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Let
ME.
spread
the word on
AUTISM

AUTISM SOCIETY
Improving the Lives of All Affected by Autism
Maine

Maine Autism

Legislative Corner

by Jenna Mehnert

Connections

Spring 2013



Have you ever emailed or called your Maine Representative or Senator before? Do you know who they are? Are you afraid they will not listen to you?

State government can be confusing and know who and how to reach out to your elected members of the Maine General Assembly feel overwhelming to lots of us. But, it is really important that your voice as a family member or individual impacted by autism be heard. We each need to take the time to educate our elected representatives. After all, they are supposed to represent your interests, but if you do not share your concerns with those who shape our state, they cannot support the issues that matter to you. Every session there are many issues that either directly address autism or connect to the provision of services to individuals with autism. As legislation is moving forward through the process, there are many ways to share your opinions and thoughts with your state representative or state senator.

The first thing you need to do is know who your state representative and state senator are. Go to <http://www.maine.gov/legis/house/townlist.htm> to find your state representatives.

Once you know the names of the individuals elected to represent you, the next step is finding ways to reach out to them. They live in your area, so maybe you already know them or

maybe someone you are friends with knows them. If you cannot find a connection that would make it possible to meet them, then simply sit down and write them a letter. You do not have to be an awesome writer with perfect grammar, you simply need to share your concerns as a person concerned with bills that impact individuals living on the spectrum. The letter can be as basic as introducing yourself, talking about the needs of the person you know with autism and the challenges they face here in Maine. You do not need to cite any specific bill or list out aspects of some bill. The most important thing you can do is to let your elected representatives know that they have a constituent who is paying attention to how they vote on issues related to autism. If you put your legislator on alert that these issues matter in their district, they will pay more attention when the society asks for their support or

opposition to a piece of legislation. It is the role of the Society to be experts and to understand legislation and present formal testimony (something family member or individuals can do if they are comfortable as well).

If you want to play a role in the legislative work of the society, please contact Cathy at asm@asmonline.org

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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

As the weather - or at least our thoughts - turn toward Spring, I welcome you to another issue of our newsletter.

The Board has been busy putting into action the goals of our new strategic plan. The Legislative Committee is diligently tracking and communicating with the Legislature, addressing Bills of concern to the ASM. Thanks to new Board member Jenna Mehnert for taking on the position of Chair for this committee. If interested, please visit the Legislative page of our website and sign up to receive our Legislative contacts.

The Education Committee is taking the lead in revising our informational brochures to address the forthcoming DSM-V Autism Spectrum Disorder (ASD) diagnosis. We will let you know as soon as the new resource is available. Much appreciation goes to the Education Committee members for taking on this task.

The staff also is busy planning, and we all are looking forward to, another Walk for Autism. We again will host the walk at multiple sites and in April, Autism Awareness Month. Please look for dates, locations, and registration information in this issue.

See you in the Spring,

Janine Collins, President



April is Autism Awareness Month

Autism Awareness Packets Available by April 1st

Autism Awareness Month is a time for families, employees and the community to participate in activities that support and educate about autism.

Autism Awareness Packets are provided for and can be mailed to you by ASM at no cost. This packet includes Autism Awareness information and brochures for posting on a bulletin board at your school, workplace or in your community.

If you create an Autism Awareness bulletin board or have an Autism Awareness event, please send us a picture, and we will post it on our website and newsletter!

To request your Autism Awareness packet call ASM at 1-800-5200 or email: info@asmonline.org



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.

Legislative Corner (continued from page 1)

Legislative Spotlight: Richard Farnsworth

Disctrict: Portland

Email: omc@maine.rr.com

Farnsworth retired as Executive Director of Woodfords Family Services in Portland after 18 years in that position. Prior to that he held positions in New Jersey, Pennsylvania, New Hampshire, Massachusetts, Ohio and Aroostook County, working in the field of services to people with developmental disabilities. He had the privilege of teaching at Temple University



in Philadelphia for 5 years and nearly completed his doctorate in organization development while at Temple.

He and his family have lived in Portland for 20 years and have the good fortune to have all of their 3 children and 4 grandchildren living in the Portland area with the grandchildren all in the Portland Public Schools. His Wife, Ellen, is a Nurse Practitioner and has recently retired from working in occupational health at Work Med, a program of St. Mary's Hospital in Auburn.

World Autism Awareness Day

April 2, 2013

Across the globe, autism organizations celebrate the day with fundraising, autism awareness-raising events or showing support by wearing an autism awareness symbol such as the autism ribbon.

As part of a global initiative to help raise awareness for autism, iconic landmarks around



the world will "Light It Up Blue" as part of World Autism Awareness Day.

The United Nations General Assembly declared April 2nd World Autism Day. It was first observed in 2008.

"Autism is not limited to a single region or a country; it is a worldwide challenge that requires global action." Secretary-General Ban Ki-moon

11th Annual Walk for Autism

Join us on April 28, 2013 for the 11th Annual Walk for Autism

This year's theme is "Together WE Can Make a Difference". With budget cuts all around us, Maine families need to support one another more than ever this year. Support is out there - we just have to ask. More and more people call and want to know what they can do to help. Yes, money helps, but the gift of time is also very much appreciated by some families. If you know a family with a child or adult with autism, offer to care for the child or adult so parents can enjoy a night out. If you live near a movie theater, see if they would have one of their screenings set up



to be sensory friendly. Many parents can never bring their child to a movie because of the sound and lighting. These are just a couple ways that "Together WE Can Make a Difference".

Hope to see you in one of four locations for the 11th Annual Walk for Autism: Biddeford, Bangor, Farmington and Presque Isle.

If you register and make online donation of \$10 on first giving site address below, your name will be put into a drawing to win I-Pad 2. Only one drawing per person, and we must have the online donation done by April 22 deadline. We will announce the winner at the walk.

You can register online at: www.firstgiving.com/ASMMaine/walk-for-autism-2013

For your convenience we have also included an onsite registration form in this newsletter.

Ruby Tuesdays Giveback Program

April 26, 27, 28, 2013

663 Stillwater Ave.

Bangor, ME

Visit Ruby Tuesday's in Bangor on any one of these days and present your server with this special flyer, and 20% of your total purchase (no alcohol) will be donated to the Autism Society of Maine.

Don't forget to print out your flyer:

news.phdcon.com/UserFiles/113/file/Fundraisers/Ruby%20Tuesday%20April.pdf

Maine Autism Connections, Autism Society of Maine, Spring 2013

Camp Summit 2013

Free summer camp Registration Open

It's hard to believe it is that time of year to start accepting summer camp applications. Camp Summit will run two sessions, Monday through Thursday. The first session will be for the older kids from July 29 – August 8. The second session will be for the younger kids August 12 – August 22. The location will be at St. Joseph's Recreation Hall on Middle Street in Farmington.



It's first come first serve, but all applications will go through a screening process to make sure we match your child with the right camp counselor. Safety always comes first.

Children will get a chance to meet other kids and experience going to parks, swimming, and going to movies. They will learn new skills while having fun.

To receive applications please call ASM at 1-800-273-5200. Applications are not available online.

2013 Family Retreat Weekend

Registration is open for the Autism Society of Maine's Family Retreat Weekend. Please join us for the retreat weekend held at **St. Joseph's College in Standish on July 19, 20, and 21**. Our experience last year at this facility was top notch, and we are happy to return with our families. The theme for this year is "Let's Have a Carnival". Back by popular demand, the Frogtown Mountain Puppeteers will be our entertainment. Please call ASM for an application or you can download a form from our website. It's first come first serve so get your application in early as we have limited availability.



Autism Awareness Night at the Portland Pirates

To benefit the Southern Maine Autism Conference

April 20, 2013

Portland Pirates vs. Connecticut Whales

On Saturday, April 20th, the Portland Pirates will be hosting the 3rd Annual "Autism Awareness Night" to promote and raise money for the Southern Maine Autism Conference. Through a partnership with the Autism Society of Maine, Pine Tree Society, and Spurwink Services, the Pirates will be giving back by donating \$3.00 from every discounted ticket purchased to the SMAC fund.

To get your discounted Portland Pirates tickets, simply visit:
<https://www.formstack.com/forms/portlandpirates-Autism>



Sanford Elks Lodge 3rd Annual Autism Awareness Events

The Sanford Elks Lodge is having their 3rd Annual Autism Awareness Event during the month of April. Please join us on one of their two events to benefit the Autism Society of Maine.

The first event will be April 12 called "Awesome Autism Awareness Food Challenge" held at the Elks Lodge. The second event will be held April 25 & 26 "Chinese Auction" and dance along with selling tickets for their calendar auction. The calendars will be sold throughout the months of March and April with the winners announced on April 30.



Resource Materials - Living with Autism Tool Kits

The Autism Society has developed in-depth information on a variety of topics related to living with autism. This information is by no means exhaustive, but it should help to equip families with some of the basic tools they may need to provide the best outcomes for their loved ones on the autism spectrum. These publications, as well as additional tool kits and brochures, are available as free downloads at: <http://www.autism-society.org/about-us/publications/resource-materials.html>

Building Our Future: Educating Students on the Autism Spectrum (for teachers)



This 12 page publication provides information about working with students on the autism spectrum. Educators and school administrators provide the best educational services and supports when they become familiar with the learning styles of students with ASD and with the various educational approaches designed to meet their unique needs.

Next Steps: A Guide for Families New To Autism



This 8 page document is geared toward families who have just had a child diagnosed with an autism spectrum disorder. It provides a general understanding of the autism spectrum, an overview of the various treatment options, and brief information about education, services and supports that are helpful to children and adults on the autism spectrum.



Growing Up Together (for school-aged peers)

This 4-page, large-type booklet is targeted to elementary-aged school children. It uses simple language to talk about what autism is and how to become friends with someone on the autism spectrum.



Growing Up Together Teens with Autism (for middle school-aged peers)

This 4-page, booklet is written for teenagers. It uses basic language to talk about what autism is and how to be friends with someone on the autism spectrum.

Supporting Appropriate Behavior in Students with Asperger's



Challenging behaviors are frequently the primary obstacle in supporting students with Asperger's. Effective behavioral support requires highly individualized practices that address primary areas of difficulty and strength. This article provides 10 steps that help schools work toward achieving the best outcomes for students with ASD.

Preparing to Experience College Living

Going away to college can be a daunting experience for students on the autism spectrum, as supports from family, friends and school may no longer exist. New college students face academic demands while learning to take care of themselves, managing finances, meeting new people, etc. This article describes supports available on college campuses, such as tutoring and supervised study halls, and gives suggestions on fostering social interaction. The article also provides a number of things to keep in mind when considering postsecondary options.



Siblings Perspectives: Guidelines for Parents



When a child in the family has a disability, it affects each member of that family. Living with a brother or sister on the autism spectrum adds significant and unique experiences to the sibling relationship. This article is written for parents but provides important information and practical suggestions to help support siblings, strengthen families and minimize stressors.

Transition: Preparing for a Lifetime

The dramatic change from the secure world of school to the uncertainty of adulthood can be stressful and challenging. Unfortunately, despite years of mandated transition planning and a continued interest in preparing students for real life, many students with ASD leave school unprepared for employment, independence and maintaining social relationships. This article assists those involved in the education of students with ASD to provide effective transition planning.



Transition Across Grade Levels



Transition is a natural part of all educational programs. Students are expected to adjust to changes in teachers, classmates, schedules, buildings, and routines. This article provides suggestions for facilitating a smooth transition so that students with ASD can more easily make the shift from one grade to the next with careful planning and preparation.

Transition to Middle School

Transition from elementary to middle school is stressful for any student. Many things will be different. The school will probably be larger and the enrollment may be several times greater than in elementary school. The student will not know new teachers and might change classes not only every period, but also might only have certain classes for a semester, for a quarter, or on alternate days. There will be greater demands for independence and more complex social demands. But, there may also be new opportunities that were not available at the elementary school level. This article provides a process that others have found useful for developing a successful plan.



Moving from Preschool to Kindergarten: Planning for a Successful Transition and New Relationships

Leaving pre-school to enter a more formal educational system represents a major transition for every parent and their child. The environment will be new, the challenges will be different, and new relationships will need to be formed. While parents of children with ASD may initially approach this time with trepidation, this transition really represents a time of new opportunity for learning and the development of new friendships and relationships. Suggestions are provided to parents to insure a more successful and less stressful transition.



Autumn Ride for Autism



**Autumn Ride for Autism
September 14, 2013
Main St., Lewiston, ME**

Kick up your kickstand and join us at the Annual Autumn Motorcycle Fundraiser hosted by the United Bikers of Oxford County and L.A. Harley of Lewiston to benefit the Autism Society of Maine.

There will be a barbecue lunch, music, t-shirts and prizes after the ride!

More information will be posted by May on the ASM website: www.asmonline.org

2nd Annual Softball Tournament for Autism

**June 22, 2013
9:00 am to 4:00 pm**

Union Street Athletic Complex, Bangor, ME
Entry Fee \$300 or Early Bird Entry by April 15th is \$200

This is a Co-Ed Softball Tournament. Each team needs a minimum of 10 players with maximum 13 players. Teams need to have a team captain with contact information for the captain and each member.

If you think you're interested in participating/volunteering in this tournament please contact Cathy at ASM. See contact information below.

Applications available upon request.

For more information please contact: asm@asmonline.org or David.Huffstutler@umit.maine.edu



7th Annual Ride for Autism

**September 21, 2013
Conservation Trust
Kennebunkport, ME**

Show your Support and "Ride for Autism!"

This ride is open to all levels of cyclists. Participants choose from three routes ranging in length from 10, 25, and 50 miles that wind through beautiful Kennebunkport with ocean views. Each ride is clearly marked and accompanied by a committee member for any help that may be needed.

We take great care of our riders and make sure there is plenty of bottled water, sport drinks, fruit and sport bars available before and throughout the event. A barbecue lunch is planned with prizes and music at noon.

Donations are Needed! Raffle Prizes, gift certificates, gift baskets, or any suitable product you could donate to us would be much appreciated for this event!

Please visit our online registration site for more information or to register: http://www.asmonline.org/involved_ride.asp



Inappropriate Application

By Deb Lipsky

It's amazing how my "smart phone" can make me feel like a real complete idiot, yet I can't imagine life without it. My young, perky and bubbly hairdresser however is the goddess of smart phones and apps. Last month her phone "rang" as she was cutting my hair. I was smitten by her ring tone which was a country song and not some silly jingle you can pick from the phones internal repertoire of flowery named, korney sounding ring tones like "sea breeze" or "dew drops". She helped me download this latest app where you can download literally thousands of songs for ring tones for free. I was like a kid in a candy store! Oh the possibilities! Over the next 24 hours I must have downloaded and changed my ring tone dozens of times. Just to be funny I set all my notifications (separate from the ring tone) to the "wet fart" sound hoping it would produce a few snickers from my friends who would hear it.

If there is one thing I have learned after 51 years, it is that at my age I need reading glasses, period. With that being said I still haven't taken that lesson to heart. While returning from visiting a priest friend of mine who lives 70 miles away I decided that my current ring tone (downloaded only hours before) had outlived its novelty and I wanted something "fresh". I couldn't wait till I got home so before setting out for home I cruised the TV and movie show-tune section and found out that there was a ring tone from the Big Bang Theory TV sitcom. That's what I thought would be the next "awesome" for my default ring tone. I didn't have my reading glasses with me so the lettering was a bit fuzzy but what the heck, who needs glasses with such an easy app to navigate. I couldn't wait for someone to call, text, or email me so that I could hear the new ring tones in action. Sadly no calls, texts, or emails came as I drove towards home. Getting hard of hearing I also set the phone volume up to max so that even if I were in a coma I would be able to hear it.

Half way home I decided to stop at this cute little general store I kept passing by but never stopped in before. It was a tiny little building with a parking area the size of a playpen so I parked in the parking lot of the Christian church adjacent to the store. There was some sort of religious function going on so I thought my truck would just blend in with all the other cars there. Once inside the store, for whatever reason God only knows, I couldn't live without this majestic broom standing in the corner by the organic cleaning supplies. It was a honking huge tank sized bushy corn broom with a heavy wooden handle the width of a baseball bat. The clerk saw me eyeing the broom and piped up, "Boy they sure don't make them with such quality like that anymore. Don't think I can get any more. You're looking at the last one". His words were all I had to hear, and I feared that my future earthly happiness would be forever curbed if I didn't buy that broom.

Well I walked out of the store with my newly acquired prized broom along with 3 plastic shopping bags of odds and ends that I didn't even know I couldn't live without till I spied them on the shelves. It was quite a juggling act maneuvering my way back to my truck on the slippery

snow and mud packed driveway. By then all of the church cars were gone minus one Prius hatchback near me.

It was a delicate balancing act trying not to set the broom or bags on the wet snowy ground while I fumbled for my keys. Not wanting to put the broom down in fear of tracking mud and snow in the truck I got creative. A quick glance around the lot led me to believe no one was around so I straddled the massive broom clenching the long wooden handle with my thighs which left my hands free to grab the door handle. Yes in case you were wondering, I was in the "pose" of a witch on her flying broom; and yes the only thing missing was my pointy hat.

That wasn't the worst of it. Unbeknownst to me the Prius hatchback belonged to the minister and his wife, and naturally they were approaching their car while I was hunched over and "assuming the position" of "take off" on my newly acquired behemoth broom. Call it bad luck or fate, but as the couple came up to offer assistance, that's when my ill timed belated prayers for a phone call were answered. As the minister was about to ask if I needed help, I finally got a phone call. I was horrified by what I heard come out of my little devilish fiendish phone. In my eagerness to change the ring tone, (disregarding my inability to see anything but fuzz on the screen), I set the wrong tune. Instead of hearing a verbal exchange between Sheldon and Penny (from the Big Bang sitcom) I mistakenly downloaded something from the Wizard of Oz. Mind you I had set the volume up to max so it was as if it were being announced over a PA system.

Picture it; there I was hunched over straddling my broom and just before the minister was about to speak, the 3 of us heard in Sensurround stereo quality, 3 renditions of a high pitched witch's cackle followed by her screaming, "Release the flying monkeys!!!". The look of shock on the minister's face paled in comparison to the frozen mortified expression on mine. It didn't help that he was in full view of my bumper sticker taped to the driver's side window that read, "dyslexic devil worshipers sell their souls to Santa". Adding insult to injury, at THAT precise moment I also received 2 text messages and an email in the default notification "tune" of 3 long drawn out super juicy wet farts perfectly timed to my attempting to hastily "dismount" the broom. I never prayed so hard to be the first medical case ever to actually die of embarrassment. I tried to explain that the really realistic sounding "farts" were in fact coming from my phone and not from me, but that explanation to him was just as believable as if I had blamed it on a talking spider or the dog.

All hopes of salvaging any shred or dignity or self respect just floated away (no pun intended) as the couple stood there still frozen in shock. Anything my mind began to ponder seemed inappropriate to get myself out of this social awkwardness so I just politely said, "I'm a Catholic" as I climbed into my truck and drove off. I since then permanently changed both my ring tone and default notification to Gregorian chants...lesson learned!

ASM Announcements

Children's Make and Take Craft Time! April 11, 2013

Drop in at ASM any time on the 2nd Thursday of each month from 3:00pm to 5:00pm.

Children with autism and their siblings accompanied by an adult can enjoy making a craft provided by ASM to bring home. Craft time will be held in our large meeting room accessed by the left side entrance door.

Crayons and color books will always be available for an alternate activity.

For Library or Children's Craft Time closings due to a holiday or inclement weather, please check ASM's website homepage for an announcement:

www.asmonline.org



New ASM Sign

For many years the Autism Society of Maine had a very small sign in the front of our building. It was white with blue lettering and almost everyone drove by without noticing it. After 37 years, we decided it was time for ASM to have a new sign that reflects our agency. As you can see, it is colorful, bold and welcomes you to our agency. You won't miss us the next time you drive down Main Street. Stop by for a visit.



Find us on Facebook!

The Autism Society of Maine has a wonderful Facebook Community including parents, professionals, individuals and anyone interested in autism. If you are not already a friend of our Facebook page, we welcome you to join us!

It is a friendly and positive place to keep you in the loop of happenings/events, information and news. Watch the news feed, meet new friends, communicate with ASM staff and share your experiences!



“Like” our page! Find us on Facebook at:

<http://www.facebook.com/pages/Autism-Society-Of-Maine/107781499258293>

ASM Library News

Starting in April, every Wednesday our library will be open for extended hours from 9:00am to 7:00pm.

Feel free to stop in and browse ASM's extensive library, see store items, pick up an Autism Awareness Packet, or ask staff any questions you may have. The library is child friendly with toys and coloring books!



Autism Information Specialist Program

Autism Information Specialists (AIS) contract with the Autism Society of Maine (ASM) for individual assignments. These assignments vary from talking with families as a support person to attending educational (IEP) or vocational (PCP) planning meetings to giving public presentations. They provide valuable resource information to individuals, families, service providers, employers, schools, and agencies across the State. They promote and encourage understanding, empathy, and compassion for individuals with Autism Spectrum Disorder (ASD). They are knowledgeable and responsive to the needs of those involved in the lives of people with ASD. Currently we have Autism Information Specialists in the following Locations:

Auburn	Fairfield	Portland
Bangor	Georgetown	Sanford
Bridgton	Harrison	South Portland
Brunswick	Naples	Presque Isle
Dexter	New Sharon	Vassalboro
East Millinocket	Northport	Wiscasset
Edmunds		

To increase covering the State with our services, we want to add AIS in the following areas:

Androscoggin, Aroostook, Hancock, Kennebec, Oxford, Somerset, Washington, York

Please contact the Autism Society of Maine if you are interested in becoming an AIS.

Workshops offered by ASM

Autism and Strategies

Participants will learn a basic understanding of autism along with general strategies, environmental strategies, sensory strategies, communication strategies, behavioral strategies, social skill strategies, educational strategies, and classroom strategies.

Presentation Time: 2 hours

Navigating the Transition from School to Adult Life

Participants will learn information about the transition from school to adult life for individuals with autism, specifically the eligibility requirements, assessments, and time frame for accessing services in the areas of post-secondary education, employment, independent living, and guardianship.

Presentation time: 2 hours

Law Enforcement and First Responder Officials and Autism

Federal Law Enforcement Officer Matt Brown, who is also an Autism Information Specialist with ASM, has developed a training program approved by the Maine Criminal Justice Academy for police, fire and EMS on how to recognize autism and how to appropriately interact with individuals with ASD.

Presentation Time: 2 hours

Medical Home Model

The American Academy of Pediatrics believes that all children should have a Medical Home where care is accessible, family centered, continuous, comprehensive, coordinated, compassionate and culturally competent.

There are 3 modules to review: Medical Home Overview, Preparing for Your Visit, and Advocating for Your Child. When completed, participants will have the tools to be able to advocate for their child in a medical setting.

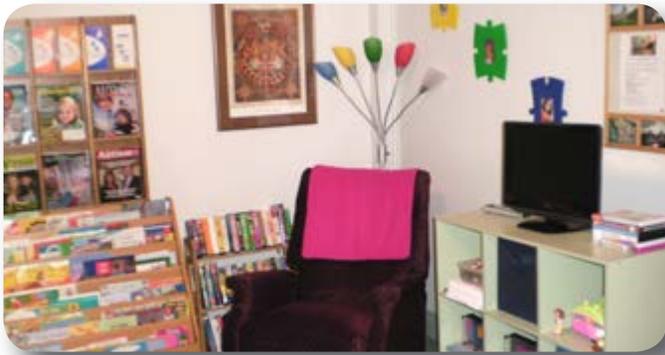
Presentation Time: 2 hours

Sexuality

Participants will learn how to teach about sexuality, the responsibilities of the caregiver, and where to find resources specific to autism and sexuality.

Presentation Time: 2 hours

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.

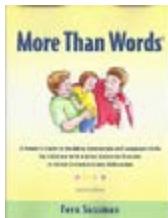
Although the library collection is essentially on autism, there are many categories in which to keep updated with new material. We take into consideration all requests that are made and appreciate the interest.

E-mail: library@asmonline.org 1-800-273-5200 Online Library Page: www.asmonline.org/library.asp

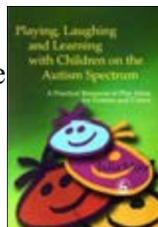
It Takes Two to Talk by Ayala Manolson
A parent's guide to helping children with autism communicate and with social skills. Encourages curiosity, creative, and self-expression. 151 pages; Illustrations.



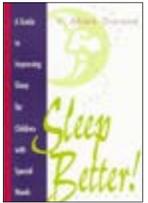
More Than Words by Fern Sussman
Illustrated guidebook provides a step-by-step guide for parents of children with Autism Spectrum Disorder and other social communication difficulties. Research-based strategies show parents how to turn everyday activities with their child into opportunities for interaction, communication and social skills. 424 pages; illustrations.



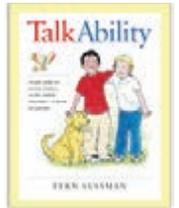
Playing, Laughing and Learning with Children on the Autism Spectrum by Julia Moor
A practical resource of play ideas for parents, how to break down activities into manageable stages, gain child's attention and motivation and build on achievements. communication, social skills. 287 pages.



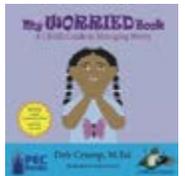
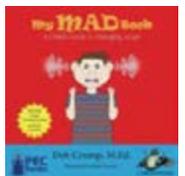
Sleep Better! by Mark Durand
A guide to improving sleep for children with special needs. For resolving bedtime tantrums, night waking, bedwetting, insomnia, and other sleep problems. 262 pages.



Talk Ability by Fern Sussman
A wealth of practical strategies that parents can build into their everyday life. These strategies help children gain both the social and special language abilities for successful communication and social skills. 202 pages; illustrations.



My Mad Book & My Worried Book
Picture books with communication symbols designed to help children with developmental and communication disorders cope with their own anger. It is the first in a series of books to help children handle various emotions in appropriate and productive ways. 40 pages; color illustrations.



Deb Crump, Author is a Maine Resident and Autism Information Specialist for the Autism Society of Maine.

Children's DVD's

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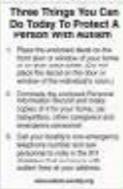
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Support our Services: Give to the Autism Society of Maine!

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
- 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
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- 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
- 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. Thank you for supporting our mission!

Become a Member!

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