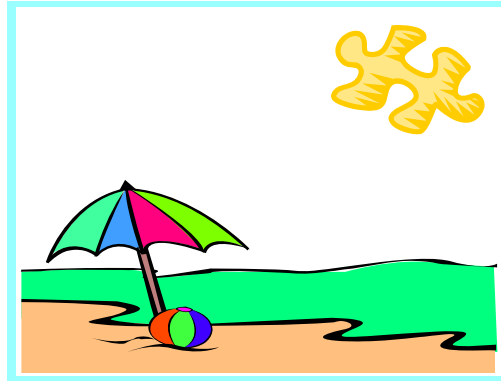


# ALTRUISM

*Altruism (noun): Willingness to do things which benefit other people, even if it results in disadvantages for yourself.*



## Surviving the Summer

*A message from the Newsletter Editor*

School is out and summer is here! For an individual with autism and their family this could be a little stressful. Routines are altered, the weather is scorching, and less structure is in place. The Autism Society, Tidewater Virginia would like to offer parents a few tips on dealing with the stress of summer, family vacations, and other eventful moments.

In this issue, we are providing you with one of our favorite articles about summers stress and camps, local outings, sun-buster deals, and traveling tips. All this information and more, including an insightful interview conducted by an individual with autism, can be found inside this summer issue of "Altruism".

On behalf of the Autism Society, Tidewater Virginia, we hope you enjoy the rest of your summer!

If you are interested in becoming a part of the newsletter committee or contributing information, please contact us at 757-461-4474 or by email at [tidewaterasa@verizon.net](mailto:tidewaterasa@verizon.net).

Thank you once again for your continued support!

*Autism Society, Tidewater Virginia "Altruism" July 2010 Issue*

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# Summer Camp - End The Stress!

By Jené Aviram

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Summer is here. Routines have changed. New programs begin. Teachers go on vacation and substitutes take their place. Different camp counselors, aides and paraprofessionals are assigned to our kids.

These people are wonderful. They want to help our kids and we couldn't do without them. Unfortunately, it can be a tough job sometimes. Through no fault of their own, a lot of professionals who work during summer are given very little training in the field of autism. Even those with vast experience are not familiar with your child. Since every child on the spectrum is unique, this can place both the professional and child in a tough situation.

The result is that summer produces a lot of stress and anxiety for autism-spectrum parents. They hope and pray those assigned to their child will bond with them, and have some understanding about how to deal with kids on the autism spectrum.

Luckily, we can ease your fears! Through detailed surveys and questionnaires, we interviewed summer professionals who were assigned to children they didn't know on the autism spectrum. Through their answers, we compiled a list of the top ten concerns they wish they had known beforehand.

Print the following article and share it with those who will be helping kids on the autism spectrum. If you are a professional, give this to the parent and ask them to complete the form. If you are a parent, fill in the blanks and give it to the professionals so they can get a better understanding of your child. The result will be a productive and fun experience for your child and the staff, and a relaxing summer for you!

## 1. WHERE DID HE GO?

*A group of children are all peering into the duck pond while the leader explains their habitat. The counselor looks down at the child she's been assigned to. Horrified, she notices that he has disappeared. "Where did he go?" she thinks in a wild panic as she races off to find him.*

Children on the autism spectrum are easily distracted. If something grabs their attention, their instinct is to check it out. It's a good idea to remind children on the spectrum that it's important to stay with the group. Even so, make sure to keep a consistent check on their whereabouts to make sure they are safe.

## 2. PARTICIPATION

*All the children are happily working on an art project **EXCEPT** for the child on the autism spectrum. The counselor is trying everything she can to motivate the child and is practically gluing, pasting and coloring with her hand over the child's hand. The child is still protesting and the counselor feels uneasy. "Should I insist he does this or should I let him off the hook?" She wonders to herself.*

Children on the autism spectrum often have different interests to typical kids. While it's perfectly fine for kids to have their preferences, there are many kids on the autism spectrum who would never participate in activities given the choice. As you can imagine, never participating in life doesn't hold a very promising outcome. On the other hand, we certainly don't want to cause undue stress in a child. We do our best to find a balance and a compromise. Children on the autism spectrum appreciate structure. They might be more willing to do the activity if they know exactly what's expected of them and when it's going to end. A couple of strategies that might work are telling the child that he has to do six things in the activity and then he's done. Make sure you count them down as he does them. Another strategy is to show them the clock or use a timer. Let them know that when the little hand reaches the 3 on the clock, the activity is over and then it's time for snack. A third idea is to draw a small schedule of the activity. Example, you could draw a scissors, glue, crayons and then the word DONE. Explain the schedule to them in as few words as possible and assist them if needed.

### **3. PRIVACY**

The children are all excited because it's time to go swimming. The instructor is explaining the rules and telling the kids where the changing rooms are. Out of the corner of his eye, he is shocked to see that the child on the autism spectrum has already started undressing and is practically naked.

Children on the autism spectrum are not always aware of privacy rules. Sometimes they're expected to undress in group situations (such as in gym class) and other times, they're supposed to do this in privacy. It's all very confusing to the autism spectrum kid. It's a good idea to let the child know beforehand where the bathrooms are and where he should dress and undress. Explain very clearly where this designated area is and who he should call if he needs help.

### **4. TURN TAKING**

The children are bowling and the child on the autism spectrum is thrilled. This is his favorite game! There's just one problem. He is so excited, he can't wait his turn. He keeps grabbing the ball and knocking down the pins. The other kids are getting really upset and the assistant isn't sure how to handle it.

Turn taking is a difficult concept for those on the autism spectrum. They will likely need frequent reminders about waiting their turn. A couple of strategies that might work are to use the "Pass the token" method. Get an object, for example a token and direct the children to pass the token to the next child when their turn is finished. When they get the token, they know it's their turn. Explain this clearly to the child on the spectrum and if he jumps ahead of the line, gently remind him by asking "Do you have the token? When you get it, then it's your turn." Another strategy you could try is to help him pay attention to the child before him. You could say something like "This is John. Wait for John to have his turn. You go right after him."

### **5. MELTDOWNS**

Without any apparent reason, the child on the autism spectrum throws his things off the table and starts having a screaming fit. The teacher is stunned. She races to him to find out what happened but doesn't seem able to console him. In a desperate attempt, she tries everything possible to calm him down.

Children on the autism spectrum have difficulty expressing themselves. When it's all bottled up inside, the result might be an outburst when you least expect it. While each child is different there are some commonalities that cause stress in those with autism. Environmental factors affect their sensory system and they are often unable to tune out information such as noise, smells, textures and things such as flickering lights. If the child next to him is constantly tapping his feet, it might be as simple as to move him to another table. Not knowing what lies ahead can be very stressful to a child on the autism spectrum. An overload of stress often results in a meltdown. You will be doing a great service if you write a schedule for the day and put it on the board or a flip chart that's always in view. This strategy will benefit others too, as all kids thrive on structure. The schedule needn't contain small details but rather give an overview of the day. An example would be:

Today is Pirate Day

9:00 Greetings

10:00 Paint a pirate

11:00 Snack

12:00 Treasure Hunt

1:00 Lunch

2:00 Splashing for Diamonds

3:00 Home time

***THIS ARTICLE CONTINUES WITH 4 ADDITIONAL PAGES PROVIDED BY NATURAL CONCEPTS FREE OF CHARGE ONLINE. TO GET THE REST OF THE ARTICLE FOR FREE PLEASE VISIT [NLCONCEPTS.COM](http://NLCONCEPTS.COM) OR THE AUTISM SOCIETY CAN PROVIDE A COPY TO YOU BY CALLING 757-461-4474 OR EMAILING [TIDEWATERASA@VERIZON.NET](mailto:TIDEWATERASA@VERIZON.NET)***

## **Autism Society National and Local Unified Membership**

Are you a member of the Autism Society? When visiting our national Autism Society Website, please stop by to become a member. When you join the Autism Society, you are a member of the national Autism Society as well as our local chapter. The benefits include 4 issues of the Autism Advocate (\$55 value), the journal published by our national organization, our local newsletter, the privilege to vote in local and national elections of officers, and much, much more!

You also help families right here in the Tidewater Area with your membership donation. Beginning in January 2010, membership dues and renewals will be split between the national Autism society (40%) and our local chapter (60%), something that has not taken place before!

To become a member please visit [www.autism-society.org](http://www.autism-society.org) and join today!

**Are you a new parent?  
Are you feeling overwhelmed?  
Don't know where to start or what's available?  
Call the Autism Society!**



**Now offering Autism 101**

Our friendly staff/volunteers will sit down with you one-on-one, answer questions, provide information, and help you find the resources you need.

Call our office at (757) 461-4474 to schedule an appointment today!

**Does your group/organization need more information about autism?**



We are available, by appointment, to conduct presentations!

Please contact us by phone at (757) 461-4474 or email us at [tasa@tidewaterasa.org](mailto:tasa@tidewaterasa.org)

### **Do you have something you would like to share?**

We accept for consideration any comments, information, or announcements for publication in our chapter newsletter. You may send your contributions to the chapter at our office address or email contributions to [tidewaterasa@verizon.net](mailto:tidewaterasa@verizon.net).

### **Interested in becoming a Board Member?**

The Autism Society, Tidewater Virginia Board of Directors is currently seeking new board members. As a board member you will attend monthly board meeting and serve a committee member (i.e. fundraiser, newsletter, resource center, etc.) If you are interested in becoming a board member please contact our office at 757-461-4474 or email us at [tide-waterasa@verizon.net](mailto:tide-waterasa@verizon.net).

Less time to devote? We are always looking for committee volunteers for various projects. Use your specific skills on projects including fundraising, clerical work, and social events.

## **An Interview with Liane Willey, author of *Pretending to be Normal!***

Brandy Wilson is the author of the blog *More Than a Number* ([www.shesmorethanonenumber.blogspot.com](http://www.shesmorethanonenumber.blogspot.com)). She is a very wonderful, special lady who contributes valuable insights and perspectives to us. Brandy has graciously agreed to share this interview with Liane Willey from her blog, dated April 24, 2010. Please look out for more insight from Brandy featured in “Altruism” in her special corner entitled “Brandy’s Perspective”.

### ***Message from Brandy Wilson***

I was delighted that Liane Willey, author of the book [Pretending To Be Normal](#) agreed to do an interview with me for my blog. Liane is a wonderful woman on the autism spectrum who works to improve the lives of other families living with autism.

**Brandy:** How did you handle finding employment and keeping it? Are there some tips you could share with other people on the Autism spectrum (and their families helping them) struggling with job issues?

**Liane:** It was very difficult for me to go to job interviews, but I forced myself to do what had to be done. Namely, I made resumes, practiced having interviews with myself in the mirror, and I made sure I had a nice outfit to wear to the interview so that my appearance was neat and appropriate. I cannot say this was easy. There were times I would put off going to the interview for days on end. The key to making myself go was to find a job I was qualified for. When I was 16 I was only qualified for fast food restaurant work so I applied, and got a job at McDonald’s. I applied for my position as a professor after I had my doctorate degree. I did not get every job I applied for and I was often terminated soon after the job. By the time I was in my late 20’s, I knew teaching was something I was good at, so I decided to pursue only jobs where I could monologue or teach. My advice is simple: find what you’re good at, pick an area you enjoy so you will stay motivated to do what it takes to obtain and keep the job, study hard and gain as much educational or practical experience as your budget will allow for, get experience even if it is as an intern or volunteer, and practice interview skills. After you do get a job, work with a job coach or counselor to make sure your social skills are of the sort your new career will demand. Finally, there is no shame in any job. I often took jobs below what I thought were my academic and experience level, but I learned something in each job, so no job was ever a waste of time.

**Brandy:** What is the biggest issue facing the autism community today and how would you like it handled?

**Liane:** This is a tough question to answer. If I have to pick one it would be to reach the ASD affected minority, low socioeconomic and elderly populations with both ASD awareness and support programs. I would love the media to join forces and broadcast free ASD educational programs geared toward teachers, caregivers, families, and individuals. A network devoted to nothing but special needs would be great and our ASD community could have a strong voice and presence in this programming.

**Brandy:** Do you have any tips for managing autistic mannerisms, like rocking, spinning objects, etc?

**Liane:** I never try to break a stim or habit without having something in mind to take its place. When making a replacement habit, I try to find something that is very similar, but that may look less like a stim. For example, I like to rock, but I rock from side to side, rather than forward and backward because it looks more natural— like a mother rocking a baby. And I still afford myself plenty of opportunity to stim as I wish in private. Private may mean the back of a grocery aisle where there is no audience or a public bathroom behind closed doors of the stall, but usually it means in my own home.

## Pretending to be Normal Interview Contd.....

**Brandy:** What can people on the spectrum and their loved ones do to keep them safe? How can a person on the spectrum figure out if a situation is “safe” or a person is “safe”? What are some red flags that a situation is bad?

**Liane:** I am not sure a person on the spectrum will ever be 100% able to stay safe and avoid bad situations. Our poor theory of mind and our inability to read non-verbal communications and judge hidden social curriculums make it nearly impossible to always judge a person’s intent or a situation’s risks. I do know that it is comforting for me to have a trusted person or two I can call the moment I feel like I might be close to something unsavory. I give myself permission to call one of my trusted friends the moment I feel unsafe. Regrettably, I still walk into bad situations, so I would like to refer readers to autism safety expert Dennis Debbaudt.

His contact information is [www.autismriskmanagement.com](http://www.autismriskmanagement.com). Email: [ddpi@flash.net](mailto:ddpi@flash.net)

Autism Risk & Safety Management now on Facebook. Join us there at [www.facebook.com/pages/Autism-Risk-Safety-Management/247829751467?ref=mf](http://www.facebook.com/pages/Autism-Risk-Safety-Management/247829751467?ref=mf)

**Brandy:** When you’re close to “melting down”, how do you handle it?

**Liane:** First of all, I had to learn by trial and error and many years of paying attention to my reactions, what would make me break down and how to avoid it. Now that I know what my personal buttons are, when I see the buttons are about to be pushed, I tend to go to the darkest part of my closet, close my eyes, shut out all noise, and concentrate on my breathing. If I don’t get myself out of the on-coming storm, I will surely get caught up in it and then I have to ride it out with either extreme amounts of anxiety, physical illness, or lots of tears.

**Brandy:** What are some do’s and not do’s of dating? Is there any cautions you have? And what can a parent/caregiver do to help a person on the spectrum interested in dating?

**Liane:** In my perfect world, people on the spectrum would only date people they have been fixed up with by friends and family members! However, there are places and situations that are safer than others for making friends and building relationships. For example, don’t toss a person with ASD to a bar and expect the evening to go well. Family oriented centers like the YMCA rock climbing club or a local bowling league tend to be safer bets for meeting people who do not have ulterior motives in mind. That having been said, there are cruel people everywhere, so the person on the spectrum has to have a solid understanding of what constitutes good and inappropriate behavior and how to handle such behavior if it comes up. Remember that dating will often turn into something interpersonal, so don’t underestimate that importance of sex education. Be direct in your discussions, leave nothing out. Discuss diseases, how they are acquired, pregnancy, the urban myths surrounding all the above, and the importance of knowing “no means no”. Social coaching is a must in this area and at some point, I would bring in both males and females to talk as freely as possible about their issues, concerns, questions, etc. Let the person on spectrum do as much self-analysis and questioning, and as much self-advocating and understanding as they can.

**Brandy:** What is something about Autism that you wish everybody would know?

**Liane:** Yes. I wish people knew that everyone who has autism has a wonderful story to share. If people took time to really learn, to listen to, and learn from their autistic associates, I bet they would be surprised and delighted with what they learned from the person with autism.

**Brandy:** Is there something you would like to tell parents/caregivers out there?

## An Interview with Liane Willey continued...

**Liane:** Take time for yourself. Shed any guilt you may have. Every parent/caregiver has moments of guilt over any human they tend to, so just know it's normal. Laugh as often as you can. Pick your battles. Know that things get better. Never underestimate the gifts your person with ASD has. Keep the bar just high enough, and take care not to make it too low. Remember, the support you give is incredibly important and life saving. Without you, I shudder to think where folks on the spectrum would be.

Liane Holliday Willey, Ed.D. is an author, speaker, and autism consultant. You can find more about Liane through her website at [www.aspie.com](http://www.aspie.com). Liane's books can be found at [www.jkp.com](http://www.jkp.com). She is also an editor for Autism Spectrum Quarterly, [www.asquarterly.com](http://www.asquarterly.com).



## Tips for Navigating Through Summer Activities

Here are some helpful tips for planning and enjoying any kind of outing with your entire family throughout the summer.

1. Stay consistent—Try to keep aspects of every day the same for those who resist transitions. For example, if your child goes to bed or eat meals at a certain time, try to keep that the same. Familiar foods or drinks are also important.
2. Prepare your child ahead of time—Print pictures of the location and talk to your child about the event by exploring the location's website. A memory book with last year's pictures could remind your child how much fun they had last year. Social stories describe what, where, who, and when of each event.
3. Schedules—Bring a calendar for long trips, marking off each day. Make a picture or word schedule showing the structure of the day to reduce transition problems.
4. Toys or Books—Duplicates of favorite, inexpensive toys or books are helpful while traveling. An object of comfort to your child, such as a blanket, nightlight, or stuffed animal, reduces anxiety and gives a sense of security during unfamiliar changes.
5. Sensory Needs—Don't forget earplugs/headphones for those sensitive to loud noises or crowds. Sunglasses are great for reducing the glare of fluorescent lights in places like museums. Carry an extra towel or blanket for deep pressure moments.
6. Mix it up—Use the “desired” activities as incentives to try “new” experiences. A picture or word schedule can help; “first we try this, then we can go do that”. Remember to schedule down time and limit the amount of activity each day!
7. Tag ‘Em—Last but certainly not least, remember to place identification on your child in case they get lost! Name, diagnosis, and phone number is a must, perhaps along with a tip or two on how to keep your child calm until help comes. Don't forget to carry a photo of your child! There are also ID temporary tattoos available for those who pull ID tags off. Search for ID temporary tattoos for autism; the kits are normally about \$10. Project Lifesaver is a program in conjunction with several police/sheriff's departments around the country, dedicated to locating your child if he or she becomes lost. Please visit [www.projectlifesaver.org](http://www.projectlifesaver.org) or contact your local police/sheriff's department for more details.

For more tips, please visit [http://www.autism-society.org/site/PageServer?pagename=summer\\_tips](http://www.autism-society.org/site/PageServer?pagename=summer_tips)



## Spring Fundraisers/Sponsors Thank You for Your Support!!



**We would like to thank the following for all their hard work throughout the month of April:**

**Autism Day of Dance** hosted by Kalaa Belly Dance/Kelly O'Donnell **raised \$2,871!**

**Race for Autism** hosted by American Indoor Karting/Mary Carol Davis **raised \$1694!**

**Shops at Staples Mill Autism Awareness Day** hosted by Roma Ristorante Italiano **raised \$1300!**  
(Special Thanks to Patrizia & Anthony Giambanco, Elena Sanzone, and Rosalia Giambanco)

**Holiday Food Store Ribbon Sales raised \$1035!**

**Annual Carwash** hosted by Holiday Food Mart & Diane and Jim Kenney **raised \$888!**

**Loehman's Plaza Light it Up Blue Day raised \$150 in cash and gift certificates!**

(Center for Developmental Differences, Dress Barn, Massage Envy)

**Thalheimers Awareness Breakfast raised \$131!**

**UNO Dough Raiser** hosted by Uno Chicago Grill Janaf and Lynnhaven locations

**Lendy's Café Autism Awareness Night**

*If we have overlooked any other fundraisers/donors  
we thank you for your support and apologize in advance for the omission due to limited space*

### Rock On!

Thanks to Ron Lowder and his Students  
at The Academy of Rock Music  
for hosting the

2nd Annual Rock Autism Festival at Styron Square, Newport News  
On May 15, 2010

**This event raised \$2910!**



**We would like to thank the following sponsors for their support in the  
Autism Awareness 5K/ 1 Mile Walk:**

***Estimated Income after expenses \$13,000***



Step By Step Consulting

Mea'Alofa Autism Support Center

Kohl's Cares for Kids

Andrea's Italian Ristorante and Pizzeria

Norfolk Banana & Produce

Krispy Kreme Doughnuts

Yorgo's Bageldashery

***A SPECIAL THANKS TO SEAN O'KEEFE WHO CREATED THE T-SHIRT DESIGN!***

**We would like to thank the following schools for participating in the  
National Autism Awareness Month School Contest:**

Three Oaks Elementary SECEP CLASSROOMS-***Awareness Contest Winner!***

Woodstock Elementary SECEP CLASSROOM

Booker T. Washington High school SECEP CLASSROOM

Pembroke Elementary SECEP CLASSROOM

Churchland Elementary SECEP CLASSROOMS

Simonsdale Elementary SECEP CLASSROOM

## Conferences/Workshops



<p style="text-align: center;">Pennsylvania Department of Education 14th Annual National Autism Conference</p> <p style="text-align: center;">August 2-6, 2010</p> <p style="text-align: center;">The Penn State Conference Center Hotel State College, Pennsylvania</p> <p style="text-align: center;">For more information, please visit <a href="http://www.outreach.psu.edu/programs/autism">www.outreach.psu.edu/programs/autism</a></p>	<p style="text-align: center;">Family-to-Family Workshop Asperger's Syndrome for Parents and Professionals</p> <p style="text-align: center;">August 12, 2010 August 26, 2010 Starting at 9:30 a.m.</p> <p style="text-align: center;">RSVPs are required</p> <p style="text-align: center;">For more information, please visit <a href="http://www.meetup.com/tidewater-autism">www.meetup.com/tidewater-autism</a> or call 757-461-4474</p>
<p style="text-align: center;">Virginia Beach Surfer's Healing 5K Run/ Walk</p> <p style="text-align: center;">Registration Now Open!! August 21, 2010</p> <p style="text-align: center;">Registration Opens at 7 a.m. Run/ Walk Begins at 8 a.m.</p> <p style="text-align: center;">For more information, please visit <a href="http://www.meetup.com/tidewater-autism">www.meetup.com/tidewater-autism</a> or call 757-461-4474</p>	<p style="text-align: center;">Family-to-Family Workshop Social Skills Training and Frustration Management</p> <p style="text-align: center;">September 9, 2010                      September 14 &amp; 15, 2010* Starting at 9:30 a.m.                      Starting at 6:00 p.m.</p> <p style="text-align: center;">RSVPs are required</p> <p style="text-align: center;">For more information, please visit <a href="http://www.meetup.com/tidewater-autism">www.meetup.com/tidewater-autism</a> or call 757-461-4474 *Attendee must attend both nights</p>
<p style="text-align: center;">Defeat Autism Now! 2010 Fall Conference for Parents, Caregivers, &amp; Clinicians</p> <p style="text-align: center;">October 7-10, 2010 Long Beach, CA</p> <p style="text-align: center;">Online Registration Now Open</p> <p style="text-align: center;">For more information, please visit <a href="http://www.defeatautismnow.com">www.defeatautismnow.com</a></p>	<p style="text-align: center;">Future Horizons, Inc. Super Conference featuring Dr. Temple Grandin, Dr. Tony Attwood, Carol Kranowitz, and Dr. Jed Baker</p> <p style="text-align: center;">October 21-22, 2010 Charlotte, NC</p> <p style="text-align: center;">For more information, please contact Future Horizons, Inc. toll-free at 1-800-489-0727</p>

Autism Society, Tidewater Virginia  
in partnership with Step By Step Consulting, SECEP, &  
Virginia Beach City Public Schools  
presents Hands-On ABA Training  
with Dr. Vincent J. Carbone, Ed.D., BCBA

October 27-29, 2010  
8:30 A.M.—5:00 P.M.  
Double Tree Hotel Virginia Beach

\*Must Have Attended Introduction to Verbal Behavior workshop\*

For more information, please visit [www.tidewaterasa.org](http://www.tidewaterasa.org) or



# LOCAL SUPPORT GROUPS

*Listed below are several groups in the Hampton Roads area that provide support to parents/individuals with special needs.*



**Peninsula Autism Society** is a local chapter of the Autism Society. Their goal is provide information to individuals with autism, their families, friends, educators and professionals in the Virginia Peninsula area. For more information about the chapter please visit <http://www.peninsulautism.org/>

**Parents of Children with Special Needs Support Group CHKD Care Connections for Children** is facilitated by JoAnna Bryant, Parent Coordinator. This group meets monthly to discuss concerns and share information. For more information on upcoming meetings and to RSVP please call JoAnna Bryant at 461-4474.

**Friday Night Friends/Families of Autistic Children of Tidewater (F.A.C.T.)** Teens with high functioning ASD group meets monthly. Contact FACT Director Pam Clendenen for more information at 757-422-2040 Or email [pam4fact@peoplepc.com](mailto:pam4fact@peoplepc.com)

**Autism Fellowship** is a support group that promotes social programs, education, and health for those with autism. Autism Fellowship also charters a Cub Scott Pack geared for boys on the autistic spectrum. For more information please visit [www.autismfellowship.com/](http://www.autismfellowship.com/) or <http://www.meetup.com/shrautism/>

**Talk About Curing Autism (TACA)** provides information, resources, and support to families affected by autism. TACA holds monthly meetings throughout the United States. For more information about the Virginia location please visit <http://meetup.talkaboutcuringautism.org/virginia/>

**The Faith Inclusion Network (FIN) of South Hampton Roads** is a non-profit, grass roots organization dedicated to helping faith communities develop inclusive ministries for people with disabilities and helping families affected by disability to find welcoming and accessible places to worship. For more information, please visit [www.faithinclusionnetwork.org/home.html](http://www.faithinclusionnetwork.org/home.html)

**The Global and Regional Asperger Syndrome Partnership (GRASP)** Meet with other adults affected by Aspergers Syndrome for support and discussions. Anyone on the spectrum is invited. For more information please email Cathy Collins at [ccollins@verizon.net](mailto:ccollins@verizon.net) or visit [http://www.grasp.org/res\\_sg\\_VB.htm](http://www.grasp.org/res_sg_VB.htm)

**Tidewater Asperger Support TEAM** is a TEAM of parents with children (ages 3-20) that all have different needs and are eager to share with other parents the challenges that are face everyday. For more information please visit <http://www.meetup.com/Tidewater-Aspergers-TEAM/>

**You, Me, & The Blend** is a social group held at a coffee shop for teens and young adults 13 and older who have autism/asperger's. This is a place where they can make new friends and create community. For more information please visit <http://www.meetup.com/You-Me-The-Blend/>

**Do you have a support group you would like to share with us? If so, email us at [tidewaterasa@verizon.net](mailto:tidewaterasa@verizon.net)**

## **This Spot Could Be Yours! Would you like to place an ad in "Altruism"?**

The Tidewater Autism Society now welcomes advertising in our bi-,monthly newsletter to help with the cost of mailing!

### **Advertising Rates are:**

- \$15 1/8 Page
- \$25 1/4 Pages
- \$50.00 1/2
- \$100 Full Page

Call Angel Barnhill at 757-461-4474 or email [tidewaterasa@verizon.net](mailto:tidewaterasa@verizon.net) for more information.

*Note: All advertisements in this newsletter are paid advertisement by that of the company or individual advertising. Autism Society does not endorse or promote any treatment, program, or individual.*

# What's the Buzz?



## Success Story!!

Submitted by Mercedes Zepnikowski

April 2010

My son, Ryan, was diagnosed with Asperger's Syndrome when he started kindergarten and has come such a long way. He is now in the 3rd grade and has begun transitioning into general education at school this year. Ryan currently gets to go to the bathroom and the clinic by himself and he is in general education music and art classes and is doing a science lab when there is space available.

Ryan currently plays soccer with Virginia Rush. He plays on a team with children that do not have disabilities. He also attends

TOPSOCCER in the afternoons, which is a buddy system for children with all types of disabilities. He actually met a little girl who was diagnosed with Asperger's Syndrome. Last week at practice, he scored 2 goals and he played a fabulous soccer game on April 17th. His coach even told him it was some of the best soccer playing he had seen from him all season! His coach is great and so is his wife. This is the 2nd season he has had this coach. They have a knack for calming Ryan down when he has a brief meltdown. Ryan actually wants to get out and participate in the game with the other boys.

One other great thing that Ryan has done is express his feelings. His teacher got a class guinea pig for the classroom and Ryan will talk to the guinea pig about his feelings and calm himself down. We have used the same technique at home. At home, he has the choice of talking to our dog, Fawn, or one of our 2 cats, Butterscotch or Miracle. He usually talks to the dog and calms down in a matter of minutes.

Both my husband and I are super proud of all his accomplishments this year!

## In Memoriam

James **T. Holmes III**  
(1973-2010)



The Autism Society, Tidewater Chapter would like to acknowledge the generous donations that were made to the chapter in remembrance of Mr. Holmes. The generosity of these individuals will assist the Tidewater Chapter in furthering its quest to reach out to families who have loved ones with autism, offering hope, encouragement and support. The Autism Society, Tidewater Chapter would like to extend our deepest sympathies to the Holmes family.

## Resource Center Library: Now Available !!

Asperger's On the Job by Rudy Simone  
Asperger's in Pink: A Mother and Daughter Guidebook by Julie Clark  
Asperger's and Self-Esteem: Insight and Hope Through Famous Role Models by Norm Ledgin  
Ten Things Every Child with Autism Wishes You Knew by Ellen Notbohm  
Ten Things Your Student with Autism Wishes You Knew by Ellen Notbohm  
Understanding Death and Illness and What They Teach About Life by Catherine Faherty  
A Treasure Chest of Behavioral Strategies by Beth Fouse, Ph.D. and Maria Wheeler, M.Ed.

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## My Joy Fillers

When I found out that both my boys were on the spectrum, the Autism Society and TACA were unbelievably giving of their time, friendship, and knowledge. These groups have helped my family in every way. Therefore, I am committed to donating a portion of my real estate commission for each transaction to these groups. A million and one thanks to you all.

Suzi Noyes, REALTOR  
757-724-1064; [www.724-1064.com](http://www.724-1064.com)

## WANTED Childcare/Attendants

Do you know of someone who may be interested in becoming an attendant for children on the Autism Spectrum? If so, please contact our office at 757-461-4474 to be added to the attendant database.

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call me at 757-749-2160, or e-mail me at [joyspencer@cox.net](mailto:joyspencer@cox.net).





## Upcoming Calendar of Events



- July 27th**      **General Meeting: Joy of Acting & Our Annual Ice Cream Social:** 7:00 p.m.—9:00 p.m. at the Autism Society's location. Free Childcare is available upon request by calling 757-461-4474
- July 29th**      **Respite Night:** 6:00 p.m.—8:00 p.m. at Jungle Gym 2682B Dean Drive, Virginia Beach, VA 23452. A night for children with Autism Spectrum Disorders held at an indoor inflatable playground. Free of charge for children with autism, \$5 for siblings. Space is limited and reservations are required. Please call 757-461-4474 for more details.
- July 29th**      **Coffee and Chat:** 6:00 p.m. at Panera Bread 300 Constitution Drive, Virginia Beach, VA 23462. Come meet new friends, share ideas, get support and encouragement and find out about resources and more! For more information, please call the Autism Society office at 757-461-4474
- Aug 7th**        **Sensory Friendly Film: Cats & Dogs 2:** 10:00 a.m. AMC Theatres & the Autism Society will host this unique experience at the Lynnhaven 18 movie theatre. Please check the theatre for ticket prices.
- Aug 12th**      **Family-to-Family: Asperger's Syndrome for Parents and Professionals:** 9:30 a.m. at the Autism Society office. Participants must RSVP. For more information, please call the Autism Society office at 757-461-4474
- Aug 21st**      **Surfer's Healing 5K Run:** Registration begins at 7:00 a.m., Run begins at 8:00 a.m. at the 4th Street Boardwalk on the Virginia Beach oceanfront. Registration is \$25 from now until August 13, 2010; \$30 August 14, 2010 through race day. For more information, please call 757-461-4474 or visit [www.tidewaterasa.org](http://www.tidewaterasa.org).
- Aug 26th**      **Family-to-Family: Asperger's Syndrome for Parents and Professionals:** 9:30 a.m. at the Autism Society office. Participants must RSVP. For more information, please call the Autism Society office at 757-461-4474
- Aug 26th**      **Respite Night:** 6:00 p.m.—8:00 p.m. at Jungle Gym 2682B Dean Drive, Virginia Beach, VA 23452. A night for children with Autism Spectrum Disorders held at an indoor inflatable playground. Free of charge for children with autism, \$5 for siblings. Space is limited and reservations are required. Please call 757-461-4474 for more details.
- Aug 31st**      **General Meeting: Movie Night (TBA):** 7:00 p.m.—9:00 p.m. at the Autism Society's location. Free Childcare is available upon request by calling 757-461-4474
- Sept 2nd**        **Coffee and Chat:** 6:00 p.m. at Panera Bread 300 Constitution Drive, Virginia Beach, VA 23462. Come meet new friends, share ideas, get support and encouragement and find out about resources and more! For more information, please call the Autism Society office at 757-461-4474
- Sept 4th**        **Sensory Friendly Film: Nanny McPhee Returns:** 10:00 a.m. AMC Theatres & the Autism Society will host this unique experience at the Lynnhaven 18 movie theatre. Please check the theatre for ticket prices.
- Sept 9th**        **Family-to-Family: Social Skills Training and Frustration Management:** 9:30 a.m. at the Autism Society office. Participants must RSVP. For more information, please call the Autism Society office at 757-461-4474
- Sept 14th & 15th**      **Family-to-Family: Social Skills Training and Frustration Management:** 6:00 p.m. at the Autism Society office. Participants must RSVP. For more information, please call the Autism Society office at 757-461-4474

*For more upcoming events please visit our website at [www.tidewaterasa.org](http://www.tidewaterasa.org)!*



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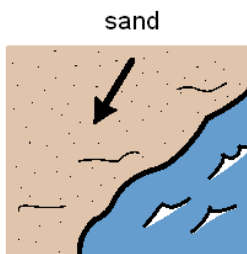
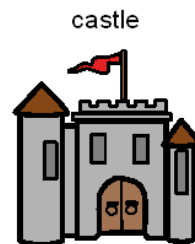
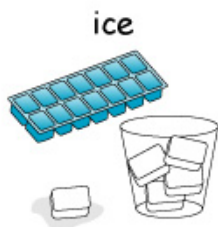
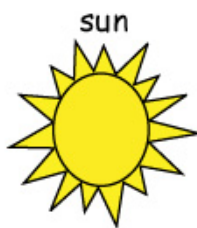
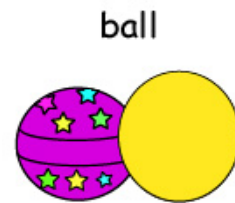
# Kids Corner



## Summer Search

Hey Kids! Connect the words/pictures together to form a fun, new word relating to summer.

Good luck!





We are now enjoying summertime fun. However, a new school year is steadily approaching. For many of us this means our children's routine will soon change to accommodate for the new school year. Beginning a new school year can be very stressful for both you and your child. Stricter schedules and in some cases new teachers and staff as well as adapting to a new schedule at home. It is very important for parents of children with special needs to prepare in advance for the summer to school year transition. Below are a few tips to help you and your child transition a little smoother:

- ◆ Ask ahead what changes will take place for your child including school, staff, bus drivers etc.
- ◆ Collaborate with you child's teacher to prepare him/her for the new school year using visual supports. Schedule an introduction with the new teacher and arrange to review classroom procedures and rules. If an introduction is not possible, obtain photos of staff members that will be working with your child. Visual supports will help your child prepare for new faces.
- ◆ If your child is on a different sleep schedule for the summer, you may want to start transitioning your child to the sleep schedule appropriate for the new school year. Begin by getting your child up at the time they would awake for school and feed them breakfast just as if they were going to school.
- ◆ Read books or create stories about going to school. Your child may feel more comfortable if they know what to expect.
- ◆ Create a calendar to count down the days for school. Make it a fun activity for your child to do while they are preparing to go back to school. Each day your child can help prepare for school by placing new supplies in their back pack.
- ◆ If your child is attending a new school schedule time to drive by the school they will be attending.

We hope some of these tips will help you and your child(ren) with the new school year. Enjoy the remaining of the summer and good luck with the upcoming new school year!

**Disclaimer of Endorsement & Privacy Statement**

The Autism Society promotes the active and informed involvement of family members and the individual with autism in the planning of individualized, appropriate services and supports. The Board of the Autism Society believes that each person with autism is a unique individual. Each family and individual with autism should have the right to learn about and then select, the options that they feel are most appropriate for the individual with autism. To the maximum extent possible, we believe that the decisions should be made by the individual with autism in collaboration with family, guardians and caregivers.

Services should enhance and strengthen natural family and community supports for the individual with autism and the family whenever possible. The service option designed for an individual with autism should result in improved quality of life. Abusive treatment of any kind is not an option.

We firmly believe that no single type of program or service will fill the needs of every individual with autism and that each person should have access to support services. Selection of a program, service or method of treatment should be on the basis of a full assessment of each person's abilities, needs and interests. We believe that services should be outcome based to insure that they meet the individualized needs of a person with autism.

With appropriate education, vocational training and community living options and support systems, individuals with autism can lead dignified, productive lives in their communities and strive to reach their fullest potential.

The Autism Society believes that all individuals with autism have the right to access appropriate services and supports based on their needs and desires.

-Revised by the Autism Society Board of Directors 12/12/2009



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