaukee, Walworth and Washington Counties.

____ ASCW, Central Wisconsin, Clark, Forest, Langlade, Lincoln, Marathon, Oneida, Portage, Price, Taylor, and Wood Counties.

____ CVAS Chippewa Valley, Sawyer, Polk, Barron, Rusk, St. Croix, Dunn, Chippewa, Pierce, Pepin, Eau Claire, Buffalo, Trempealeau and Jackson Counties.

____ ASW, Autism Society of Wisconsin, 1477 Kenwood Drive, Menasha, WI 54952

(If there is no local chapter in your area)

Membership Categories (select one): ____ Individual \$12.00 ____ Family \$15.00

(Select one) ____ New ____ Renewal

____ Bill My Master Card/VISA Card# _____ Exp Date _____

(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.



**Autism Society of the
Fox Valley
1800 Appleton Road
Menasha, WI 54952**

**(920) 968-6829
email:
asfv@hotmail.com**

AFV Board Members

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SLP, President

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Kristin Wahl, Secretary
Hallie Shopbell, former
president

Board Members:

Steve Brennan
Michelle Matz
Archna Hendricks, MD
Ann Olsen
Heidi Dahle
Peggy Bartman, OT
Lisa Lesselyong

Newsletter Submissions

Articles of interest, stories/poetry of person's with autism, book reviews and upcoming conferences or workshops are accepted.

Submissions can be sent to: Diane Nackers, 8042 Sequaro Ct, Neenah WI 54956 or email bnack5@gmail.com.

Submission deadlines are November 30, February 28, May 15, and August 15 . 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.



Friend the Autism Society of the Fox Valley on Facebook to receive upcoming events.

**We're on the web:
[http:// focol.org/asfv](http://focol.org/asfv)**



ASFV is VERY Grateful for everyone who participated in ANY way to our successful golf outing!!! Your generosity enables ASFV to continue our efforts on behalf of children a with autism and their families.