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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

## The Autism Society's Big Give!

Fall 2015



by Susan Vincent

### A Nationwide Day of Giving to Support Individuals Living with Autism

On **September 17<sup>th</sup>** the Autism Society of Maine will join communities across the country for The Big Give for Autism - a 24 hour crowdfunding event celebrating the 50 years of advocacy and leadership by the Autism Society - helping parents and individuals impacted by autism to provide options and opportunities while enabling individuals with autism to maximize their quality of life and life's opportunities.

This event will give donors the ability to choose from a list of Autism Society Affiliates who are participating. We are very excited and would be honored to be the recipient your donation in support of autism in Maine.

Here are some of the ASM programs and resources that are supported by your donations: Autism Information Specialist program, free summer camp, free lending library, website & online resources, quarterly newsletter, Annual Family Retreat, support groups for parents, siblings groups, youth group, conferences, and presentations.

The Autism Society of Maine is one of over 100 Autism Society affiliates. The Autism

Society collectively assists nearly one million people each year! And with one American being diagnosed with autism every 11 minutes, the need for our resources and services have never been greater.

Through your support we can build awareness about the impact of autism and offer help to those in our community who live on the spectrum.

**The Big Give - September 17, 2015 for 24 hours starting at  
12:00AM EDT**

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

*(There is a \$10.00 minimum donation) and 85% will go towards  
the affiliate of choice)*



September 17, 2015  
**THE BIG GIVE  
FOR AUTISM**  
Make a gift, make a difference.

**#AutismBigGive**

[autismbiggive.org](http://autismbiggive.org)



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

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Visit us online at:  
<http://www.asmonline.org>

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



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



**President's Message**

We have had a busy summer! As many of you saw through our Facebook postings, Cathy Dionne and I attended the Autism Society of America's National Conference in Denver, Colorado July 8-11th. We had an opportunity to meet with affiliates from all across the country, with several of them sharing areas of expertise in their geographic region. Some presentations included: fund raising and use of social media to connect with families/individuals, along with a review/discussion on the ASA Strategic Plan which is heading into its final phases of completion. It was a full day and we took away many ideas to bring back to Maine.



We also attended several conference sessions. One session we attended was on the Support Intensity Scale. The American Association on Intellectual and Developmental Disabilities (AAIDD) developed and validated the Support Intensity Tool (SIS) to assist in the adult planning process. AAIDD joined with ASA (Autism Society of America) to develop a tool for those with ASD (Autism Spectrum Disorder). This session reviewed the "draft" of the ASD Extension: A Person Centered Planning Process Using Information from the Supports Intensity Scale-Adult Version. This tool has been completed and validation has begun, though will not be available until late this year or early next year. The tool is meant to assist planning teams in problem solving and long term planning with people with autism whom have had a SIS-A (Adult) completed. It highlights sensory issues, gastrointestinal issues, food issues, mental health issues, and challenging behaviors. The document also asks teams to outline (who, what and when) how to address support needs in home living, community living, life-long learning activities, health/safety, social, and advocacy. Since Maine is embarking on the implementation of the SIS, it was of particular interest to us. We will share it as it gets officially rolled out.

The Supporting Individual Success initiative, which involves the Support Intensity Scale (SIS) continues in Maine, though there has been a delay. The start date has been postponed until October 1, 2015, which means individuals with Person Centered Plan dates of April, 2016 will be the first to transition to the new system of resource allocation. It is important to highlight that DHHS Office of Aging and Disability Services is working with the federal entity -Centers for Medicare and Medicaid Services (CMS) –in these changes. This process typically allows for some back and forth between Maine DHHS and CMS as they pose questions/seek clarification on the Maine proposal. After that, rules still need to be developed, public comments solicited and final approvals obtained. In the meantime, there is a grassroots effort to inform families and individuals about the proposed changes and process. There was a meeting held in Brunswick and the notes can be seen at the following link:

<http://www.maineparentcoalition.org/parent-meeting-minutes.html>.

DHHS-OADS continues to be open to feedback and input. Families can learn more about the Support Intensity Scale at the following site: <http://www.maine.gov/dhhs/oads/disability/ds/sis/index.shtml>

Or you can call into the Friday morning meeting with DHHS-OADS at: 1-877-455-0244 Passcode: 207=287-6642.

Be informed and be active so we can help to make the system of care in Maine truly meet the needs of our loved ones!

I look forward to seeing some of you at our Annual Meeting in September and the beautiful Ride for Autism in October. Enjoy the rest of the summer! Best, Laurie

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.

# Autism Society of Maine's Annual Meeting

September 25, 2015 from 6:00 pm to 8:00 pm  
Fireside Inn and Suites Portland  
81 Riverside Street  
Portland, ME 04103

Please join us for a banquet dinner followed by the announcement of new board members and a farewell to others. The guest speaker for the evening TBA. Hear about how all the programs and fundraising activities did for the year. There will be a presentation of awards in various categories. There is no cost to attend but membership is recommended.



## 9th Annual Ride for Autism



Date: October 3, 2015  
Ride choices: 10, 25, 50 Mile or trail bike ride  
Place: Conservation Trust Building  
Gravelly Brook Road, Kennebunkport, ME  
Register: [firstgiving.com/ASMMaine/ride-for-autism-2015](http://firstgiving.com/ASMMaine/ride-for-autism-2015)

The Ride for Autism offers the best scenic route along the coast of Maine. After your scenic ride, enjoy a hearty BBQ. There will be activities for the kids. Bring the whole family and help support the Autism Society of Maine.



This year we are excited to offer our riders an opportunity to win a new bike valued at \$750. For each registered rider who raises \$100 in donations their name will be placed in a raffle to win the bike. You can raise money online or bring it on the day of event. Money must be in on day of event to be eligible.

The bike is a Raleigh Cadet 3 Med. If you want a different bike then you can trade it in for another bike valued at \$750 from Cape-Able Bike Shop, no cash returns only trade in.

## 4th Annual Car Show for Autism

September 13, 2015 – 9:00am to 2:00pm  
Registration starts at 7:30am  
92 Mudgett Rd., Parsonfield, ME

Hosted by Wendy and Richard Humphrey

Bring what you run and come on down to celebrate with us!  
Great food and Raffles!

All proceeds to go directly to the Autism Society of Maine!



## First Session of Camp Summit 2015

It is tough to believe that our thirteenth year of Camp Summit is already half over. At this point, we've enjoyed trips to the movies, a water park, Webb Lake, and bowling with the older campers. We have also made tons of crafts, including our signature tie dyed t-shirts and end-of-camp picture frames. So far, the weather has cooperated with our plans and we're hoping that this trend continues as we prepare to welcome the younger campers this week. We have all sorts of themed days planned for the littler ones, including Pirate Day, Superhero Day, and Pajama Day. We will go on a few field trips with the younger campers as well, but know that they are excited to play with



all of the amazing toys we have at camp. New items at camp this year include a sensory table, a puppet theater, and a life-sized checkers game. All of these new purchases have been used and enjoyed by the older campers and now it is time for the younger kids to have some fun!



## Annual Family Retreat Weekend

The Autism Family Retreat Weekend was held on July 17 – 19 at St. Joseph College in Standish. This year the retreat was great with all the activities planned and the guest speakers.

We had 23 families in attendance with 44 kids and 23 respite providers. Every year ASM plans something fun for the families throughout the weekend. This year we had “Friday Night Family Fun Night”. We wanted to have the families enjoying an activity with each other. The scouts Troop 37 attended and helped with a bon fire and s'mores. Matt Loosigian sang and played guitar and the scouts did some skits for the kids. The s'mores were a big hit – even gluten free graham crackers were available.

On Saturday Laurie Raymond, President of ASM gave opening remarks and talked about her adult son with autism and the struggles they face daily. Guest speakers: Deborah Lipsky along with Cathy Dionne spoke about executive functioning skills (although off topics many times) and the families enjoyed hearing from someone who has been through the hard times. Later in the day Derek Volk came to talk about his struggle with his son and shared his insights with parents. Parents were given a sign copy of his book “Chasing the Rabbit” provided by ASM. The moms had a chance to join a painting class and what a great time they had, check out the group picture and how different each picture looks.

The children had a great day with the scouts and their presentation on how to set up a camp site and the ten essential things you need in your back pack. They also learned about the moto “leave no trace”. Before the presentation with the scouts each child had the opportunity to make a sit upon. A sit upon is made from carpet padding and vinyl table cloth that is sewn together so you will always have something to sit upon outside.

The Saturday night entertainer was Jason Tardy a juggler! He put on a fantastic show for the families and even had the kids participating.



Sunday came too quick. Make sure you reserve your spot for the Autism Family Retreat Weekend. Applications will be available by April 2016. See you next year!



As you all know I have just undergone a mega major transition by selling the working farm I spent half my life at (27 years) to now a smaller mini farm 265 miles away. The transition is taking much longer because this new entire area is unfamiliar and uncharted territory to me. I have also for the foreseeable future given up on my cross country speaking tours to help myself better adapt to this new supposedly improved lifestyle. Up north there aren't many tourists so down here being around summer vacationers “from away” with different attitudes and beach apparel is at best challenging. I find myself having to re-learn all my social autistic coping mechanisms from square one. Admittedly this stress has led to some regression in my ability to cope with the unforeseen.

For example, last week I went to the beach at the nearby lake with my husband as I have done numerous times this year. My routine is to get there early (while people are still at work...a technique great for weekdays) to scout and locate the “perfect autistic approved” beach spot. That day it was the first 90+ degree Sunday of the summer season. It was also my first time going there on a Sunday. The beach was so crowded that people would without regard for other people's property walk over with careless abandon on the sprawled out beach towels including mine. It was the first time I encountered such an invasion of privacy. Add to it the noise of running screaming little children (many who in my opinion were acting like trolls on a rampage) encircling my “spot” like Indians on a wagon train, created a sensory overload nightmare. I spent the afternoon trying to keep the status quo of being in control in my autistic brain instead of enjoying time in the water.

Rather than leaving like my brain was screaming for me to do, I had a RARE moment of putting someone else first instead of me and for my husband's sake we stayed. This goes against the unofficial autistic creed of people with autism everywhere of, “me first”. Fearing some beach bandit would claim squatter rights on my spot, I asked Jon to buy us a snack at the onsite snack shack while I stayed behind guarding my precious 6'x3' piece of real estate like it was Fort Knox. Munching on fried dough as tasty as it was, brought little comfort and solace from

the hoards of people still arriving to an already overcrowded place. It was like watching a PBS documentary on the migration of thousands of gazelles heading to the only watering hole in the Serengeti. I exhausted a lot of energy that afternoon keeping teenagers oblivious to other people's personal space from breaching the perimeters of my towel. At one point a young teen sporting a bodaciously large belly button ring, wearing only a thong style bikini came prancing too close to enemy lines. From where I was sitting her attire left a lot to my imagination. I wondered; is it safe to pass gas wearing just that? Less material means less muffler and less sound and vapor barrier. With the lack of material, is that considered “going commando”, I pondered? Is the huge red area on her buns from sitting down on a coarse surface or a lack of proper application of sunscreen? Do people who wear thong bikinis even have the sense to lather up down there “south of the border”? Honestly, wearing a thong of any type is nothing more than dental floss for your butt and appears from my point of view (no pun intended) like a chronic constant wedgie. Call me old fashioned but seeing something that gross makes you want to rip your eyes out, light them on fire, and then stomp on them!

Honestly this visual sensory overloaded spectacle was too much for my autistic brain to wrestle with. Gone was my defense of laying spread eagle on the towel to create a detour away from my “spot”. Gone was the “evil eye” stare meant to be a mental minefield to those daring to wander too close for comfort. Gone was my non autistic approach of annoyingly stating, “Do you mind?” Instead, I went into an auto-pilot autistic self defense mode: I began flapping my hands, rocking intensely, and making random vocalizations. The irony of this is unforgettable because at that point not only did she course correct far, far, away from me, but the people bunched up all around me also B-lined out of the Chernobyl meltdown danger zone. All those hours of failed attempts to guard my personal space were in just a few seconds avenged by a near sensory meltdown. Had I only known sooner that's all it would take then my excursion to the lake wouldn't have been such a beach!

## ASM on Social Media!

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!

By “liking” ASM's Facebook page you can help us spread the word to hundreds of new supporters!



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



We have a great collection of videos and will be adding more throughout the year!

<https://www.youtube.com/user/AutismSocietyofME>



Follow us on Twitter as we ‘tweet’ about autism!  
<https://twitter.com/autismsocietyme>



My Autism Team logo A reputable and friendly place to connect with other parents in Maine.  
<http://www.myautismteam.com/>



A young man from Maine has designed a blog to provide personal insight into overcoming the challenges of living with a disability. Here you will find helpful disability resources and tips on: social issues, improving oneself, and technology. <http://zachfly.com/>

## 3rd Annual Softball Tournament for Autism

I would like to thank David Huffstutler for pulling off another fantastic year for our Softball Tournament for Autism. David organizes the event and the teams. This year we had 12 teams participate who raised \$5,121.



The day started off perfect with the sun shining, light breeze, and temp in lower 70's. Each team picked up their t-shirts (different color for each team) and were ready to play ball. Jack and Colby threw out the first pitch; both are individuals who live in Penobscot County. There was a raffle drawing for gift cards, Bangor Municipal Golf Course tickets, 2 tickets at the Bangor Waterfront concert, etc.

Team L brought home the trophy for winning the tournament but Stillwater Academy brought home the plaque for most money raised.

We thank our top sponsors: E-Z Big Book, Wal-Mart Lewiston, Katahdin Fire Co., Higher Ground Services and Stillwater Academy. We had the best day for a softball tournament and are looking forward to next year's event June 25, 2016!



## Future Horizon's Autism Conference - Coming to Portland, ME

Future Horizons presents "Three Leaders in the World of Autism" on Friday, September 18th

Place: TBA in the Portland area

Featuring Dr. Jed Baker, Alexis Wineman, and Eustacia Cutler!



Dr. Jed Baker will speak on his new book *Overcoming Anxiety in Children and Teens*. Dr. Baker offers ideas on this challenge that affects virtually everyone on the spectrum – and many who are not. As with his other books on behavior and social skills, Dr. Baker offers hope to those hampered in life by anxiety.



Sean Barron is an interesting and intelligent young man who has faced the challenge of autism. He has progressed to the point that it is difficult to even realize that he once was truly impacted by autism. Sean is now a freelance writer, lives independently, and co-authored *Unwritten Rules of Social Relationships* with Dr. Temple Grandin. Sean is a graduate of Youngstown State University, and works as a reporter.



Eustacia Cutler, the mother of Temple Grandin will offer her view of autism through personal experience. Her daughter is now one of the most accomplished spokespersons on autism and animal behavior world-wide. Eustacia will discuss observations from her award-winning documentaries on challenged and emotionally disquieted children.

To register please call 800-489-0727 or visit [www.FHautism.com](http://www.FHautism.com)

Tips for Reducing the Stress associated with Back to School

By Dr. Peter Faustino, School Psychologist

The summer can be an opportunity to recharge and break from school routines, which is why

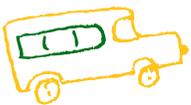
September is often viewed as a mixed blessing. Parents of children with ASD are always trying to plan and prepare ahead of time. Unfortunately, we can't account for every detail but here are a few tips for reducing the stress associated with back to school.



### Tip#1: Say Hello to the School Again

Greetings are such a big focus of the work we all do with children on the spectrum. And yet, it is the very thing we sometimes take for granted ourselves.

Make time to meet and greet the key people in your child's school for the upcoming year. Regular communication with the school is essential, so be sure to say hello again. Start by seeing if a school professional can help you with just the little things at first: a visit to the school before it opens, practicing the combination of the lockers, a schedule of the times that things will happen at school, or some guidance on the key things to be learned in that year. It is best to start with small requests before you ask for the big favors as the year progresses (things like helping with the school bus, setting up some peer buddies, or managing a bully). Once you find a school professional that is a good listener then you can begin to explain the nuances of your child. Help them understand who your son or daughter is beyond what can be gleaned from an IEP.



### Tip#2: Begin the Adjustment

Try to adjust your child's environment to resemble the back to school schedule.

Start by highlighting a calendar to show your child when school starts. Then begin to adjust your bedtime and morning routines slowly so that they mimic the school schedule. This will help you avoid a September shock. Even if your child wakes, gets dressed and then falls asleep again – the rehearsal of the morning routine should save you stress when the first day arrives. Also try to plan lunch and snack time activities similar to the school schedule. If your body physically adjusts, then it will be easier to adjust emotionally as well. Think of it as jet lag for school – you will need a few days or weeks to completely acclimate, so start now.

Also if there is time, select some educational topics that your child might be covering this year. Whether it be the IEP goals that will be addressed or some 'curriculum' related topics.

Exposing your child to these things ahead of time can be of

great benefit. Just don't get frustrated or upset if your child is having difficulty at first. The learning curve is the steepest upon first exposure, so just remind yourself that you are making the task easier for when he/she starts school – there is no need to master the activity in August.

### Tip#3: The Schoolyard Hook



All developmental age ranges and genders have what I call a "Social Skills Hook." This is something or several things that other boys and girls are interested in that your child can use as a connection to others. Opportunities are everywhere but we need to maximize those windows of social connections. While most children with ASD have varying degrees of restricted interests, you can still find a way to meld their particular interest into something social - then you have the hook. If possible, visit the playground or recess area of the school (if it is a high school then the cafeteria or commons area where young adults hang out), to practice and rehearse the hook. If you are having a hard time finding a connection to peers then ask one of the school professionals for some guidance. They can sometimes facilitate an interaction and then offer you some advice on the best ways to maintain those interactions throughout the school year.

And finally...



### Tip #4: Stay Positive

Living with autism can be overwhelming; it is all too easy to think about past trials and worry about 'another' school year. Back to school is an adjustment for everyone in the house, especially caregivers. But you can keep up hope if you stay optimistic. Find something that your child can look forward to and become excited about in September. This might help associate change with something positive. If you look for strengths then you will see what is possible and perhaps you just might recognize something that wasn't there before...a learned skill, a different smile, or a new friendship.

Faustino, Peter (n.d.). "Back to School for Children with Autism" retrieved August 4, 2015 from <https://www.autismspeaks.org/sites/default/files/petertips.pdf>

Parent Resource Toolkits regarding transition and school:

Autism Society: <http://www.autism-society.org/about-the-autism-society/publications/resource-materials/>

Autism Speaks: <https://www.autismspeaks.org/family-services/community-connections/back-school-its-transition-time>

## Gagne Motorcycle Ride for Autism

The Autism Society of Maine would like to extend a heartfelt thank you to Bill & Bonnie Gagne. They are responsible for organizing an annual Motorcycle Ride for Autism event and donated all proceeds to ASM. Riders that participated in the event completed an 82 mile ride and then enjoyed a BBQ, which was prepared by Tony & Lisa Brothers, and live entertainment provided by the band R.E.O. at Central Maine Harley in Hermon.



This year's event raised \$2386.00 which was then hand delivered to our office. We are truly honored and grateful for their support of our agency, and it is thanks to the hard work and generosity of individuals such as the Gagnes that we are able to continue to serve our families.

## 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.

If you feel you would benefit from a phone call or meeting with an Autism Information Specialist or would like to learn more about the program or join our AIS team, please call the Autism Society of Maine: 1-800-273-5200 or email: [infospec@asmonline.org](mailto:infospec@asmonline.org)

## Penobscot Music Festival

The Penobscot Music Festival held their second annual benefit to the Autism Society of Maine at Jeff's Catering in Brewer, ME. The event featured 8 bands and only a \$3.00 cover charge at the door, all the proceeds of which were donated to ASM. This year's event raised \$2767.00.

We cannot say thank you enough to event organizer Vincent Cormier, everyone at Jeff's Catering, and all of the bands, including Dakota, Shy Boy, Midnight Rose, Overdrive, Sideways, The Allison Ames Band, and Livewire. Without the efforts of these groups and individuals, events like this would not be possible. We are sincerely grateful for your generosity.



## Quote of the Month



"Strategies that **BUILD** on the child's area of strength and **APPEAL** to their thinking patterns will be most **EFFECTIVE**."

— DR. TEMPLE GRANDIN

Meet Temple and hear her speak on autism!  
Attend a Future Horizons conference - Register at [FHautism.com](http://FHautism.com)

## "Raise Your Glass" Fundraising Event

During the month of July the Migis Lodge and Black Point Inn offered to donate \$1 from sales from a glass of wine or Shipyard beer. The Migis Lodge and Black Point



Inn together with Shipyard Brewing Co. donated a combined \$5,000 to ASM. Pictured is Bruce Forsley from Shipyard Brewing co., Phil Kronenthal from Black Point Inn, Lynda Mazzola ASM Board of Director, Cathy Dionne ASM Director, and Dick Farnsworth ASM Board of Directors.

## Legislative Update

The First Session of the 127th Maine Legislature was extremely challenging in many ways. The Legislation Committee and the Board of Autism Society Maine monitored 79 bills. The Legislation Leadership Group met by phone twice monthly to review bills that were flagged by the Legislative Liaison as having potential relevance to the children and adults on the Autism Spectrum and members of the ASM. All 1,455 bills submitted were reviewed.

The Legislation Committee then recommended bills to the Board for support, opposition or neither-for-nor-against. ASM staff, board members and volunteers actively supported 33 bills with letters of support, testimony before legislative committees and action alerts. The listing of all bills tracked and actively supported is posted on the ASM website [http://www.asmonline.org/involved\\_legislative.asp](http://www.asmonline.org/involved_legislative.asp).

22 bills supported by ASM were passed and 10 bills were accepted to be carried over to the Second Session. These bills will comprise the agenda for the Legislation Committee for the next year. Please see the listing below of these bill titles.

The Second Session begins January 6th, 2016. This session is typically short and deals with a limited number of bills per the Maine Constitution which are budgetary matters, legislation submitted by the Governor, bills held over from the first session, citizen initiatives, and legislation deemed to be an 'emergency'. According to the Constitution, emergency legislation is only supposed to be legislation for an immediate need to protect public peace, health, or safety, but that provision is often broadly interpreted.

Of course, the passage of the State Budget was controversial, but the results do not appear to be of concern or have negative impact on the ASM membership.

Just months after federal lawmakers created a way for people with disabilities to save without risking their government benefits, most states are working to make the new accounts available. The Achieving a Better Life Experience, or ABLE, Act, which was signed late last year by President Barack Obama, paves the way for people with disabilities to open special accounts where they can save up to \$100,000 without jeopardizing eligibility for Social Security and other government programs. Before the accounts can become available, however, states must put regulations in place. To date, lawmakers in more than half of states have taken steps to create the new savings vehicles. Late in the Maine Legislative Session, LD1421 An Act to Establish a Tax-Free Savings Program for Individuals With Disabilities was introduced. The Bill was allowed to be "carried over" to the Second Session. Passage of this bill will likely be a top priority for the Board of ASM.

Even in states where legislation is enacted, it will be more likely 2016 or 2017 before people with disabilities can open ABLE accounts. That's because the process is highly state specific and will involve significant behind-the-scenes work for governments and the banking industry. To aid in that process, disability advocates are also at work on a National ABLE Resource Center, designed to serve as an information clearinghouse on the new accounts for families, government officials, financial professionals and other stakeholders. More than a dozen advocacy groups are collaborating on the center,

*By Dennise Whitley, ASM's Legislative Liaison*

which is being spearheaded by the National Disability Institute and was expected to launch in July.

We hope that our membership has found the work of the Legislation Committee to be worthwhile. Please continue to play an active role with your Senator and Representative and inform them of your support or non-support of bills that have an effect on your family and friends. If you would like to become a member of the Legislation Committee, please give Cathy Dionne a call. We welcome members to the Committee even if they are not Board members.



Remember that the Maine State Legislature is elected to represent you and the best way they can do that is by hearing from you in person, by a phone call or an e-mail. It is their job to understand the impact of their actions of all of their constituents. Thank you!

Legislation carried over to the Second Session of the 127th Legislature which will convene on January 6, 2016:

LD 49 An Act To Exempt from Excise Tax Certain Vehicles Used by Persons with a Disability

LD 365 An Act To Provide a Tax Reduction for Modifications To Make a Home More Accessible for a Person with a Disability

LD 475 Resolve, To Increase MaineCare Services for Certain Recipients To Allow Them To Remain at Home

LD 842 An Act to Establish Peer Center Reimbursement

LD 860 Resolve, Directing the Department of Health and Human Services To Adjust Reimbursement Rates for Dental Services under the MaineCare Program

LD 949 An Act To Enact the Recommendations of the Commission on Independent Living and Disability

LD 1030 An Act To Better Coordinate the Work of Mental Health Crisis Agencies with Law Enforcement Agencies

LD 1065 An Act To Amend the Law Regarding Temporary Powers of Attorney over Minors and Incapacitated Persons

LD 1240 An Act To Phase Out the Payment of Subminimum Wages to Workers with Disabilities

LD 1421 An Act To Establish a Tax-free Savings Program for Individuals with Disabilities.

Sponsors of the Bill: Representative POULIOT of Augusta  
Representative BICKFORD of Auburn  
Representative CHACE of Durham  
Senator DAVIS of Piscataquis  
Speaker EVES of North Berwick  
Representative GOODE of Bangor  
Senator LIBBY of Androscoggin  
Representative MOONEN of Portland  
Representative SEAVEY of Kennebunkport  
Representative TEPLER of Topsham

# Welcome to the Autism Society of Maine Library!



ASM's Lending Library is a valuable and free resource for parents, caregivers, educators, children and professionals working with children and adults on the autism spectrum. The Lending Library is a FREE resource for Maine residents. The collection can be viewed on the ASM website or you may request a printed list to be mailed to you. Stop by the office, or have material sent to you (we will include return shipping label) by calling or emailing: 1-800-273-5200 email: library@asmonline.org

Online library page: [www.asmonline.org/library.asp](http://www.asmonline.org/library.asp)

The library has its own room with a TV to watch DVD's. Children are always welcome to play with toys or read.

Subjects you will find in the library:

- Parent/Caregiver and Teacher Guides
- Understanding Autism: its characteristics and treatments
- Books by and about persons with Autism Spectrum Disorders
- Social Skills, Communication, Friendships
- Behavior, Education and Specific Interventions
- Books by and about siblings
- Books for younger readers
- Biomedical Issues and Dietary Issues
- Sensory Issues Toilet Training
- Transitions
- Preschool to teenage social skills modeling DVD's

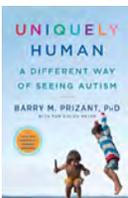
## New Books:

### *Children With High Functioning Autism: A Parent's Guide* by Claire Hughes-Lynch



Children With High-Functioning Autism: A Parent's Guide offers parents the information needed to help them cope with their child's autism and to navigate the path as they first perceive differences, seek assistance and treatment, and help their child develop into his or her full potential.

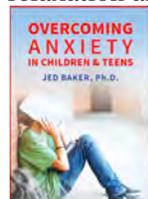
### *Uniquely Human: A Different Way of Seeing Autism* by Barry M. Prizant Ph.D.



Dr. Prizant suggests a major shift in understanding autism: Instead of classifying "autistic" behaviors as signs of pathology, he sees them as part of a range of strategies to cope with a world that feels chaotic and overwhelming. Rather than curb these behaviors, it's better to enhance abilities, build on strengths, and offer supports that will naturally lead to more desirable behavior and a better quality of life.

### *Overcoming Anxiety in Children and Teens* Bottom of Form Jed Baker, Ph.D.

The art of therapy is figuring out how to actually convince someone to face their fears. Jed describes motivational techniques, cognitive behavioral strategies, exercises, relaxation and mindfulness guides to lower anxiety to the point where individuals can begin to confront their fears.



The book covers: simple phobias, social phobia, selective mutism, separation anxiety and school refusal, panic disorder, obsessive compulsive disorder, somatic symptom disorder and/or illness anxiety disorder, generalized anxiety disorder, perfectionism, and other common fears.

### *High School Life: Unspoken Expectations; Social Skills Video Modeling (DVD)* by [www.tdsocialskills.com](http://www.tdsocialskills.com)



Recommended for grades 7-12. Real life situations reenacted by children encourages students to discuss real issues, getting to the heart of their unspoken fears.

### *Online Safety for Children and Teens on the Autism Spectrum: A Parent's and Carer's Guide* by Nicola Lonie



Children and teens with autism can be particularly vulnerable to online dangers and this practical handbook explains how you can help your child to navigate websites, chat rooms and social media safely. Providing all the information needed to monitor, educate and guide your child's computer use, the book discusses key concerns such as parental control, social networking, grooming, cyberbullying, internet addiction and hacking. The risks and the warning signs to look out for are clearly explained alongside useful advice and examples from real-life experiences. A Digispeak Dictionary is included that decodes the cryptic language of online slang and there are downloadable forms to help record your child's internet use. The practical solutions in this book will give you peace of mind and ensure that your child can enjoy the educational and social benefits of the internet in safety.

# Donations

## In Memory of:

### Harold Moulton

George & Gertrude Sweetland  
Robert & Lillian Graham

### Nancy White

Helene Challis  
Katherine Jacques  
Kelly L'Heureux  
Stewart & Fern Kurland  
I.B.E.W. Telephone Division Local No. 2327

Nancy Tryzelaar  
Lucy Burke  
Peter & Ann Gribbin  
L.A. Thrasher  
Donald & Jane Greene  
Roberta Becker  
Nancy Shamban  
Nick Saia  
Sandy Kimmelman

Robert & Kathryn Potter  
Susan Manning  
Lyn Shamban

## In Honor Of:

Doucette-Chandler Wedding by Ashley Chandler  
Drew St. Pierre by Scott St. Pierre  
Richard Allen by the Rumford Rotary Club

## Employee Pledges & Donations

Tom Nelson // Verso  
Dennis Couture // Verso  
James Sargent // Voya  
Michael Boutin // UPS

## Donations / Fundraisers

Dr. Peter Bridgman  
Marybeth Ford  
Mark & Annette Favolise  
"Dress Down Day Fund" Auburn  
Lisbon High School Community Service Club  
Knights of the Sun Order of Demolay  
Jane's Shooting Stars & Sharon Hewett  
York Harbor Inn "Light It Up Blue" Silent Auction & Dinner Dance  
Hartland Consolidated School Teachers  
On The Run "Light It Up Blue" 5k fundraiser  
Studio For the Living Arts Dance for Autism fundraiser  
Fraternal Order of the Eagles, Saco Aerie No. 3792 President's Choice Charity  
Be The Katalyst April Autism Awareness T-shirt Fundraiser

# ASM Store



**BACK IN STOCK!**  
Hand Crafted Dichroic Glass Earrings  
Sterling silver plated wire fish hooks;  
5/8" x 7/8" random design & color  
**\$15.00**



**NEW!**  
Silver Cuff Bracelet  
Puzzle piece design cuff bracelet  
Sterling silver plated 7" and flexible  
for fit (gift box included)  
**\$10.00**



**NEW!**  
Angel Pin  
Sterling silver plated with clear  
crystals; 1" by 1" (gift box included)  
**\$8.00**



Autism Awareness Lanyard  
**\$6.00**



Multicolored Puzzle Piece Heart  
Hanging Charm  
1" x 1" and Sterling Silver plated  
**\$3.00**



Big Heart Autism Ribbon Key  
Chain  
1.5" x 1.5" and comes in embossed  
gift box. Sterling Silver plated  
**\$6.00**



Puzzle Piece Car Magnet  
4" x 8"  
**\$6.00**



Hand crafted Dichroic Glass  
Pendant  
with Sterling Silver Plated  
bail (includes black silk  
cord); 5/8" x 7/8" random  
design and color  
**\$8.00**



**Baseball Cap**  
Black/Yellow Wave Cap with  
yellow font  
**\$15.00**



Autism Awareness Lapel  
Pin  
**\$5.00**



Autism Stretch Bracelet  
Sterling Silver plated  
**\$4.00**



Autism Ribbon Earrings  
Sterling Silver plated  
Includes Embossed Gift Box  
**\$8.00**



Gel Autism Awareness  
Bracelet  
**\$3.00**



Autism Ribbon Keychain  
**\$5.00**



Autism Awareness Mug  
**\$10.00**



Mini Magnet  
2" x 4"  
**\$3.00**



Autism Awareness  
Magnet  
8" x 3.5"  
**\$5.00**



Autism Touches Us All Hanging  
Charm  
1" x 1" and Sterling Silver plated  
**\$3.00**

You may purchase these and more items  
on the ASM website at:  
[https://www.asmonline.org:4441/  
productcart/pc/home.asp](https://www.asmonline.org:4441/productcart/pc/home.asp)  
or call 1-800-273-5200.



## **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/donation/ExpressDonation.aspx?ORGID2=010407346>
- 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.

### **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

For other ways to contribute, contact us at [asm@asmonline.org](mailto:asm@asmonline.org). Thank you for supporting our mission!

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