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Let  
ME.  
spread  
the word on  
AUTISM

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

# Maine Autism

## Connections

### 2012 Family Retreat

*Submitted by Susan Vincent*

The beautiful campus of St. Joseph's College in Standish was the setting for ASM's Family Retreat Weekend this past July. Over 20 families including 43 children came for the weekend to collaborate and celebrate in a family-friendly environment. With 26 Respite Providers and volunteers, parents could breathe a sigh of relief knowing their children were in safe hands having fun and socializing with their peers.

Along with the educational opportunity provided to parents by Atlee Reilly of Disability Rights Center, they were given the option for "Parent to Parent Networking" facilitated by ASM Director of Programs, Cathy Dionne. On the lighter side, parents were delighted to be entertained by Gary Crocker, Maine Humorist. Gary has a special way of including audience members into his story lines. This is done craftily in good spirit that has everyone in stitches! For creative inspiration, a jewelry making workshop was offered by ASM staff members Susan Vincent and Val Butler.

While the parents were occupied, the children were given the opportunity to make a sock puppet for a craft and play with each other in the puppet window. We were so pleased to see that puppets provided a perfect segway for the children to interact with each other. In the gymnasium an enormous bouncy house and maze shaped like a lion really wowed the children and provided much energetic playtime! Its impressive size and weight also tested those who had to set it up! The climbing rock wall was a huge hit, and many of the children tried it. Some made it to the top and some did not, but all were praised for trying. As always, the pool is a big

Fall 2012

attraction for the kids. Friday and Saturday nights were open for family swim time. At other times it was open only for children and their respite providers.

The Frogtown Mountain Puppeteers put on a Puppet Show Saturday evening. The children were enthralled by the animated story of "Everybody Loves a Pirate". Puppeteers Robin, Erik and Brian were so kind to show the children how their stage production and characters work. The children were inspired to play and interact even more with the puppets they had made.

There were many compliments for the wholesome and delicious food served in the spacious cafeteria. Each meal was a special

*continued on page 4*



*This is the beautiful view of Sebago Lake just outside the family lounge area at St. Joseph's College.*

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A publication of the  
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Stay up-to-date for Legislation issues, fund-raising events, volunteer opportunities, and upcoming happenings.



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**President's Message**

Hello once again. I hope that you all have had a rejuvenating summer.

ASM once again hosted a very fun and well-received Family Retreat Weekend. It was energizing yet relaxing for all. We are pleased with the success of our new venue at St. Joseph's College in Standish and excited to plan future retreats there. Now, Camp Summit is in full swing.

The Board also successfully held its planning retreat as mentioned in my last message. As I write this, we are finalizing specific goals and steps to better meet the mission of ASM. While you can look forward to the continuation of many past programs and services - Family Retreat Weekend, Camp Summit, the Autism Information Specialist (AIS) program, the lending library - the emphasis will shift to make sure we are fully supporting experiences across the life span for those on the autism spectrum. We will seek increased collaboration with other non-profits and the business sector to promote inclusion in education, employment, housing and recreation. Look for further updates about our initiatives in future issues of this newsletter and on ASM's website.

Finally, do not forget to join us for the annual meeting on September 28, 5:00-8:00PM, at the Hilton Garden Inn in Freeport.

*Janine Collins, President*



**Ride for Autism 2012**

**6<sup>th</sup> Annual Ride for Autism**  
**September 15, 2012**

**Kennebunkport Conservation Trust Kennebunkport, ME**



**Ride for Autism**

Each ride route is relatively flat, offering an opportunity to enjoy a casual ride or "crank-it-up" for an individual challenge. Many cyclists have said that these routes are the most beautiful and enjoyable that they have ever been on and they return each year.

Thorough planning by the Bike Committee covers the convenience, safety and appreciation for participants: Drinks and snacks focus on cyclists' needs & requests. Awesome Road Marshals and dedicated Volunteers help in any way possible.

- \*50 mile ride - 8:00am
- \*25 mile ride - 9:00am
- \*10 mile ride - 10:00am
- \*Trail Ride - Anytime (don't be late for lunch!) *There are several trail heads located within one mile of the Conservation Trust.*

You'll begin and end at the same great location. Stay and enjoy a fabulous barbecue!

Click here for Ride registration  
<http://www.firstgiving.com/ASMMMAINE/ride-for-autism>

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.

# 2012 Transition Conference

October 6, 2012  
Featuring Dr. Stephen Shore



Keynote: Options to consider for Parents and others Supporting People with Autism for Successful Transition to Adulthood.

Dr. Shore will also be presenting a breakout session: Choosing Higher Education....and Staying There. You won't want to miss this dynamic speaker along with the other breakout sessions.

The brochure is included in this newsletter for your convenience. CEU's will be available.

Keynote and Breakout Session Descriptions:

**Keynote Presentation by Dr. Stephen Shore:** Options to Consider for Parents and others Supporting People with Autism for Successful Transition to Adulthood. Achieving a best outcome for a productive transition to adulthood requires intervention in the three main areas of behavioral/developmental/educational, biomedical, and sensory integration. The importance of the interplay between these three areas of intervention as well as approaches focused on addressing social and self-awareness necessary to navigate the adult worlds of employment, relationships, continuing education, interdependent living, and appropriate self-advocacy shall be examined.

**Employment for All; An Introduction to Customized Employment:** This interactive session will provide an overview of customized employment strategies including the discovery process and provide recommendations for families and educators engaged in the transition process.

**Work Incentives:** "A child receiving disability cash benefits from the Social Security Administration and health insurance from Medicare or MaineCare has financial decisions to make in the transition to adulthood. Many people have the mistaken belief that work will immediately cause a loss of cash and medical benefits. In reality, state and federal agencies have Work Incentives, special rules that apply when someone receiving these benefits begins to earn wages; these rules include special opportunities to help a transition-aged youth work toward economic self-sufficiency. This workshop will inform you of some important things to consider as you think about the future, and of available resources to help along the way."

**Choosing Higher Education....and Staying There:** This course introduces common challenges encountered by college students on the autism spectrum transitioning from high school and home into a college environment. Some topics covered as these young adults experience the paradigm shift from being advocated for in public school to having to advocate for ones self in college. Some of the topics covered will include obtaining academic accommodations and strategies, legal issues, residential and housing considerations, as well as developing self-advocacy skills while the student is still in the public schools.

**Housing Options:** This presentation on housing options includes two agencies. Community Housing of Maine's Brenda Sylvester will provide an overview of different types of housing development. This will include a review of CHOM's successful model of supportive housing development. The second agency, Port Resources' Laurie Raymond and Colin Copeland will present on a creative housing/program, Achieving Independence in Maine (AIM) Program, as well as support services to prepare a young adult for transition from the family. While today's discussion may not identify "the program" for yourself or your loved one, it will demonstrate the process others have used to create collaborative solutions to the supportive housing needs of young adults on the autism spectrum

**Guardianship:** If you have a family member with a disability or special health care need who is approaching 18 years of age and have considered guardianship or you know an adult who is under guardianship, this workshop is for you. Participants will learn about alternatives to guardianship as well as the different types of guardianship and other options to support your child.

**Writing a Good Transition Plan:** The presenters will review IDEA requirements for developing transition plans that contain appropriate goals and services for youth with disabilities. They will also discuss best practices in transition planning including the use of a process that is student and family-centered, collaboration with community agencies, the use of effective employment preparation strategies, and support for self-determination. The presenters will draw on their own experience with the Family-Centered Transition Planning Project for Youth with Autism Spectrum Disorders - a research project that was conducted jointly in Maine and New Hampshire.

**Transition; What Are We Waiting For??:** While living in a home of one's own, competitive employment, and community belonging have become the benchmarks of success, human service organizations and educators responsible for transition planning have struggled to realize these outcomes for people with autism and other developmental and intellectual disabilities. But while we wait for the perfect solution, adequate funding, etc. there is plenty to do. "What are we waiting for" speaks both to the need for urgency in helping people move toward a positive future as well as what options are presented to people once funding for supports becomes available. Are we waiting for a program or a service represented by an outdated model of congregation and segregation? Or are we forging ahead with supports tailor-made for a particular individual to achieve a valued life?

**The Role Technology Plays in Independent Living:** Eric Winter of Full Circle America, L3C gives a demonstration of technological devices FCA has been using to help frail seniors stay in their homes longer and more affordably. He will present the argument for the use of technology as well as discuss some of its limitations. A discussion regarding which technologies are most cost effective in transition scenarios will follow.

**Quiet Thunder; Voices from the Silent World of Autism:** Panel of Individuals will answer questions about: Survival after High School; Being Involved in Transition Planning; Communication Needs; Friendship and Social Needs; Work Opportunities and Higher Education: Behavior as Communication; Self Advocacy.

# 2012 Family Retreat

event in itself. Everyone looked forward to mealtime and to what delectable food we would have next!

The only downside was departure time - everyone wanted to stay longer! As always, our hope is that families leave with a feeling of relaxation, inspiration and support from meaningful conversations from the Autism Society of Maine and a network of families who understand the challenges of life with disability.

Click here to see photos of the Family Retreat  
<http://www.asmonline.org/gallery-popup.asp?item=32963>



## Over the Clouds Fashion Show

Lydia Marshall, a 10 year old from Dover-Foxcroft, has been touched by a young autistic friend. She decided to organize the “Over the Clouds Fashion Show”. With the help of American Retro Thrift Shop, original fashions were created by the Miss ME contestants, who were models and mentors to the younger models. The event included a bake sale, silent auction, vendors, and entertainment. Donations and proceeds are to go to finding a cure for autism and the comfort of people with autism. Lydia and her mother stopped by the office to drop off the proceeds check for ASM. They were so pleased with the response to this creative idea, that they will do it again next year.



## 2012 Snow Softball Tournament

This was the brainstorm of David Huffstutler and a friend of his who talked about having a softball tournament in the winter. The event was scheduled for February 11 but due to lack of snow was postponed until March 3 and again NO SNOW. This event was going to happen with or without snow. The first annual snow softball event finally came to life on May 19<sup>th</sup>.

We couldn't ask for better weather on May 19<sup>th</sup>. The games were held at the Bangor Parks and Recreation Union Street Athletic Complex. The day began with beautiful sunshine and lots of energy. There were 10 teams signed up for the event. As the teams arrived to check in they were presented with their team t-shirts. They were excited to see what color their team was going to be. The games started at 9 am and went through the day until the final game ended by 7 pm. What a day it had been! There were exciting plays and great sportsmanship.

The day ended with the winner of the tournament and the top fundraising team announced.

Donna Netzer's team Triple Play was the top fundraiser with over \$1,785 raised (gray team)



Heather Wheaton's team Snowball Bruisers earned the title Tournament Champions! (orange team)



A big thank you goes out to David Huffstutler for making all this possible. His great determination and drive made this tournament a success. We'd also like to thank the following for their support:

Bangor Parks and Recreation Department – use of the fields

Job Corp – providing the meal

Channel 5 – advertisement of event

Old Town Canoe – donated canoe

Umpires - who donated their time

Raffle donations

## Autism Society of Maine's Annual Meeting

September 28, 2012 - 6:00 to 8:00  
Hilton Garden Inn  
5 Park Street  
Freeport, ME



Please join the Autism Society of Maine for our Annual Meeting. We will summarize this past year's accomplishments and hold Board of Director elections. Attendees are invited to dinner. Help the Autism Society of Maine congratulate those recognized for their outstanding commitment to the autism community.

Guest Speaker Nancy Cronin:  
**Medical Home Model**

Guest Speaker Cullen Ryan:  
**Shared Vision for Services and Housing**

**MUST RSVP: 1-800-273-5200**

## Christmas Wreaths

It's time to start thinking about ordering your annual Christmas Wreath from ASM!

There are three different sizes: 24, 30, or 36 inch and two different color bows: traditional red or burgundy.

November 1<sup>st</sup> we will start to take orders with the delivery date by November 26<sup>th</sup>. All wreaths can be picked up at ASM office unless other arrangements have been made. If you are interested in selling any wreaths please contact ASM.

24 inch \$17 comes with bow and pine cones

30 inch \$32 comes with bow and pine cones

36 inch \$46 comes only with bow



## Autumn Ride for Autism

September 22, 2012  
L-A Harley-Davidson  
Main St, Lewiston, ME



This will be the third Annual Ride for Autism hosted by the United Bikers of Maine and L-A Harley Davidson of Lewiston. Following the great popularity last year, plans for this year are sure to be appreciated by all participants.

Pick up your card at stops along the route for the best Poker Hand to earn the top cash prize of \$1,000! There are more cash prizes for 2<sup>nd</sup> and 3<sup>rd</sup> place.

A BBQ and music by the Niki Hunt band will follow the ride at LA Harley.

For brochure/registration go to:

[http://www.asmonline.org/calendar/default.asp?mc\\_sd=9/1/2012&v\\_sd=9/1/2012&v\\_ed=9/30/2012](http://www.asmonline.org/calendar/default.asp?mc_sd=9/1/2012&v_sd=9/1/2012&v_ed=9/30/2012)

## What's All the Buzz About?

By Deb Lipsky

This morning I headed off to my tool shed to get my riding mower out to mow the lawn. It was to be an ordinary morning so I was completely oblivious as to just how unordinary it would quickly become. I was too busy fantasizing how refreshing a swim in the lake would feel after some hard labor. I had a bottle of Cutter's mosquito spray in my hand to take along as it can get buggy along the wooded edges of my property. Feeling really good first thing in the morning I sprung open the overhead door with enthusiasm and anticipation of getting my mowing done early so that I could enjoy the afternoon at the lake in my kayak.

Unbeknownst to me, a huge hornet's nest had been built overnight on the inside edge of the overhead door. Although I heard a strange humming noise as my hand gripped the door handle, I just couldn't figure out what all the buzz was about so I ignored it. Nature seems to have perfect timing because as I stepped inside the shed, simultaneously the angered hornets put out a call to arms to attack the menacing human invader with red hair and cheery smile. I have 4 riding mowers and a ton of garden tools so my shed is very crowded; I had no place to retreat to except pressed up tightly against the nose of one of my mowers. I could of passed as a John Deere hood ornament as I left no space between me and its plastic front nose cover. Cleverly, these little winged Attila of the Huns immediately and effectively cut off any chance of a quick exit back through the only door of salvation.

My heart rate doubled as I knew I would have to engage in hand to wing combat. Armed with only a small bottle of "fresh scent" mosquito spray, I quickly read the label to see if the "safe for family use" formula also included protection from infuriated stinging hornets. To my dismay it mentioned, mosquito's, ticks, deer, moose and stable flies, black flies, fleas, gnats and chiggers, and no see-ums, but no mention of hornets. From an autistic point of view I logically concluded it would be of little value to spray myself with repellent that didn't include hornets on it's death list as an effective means of escaping the wrath of a flying army of belligerent stinging insects with their sights set on my body as their target.

Being ambushed, there was little time for a well thought out battle plan. Suddenly I was overtaken by a "Rambo" moment. Holding the 7.5 oz bottle in front of me like a shield I felt confident that my use of chemical weaponry would out gun their stinging weapons of bodily mass destruction. I had my finger on the "trigger" (nozzle) of the bottle intending to pelt a continuous stream of bug spray at them with the force of a rapid firing machine gun so I yelled out, "Die suckers!" You can only imagine the horror at my discovery that it was a pump action bottle which delivered nothing more than a dainty delicate fragrant mist of flowery scented bug repellent with every push of the nozzle. Here I was engaged in a raging battle of life and death but at least the air in the battle zone smelled like fresh scent "summer rain". The irony to me is the fact that in my experience "fresh scent summer rain" smells more like dirt and wet grass than cheap flowery perfume, but whatever. As the "wisps" of pleasantly smelling fragrant bug spray wafted through the air, it did little to deter the tiny winged squadrons of wrath heading my way.

For a few seconds I was frozen in terror. The wild eyed expression of panic etched on my face rivaled that of the lead character who is about to be eaten by zombies in a B grade horror flick. Thank God though I am autistic because my insatiable need for a script for everything and every event took precedence and demanded that I snap out of inaction immediately and formulate a battle plan. Feeling like MacGiver (a 1970's reference to a TV show about a guy who used things at hand to get out life and death situations) I quickly cased the shed. On the shelf above my head I spied my redemption. Standing boldly at attention was a shaker can of vegetable and flower insecticide dust begging to be commissioned into use. With the bravado of a special forces trooper I grabbed that shaker can, rotated the dial so that the holes lined up with the opening, then I waved that can like my battle standard back and forth in my hand out in front of me flinging into the battlefield white clouds of what I thought would be certain death to the incoming swarming legion of venom. A dense white powder «fog» completely engulfed the 10 by 16 foot shed. Surely this would act as a cloaking device rendering me invisible to them and allowing me to slip past them safely unnoticed. My ego however rapidly faded when all it accomplished was to lower the approaching altitude of my soon to be flying assailants. Now instead of a flying formation of black hornets with a white stripe, covered in powder they looked more like a formation of minuscule winged Holstein cows with their black and white color schemes. With every beat of their wing, powder "puffs" streamed behind them like the vapor trails left behind by high altitude jets in the sky.

I read somewhere in a survival book that a positive attitude is 90% of any battle, so I figured now was as good a time as ever to put that into practice. Still, when you are about to be stung into submission, it is hard to think up happy thoughts but with Herculean mental strength I latched onto this positive thought: pretend they are simply soft balls. I remember playing softball as a kid. Using the insecticide can I began to swing wildly and furiously at the onslaught of winged Kamakazi pilots diving for my head. With every swing a miss I also remembered how badly I sucked at softball way back then.

In a last ditch effort of self preservation I abruptly dropped to the floor thinking that if I played dead they will break off the attack not wanting to waste their arsenal on a dead person. (OK...stop shaking your head.... it made logical sense to me at the time). As soon as I hit the floor my brain and body fought against each other. My brain said "play dead" while my body said, "hec no, I'm out of here». Still some other force in my head turned on the auto-pilot, hit cruise control, and the next thing I knew I had plowed through the bio mass of venomous flying hyperdermic needles screaming like a frightened little school girl. In the end I was victorious in the fact that I made it out alive without being stung. My late friend Will always used to say, «there is a lesson in everything». Still, the only pearl of wisdom I could find in this circumstance is to figure out what all the buzz is about before blindly proceeding onward with any task.

## MPBN Media Excellence Award

It is with great pleasure that the Autism Society of Maine announces that the recipient of the Media Excellence in Video, Print or News award is "Making Our Way: Autism" by Daniel Lambert, Maine Public Broadcasting Network. The award was presented by the Autism Society of America at their national conference in San Diego, CA. Dan was not able to attend the conference; Lynda Mazzola accepted this award in his honor.



Dan's acceptance speech read by Lynda Mazzola:

*"I would like to express my sincerest appreciation to the Autism Society for the honor of this prestigious award.*

*I share this honor with the families and individuals living with autism who shared their stories openly and honestly in "Making Our Way: Autism".*

*The goal of "Making Our Way: Autism" was first to educate the public about Autism, and secondly to offer the promise of a way forward to families and those living with autism.*

Dan contacted and collaborated with the Autism Society of Maine to put the faces of autism in Maine into a documentary. He interviewed individuals, families, doctors, and professionals to capture what life is like for families and individuals who live with autism. This documentary is now included in many trainings with other organizations and the Autism Society Maine. We will be forever grateful to Dan for allowing us to show him what life is like living with autism.

*The adversity autism presents is well known, but it is the unique gifts these individuals offer the world that is equally deserving of the spotlight.*

*On behalf of myself, the Maine Public Broadcasting Network & the Autism Society of Maine. I thank you.*

Congratulations Daniel Lambert!

*-Daniel Lambert, producer of Making Our Way: Autism"*

*Thanks & Best, Dan*

## New Support Group

Would you be interested in joining an adult support group for individuals on the spectrum?

ASM wants to start a group with individuals over 40 who want to meet and share with each other their struggles and successes. If you are interested please contact ASM. The group will meet at ASM office and a date will be decided once we have established who would like to join.



## 2012 Family Retreat - Cont'd



## Camp Summit 2012

The first session of summer camp started on July 30. 10 campers signed up for the first session and 13 campers for the second session. The college students had a one week training session and were ready for the camp to begin. Most were nervous and anxious until they met their campers on visiting day.

The college students and campers are matched up during the training week. The Director reviews each application to make the perfect match. This year's matches have been very successful. The campers had a great time. They have been to the movies, bowling, swimming at Web Lake, and they even went to Gray Animal Farm with cameras in hand.

This is a great opportunity for both college student and camper. The college student earns credits and experience working with a child with autism. The camper gets to enjoy what other kids do at camp. Of course we gear their experience around their unique needs. There is always time for sensory breaks, fine motor activities, and a quiet space – tent and all.

Here are a few pictures to share with you from Session One. For more pictures please check out our photo album on the website for Session Two.

I want to say thank you to all the parents who shared their children with us this year. A big thank you goes to each of the following Educators: Director Susan Anzivino, Ana Rothschild and Joel King for their dedication with this program.



# Welcome to the Autism Society of Maine Library!

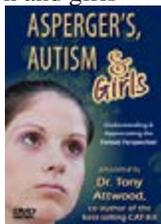
Library materials can be borrowed two items at a time for two weeks (not including mailing time), and renewed if there is not a waiting list. If you are not able to visit the library in person, materials can be mailed to you and return postage will be included for your convenience. You do not have to be a member of ASM to access the library.



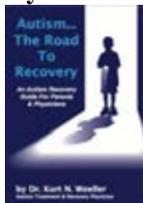
Although the library collection is essentially on autism, there are many categories in which to keep updated with new material. For this quarter, we have chosen books on assistive communication technology, safety, guidance for difficult conversations about death and illness, new diagnosis guidance and children's books. We take into consideration all requests that are made and appreciate the interest.

Email: [library@asmonline.org](mailto:library@asmonline.org) 1-800-273-5200 Online Library Page: [WWW.asmonline.org/library.asp](http://WWW.asmonline.org/library.asp)

**Asperger's, Autism and Girls DVD: Understanding and Appreciating the Female Perspective** by Dr. Tony Attwood  
Dr. Attwood describes the unique challenges of women and girls with autism and Asperger's Syndrome. Addressing the rapid increase of women and girls with autism spectrum disorders, as well as the large number who remain misdiagnosed, he also covers the practical solutions school systems can implement, social challenges, and issues such as navigating puberty, transitioning to work or university, and the importance of careers.



**Autism -The Road To Recovery: An Autism Recovery Guide For Parents & Physicians** by Dr. Kurt N. Woeller  
Book addresses significant medical problems, treatment options and common side-effects. Step by Step usable information on virtually everything from diet and supplements, testing options, behavior, detoxification and more.



**Can I Tell You About Epilepsy?: A Guide for Friends, Family and Professionals** by Kate Lambert  
This illustrated book is full of useful information and will be an ideal introduction for children from the age of 7. It will also help parents, friends, and professionals to make sense of the condition in its varying forms and will be an excellent starting point for family and classroom discussions. *illustrated*



**Can I Tell You About Selective Mutism?: A Guide for Friends, Family and Professionals** by Maggie Johnson  
Packed with accessible information and ideal introduction to selective mutism. It shows family, friends and teachers how they can support a child with the condition and is also good place to start when encouraging children with SM to talk about how it affects them. *illustrated*



**OT for Children with Autism, Special Needs and Typical (DVD)**  
Occupational Therapist, Britt Collins, combines OT and ABA (Applied Behavior Analysis) to teach parents, educators and caregivers what they can do at home to help with desensitizing and reprogramming how the child's brain processes sensory information.



**OT in the Home (DVD)**  
Occupational therapist, Britt Collins, takes us through a host of activities of daily living (ADL's) with several children. Parents and caregivers often find themselves at a loss when children have difficulty adapting or adjusting to ADL's, such as - eating, dressing, bathing, bed-time, and brushing teeth. Britt demonstrates several sensory regulation strategies with the children that facilitate a balance to these everyday tasks. This DVD addresses sensory strategies that children and caregivers will appreciate and learn to value.



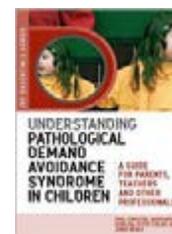
**OT in the School (DVD)**  
Occupational therapist, Britt Collins, creates a basis of understanding of how to adapt and facilitate school-based occupations, such as cutting, writing, and copying from the board for children who have sensory needs. Britt will take us through a typical day at school and give suggestions of how to foster success with any child with sensory needs. The DVD addresses sensory situations that arise with children in the educational context. The facilitation of positioning, attention to task, social interaction, and handwriting are explored.



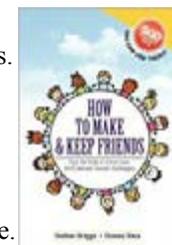
**Toxic Psychiatry: Why Therapy, Empathy and Love Must Replace the Drugs, Electroshock, and Biochemical Theories of the "New Psychiatry"** by Peter R. Breggin  
In this searing, myth-shattering exposé, psychiatrist Peter R. Breggin, M.D., breaks through the hype and false promises surrounding the "New Psychiatry" and shows how dangerous, even potentially brain-damaging, many of its drugs and treatments are.



**Understanding Pathological Demand Avoidance Syndrome in Children: A Guide for Parents, Teachers and Other Professionals** by Phil Christie  
This straightforward guide offers a complete overview of Pathological Demand Avoidance Syndrome (PDA) and gives practical advice for overcoming the difficulties it poses in a wide range of contexts from diagnosis through to adulthood. Starting with an exploration into the background of PDA that answers many of the immediate questions triggered when a child is first diagnosed, the book goes on to look at the impact of the condition on different areas of the child's life and what can be done to help.



**How to Make & Keep Friends: Tips for Kids to Overcome 50 Common Social Challenges** by Nadine Briggs  
Many kids struggle with social nuances which can make it difficult for them to form lasting friendships. To help kids during those times, parents and kids often need quick social skills advice that is easily understood and even easier to do in the moment. This social skills guide is designed to provide a top ten list for 50 social situations that are inherently difficult for children with social struggles to manage.



You may purchase these and more items on the ASM website at:

<https://www.asmonline.org:4441/productcart/pc/home.asp>

or call 1-800-273-5200.



Autism Awareness Window Cling  
8" x 3 7/8" \$3.00



Autism Awareness Magnet  
8" x 3.5" \$5.00



Mini Magnet  
2" x 4"  
\$3.00



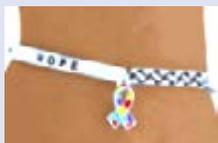
Autism Awareness Lanyard \$6.00



Autism Awareness Lapel Pin  
\$5.00



Autism Ribbon Keychain  
Price \$5.00



Silver-tone stretch bracelet \$8.00



Gel Autism Awareness Bracelet  
\$3.00



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



Guardian Angel Pin \$8.00



1 1/4" Pin  
\$11.00



7/8" Earrings  
\$15.00



7/8" Pendant  
\$8.00

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

Your order will be a random design and color.

# Thank you for your generosity!

## In Memory of:

### Virginia (Frost) Munn

Merrill & Hilda Megquier  
Millwee Chapter 198, Order of Eastern Stars

### Laurence King

P. Richard Doucette

### Wallace Tarbox

William & Lynn LeachTown of  
Kennebunkport  
**Bernard Braley**  
R.H. Remy, Inc., Remy's, Newcastle, ME  
Richard Simpson, Post 201, Dixmont  
**Jonathan Pearce**

Donald & Ellen Smith

Julie MacDonald  
Peter Fessenden  
Robert Traill  
Mobil Retiree Matching Gift Program  
Dorothy & Donald Ryan  
Killiam Long Creek Youth Dev Ctr  
Employees

Bernard & Jean Gallagher

Jason Viola  
New England Golf Association  
Compass Business Services  
Bruce & R. Dale Guthrie  
Ted & Chris Radway  
Petrucci, Martin & Haddow, LLP  
Deborah Poirier  
Milford & Roberta DowMaine State Golf  
Association

### Noela Ouellette

April & Conrad Caron  
Francis & Sharon Theriault  
Wanda Theriault & Stephen Wentworth  
Bert & Rose Caron  
Norman & Barbara Collins  
Richard & Caroline Madore  
**John W. White** by Nancy White & Rebecca  
White Becker

## In Honor Of:

Lydia Merrick by Jon Sidoti  
Stacey Turley for Liam  
Austin Seavey from Birthday Collection  
Ken & Maria Volk by Susan & Jerry  
Goldberg  
Elijah & Altana Johnson by Nancy White &  
Rebecca White Becker

## Walk for Autism

Diane Vatne  
PLC & Sheetrock Finish, Steven Mitchell for  
Team Rizzo  
Richard & Wendy Willis for Wendy  
Karen Corbo, Norristown, PA for Wendy  
Jon Sidoti for Sandra & Lydia Merrick  
Jean Sidoti for Lydia Merrick

## Ride for Autism

Heidi Ronhovde for Kevin McGee  
**United Bikers of Me-Oxford County/  
Autumn Ride for Autism**  
Victorian Villa Rehab & Living Center

## Employee Donations

Kathryn Breed / UPS  
Jeanne St. Pierre / MSECCA  
Carol Sullivan / MSECCA  
Tom Nelson / Verso Paper  
Dennis Couture / Verso Paper  
Scott Bedell / Bottomline Tech, NH  
Anonymous / UPS

## Matching Pledges

UNUM

WalMart / Augusta Management Training  
Program  
Citizens Bank / Erin Doughty for Jubilee  
Bailey

Bank of America / WALK Team Tyler &  
Team Brian Knowlton  
Boston Scientific Employee Giving Program  
Fairpoint Communications

## Donations / Fundraisers

Jessica Mark & Rebecca Blanchard /  
Pampered Chef Benefit- Farmington  
Elks Lodge #2430  
Sanford Elks Lodge #1470  
Falmouth Elementary School Staff &  
Students  
Bath Regional Career & Tech Center  
Christopher Heel  
Brann & Isaacson Office & Staff / Dress  
Down Day  
Applebees Pancake Breakfast / Adam &  
Lynn Darrell  
Amy Switter / Home Vendors Fair Holiday  
Basket Raffle  
Stillwater Academy  
Paris Elementary School "Hat Day" in  
honor of all students at PES that are autistic  
or on the spectrum  
Trackside Station / Light It Up Blue  
Orthopaedic Assoc of Portland / Denim  
Day

Cassandra Conroy & Beautiful Mystery  
Studio for the Living Arts, Inc , and,

Michele Danois  
Beth Boos  
Vincent & Nadine Grosso, Jr.  
John & Sarah Ellison  
Dean & Kristen Wintle  
Phillip & Melanie Kennedy  
Jani Kinder  
David & Jodi Brown  
Dawn & Stratos Demakis, Jr.  
Michelle Bolen  
Rebecca & Patrick Anderson  
Kevin & Jodi Colangelo  
Ronald & Jennifer Phinney  
Susan Thompson-Brown  
Catriona & Andrew Sangster  
Elizabeth Gaudet, Center Stage  
Performing Arts  
John & Melissa Warren  
Walter & Linda Manchester  
Byron Bartlett

2 Anonymous donations / Give with Liberty  
Pauline Pratt / Give with Liberty  
Anonymous / TRUIST  
Kathryn Breed / TRUIST  
Nancy & Benjamin Isaacs  
Mary Gabriele  
Mary Taddia  
Lydia Marshall & the Over the Clouds  
Fashion Show  
Louis Provost  
Gagne Motorcycle Run  
Bonnie & Bill Gagne & Participants  
Pottle's Transportation  
Patricia Newhall / Christie's  
Campground  
John & Crystal Smith, Williamsport,  
PA

Dave Powers / G&E Roofing Raffle  
Ruby Tuesday's Community Give Back  
Program  
Knights of the Sun Order of Demolay /  
Auburn  
William Norris

## Library Donations.

Judith Kimball, PhD, OTR/L, FAOTA  
- UNE gifted "How Full is Sophia's  
Backpack?", written by Karen Jacobs &  
Leah Miller



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

The Autism Society of Maine is a statewide nonprofit organization that for over 36 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 fund-raisers 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)
- 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/donate/process/expressDonation.aspx?ORGID2=%2001-0407346>
- 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 fund-raiser with proceeds going to ASM. Some of the past and current fund-raisers have included: Avon, Pampered Chef parties, Mary Kay parties, bake sales at events, selling autism awareness items at conferences or craft events, selling holiday wreaths, selling T-shirts. If any of these fund-raisers interest you, please call us for more information.

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)**