



"Bringing the pieces together."

Our Mission

The mission of the Autism Society of Larimer County is to serve as a resource for individuals and families affected by autism spectrum disorder by providing information, advocacy, public awareness activities and promoting the development of services and resources.

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For more information contact:
Autism Society of Larimer County
Phone: 970-377-9640
Email:
aslc@autismlarimer.org
Website:
www.autismlarimer.org

ASLC NEWS

Our Experience at Adam's Camp

By: Linda Drees

As many of you may already know our goal for the April Autism Awareness Month fundraisers was to provide funds to sponsor a Larimer County child and family's attendance to Adam's Camp. Here is this year's recipients experience.

Our family was the fortunate recipient of a grant from the Larimer County Autism Society for our daughter Marianna to attend Adam's Camp. We attended a Trail Blazer Camp, June 16-22, 2008. Participation in Adam's Camp was an experience we will not forget. Marianna gained new confidence and skills. Her smiles were infectious. We benefited from sharing with parents and attending the parent trainings with Sam Towers, a behavioral specialist.

Let me share a few highlights from our camp experience. Prior to camp each parent was called by a therapist to discuss their child's

Marianna was assigned to the Larkspur Team. The team was comprised of 5 children, an Occupational Therapist, Speech Therapist, Music Therapist, Therapist for the visually impaired, and two volunteers. The parents met with the team Monday evening and went over the schedule of activities for the

involved with physical, occupational, and speech therapy since he was six months old. Yet at five, he was not walking. It was only after Adam spent a full week of day-long intensive physical therapy that significant progress was made. It seemed that it was what Adam needed. So that summer, five kids with special needs, their families, and 4 therapists spent a week of intense physical, occupational, and speech therapy at Snow Mountain Ranch in Winter Park, Colorado. Although operating on a shoe string budget, the session was a wonderful success. All of the kids had a terrific time and many showed marked improvements, including Adam, who began to walk. It was also a very meaningful experience for the parents who were able to share their thoughts and challenges with other parents of kids with special needs. Since that first year,

Adam's Camp has grown dramatically, helping more kids every year.

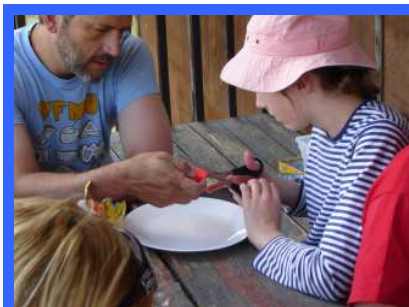
Each successive morning after taking Marianna to her team, we attended a 2 hour behavioral training conducted by Sam Towers, an expert in applied



Canoeing is one of the many recreational therapy activities that children enjoy.

week and provided with contact information.

Tuesday morning June 23rd, Camp began. After dropping Marianna off with her Larkspur Team, we joined other parents for breakfast on the first day to learn about the history of Adam's Camp. Karel Horney, Adam's Camp director shared her story of starting Adam's Camp. It was an inspirational story of the power of a few people dedicated to their children. Adam's Camp was founded in 1986 by the Horney's, the parents of Adam, a five-year-old boy with cerebral palsy, and his pediatric physical therapist. Just as many kids with special needs, Adam had been



Occupational therapy is woven into each days activities.

application, any issues or questions and goals for their child. We arrived on Monday, June 22, 2008 and settled into our cabin. Each camper is assigned to a team of therapists and volunteers.



Each camp day begins and ends with music therapy.

behavioral analysis.

From 8:30 - 2:30 each day Marianna joined the Larkspur Team for ongoing activities. Each child had a set of goals and objectives that the team was poised to address. A day of activities included therapeutic horseback riding, roller skating, wall climbing, hiking with therapies incorporated into the activities. Transitioning and communication were goals targeted for Marianna. Other activities the children enjoyed during the week were: white water rafting, visiting Grand Lake, go carts, miniature golf, bowling, swimming, and zip lines.

One of the other special moments was a sleepover with the other campers in the team cabin. This was the first sleepover for Marianna ever. Mother was more anxious than the team. However, Marianna slept fine and enjoyed all the normal sleepover activities of any child, like painting fingernails, making s'mores, and going to a campfire.

During the week we had access to the therapists for continual updates and reviews on Marianna's accomplishments.

Adam's Camp Mission

The mission of Adam's Camp is to maximize the strengths and potential of children and young adults with special needs by bringing together dedicated families with outstanding professionals and volunteers to provide specialized therapy programs, family support and recreational camps.

Adam's Camp serves toddlers and children with special needs and their families as well as youth and young adults with mild to moderate developmental disabilities. For more information go to www.adamscamp.org

Special Needs Book Club & Support Group

The Autism Society of Larimer County is excited to announce our new Special Needs Book Club & Support Group. The SNBC will meet every 4th Sunday of the month at 2 pm at **Reader's Cove**.

The design of the group is to select a book (fiction or nonfiction) on autism, read it and come together to discuss the book, provide feedback and support for the group. This is a great opportunity for parents, educators, and extended family to get book recommendations and discuss ideas on treatment, education, life or just about anything in dealing autism.

You are NOT required to have read the months selection to attend meetings.

Meeting Dates

June 22

July 27

August 24

Sept 28

October 26

November 30

December Break

All meetings take place at **Reader's Cove located at 1001 E. Harmony Road, Fort Collins at 2:00 pm on the 4th Sunday monthly.**

Contact: Phyllis Zimmerman at asl@autismlarimer.org for more information.



August Book Selection: **Just Give Him The Whale!** **20 Ways to Use Fascinations, Areas of Expertise, and Strengths to Support Students with Autism**

By Paula Kluth, Ph.D., & Patrick Schwarz, Ph.D.
"This book is for any teacher who wants to be remembered fondly by her students as the one who 'got it,' who built meaning and motivation into learning. I wish this book had been on my shelf my first year of teaching!" —Carol Gray, President, The Gray Center for Social Learning and Understanding

"A practical book that is crystal clear in its values and powerful in its vision. I recommend it for every teacher who wants to make a difference in all students' lives." —Carol Tashie, Author, *Seeing the Charade: What We Need to Do and Undo to Make Friendships Happen*

25 Ways to Make This the Best School Year Ever

By Terri Mauro, About.com

Parents of children with special needs have a bigger influence than most on how their students make it through the school year. Be part of the solution with 25 ways to make this the best school year ever -- by organizing, by advocating, by participating, by any means necessary.

#1: Accentuate the Positive

Keeping your school spirits up may not be easy when you're battling teachers and struggling over homework and dreading report cards, but positive thinking and a positive outlook will put your child on the road to success more quickly than a negative, can't-do attitude.

#2: Dress for Less Stress

Adapt the strategy of "change the environment" to your child's most immediate environment: the clothes he or she wears. Often, adjusting an outfit can make problem behaviors less obvious or troublesome, and it's way easier and more effective than endless nagging.

#3: Do a Therapy Check-Up

After-school therapy can do a lot to help your child function happily and successfully in the classroom -- or add so much stress, frustration, and failure that all-around behavior plummets. The start of school is a good time to check and make sure all that driving around you're doing is really getting your child somewhere.

#4: Worry More Constructively.

When your child has special needs that impact on education, worrying about school may be unavoidable -- but it's not the most effective way to tackle problems, and it may make your child feel stressed and worried to watch you stress and worry. Make sure your worry's good for something, or give it a rest.

#5: Start a Reading Routine

Yes, even if your child struggles through required reading for all those classes, you should still set up a time to read together every single night -- there's no getting better without practice. Throw in a fun bookmark for motivation.

#6: Learn the Lingo

When you're standing up for your child's

rights, particularly against people who may throw out lots of fancy terms to let you know they know more than you, it's important to have a good command of the bureaucratic language -- so study up on those IEP acronyms with a cheat sheet and a special-ed alphabet soup quiz.

#7: Keep an Eye Out for Trouble Spots

Your child doesn't just sit in the classroom all day -- there are other, less-structured moments that can act like potholes on the road to success. Stay informed on what your child goes through at recess, lunch, gym, in the restroom and on the bus, and know how to intervene.

#8: Relieve Your Child's School Anxiety

School can be terribly tough for kids with special needs, and they need an outlet for all that upset and worry and anxiety and confusion and hurt and outrage: You. Be the best sounding board you can be.

#9: Make the Most of Teacher Conferences

They're particularly important when there's a specific problem, but meetings with your child's teacher are always useful for keeping up with progress and nipping problems in the bud; learn how, and how often, to have them.

#10: Be an Informed Homework Helper

You'll be a lot more successful and a lot less frustrated if you know what you're doing before you sit down to help your child. Consider these eight questions your assignment for today.

#11: Don't Skip Back-to-School Night

It's your once-a-year opportunity to hobnob with teachers and staff, roam the building freely, hear the official line on your child's education, and predict possible problems before they start -- why would you ever stay home?

#12: Keep a Contact Log

Getting what your child needs from school personnel is *so* much easier when

you can quote the date you were promised something, who promised it to you, and when it was promised to arrive. Instead of leaving that stuff to your overworked memory, write it down in a contact log and be the master of facts.

#13: Pick a Pencil that Helps Your Child Write Right

For some kids, finding the right writing implement can make a significant improvement in the quality of their written work and their classroom behavior, so don't just toss some random box of #2s into your cart and hope for the best -- see if your child might benefit from a more specialized approach.

#14: Help Your Child Sit Still

"Sit still" is a demand adults can't help making, and too many kids with special needs can't help breaking. If your child's teacher regularly complains about your child's lack of desk-sitting decorum, come to the rescue with ideas for managing movement and increasing comfort.

#15: Teach Your Child to Use an Outline

If you're wondering how to help your child write without writing everything yourself, just think back to that old I-II-III A-B-C outline you probably used when you were a student; it still works, and it gives kids who need structure and organization just what they need to hang their own words on.

#16: Join Your School's Parent Association

Yes, the meetings are boring, the discussions are endless, the things some people get worked up about are mind-boggling, but go anyway -- participation matters, and the voices of parents of children with special needs need to be heard.

#17: Get an Extra Set of Textbooks for Home

Whether your child needs constant reinforcement, tutoring help, access during illnesses, or relief from the backbreaking weight, having an extra set of textbooks at home is handy and helpful; here's how to

get the school to fork them over.

#18: Find a Binder that Works for Your Child

For organizing schoolwork, for keeping important items close at hand, for improving productivity and reducing anxiety -- your child's 3-ring binder is one of the most important school tools you can shop for, and finding the right one can make a big difference in day-to-day success.

#19: Monitor Your Child's Backpack

Besides being too heavy to healthily lift, backpacks can hide all sorts of things you need to know about, from forbidden items to stolen goods to rotting gym clothes; stay in the know by performing inspections morning and night.

#20: Don't Forget the Flash Cards

They may be old-fashioned and low-tech, but flash cards are still the best tools for using repetition, repetition,

repetition to increase memory, understanding and recall -- and you can tailor them to your child's specific needs.

#21: Streamline Your Morning Routine

If your child's in trouble for being late, forgetting homework, dressing inappropriately, and you know a good deal of the problem is the morning madness at your house, try some easy fixes for making the pre-school hours a "whatever works" success.

#22: Get the Right Student Planner for Your Child

Planners are important -- your child can't do the homework if he doesn't bring the assignment home -- so take the time to find one that really works for your child, and make sure it actually gets used.

#23: Get to Know Your Child's School

Having a good working knowledge of

the administration and faculty and staff and layout and social-life of that building your child spends so very much time in is crucial to your ability to be an effective advocate -- take our pop quiz to test your school information quotient, then resolve to raise that score.

#24: Assemble a Teacher Information Packet

You always mean to, but too often you put it off to the last minute and just dash something together; take some time now to find the right resources and write the right note that will give your child's teacher the best chance at handling your child in an informed and sensitive way.

#25: Keep a School Year Calendar.

No more scurrying when you realize that you've missed your chance at teacher conferences, or your child's IEP is way overdue for review -- gather those dates and mark them now, and enjoy the fleeting feeling of being in control.

Top Ten School Tools

Help your child sit stiller, write better, and read easier with these cool school tools for students with learning disabilities, fine motor delays, sensory integration challenges, or a bad case of the wiggles.

1. Pencil Toppers

Having a little twiddly thing atop a pencil to play with can help wiggly kids burn off some fidgety energy. You may wish you had one to fiddle around with at your next IEP meeting.

- www.southpawenterprises.com/store/finger-fidget-pencils, Product.asp

2. Pencil Grips

How your child holds the pencil may make a big difference in the legibility of her writing, and the amount of fatigue he feels doing it. This sampler includes nine different shapes, sizes, colors and textures to help you find the right one for your uneasy writer.

- www.southpawenterprises.com/store/pencil-and-grip-sampler, Product.asp

3. AlphaSmart

Cheaper than a laptop and easier to carry, AlphaSmarts are compact word-processing machines that run on regular batteries, automatically save your

work, open files with the touch of a button, and show only a few lines at a time to limit distractions.

- www.alphasmart.com

4. Paper with Raised Lines

Writing between the lines can be a major challenge for kids with fine motor issues, but this paper makes things a little easier by providing little pencil speed bumps. Slightly raised lines help your child know when to stop, and gives some nice proprioceptive input.

- www.theraproducts.com

5. Tilted Surface

If writing on a flat desk is hard for your child, see if a tilted surface makes things easier. A metal clip on top keeps the paper from slipping, and keeps kids from having to worry about holding the paper down.

- www.otideas.com/Items/AngledWritingSurfaces.htm

6. EZC Reader

Bookmarks with a transparent colored strip across the top help kids with reading problems focus on the words in front of them. A free downloadable study guide offers information on why EZC Readers work and how to use them most effectively.

- www.reallygoodstuff.com

7. Weighted Lap Animal

A turtle in the lap is worth two "Won't you PLEASE sit down"s. The heavy weight of this turtle-shaped blanket gives a lot of proprioceptive input to reduce hopping-out-of-chair, wrapping-feet-around-chair-legs, rocking-back-and-forth, and general parental nagging.

- www.southpawenterprises.com

8. Fidget Toys

Little hand-size mini-toys are fun to squeeze and fiddle and feel, siphoning off some of your child's distractible energy to make it easier to concentrate on what matters. Cycle through these 10 tiny playthings if your child needs a deep bag of tricks, or let your child find the one she likes most and keep that one close at hand.

9. Disc-o-Sit

Put a little thrill in sitting still. This nubby rubber cushion with a little bit of air inside lets your child get the wiggling and jiggling she needs without having to get up and move around.

- www.sensoryedge.com

10. Pencil Weight

Work out those fingers! If your child has a light touch with the pencil, a pencil weight may be just the trick to making writing more legible -- and more comfortable, too.

- www.southpawenterprises.com

MAKE THIS SCHOOL YEAR A SUCCESS

Dr. Skalicky will be kicking off the ASLC Family Support Meeting
with a program titled:

"Working Towards An Effective I.E.P."

Advice to empower parents and
promote positive collaboration with the school team.



Dr. Aaron Skalicky
Licensed Psychologist
Former School Psychologist

WHEN:

Monday, August 4
6:30 pm

WHERE:

Autism Society Family
Support Meeting
@ Respite Care Inc.
6203 S. Lemay Ave.
Fort Collins

FREE Childcare provided:
Childcare space is limited so call ahead for
reservations 207-9343



www.neuro-development.com
Call 970-282-4428
for a free and
confidential phone consultation.

PSYCHOLOGICAL & EDUCATIONAL EVALUTATIONS BEHAVIROAL & LEARNING SOULUTIONS

ADHD * Learning Disabilities * Developmental Delay * Dyslexia * Au-
tism Spectrum Disorders * Asperger's Disorder * Pervasive Developmental
Disorder (PDD) * Sensory Integration * Anger/Defiance * Anxiety/Panic *
Apathy/Low Motivation * Depression * Mood Swings * Obsessions/
compulsions * Social Difficulties/Withdrawal

We work together with parents and teachers to make breakthroughs possible.



Autism Society of Larimer County

Family Support Group

The Autism Society of Larimer County is excited to reconvene our support group for local families, friends and professionals living and working with autism spectrum disorders.

The ASLC Family Support Group
meets every first Monday of the month
from 6:30 to 8:30 p.m.
at Respite Care Inc. 6203 S. Lemay Avenue , Fort Collins.
Contact: Ariana Iacobucci Email: ariana5@hotmail.com

FREE CHILD CARE: Through our fundraising endeavors the ASLC has been able to provide funds to pay for child care services during our support meetings. Children will be tended to by trained Respite Care Inc. Staff during the meeting times. Space is limited so call ahead for reservations 207-9343.

REQUIREMENTS: All children must be registered with Respite Center **prior** to meeting time. Once paper work (no cost) is filled out families may use the ASLC Family Support Group Childcare free of charge. For more information about sign-up procedures please call 207-9343 or email Lynn@respitecareinc.org.

Meeting Schedule

2008-2009

August 4, 6:30 pm—8:30 pm

Topic: "Working Towards An Effective I.E.P." Advice to empower parents and promote positive collaboration with the school team.

Speaker: Dr Aaron Skalicky

September 8, 6:30 pm—8:30 pm

Topic: Northern Colorado Center for Children - Charter School for ASD Children **Speaker:** Linda Drees

October 6, 6:30 pm—8:30 pm

Topic: Biomedical Treatment for Autism Spectrum Disorder **Speaker:** TBA

November 3, 6:30 pm—8:30 pm

ASD and the Holidays Speaker: Panel

December 8, 6:30 pm—8:30 pm

Topic: Autism 101 ABC's of Autism **Speaker:** Catherine Bladow

January 5, 6:30 pm—8:30 pm

Topic: The Role of Dietary Interventions in the Treatment of Autism **Speaker:** Phyllis Zimmerman

February 2, 6:30 pm—8:30 pm

Topic: Autism and the Marriage: How to keep it strong **Speaker:** Dr. Mark

March 2, 6:30 pm—8:30 pm

*Transition for Teens Speaker:*TBA

April 6, 6:30 pm—8:30 pm

Autism Awareness Month—Stay tuned for events and announcements that may effect meeting.

May 4 , 6:30 pm—8:30 pm

Topic: Summer Adaptive Recreation activities, camps, and Resources

Contact: ASLC with questions, comments and concerns. * 970-377-9640 * asl@autismlarimer.org

Free childcare is available—Please contact Lynn@respitecareinc.org at respite to make arrangements for first time childcare participants.

CSU & ASLC

Partner to Bring a New Program to the Community



We would like to invite your child and family to spend time with an occupational therapy (OT) student from Colorado State University (CSU). A partnership between the Autism

Society of Larimer County (ASLC) and CSU has been developed to allow CSU students to gain needed experience learning about the lives of families with a child who has autism to prepare them as future occupational therapists. Additionally, ASLC families will have the opportunity to help OT students to better appreciate the unique experience raising a child with autism.

The overall goals of the ASLC -CSU partnership are to...

1. Support ASLC families and your child with autism during ASLC programs as well as your regular social, recreational and family activities;
2. Build the CSU OT student's awareness and understanding of the interests, talents, and lives of children and families involved

with ASLC;

3. Teach occupational therapy students about the larger community where people and families affected by autism spectrum disorder live meaningful lives.

How will this work?

If you are interested in having your family participate in this student volunteer program please contact Phyllis Zimmerman at aslc@autismlarimer.org for paperwork and consent forms. Application must be returned by August 18th

On Monday, September 8th Patty Stutz-Tanenbaum will attend a 6:00 pm pre meeting of ASLC Family Support Meeting to introduce and explain the OT student volunteer program and answer questions OT students will be matched with the children and families who choose to participate. During ASLC programs & play groups, an OT student will meet the parents and children involved in the program and develop rapport. The OT student will continue to join the child as he/she participates in the ASLC pro-

grams & play groups during the fall semester, and schedule additional recreational and social times with the family. The OT student will schedule time to meet you, the parent, for an interview to learn more about how you enjoy spending time with your child, who your child is as an individual, your family life in Fort Collins, and the things that are important in your family life. Conversations may take place informally during ASLC programs, and you and the OT student volunteer will arrange times outside of class at your convenience.

Graduate occupational therapy students at Colorado State University look forward to meeting you we hope you will consider participating in the ASLC-CSU partnership.

For more information, please contact:

Phyllis Zimmerman
Autism Society of Larimer County
970-377-9640
aslc@autismlarimer.org

Recycle With Us



Help the Autism Society of Larimer County
EARN CASH

By donating these recyclable items:

Collect these items from:

Home * Work * Family * Neighbors * Friends

Contact the ASLC for pick up at aslc@autismlarimer.org

- Digital Cameras
- Laptops
- Video Games
- PDAs/Palm Pilots
- Used Cell Phones
- Video Games Consoles
- Empty Inkjet Cartridges
- Empty Laser Cartirges



Fort Collins
2721 S. College Avenue
(College & Drake)

Autism Society of Larimer County's

MEET & EAT FAMILY NIGHT

Dates:

- July 17, 2008
- August 21
- September 18
- October 16
- November 20
- December 18

Time:
6:00 pm

Location:
2721 S. College Avenue

Questions?

Phone:
970-377-9640
Email:
aslc@autismlarimer.org



PIZZA * PASTA * SALAD * DESSERT

Kids under 3 eat free all day

Join families from the Autism Society of Larimer County starting Thursday, July 17th at CiCi's Pizza for a great time of food, family, friends and fundraising. Once a month we will be gathering together to provide support, build friendships and spread awareness in our community.

Don't miss out on this great monthly opportunity.

**Can't
Dine In?**

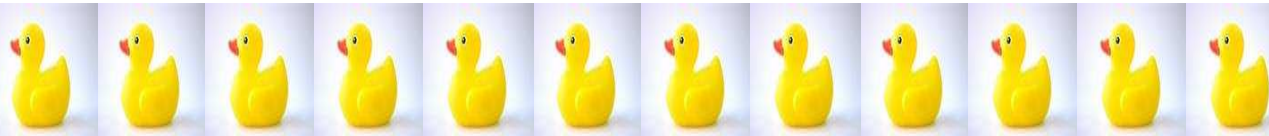
You can still contribute! All To-Go Orders Count Too!
So tell your friends, co-workers, neighbors and teachers how they can help the families with Autism locally. Just have them order and give their receipt to the cashier.

**Special
Diet?**

Don't let that stop you from joining the fun!
CiCi's make a crust less pizza bowl. You can add all the toppings you want to create just the right combination for your diet.



All day the portion of the sales will be donated back to the ASCL!
All the Pizza, Pasta, Salad & Dessert you want and the money benefits the Autism community.



Loveland Rotary Duck Race Tickets

The Loveland Rotary Duck Race is just around the corner! The annual Loveland Duck Race is an exciting opportunity to benefit the schools, the autism community and even yourself. The river will be filled with ducks for the annual race during the popular Loveland Corn Roast Festival at

3 p.m. on Saturday, August 23rd

WHO WILL BENEFIT

SCHOOL CHILDREN: Would you like to help give every 3rd grader in the school district a dictionary of their own?

YOU: Would you like the opportunity to possibly win \$1,000, \$500 or \$250? You can make a \$5 ticket purchase and if your duck wins, you could be a winner of the above mentioned prizes or one of the other 30-50 additional prizes.

AUTISM COMMUNITY: Would you like to help local families of the Autism Society of Larimer County raise funds on this win/win event?

HOW CAN YOU HELP?

You could help all three areas noted above by purchasing this year's Loveland Rotary Club Duck Race ticket from the Autism Society of Larimer County; No big cooperation benefits from this event...only the schools, you and the autism community. **We need your help to sell as many tickets as possible.** 65% of what the Autism Society of Larimer County can sell will help support families directly by paying for qualified child care during support meetings. There are four ways to help:

- 1. Purchase 1 or 2 \$5 Loveland Rotary Club Duck Race tickets from the ASLC by contacting Phyllis Zimmerman at 970-377-9640 or email aslc@autismlarimer.org**
- 2. Pick up a pack of 25 to sell to your friends, neighbors and colleagues. Contact Phyllis Zimmerman at 970-377-9640 or email aslc@autismlarimer.org for arrangements.**
- 3. Tell others about purchasing this years Loveland Rotary Club Duck Race ticket from the Autism Society of Larimer County. Contact Phyllis Zimmerman at 970-377-9640 or email aslc@autismlarimer.org**
- 4. Volunteer your time to help sell tickets at a community booth. Contact Phyllis Zimmerman at 970-377-9640 or email aslc@autismlarimer.org for details.**

You can see last years events at

<http://www.youtube.com/watch?v=-hnAfoAuJDA>

***Note:** If you purchase the tickets at the race or from any other source the money still goes to the third grader's dictionary fund - but does not benefit the Autism Society directly. So contact us today and help raise funds for our county Autism Society. The funds raised from this event will be used to cover the cost of child care at our new monthly meetings at the Respite Inc. Stay tuned for more info on the support group.*

