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**AUTISM SOCIETY**  
Improving the Lives of All Affected by Autism  
Maine

# Maine Autism

## The Arsenault Family

*Submitted by Jim & Judy Arsenault*

# Connections

Fall 2011



**A**s the proud parents of Mike we wanted to share this article about him. It was put on the internet by TD Bank and he has received comments and encouragement from all over the country.

He was born in 1973 when no one knew what autism was. We connected with ASM through a TV ad around 1980. Don Brann and Linda Mazzola helped us tremendously in the early years. It has been a struggle to get the services Mike needs in place. We thank ASM for being there for us.

Use this article to encourage others that a good life is possible for our children.

Sincerely,  
Jim and Judy Arsenault

Meet Michael Arsenault, gold medalist in the 100-yard dash and bronze medalist in the 50-yard dash at this year's Special Olympics in Orono, ME. Michael has worked at TD Bank for 16 years – he is both a star in the office and on the track!

Michael who lives with autism, leads an independent life with his own apartment and a part-time job as a file clerk in Lewiston, ME.

Michael brings a positive attitude to work every day and is an inspiration to his coworkers “Everyone loves having Michael in the department,” said Loan Ops

Supervisor, Chris Russell.

“When he wins medals, like he just did, we all cheer him on and the whole department comes together to celebrate his win – his smile is contagious.”

Michael takes his job seriously at TD Bank and always arrives on time, greeting everyone in the department with a cheery hello each morning. “He’s an important member of our family,” said Chris. “We are all thankful and happy that we have Michael here with us.” Congratulations Michael!



**Maine Autism Connections**  
*A publication of the*  
Autism Society of Maine

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[facebook.com/pages/Autism-Society-Of-Maine/107781499258293](https://www.facebook.com/pages/Autism-Society-Of-Maine/107781499258293)



## President's Message

It is still summer as I write this message, but by the time you read this the seasons will once again change and it will soon be fall. In September we will have our Annual Meeting and a new president will be elected. So, with that thought in mind I want to reflect on my many years of being on the ASM Board of Directors. I have seen much growth and change over the years, and am proud to say I am a Board member of the Autism Society of Maine. We are a well respected chapter nationally, and have accomplished much in the past 45 years.

I recently attended the National Autism Society conference in Orlando, Florida, where I had the chance to represent our state as both a state delegate and as a new member of the Chapter Relations committee. There have been many changes at the national office of ASA, and the new Director and CEO, Scott Badesch, is working hard to be sure that all of the state and local chapters of ASA are working together to improve the lives of those affected with autism. During the Delegate Assembly Meeting we discussed and agreed upon some common goals which we will all be working on during the upcoming year. Our first three priorities are to 1) to have 95% of all children who have autism diagnosed by the age of three; 2) to assure for the successful transition of young adults who leave the educational system to have options to advance their education in order that they can be gainfully employed and/or be successful in living as independently and self-sufficiently as possible; and 3) to position the Autism Society and each of its local delivery system entities as the "go to" entity for providing individuals on the spectrum, their families, and professionals the resources, appropriate referrals, and support for the successful advancement of people living with autism throughout their life.

To accomplish these goals will be a challenging task for all of us, especially with the numerous and significant budget cuts that will be forthcoming, which will negatively impact our ability to find and access providers to work with individuals on the autism spectrum and their families. That is why it is so important now for us to all work together to develop a delivery system that provides every person on the autism spectrum the services and opportunities they need to be able to achieve maximum autonomy, independence, self-sufficiency, and realization of their dreams. ASM needs your help. We need individuals on the autism spectrum, their families, educators, medical providers, potential employers, and local and state agencies to all work together to make this work. And we need volunteers. If each of us makes an investment to do something to improve the life of just one individual on the spectrum, then together we really can make a difference.

If you are interested in supporting ASM in this effort, please contact the Society by email or telephone and let us know. Together we will find ways to make positive changes for one individual, family, or community at a time! You CAN make a difference!

See you all (I hope) at our Annual Meeting.

Lynda Mazzola, President  
ASM Board of Directors



Editorial Notes: Maine Autism Connections and Autism Society of Maine programs and services are made possible by donations from people like you and funding from the Maine Department of Health & Human Services. We hope you will also visit us online at <http://www.asmonline.org>, where we have a great deal of information available about autism, programs, resources, news, a calendar of events, legislation and more.

## 5th Annual Ride for Autism

Ride for Autism  
September 24, 2011  
Kennebunkport Conservation  
Trust Building  
50 mile ride starts at 8am  
25 mile ride starts at 9am

**P**lease join the Autism Society of Maine for our 5th Annual Ride for Autism. Our route is set along the beautiful coast with many breathtaking views. Visit our site for more details and to register:  
<http://www.firstgiving.com/ASMMMAINE/Event/rideforautism>

You can register as an individual or as a team. You can also set up your own fundraising page. A hearty lunch and entertainment will be provided after the ride. Kids can enjoy the bouncy house or a fun ride of their own. Bring the whole family.

The top riders who raise over \$1,000 will be eligible for some fantastic gifts: weekend away to Rangeley, two rounds of golf with cart at prestigious course, and free unlimited movie pass for one year to Flagship Cinema.



## Annual Meeting Announcement

You are Invited to the  
Autism Society of Maine  
Annual Meeting  
On September 16, 2011  
At Keeley the Katerer  
178 Warren Avenue  
Portland, ME  
From 6:00 pm to 8:30 pm

**S**pecial Guest: Dr. Mark Mintz from The Center for Neurological and Neurodevelopmental Health based in New Jersey.

The Autism Society of Maine invites our members to a night of celebration. We gather to celebrate our past year's accomplishments and to welcome new members of the Board of Directors and say good bye to others. We will have an award ceremony. A light dinner will be served.

Although this event is free, you must RSVP for this event by calling 800-273-5200.

## iPad App

There's an App for That

**T**he Ipad has exploded with new apps for autism. There is one app that I wanted to share with you that will make finding apps for autism easier. It's simply called autism app.



## Christmas Wreaths



**E**ach year ASM sells Christmas wreaths. They come in various sizes and two different colored bows.

If you are interested in helping to sell, make, or distribute these wreaths please call ASM 800-273-5200.

We start taking orders by October with delivery by November 27 – Dec 2.

## Family Retreat Weekend

*By Susan J. Vincent*

For most parents, family time is important and very much needed. Having a child with autism doesn't change this priority, but it can make family time challenging and less relaxing. ASM strives to make this weekend a safe haven and accommodate the unique needs both physically and emotionally.

"Tropical Paradise" was the theme for this year's retreat, and we really got creative with the decorating! Tables were covered with bamboo-looking table cloths, colorful parrots hung from the ceiling, and we even had a nine foot tiki hut put together by Val Butler (no small task) decorated with grasses and totem poles! As a final touch, everyone was given a flower lei to wear around their neck.

The festivities began on Friday night for over 18 families including 38 children, siblings and adults on the spectrum. ASM Board member Joseph Stone and his father William, are part of the band Stone Quarry volunteered to entertain us with their guitar playing and songs. This was enjoyed by all.

The children had a full day on Saturday starting with crafts that were organized by Linda Chamberlain, former President of ASM. Linda starts to plan well ahead of time for creative crafts that all of the children can participate in, and she ties it together with the weekend's theme. In addition to crafts, there were games, swimming and a special visit to the University's Marine Animal Rehabilitation Center.

The nursery (for children ages 5 and under) had new items purchased for playtime - a sturdy wooden kitchen set and four wooden tables with games and puzzles fixed

to the tops. They were shipped to ASM in seemingly endless deliveries from UPS - all of which had to be assembled! Val graciously accepted this challenge and did a fabulous job. These items were costly but should last for years.

Saturday there were also workshops for the adults: "Parent to Parent Networking" by Cathy Dionne, "Social Stories" and "Gentle Teaching" by Karen Gorris-Hickock, Support Group for Fathers by Norm LeBlanc, neck massage sessions were offered by Bobbi a Massage Therapist who volunteered her time in honor of her nephew Jacob Whitehouse, and jewelry making with Darlene Lepoff and Susan Vincent.

A new addition to the family entertainment was a talent show! It was a wonderful evening brimming with talent: Karaoke singers, bongo drum player, a magic show, guitar player - even a mini play. This was the perfect environment for a child's first time in front of an audience because it was filled with love and encouragement.

Last but not least, this all would not be possible without the help of our dedicated respite providers and Respite Coordinator Keith Stevens. They are the cornerstone of this program. It is heartwarming to see the bond and trust they have made with the children. This one weekend can make all the difference in the lives of our children.

Please see ASM's photo gallery to see pictures of the Family Retreat

<http://www.asmonline.org/gallery.asp>



# Family Retreat Weekend



# Family Retreat Weekend



*By Susan A. Anzivino, Ph. D., Camp Director*

Our great camp experience with the older campers the weeks of August 1-11, 2011 was great. A new assistant director, Laura Mazzola, and course instructor, Dr. Joel King, joined the returning staff of camp director Dr. Susan Anzivino and nursing assistant Cassandra Ramsay-Fournier. About half of the campers were returning ones. It was gratifying to see how quickly new campers integrated with returning campers and how many new friendships were formed.

We had a group of budding naturalists in this group so many spent much of their camp time with their counselors in search of critters. These adventures were fruitful, especially at Abbot Park at UMF and at Webb Lake in Mt. Blue State Park. What was really special about this was that two of our campers, Liam and Benjamin, were the experts in this area and teachers of others—campers and counselors alike. In

fact, one of the biggest frogs I had ever seen was a temporary visitor at Camp Summit and was later returned to his/her home in Abbot Park.

Many other fun activities colored this session. Some very talented musicians and vocalists were discovered in their karaoke and Guitar Hero performances. Monopoly, Uno, and Jenga were the game favorites of this camp session and played daily. To round out the two weeks of fun, we also challenged ourselves in bowling at the Sparetime Recreation Center in Hallowell and chuckled at the antics of the talking animals in Zookeeper at the Narrow Gauge Cinemas. I think this group of campers clearly taught their counselors that children with autism spectrum disorders are specially gifted in many, varied ways.



*Many Camp Summit campers joined the search for critters at Webb Lake.*



*An intense game of UNO was played by Joe, Punky, Liam, and their counselors (Crystal and Mike).*



*Jackson and Liam took on the Guitar Hero challenge.*



*Joe and Sawyer knock those balls down as other look on at Sparetime Recreation.*

# Things That Go Bump in the Night

*By Deb Lipsky*

**M**y husband and I decided to go our local agricultural fair this past July 4th for the 1st time in years. Getting into the carnival mood and being impulsive, I ended up spending (more like wasting) money on one of those bigger than normal helium filled aluminum shiny balloons depicting the American flag in super bright colors. I get mesmerized by shiny objects particularly around the holidays, and this balloon was such eye candy it felt like Christmas in July.

When we got home I set this jumbo sized helium filled Christmas ornament free in the parlor and it quickly attempted to fly away but just kept bouncing up against the ceiling. It was really funny to watch my cats have a panic attack over this floating balloon as surely there with the sole purpose of wanting only to devour my feline companions. It's amazing how cat's eyes get as big as dinner plates whether they see a mouse scurry across the floor or see an axe murderer come after them. It didn't take long for the balloon to give up the fight and position itself motionlessly in the corner of the ceiling and for my cats to come out from under the couch and bookcase in an uneasy truce. The cobalt blue ribbon that hung down from this aluminum foiled helium vessel was up high enough so that the cats couldn't reach it, not that they wanted to tangle with a UFO anyway.

By the time I went to bed I had totally forgotten about my balloon still perched quietly in the ceiling's corner in the parlor. As I drifted off to slumberland, it never occurred to me that helium seeps out thru the permeable membrane making up balloons and this one was no exception. About 3am the balloon had lost enough helium that it sank to just about 5 feet off the floor. The cobalt blue ribbon that now dangled down like a fisherman's baited line tantalized Adam my youngest cat by slithering on the ground like a snake thanks to the breeze from the open window nearby. Reminiscent of the death star in the Star Wars saga this monstrous cat terror had Adam unable to resist swatting at the ribbon with his paw sending both him and the balloon scurrying in different directions. With the momentum now started, the balloon drifted silently and stealthily across the room. Perhaps because it struck terror in the hearts of my cats, brave little Adam went on a crusade to conquer and subdue this menacing evil flying creature by a repeated 'swipe the ribbon and then run' attack plan causing the balloon to somehow glide unannounced right into my bedroom. As it drifted silently over near my bed it bumped up against the headboard and the cobalt blue ribbon became an anchor as it got caught on the corner post of the headboard tethering the balloon and forcing it to levitate a mere 2 feet above my head. Mind you up until this point I was sleeping peacefully

and totally unaware of any of this. Again Adam in a desperate charge worthy of Custer's last stand leapt onto the bed and threw himself into the cobalt blue ribbon causing the balloon to bob up and down (still tethered to the bedpost) violently. The jolt of the cat woke me up initially but as I opened my groggy eyes in the pitch black of the night all I saw was this dark sinister silent demonic presence hovering only inches from my face. Words such as terror, fear, and panic don't even remotely come close to what one experiences when one feels they are in a mortal battle for their life and eternal soul with the Prince of Darkness. Half asleep and being face to face with Satan himself left little time for anything other than a high pitched blood curdling shriek and mad scramble for my life to flee from this silent evil floating entity. Unfortunately due to circumstances beyond my control my foot got snagged in the bed sheet where the hospital corner defiantly refused to release the sheet causing them to wrap tightly around my ankles thereby convincing the not yet fully awake Deborah that this cylindrical demon had an accomplice. I decided to valiantly but unsuccessfully dash out of bed clad only in a T-shirt and underwear but the entangled sheet wrapped around my ankles became a leg hold trap forged in hell and fashioned by Beelzebub himself and I fell to the floor. Tugging unsuccessfully on my leg in total darkness in a vain attempt to free myself became evident quickly that it was useless. Left with no other options I interspersed screams of "I don't want to die" with pleas for mercy.

My poor husband who was sleeping upstairs awoke hearing my screams of agony and bolted down the stairs expecting to find a serial killer bludgeoning me to death. Armed only with his fists and a flashlight, brave hubby came to the rescue of this damsel in distress. He bounded into my bedroom like superman himself expecting to see some gruesome Jack the Ripper assault in progress. Instead what he witnessed was his wife on the floor with her extremities wrapped up like an Egyptian mummy flailing her arms at some barely visible evil menace. Through the darkness the flashlight's beam illuminated the now very still and docile aluminum foil balloon finally ending the reign of terror it held over me. Talk about things going 'bump' in the night!! Having run the full gambit of nightmarish emotions of fear and terror in 30 seconds or less and having my heart rate go from 30 beats per minute to 200 in the same time frame I really didn't appreciate my husband yelling, "You scared me so much I almost had a heart attack!!!!"

## Membership News

In January 2012 the Autism Society of Maine will be sending out its own membership notices. You will know this comes from ASM because of the letter head and envelope. We know this has been a confusing process going from unified membership back to a separate Maine membership. Thank you for understanding this change.

## Softball Tournament

Softball Tournament in the snow! Yep, you heard it right. Come and enjoy a good game of softball in the snow.

Date: February 11, 2012  
February 18, 2012 snowdate  
Place: Union Street Athletic Complex  
1373 Union Street  
Bangor, ME 04401

There will be more information available on ASM website in the near future.



## Autism Society of Maine Store

You may purchase these items and more on the ASM website: <https://www.asmonline.org:4441/productcart/pc/home.asp> or by calling us at 1-800-273-5200.



Autism Awareness Window Cling  
8" x 3 7/8" \$ 5.00



Autism Awareness Magnet  
8" x 3.5" \$ 5.00



Mini Magnet  
2" x 4" \$3.00



"Safe and Sound" decal for your window \$3.00



Silver-tone stretch bracelet \$8.00



Guardian Angel Pin \$8.00



Autism Awareness Lanyard \$6.00



Autism Awareness Lapel Pin \$5.00



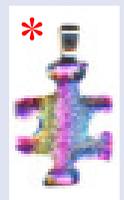
Gel Autism Awareness Bracelet \$3.00



1 1/4" Pin \$11.00



7/8" Earrings \$15.00



7/8" Pendant \$8.00



Autism Awareness Keychain \$5.00

NEW!  
Dichroic Glass Jewelry is hand crafted and unique (sterling silver plated bail and earring hooks)

Your order will be a random design and color.



Here are new books and dvd's added to the ASM library that can be a helpful resource for you and your child to prepare for the upcoming school year. Many more titles are available regarding school and transition. Please visit the library collection online or contact ASM by email or phone for an updated library listing to be mailed to you or for suggestions on a specific topic.

Library materials can be borrowed two items at a time for two weeks, and renewed if there is not a waiting list. If you are not able to visit the library in person, materials can be mailed to you and return postage will be included.

Email: [library@asmonline.org](mailto:library@asmonline.org) Website: <http://www.asmonline.org/library.asp> 1-800-273-5200

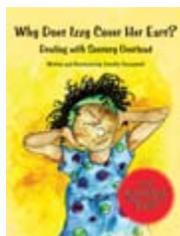
### **A Friend like Simon** by Kate Gayno

When an autistic child joins a mainstream school, many children can find it difficult to understand and cope with a student that is somewhat different to them. This story encourages other children to be mindful and patient of the differences that exist and to also appreciate the positive contribution that an autistic child can make to the group. 14 pages, Illustrations.



### **Why Does Izzy Cover Her Ears?** by Jennifer Veenendall

Meet Izzy, a feisty first grader, whose behavior is often misunderstood as she tries to cope with sensory overload in her new surroundings. This brightly illustrated book creates an environment that is accepting of students with sensory modulation difficulties, including many on the autism spectrum. It's a great resource for occupational therapists, teachers,



and parents to share with children. 39 pages, Illustrations.

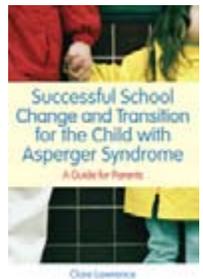
### **An Introduction to How Does Your Engine Run?** by Mary Sue Williams & Sherry Shellenberger.

The Alert Program for Self-Regulation - the Program promotes awareness of how individuals regulate their arousal states and encourages the use of sensory-motor strategies. A series of lessons/activities helps children learn to monitor/change their levels of alertness appropriate to a situation/task. Ages: Preschool thru High School. 24 pages.



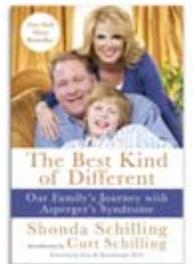
### **Successful School Change and Transition for the Child with Asperger Syndrome** by Claire Lawrence

Strategies covered in the book include working out a transition time-line, identifying a named adult and 'safe haven' at the school, and effective communication between parents, teachers and support staff as well as identifying and practicing the different social rules and expectations of the new school. This clear and accessible book will be an invaluable resource for parents of children with AS who are moving to a new school, and will also be of interest to the teachers and education professionals who work with them. 156 pages.



### **The Best Kind of Different** by Shonda & Curt Schilling

Until the summer of 2007 the word Asperger's was not a part of Shonda Schilling's vocabulary. But by then her household was in total chaos. Her young son Grant's acting out, irrational behavior, and apparent inability to relate to the people around him had grown to epic proportions. The fact that Shonda's husband, All-Star pitching great Curt Schilling, was constantly on the road with the Boston Red Sox only complicated matters. Then a neurologist diagnosed Grant with Asperger's syndrome—a form of high-functioning autism found in children who, at first glance, appear disruptive and difficult—and their entire lives changed. 240 pages.



### **Sharing Our Wisdom** Edited by Gillingham and S. McClennen

This book of 22 conference presentations, accompanied by authors' bios and photos, will give you an insider's view of what it truly means to live on the autism spectrum. 221 pages.



### **Make Me a Story** by Lisa C. Miller

This book & CD discuss different types of digital stories; shows how to assess digital assignments and motivate reluctant writers, and explain how digital story-

telling teaches skills supported by national education & technical standards. 102 pages.

## Meaningful Exchanges for People with Autism

by Joanne M. Cafiero

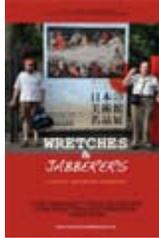
An introduction to augmentative & alternative communication: provides an overview of AAC strategies and tools, from no-tech picture schedules to high-tech voice output communication aids. 174 pages.



## Wretches & Jabberers (DVD)

Two men with autism embark on a global quest to change prevailing attitudes about disability and intelligence. Now able to communicate by typing, they travel the world and meet others with autism.

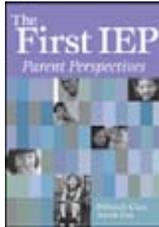
94 mins.



## The First IEP (DVD) by Deborah Chen & Annie Cox

by Deborah Chen & Annie Cox

An ideal first step in the IEP process, this engaging DVD will help professionals and parents ensure the best possible transitions for young children. Some topics - learn from parents who've been there; watch parent-professional collaboration at work; see a simulation of an IEP meeting. 30 minutes, 1 disk.



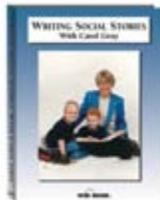
## Writing Social Stories with Carol Gray (DVD & Booklet)

now offered in DVD format

by Carol Gray

A Social Story describes a situation, skill, or concept in terms of relevant social cues, perspectives, and common responses in a specifically defined style and format. The goal of a Social Story is to share accurate social information in a patient and reassuring manner that is easily understood by its audience.

To learn more about Social Stories visit the Gray Center: <http://thegraycenter.org>



## Story Movies (DVD and Booklet) by Carol Gray

Do you work with children who love to watch TV? Have you wished you could SHOW them a Social Story(TM) rather than just reading one? Look no further! Carol Gray has produced Social Stories that are acted out by real children and "Freeze-frames" show the text of the Story, which reinforces the concepts being taught.



## Fitting In and Having Fun, Volume 1; Social Skills Training (DVD)

This video modeling DVD features real life social situations reenacted by children. The goal of this video is to stimulate a child's perception of social situations by visually showing them how to decode and interpret information from others. It also helps them to be more aware of their own body language and the messages they are sending. Social interactions are broken down, showing both the negative and positive consequences of how a child interacts and responds in social settings. 30 minutes, 1 disk.



## #10 Fitting In & Having Fun, Volume 2; Moving on to Middle School (DVD) now offered in DVD format

This video helps children adjust to the rigors and intricacies of a mainstreamed middle school. As new and complex situations arise with the onset of adolescence, it is important for pre-teens to develop their ability to regulate their emotions and solve problems independently. This video provides strategies for students to use to work out organizational, social and academic difficulties. Helps students identify detrimental behaviors, the rationale for changing such behaviors and concrete tips on how to improve. Tips reviewed and acted out include: Preparing for the First Day, How to Make a Good Impression, Making Friends, Paying Attention in Class, Flirting, Lunchtime, Dealing with Teasing, among many others. 30 Minutes, 1 disk.



## #11 Fitting In and Having Fun, Volume 3; Confident and In Control (DVD)

Explores social challenges and the skills needed to stay in control and gain confidence. At times, children can become overwhelmed because they don't know what they can do differently to improve their situations. Helping kids identify and work on the skills needed to build and develop friendships leads to increased confidence. An important component of making and maintaining friendships is the ability to control strong emotions and impulses. By showing children what they can do differently in emotionally charged situations, they become empowered and confident as they stay calm during disagreements and learn to compromise. The DVD follows Jake through his school day and highlights what he can do to improve social exchanges. 30 minutes, 1 disk



## Autism Motorcycle Ride, July 23rd

This fundraising event is a great example of family and community support. The event was organized by Bill and Bonnie Gagne in honor of their grandson Erik William Gagne who has autism. The event raised over \$775.00 to benefit ASM. This donation will be tremendously helpful in funding programs that will help children and individuals with autism in Maine.

The 82 mile ride started in Carmel, went through Newport, Dexter, Sangerville, Dover, Kenduskeag, and ended back in Carmel.

There was a barbecue after the ride along with a band concert and raffle prizes.

Bonnie and Bill would like to host this ride annually so keep this event in mind for 2012!



*Proud Grandparents Bill and Bonnie Gagne*



*Erik and Kathy Gagne, children Erik and Parker*



*Tom and Lisa Brothers*



*18 Band — Panic Test*

## Parents Reaching Out To Parents

The Autism Society of Maine has always connected parents to other parents. They may want to talk with another parent who understands what it is like raising a child with autism, or set up a play date. If you want to be part of the parent directory, then fill out the form below and mail or Fax to ASM:

**Autism Society of Maine, 72 B Main St. Winthrop, ME 04364 --- FAX: 207-377-94324**

**or call ASM at: 1-800-273-5200**

How does the program work:

- A parent calls ASM and requests contact with another parent
- ASM is responsible for matching parents
- ASM will call you and pass on the contact information for you to connect with another parent

There is No obligation. You can get off the list at any time by just calling ASM to be removed. This list is only for ASM purposes and is not shared with any other group.

---

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Home phone: \_\_\_\_\_ Other phone: \_\_\_\_\_

Please circle best way to contact you email or phone?

Childs Date of Birth: \_\_\_\_\_ Diagnosis: \_\_\_\_\_

Please circle: Male or Female

Would you like to be involved with volunteering for any ASM events? \_\_\_yes \_\_\_no

*Examples: Walk for Autism, Ride for Autism, Family Retreat Weekend*

We get asked frequently for families to participate in surveys or for media interviews.

Would you be willing to have ASM contact you for media request? \_\_\_ yes \_\_\_no

Would you be willing to have ASM contact you for survey request? \_\_\_ yes \_\_\_no



Autism Society of Maine  
| Confidential

72B Main Street, Winthrop, ME 04364

[www.asmonline.org](http://www.asmonline.org)



## Maine Public Broadcasting Network

The Autism Society of Maine has been working closely with MPBN to link them with families and professionals around the state to get a sense of what it is like living with autism. Some of the interviews will not be on the documentary itself but will be available on our website and MPBN. MPBN has agreed to allow ASM show a small segment of this documentary at our Annual Meeting.

in Partnership with the The Autism Society of Maine



**Making Our Way  
AUTISM**

**Coming This Fall to MPBN**

Daily life for a child with autism is a challenge for the child and the family. Support IS available and "Making Our Way: Autism" is a television documentary on MPBN, showing how and where to access that network of support.

Through the telling of personal stories like Dr. Temple Grandin's, an accomplished animal scientist and one of the most well-known adults with autism in the world, "Making Our Way" highlights the families who are coping with, and adjusting to the realities of Autism. Also included in this film is story of the Jackson Laboratory researcher who's working towards a cure.

featuring Dr. Temple Grandin

## Five Tips for School Success

### How to Ensure a Successful Start of the School Year for a Child with Autism

#### 1. Communicate

Ensure open lines of communication  
Help in the Classroom  
Set correct expectations regarding communication

#### 2. Build Familiarity

Establish routine  
Visit school at least a week in advance  
Go to the school more than once  
Wander the halls  
Take photos

#### 3. Develop Routine

Develop a set schedule in advance  
Allow your child to have input

#### 4. Organize for Success

Get your child organized  
Set a specific place to do homework  
Eliminate noise  
Establish a timeline  
Allow your child to learn and develop scheduling skills

#### 5. Advocate

Develop self-advocacy  
Allow more responsibility over time

## Ways to Give

There are many ways to give to the Autism Society of Maine. We rely on donations and fundraisers to help cover the cost of our programs and activities that bring awareness and community to individuals and families impacted by ASD. Here's how you can help:

- Donate to us during our second *Autism Society of Maine Fall Annual Appeal*.
- General donations may also be made anytime of the year online using our secure donation forms (or you can download and print our PDF forms) at:

[http://www.asmonline.org/involved\\_donations.asp](http://www.asmonline.org/involved_donations.asp)

- Memorial donations to the Society in memory of a friend or loved-one may also be made at:

[http://www.asmonline.org/involved\\_donations.asp](http://www.asmonline.org/involved_donations.asp)

- Donations through Network For Good may be made at:  
<https://www.networkforgood.org/donation/ExpressDonation.aspx?ORGID2=010407346>
- Donations via Facebook, powered by the Network for Good, may be made at:

<http://apps.facebook.com/causes/238491?m=3f1cca43>

- Donations through United Way can be directed to the Autism Society of Maine. For more information, visit:

[http://www.asmonline.org/involved\\_donations\\_united\\_way.asp](http://www.asmonline.org/involved_donations_united_way.asp)

- Host a fundraiser with proceeds going to ASM. Some of the past and current fundraisers have included: Avon, Pampered Chef parties, Mary Kay parties, bake sales at events, selling autism awareness items at conferences or craft events, selling Christmas wreaths, selling T-shirts. If any of these fundraisers interest you please call us for more information.

For other ways to contribute, become a volunteer or become a member contact us at: <http://www.asmonline.org>

*Donations to the Autism Society of Maine are tax-deductible.*

*Please consider us as you plan your end-of-year giving.*

 **AUTISM SOCIETY**  
*Improving the Lives of All Affected by Autism  
Maine*



## Thank you for your generosity!

### In Memory of:

#### **Timothy O'Donovan, Jr.**

Matthew Devlin  
Charlene Ireland  
Dr. Stephen & Elizabeth Monaghan  
Mark & Julie Strong  
David & Brenda Skillin  
John & Anita Ley  
David & Maureen Wedge  
Ellen Jordan  
Betty Gene & Robert Rumery  
Rob & Beth Baldacci  
Richard & Julie Joyce  
P & C Insurance  
Robert & Marie Delaney  
Robert & Lucille Robinson  
Timothy Rice  
Susan Downey  
Jeanne & Richard Whittier  
Donald & Joan Neuts  
Glenn & Jayne Rudberg  
Fred & Diana Chase  
Macdonald Page & Co.  
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Aerin Jenkins  
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Susan Anderson  
Timothy & Vanessa Record  
Maureen Goudreau

#### **Sherry Joondeph**

Linda & Lawrence Grant

#### **Marilyn "Sue" Lyons**

Mattanawcook Junior High School  
Noreen Weatherbee

#### **Norma Jean Day**

Frederick & Linda Wallace

### In Honor Of:

Trudi Parker,  
UNUM Award for Volunteer of the Year  
Jennifer McConnell, *Happy Birthday*  
from Beverly Kimpal

### Donations

Mary Gabriele  
Diane Jordan (*Pampered Chef*)  
Sonia Cote (*Pampered Chef*)  
Barbara Dyer  
White Rock Distilleries Employees  
Portland Pirates  
Leonard Middle School, Old Town, ME (*Autism Awareness*)  
Richard Mirkin for *Team Brady (WALK)*  
Steven & Margaret Shaver  
Drummond Woodsum & MacMahon Employees  
Dairy Queen – Old Town, Bangor Mall, & Freeport Stores  
Augusta Wal Mart - Management Trainees  
Bill & Bonnie Gagne – *Motorcycle Run*  
Lee (Auto Malls) Management Co.

### WALK for Autism

Philip Gadbois for *Scotty's Angels Team*  
Amy Chalmers for *Scotty's Angels Team*  
Blue Point Congregational Church for *Scotty's Angels Team*  
Bath Iron Works for *Callums Crew*  
Opal Myrick School for *Jacob Whitehouse's Team*  
Guy & Barbara Wood for *SeDoMoCha Team*  
Tedford-O'Connor Family, Elisabeth Vose-Gimbel, & Portland Nannies, Inc. for *Team Sully*

### Employee Pledges

United Parcel Service  
Give With Liberty  
United Way of the Tri-Valley Area  
Maine State Employees Combined Charitable Appeal  
United Way of New England  
Northeast Cardiology Associates

### Matching Pledges

Bank of America Matching Gifts

### Library Donations

Jessica Kingsley Publishers –  
*Collection by Wendy Lawson*

### Ride for Autism

Beech Ridge Motor Speedway  
Saco & Biddeford Savings Institution  
Bull Run Striping  
The Captain Lord Mansion  
The Pine Tree Society



## **Support our Services: Give to the Autism Society of Maine!**

The Autism Society of Maine is a statewide nonprofit organization that for over 35 years has served Maine individuals with autism and their families, professionals, and communities by providing education, advocacy, referrals, and resource development. We rely on donations and fundraisers to help cover the cost of our programs and activities that bring awareness and community to individuals and families affected by ASD. Here's how you can help:

- General donations may also be made anytime of the year online using our secure donation forms (or you can download and print our PDF forms) at: [http://www.asmonline.org/involved\\_donations.asp](http://www.asmonline.org/involved_donations.asp)
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For other ways to contribute, contact us at [asm@asmoline.org](mailto:asm@asmoline.org). Thank you for supporting our mission!

### **Become a Member!**

The Autism Society of Maine invites you to join families and professionals in the pursuit of knowledge about autism spectrum disorders, treatments and support for Maine children and adults with autism.

You may register online at:  
[www.asmonline.org/involved\\_joinasm.asp](http://www.asmonline.org/involved_joinasm.asp)  
or call ASM at 1-800-273-5200

**Call us at: 1-800-273-5200 or visit us online at [www.asmonline.org](http://www.asmonline.org)**