

# The Autism Society of the Fox Valley, Inc.

## ASFV NEWS



Spring 2010

Volume 6, Issue 2

The Autism Society of the Fox Valley, Inc. is located inside the Goodwill Building at 1800 Appleton Rd., Menasha, WI 54952

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*Inside this issue:*

Message from the President	1
Call for nominations/donations	2
Golf Outing	3
ASFV Events/Calendar of Events	4/5
Organization article	6/7
Research Opportunity	8

### A Message From the President

Hello Everyone,

I hope you have enjoyed the wonderful winter season and Wisconsin and are looking forward to spring coming very soon. The Board and volunteers of ASFV work very hard to plan fun and interesting activities for families as well as informative talks for parents and educators. We hope you are able to take advantage of some of the great things we offer.

We continue to offer open gym at **Monkey Joes** (Appleton) on the first Saturday of each month (now through May) from 9-11 am! The facility is open exclusively for ASFV from 9-10. Kids on the spectrum receive a great social and recreational activity, sibs get a chance to meet other siblings and parents have an opportunity for networking. For more information contact Michele Matz at [Michele@verhagen.us](mailto:Michele@verhagen.us).

The **Parent/Caregiver Support Group** continues to

meet on the second Sunday of each month from 6-7:30 at the Ground Round in Neenah. Share your tips and meet other parents. Please contact Kathy Lett at [Kathy\\_lett@hotmail.com](mailto:Kathy_lett@hotmail.com) if you would like to join in.

The Teen Activity Group has been meeting for over a year. The kids are really getting to know each other and look forward to seeing each other from month to month. Please look at the ASFV website for current information on each month's activity or contact: Peggy Bartman at [peggybartman1@gmail.com](mailto:peggybartman1@gmail.com) or Diane Nackers at [bnack5@centurytel.net](mailto:bnack5@centurytel.net) for more information.

As an extension of the Teen Group, ASFV has offered a series of three free **Transition Workshops** for teens and their families. These workshops have centered on teaching and practicing the daily living skills teens will need to move onto the next step of adult living. ASFV would like to thank Sherry Gundlach, from the Parent Information Network at CESA 6, for providing her skill and resources in leading these

workshops.

**Save the date!** Our biggest fundraiser is right around the corner. The **Annual ASFV Golf Outing** will take place at Irish Waters Golf Course in Freedom on Saturday, June 5<sup>th</sup>. It is a day of golfing, eating, prizes and raffles. If you want to have a great time golfing and help a tremendous cause, please contact Bob Olson at [bob.olson1976@gmail.com](mailto:bob.olson1976@gmail.com).

Please note that inside this newsletter is a **call for nominations for the ASFV Board**. If you are an ASFV member, have extra time, and are interested in enhancing futures for individuals with autism, please consider joining our very committed board!

Thank you for your continued support of ASFV.

Peggy Bartman, President  
ASFV



Autism Society of the Fox Valley Mission:  
Providing awareness, education, support and advocacy to those  
affected by autism in our community.

## Call for Nominations

Nominations are being accepted for 2010 Autism Society of the Fox Valley (ASFV) Board of Director positions. Any ASFV member in good standing may nominate candidates by mailing a letter to the Nominating Committee c/o the ASFV office post-marked no later than June 10, 2010. Election ballots will be mailed in August to the membership. Newly elected directors serve two years, beginning immediately following the ASFV Annual Meeting on September 18, 2010.

### **The President is elected to a one year term. Procedural Requirements for Nominations:**

- A. Candidate must be a member of the Autism Society of America, the Autism Society of Wisconsin and the Autism Society of the Fox Valley.
- B. Candidate may not be a member of the nominating committee.
- C. Presidential candidate is eligible if currently on board or served on board in proceeding 5 years.
- D. Candidates may be nominated by the Nominating Committee OR by mail nomination by an ASFV member.

### **The nomination must include the following information:**

- A. Name, address, e-mail address and/or telephone number of the nominee.
- B. A statement that the person being nominated has agreed to be a candidate.
- C. Reasons why he/she considers the person to be a good candidate.
- D. A second, in writing, by at least two other ASFV members in good standing (included with the letter of nomination).

### **Please send letters to:**

**Heidi Dahle, Chairperson The Autism Society of the Fox Valley 1800 Appleton Rd., Menasha, WI 54952**

If you are an ASFV member, have extra time, and are interested in enhancing futures for individuals with autism, please consider joining our very committed board! If you want to volunteer, but are not an ASFV Member or you are not interested in a long term commitment, we have plenty of projects we need assistance on!

Please contact Peggy Bartman, ASFV President at [peggybartman1@gmail.com](mailto:peggybartman1@gmail.com).

## Call for Donations

**Due to the change in membership renewal—our chapter donations have declined. We are extremely short of funds to continue to provide the services we so strongly feel are helpful to our chapter members. Fund raisers are being planned, but an immediate need is being realized. Please support this tax deductible fund drive in order to keep our chapter active in the community.**

### Other ways to help ASFV:

- Pick N Save We Care Program— sign up and every time you use your card a percentage of your purchase is donated to ASFV. Check with the service desk of your Pick-N-Save store. Our charity code # is 038000.
- United Way—You may choose ASFV as a United Way Donation recipient.
- Matching funds at your workplace... some employers such as Kimberly Clark, Thrivent and others donate to ASFV this way.

Press the donate now  
button at :  
[www.focal.org/asfv](http://www.focal.org/asfv)



**PLEASE SEND YOUR TAX  
DEDUCTIBLE  
DONATION TO:  
ASFV  
1800 APPLETON RD.**

# 2010 Autism Society of the Fox Valley Golf Outing

Come and join friends and enjoy a day of golf as we begin the festivities for the ASFV Annual Golf Outing! A limited number of registrations are available so get your registration in today!



When? **Saturday, June 5, 2010**  
9:00 am SHOT GUN start. Please arrive no later than 8:30!  
Where? Irish Waters Golf Course, N4265 Murphy Rd., Freedom  
Fees? \$80.00 per player includes greens fees, golf cart, free beer & soda in the clubhouse, lunch, awards and dinner.  
Format? Scramble ...  
***RAIN OR SHINE!***

- ◆ Create your own foursome—ask your friends, families or colleagues to golf with you or fill in your name and the golf committee will place you on a team
- ◆ Margaritas for sale!
- ◆ Competitions, hole events, 50/50 Raffle and Silent Auction...
- ◆ WIN GREAT PRIZES!
- ◆ HOLE SPONSORSHIP \$250 and above
- ◆ ASFV is a 501 (c) 3 Organization

Player 1 \_\_\_\_\_ (Team Captain)

Email Address \_\_\_\_\_

Player 2 \_\_\_\_\_

Email Address \_\_\_\_\_

Player 3 \_\_\_\_\_

Email Address \_\_\_\_\_

Player 4 \_\_\_\_\_

Email Address \_\_\_\_\_

Company Name \_\_\_\_\_

Hole Sponsorship - Includes signage with company logo  
\_\_\_\_\_ \$250

Total due: \$

Payment form: Check # \_\_\_\_\_

Fill out all information and include payment to:  
Bob Olson  
ASFV Golf Outing Chairperson  
1216 Lewis St., Little Chute, WI 54140  
QUESTIONS? Email Bob Olson at bob.olson1976@gmail.com or phone (920) 788-5298

## Teen Activity Group Saturday, March 27th

The Autism Society of the Fox Valley has organized a Teen Age Social Group for adolescents 13- 18 years old. The group is aimed at teens who have Asperger Syndrome or High Functioning Autism.

**When: Saturday, March 27th: 11:00 – 1:00 pm**

**Where: The 10th Frame, 618 W. Wisconsin Ave, Appleton**

**Cost:** \$5.00 per child—plus extra money for snacks. The 10th Frame offers a full

menu for lunch.

Group Limit: 15 young people



The activities will be adult directed and supervised by a licensed Speech Pathologist and Autism Consultant. Families need to provide transportation to and from the event. Parents are encouraged to be available by phone but not to remain with their teen – to promote peer interaction.

Please contact Peggy Bartman at [peggybartman1@gmail.com](mailto:peggybartman1@gmail.com) or Diane Nackers at [bnack5@centurytel.net](mailto:bnack5@centurytel.net) for more information.

## Autism Awareness Members Only Events!

We are very please to offer a membership appreciation event for ASFV Members. This event is booked as a private party.

**Where: Skater's Edge Roller Rink, 5714 Integrity Way, Grand Chute,**

**When:** Saturday, April 10th.

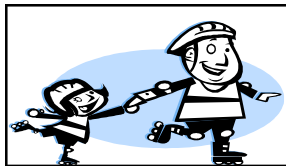
**Time:** 11-1

**Cost:** Free for entry and basic skates.

\*\*\*Possible expenses to members: a \$2.00 fee for roller blades and whatever food items your family may eat.

2 pizzas and a pitcher of soda cost \$10. They have nachos and popcorn.

**Please RSVP to Diane Nackers at 836-3033 or [bnack5@centurytel.net](mailto:bnack5@centurytel.net)**  
**Hope to see you there!!**



### Monkey Joe's

ASFV reserved Monkey Joe's for the school year. Our first monthly event will be on **Saturday, April 3rd**, all other dates falling on the first Saturday of each month through **May 1st**.

For those new to ASFV, we reserve Monkey Joe's, an indoor inflatable playground, once per 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 is \$5 per family. No RSVP's necessary.

## ASFV Sponsored Education Talk

### Teaching Social Thinking Skills

**When: April 26th 6-7:45pm**

**Where: Goodwill Building , Midway Rd Appleton**

Cindy Jaeckle, special educator, and Diane Nackers, speech therapist, from the Hortonville Area School District and Terri Cane-Peterson, speech therapist, from the Appleton Area School District will teach parents and educators tried and true methods for teaching social thinking skills covering kindergarten through high school.



## Sibling Support

The Fox Valley Sibling Support Network presents:

Friday, April 9, 2010 7:00 pm

Fox Cities Performing Arts Center

“Angels Among Us”

A special concert of hope, harmony and inspiration with

[Jana Stanfield](#)

**Saturday, April 10, 2010**

Sibling Seminar

and National Siblings Day

Watch [www.fvssn.org](http://www.fvssn.org) for upcoming details

FVSSN is currently seeking sponsors at all levels.

Call 968-1742 for information

## ASFV Parent Support Group

The ASFV Parent Support Group meets on the second Sunday, of each month. The parent group meets at The Ground Round Restaurant in Neenah from 6:00-7:30pm.. Enjoy friendly conversation and meet other parents or caregivers who love and care for someone with autism. To be added to the support group list, send an email to Kathy Lett at [Kathy\\_lett@hotmail.com](mailto:Kathy_lett@hotmail.com) or phone her at 920-582-4724.

If you have a particular item for discussion, feel free to contact Kathy and she will try to help you as much as possible.

## ASFV Oktoberfest Booth

Volunteers will be needed.

When: September 25th

Contact: Heidi Dahle at

[heididahle2003@yahoo.com](mailto:heididahle2003@yahoo.com)

**Save the Date: ASFV THE TIMBER RATTLERS Outing!**  
ASFV is hosting another Timber Rattlers baseball event for members on Saturday, August 14th. This is a fun family event and following the game, is a fabulous fire works display!

## Calendar of Events

### March



- ◆ 27th—Teen Group: 10th Frame 11-1

### April

- ◆ 3rd—Monkey Joe's 9-10
- ◆ 3rd—Green Bay Gamblers Hockey Game
- ◆ 10th—Skater's Edge Membership Party
- ◆ 11th—Parent Support Group Mtg
- ◆ 26th—ASFV Educational Talk

### May

- ◆ 1st—Monkey Joe's 9-10
- ◆ 9th—Parent Support Group
- ◆ 15th Teen Group—Horse riding

### June

- ◆ 5th Golf Outing
- ◆ 26th Teen Group

### July

- ◆ 24th Teen Group

### August

- ◆ 14th Timber Rattlers Game

### September

- ◆ 11th Football Camp
- ◆ 18th ASFV Annual Membership Meeting—  
Monkey Joe's 9-10
- ◆ 25th Oktoberfest

### October

- ◆ 2nd Monkey Joe's 9-10
- ◆ 16th Teen Group

### November

- ◆ 6th Monkey Joe's

### December

- ◆ 4th—Monkey Joe's

# Organize Me, Please!!

**Contributed by: Peggy Bartman**

People who have organization difficulties have differences in the way the frontal lobes of their brains function.

Frontal Lobes allow us to:

- Stop paying attention to trivial, albeit fascinating things
- Prepare for what is coming in the future (foresight)
- Remember what happened last time (hindsight)
- Make a step by step plan for the future
- Figure out how long each step of the plan is going to take (time concept)
- Talk to ourselves as we are making the plan (self-talk to help with problem solving)
- Juggle simultaneously the pros and cons of the plan (working memory)
- Flexibly alter the plan
- Start, carry out and repeat the plan

What is the parent role in raising a child with organizational difficulties?

- Talk about your child's differences during a calm time.
- Stay positive. Punishments don't teach skills
- Supervise these skills (lend your child your frontal lobes)

Organization "Style" for children on the autism spectrum:

- Most kids on the autism spectrum are visual organizers
- Need to have all their items visible
- Have a hard time finding items they cannot see
- Respond well to color, pictures, and other visual cues
- Feel disorganized when their work area is *visually* overloaded



## **Ideas for the Organization of Supplies and Time Both at Home and at School:**

Backpack

- Limit number of outside pockets. More pockets=more places to lose things
- Colorful (easier to pick out of a group)

Planners

- Consider creating your own pages that will work for your child

Two Pocket Folders

Label Left Pocket Take Home

- List what needs to go in Take Home side
- Class work handouts and notes
- School handouts for parent
- Tests that need signatures
- In short, anything they touched that day

Label Right Pocket Take to School

- List what needs to go in Take to School side
- Homework that needs to be handed in
- Signed tests that need to be returned to school
- Notes for teachers

Parents need to check this each day in the morning before school and in the afternoon after school

Notebooks

- Use wide ruled lines
- Single subject notebooks may work better

Pens, pencils, rulers and other items

- Reinforced loose-leaf paper (heavier with plastic from top to bottom over holes)
- Durable thick plastic dividers
- Small three-hole punch
- Durable pencil case
- 6" ruler

File Box and Its Folders

- Plastic file box with slots along the top edges to hold sliding hanging folders
- Hanging folders with tabs
- Colored file folders, two for each subject (kept next to each other in the box)
- One for tests/quizzes
- One for homework/class notes

Time timer

### Setting Up the Study Area:

- Clean off the desk to minimize visual clutter
- If purchasing new desk
  - Buy one without many drawers
  - Have open shelves above
- Create a workstation

### Setting up the Locker:

- Try to get a locker at the end of the row at eye level
- Use locker shelves
- Extra supply of pencils, pens, erasers, tissues

### Getting the Correct Assignments and Work Home:

#### Recording the assignments

- Planner – put paperclip on the current page to make finding today easier
- Electronically
  - Digital notes software on [www.postit.com](http://www.postit.com)
  - StudyMinder at [www.studyminder.com](http://www.studyminder.com)

#### Making sure the assignments are correct

- Checking via direct communication with the teacher (inform teacher(s) about child's organizational issues)
- Checking assignments with buddy system
- Checking with an adult at school (paraprofessional, special education teacher)
- Check assignments via school websites

#### Planning Calendars

- Using the planner as a planning calendar
  - Put a mark next to the work that needs to be done today
  - Break down long term assignments on each date (e.g. rough draft, editing, write final draft, edit final draft)
  - Enter upcoming test dates and reoccurring dates (quizzes)
  - Record after school activities
  - Everyday child (with or without adult – as needed) flips through a few weeks looking at what needs to be done
- Use a traditional monthly calendar
- Use a software calendar
  - For middle school and above
  - [www.google.com/calendar](http://www.google.com/calendar) - can also send a message to child's cell phone
- Create a study calendar
- Write a plan to tackle a long term project

### Returning Work to Its Proper Place: School or File Box:

#### Handing in Completed Work

- Two-pocket folder is taken to every class
- Filing completed work
  - Each day go through the Take Home side of the folder
  - Sort the papers according to subject
  - Go through each subject pile and file the tests/quizzes into the correct folders in the file box
  - Sift through remaining homework and class work papers.
  - File the saved papers under Class Work/Home work

### Strategies for Morning and Nighttime Routines:

#### Morning:

- Wake child 30 minutes earlier
- Establishing Morning Routines
  - Use picture schedules (younger children) or lists (older children) for routine activities
  - Once child leaves their room, they should not go back – so all dressing should be done and materials needed should be in another spot
  - Additional lists for putting all materials together that need to go to school

#### Nighttime Routines:

- Prepare the backpack with tomorrow's school materials
  - Homework in bi-fold folder
  - Check agenda to see any additional materials needed for school
  - Place backpack by door child will be going out
- Prepare clothing for next day
  - Select outfit – with rule that selection can't be changed in the morning
- Have child shower or bathe night before
  - If child wants to take shower in the morning – time them so that they can see how long it takes



Sarah Stup, a critically acclaimed author with autism, shares your mission “to make schools a better place for kids with autism.”

As an advocacy project to celebrate Autism Awareness Month in April, you may wish to contribute her books to elementary schools and/or libraries in your community.

*Do-si-Do with Autism* features Taylor, the turtle with autism, who introduces elementary school children to the importance and joy of building meaningful relationships with those who have autism and other developmental disabilities.



*Are Your Eyes Listening?* is a collection of writings for adults, which takes readers inside Sarah’s world and the very sights, sounds and feel of autism. (Below you will find a special excerpt from Sarah’s *Eyes* book: “What I want you to know about me – and my autism.”)

Excerpts from both books can be found at <http://www.SarahStup.com>. The books can be purchased there as well. For large discounted orders, e-mail [Sarah@SarahStup.com](mailto:Sarah@SarahStup.com).

## Parents of Adolescents with Autism Spectrum Disorder!

### Waisman Center Research Opportunity

We are recruiting families for an education and support program for parents of adolescents with ASD between the ages of 15 and 18. Parents will attend 8 weekly group meetings with other families to receive information on autism across the life course, transition planning, legal issues, and other topics. Families will also be able to discuss and problem-solve specific concerns they may have related to their child. The study will consist of initial and exit interviews, parent sessions, and a social skills group for teens. To participate, the teenager with ASD needs to live at home and currently be enrolled in high school. Both parents would need to be able to participate.

To find out more, please contact Leann Smith, PhD at the Waisman Center at the UW-Madison (608) 890-1390 or [lsmith@waisman.wisc.edu](mailto:lsmith@waisman.wisc.edu).

## Football Camp—Save the Date: September 11, 2010

ASFV is hosting it’s annual Football Camp for Kids with Autism on Saturday, September 11th. The date has been moved so that the weather is cooler, the field will be in great condition and the season will be well under way. This is a great opportunity for kids to get out on the field, interact with real football players, try on football equipment, and have fun! More details will be coming shortly. There is no cost for the camp, and you do not need to be a member of ASFV for your son or daughter to participate!

For more information on the football camp contact Bob Olson at [bob.olson1976@gmail.com](mailto:bob.olson1976@gmail.com)



Chapter Letter Advising Key Stakeholders of  
New Unified Membership Program

Dear ASFV Members,

I am writing to share some important and exciting news.

The ASFV has joined with the Autism Society's national headquarters to offer our members a single, unified membership program.

We are very excited about this opportunity because it provides you with some real advantages:

- We are offering all of our current members one bundled price of \$25 for a household membership – that's more than 35% discount off the current national membership fee
  - (Chapter Name) will no longer charge a separate membership fee, an additional savings of \$X
  - You will continue to enjoy all of the (information, access, discounts – name chapter benefits) you receive from ASFV.
  - PLUS you will receive 4 issues of Autism Advocate, the journal published by our national organization
- You will receive your renewal notifications from our National office only, so there's less information you need to keep track of.

Please pay attention to your mail and know that when you receive a letter from the Autism Society, it is your membership renewal notification.

I hope you will take advantage of this great opportunity and renew your membership in the Autism Society. Your membership is very important to us.

Thank you for your loyal support.

Sincerely,

Peggy Bartman, ASFV president



The Autism Society of the Fox Valley, Inc.

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Website: [www.focol.org/asfv](http://www.focol.org/asfv)

### ASFV Board Members

#### **OFFICERS:**

Peggy Bartman, **President**  
Carol Koller, **Vice President**  
Michele Matz, **Past President**  
Bob Olson, **Treasurer**  
Archna Hendricks, M.D., **Secretary**

#### **BOARD MEMBERS:**

Steve Brennan  
Heidi Dahle  
Kathy Lett  
Diane Nackers, CCC-SLP  
Ann Olson  
Hallie Shopbell



### ASFV Contributions

**Kristen Rexford**  
**Network for Good—anonymous donators**  
**James Brodhagen**  
**Aurora Health Care Matching**  
**Donor Program**  
**Daniel Carrol**  
**City Of Neenah**



#### 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 email [bnack5@centurytyle.net](mailto:bnack5@centurytyle.net). 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.