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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

Developmental Disabilities & Autism Response Team (DART)

ASM receives Innovative Ideas grant through Maine Developmental Disabilities Council for Maine's very first D.A.R.T program.

The mission and purpose of forming a DART is to ensure equitable and just treatment of individuals with developmental disabilities, when they find themselves involved in the criminal justice system as a victim, witness or defendant.

The need for a DART when an individual with a developmental disability is a victim of crime: Persons with developmental disabilities such as autism are up to 10 times more likely to become a victim of crime, and typically lack the understanding of the resources available to assist them when victimized. There is also often an incorrect assumption among those in the criminal justice system that a person with a developmental disability lacks the ability to communicate what happened to them, and therefore cannot be a credible witness. Appropriate handling of such cases is challenging, and requires a basic understanding of developmental disabilities among ALL of those involved- police investigators, attorneys and prosecutors, victim-witness advocates and Judges.

The good news is that these challenging cases CAN be successfully prosecuted if the criminal justice professionals involved are educated as to the challenges that persons with developmental disabilities live with, such as: social and communication challenges; processing delays; sensory issues, and their need for things to follow a predictable routine, among others. When these challenges are properly understood and communicated to all those involved in such a case, a just result can be accomplished for the victim.

Spring 2018

This will be the first part of a two part work plan. This grant covers part one. Identify 1 – 2 counties to approach, hold initial meetings with the most invested contacts in each county, and develop the training material.

Matt Brown will be leading this new program. Matt recently retired from a 26 year career as a state and federal law enforcement officer. He has been an Autism Information Specialist with ASM for almost 15 years, and has a young adult son with autism. He has been a subject matter expert and instructor at the Maine Criminal Justice Academy since 2005; has provided support for persons with autism involved in the criminal justice system, and has formed ASET – Autism Safety Education & Training, to partner with the Autism Society of Maine, to provide training on Autism to first responders across the U.S.

If you would like to see this program in your area or have a story to share with Matt please feel free to call ASM or email mattbrown3805@gmail.com



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Improving the Lives of All Affected by Autism

Visit us online at: ^{Maine}
<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

Over the past few years, the Autism Society of Maine, Maine Coalition for Housing and Quality Services and Community Connect, as well as many parents and social service providers, supported legislation that expanded the Maine Care Section 29 Community Waiver to include home supports. In Maine Adult Development Services, there are three services that are home support services—residential services (“group home”), intermittent home supports and Shared Living Option (SLO). For this message, I wanted to share some of what I know about Shared Living Option, as more and more families are weighing the pros/cons of the service for their unique person.



Shared Living is available for a person with Maine Care funding under Sections 29 or Section 21 Community Waiver. The person's Person Centered Planning Team, has determined SLO to be the appropriate living option. The upfront work is to determine a good match between the individual and provider. The importance of this cannot be over-stated.

Essentially, SLO allows an individual to live in a typical family residence, allowing the individual to become a member of the household and community. The most common scenarios are: for a family member (i.e. parent) to provide for their loved one or for an individual with an intellectual disability (ID) and/or Autism Spectrum Disorder (ASD) to move into the home of an approved SLO provider. However, there are other ways to establish an SLO. For example, a home owned by the individual or family, with the SLO provider moving in, is another option. Each of these arrangements requires a separate negotiation around the room and board costs, separate from Maine Care funded Waiver support services.

There are many benefits to an SLO for the individual and the Provider. The individual receives the support needed in a naturalistic setting, allowing for the opportunities and risks that are inherent in community living. The match has been vetted by the individual, family and larger team, allowing for improved success. There is only one client to consider in this equation. The individual with ID/ASD only has to work with one primary caregiver and gets to know that person well, creating a lot of safety and confidence in his/her world. It reduces the impact of multiple caregivers across several shifts, which can very difficult for our loved ones. The expression, “like herding cats” comes to mind! The SLO model allows the provider to really get to know an individual and create opportunity for community connections. This is very rewarding in my experience! The wages for the SLO providers are reasonable and tax-free, as it is conceptualized similar to the “foster care” model.

There are also potential risks in this model. Teams need to consider the right level of care for the person with ID/ASD to insure the SLO model best meets the needs. When an SLO provider leaves, it is a 100% turnover of caregivers. Depending on the housing model (i.e. if the individual move into the SLO home), ending the service means the person will also have to move from the place they have called home and the neighborhood they have frequented. Since the SLO model is truly a life style, finding a caregiver that is an excellent match may also be challenging, so there may be a gap in support when there is SLO turnover. The team will need to insure contingency plans

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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.

Future Newsletter Printings

The Autism Society of Maine will be going paperless for three of the newsletters starting in our next fiscal year. We will still publish 4 quarterly newsletters but only one will be printed for the spring 2019. All other editions will be available online. If you don't have any way to print or look at newsletter please contact us and we can get you a printed copy.



President's Message (continued)

are made so no one is left unsupported. If a person's care needs change beyond what one primary caregiver can manage, the SLO model may not be a fit.

For those of you considering an SLO model, I offer a few suggestions:

- Interview a few oversight agencies to insure you understand the reimbursement, supervision/supports available to the SLO provider and the process in determining goodness of fit.
- Include the individual who will receive the supports in the creation of the vendor call (call for services to all SLO providers), interviews and at least one less formal experience (i.e. share a meal, respite weekend). The process should be individualized for the person being supported so involve him/her as much as possible.
- Consider the housing set-up that, within the Community Based Waiver rules, allows the individual being supported the most protections available. This would include a written lease for housing.
- For parents as SLO providers, talk about contingencies. This can be reassuring to all that plans/options are available.

- Case Managers can play a large role in the entire SLO process so keep them on speed dial throughout the process.
- Talk to other parents—the Social Media links to Maine Coalition for Housing and Quality Services and Community Connect could help make these connections
- Check out some of the following resources:
 1. <http://www.maine.gov/dhhs/oads/provider/shared-living/forms-protocols.html>
 2. <http://www.maine.gov/dhhs/oads/provider/developmental-services/directory/residential-services.html>
 3. www.maineparentcoalition.org

We are into our second year with our son's SLO provider, but we are preparing for a spring transition and hopeful all will go well! Please reach out to the Society if you have questions or need our assistance in understanding this or any developmental services. Stay active and engaged because our state needs to continue to expand the continuum of housing/living options for adults with ID/ASD!

All the Best, Laurie

Volunteer Opportunities

As the warm weather approaches, we here at ASM are gearing up for a busy spring and summer. We have been putting together our Autism Awareness Packets, preparing for our Walk for Autism, The Family Retreat and Summer Camp.

ASM is still looking for volunteers, we are looking for individuals who are willing to hang posters, flyers, pass out walk brochures and assist at one of our six walk locations (Bangor, Biddeford, Farmington, Fryeburg, Northport and Portland). We are also looking for photographers; you do not have to be a professional, just handy with a camera. **Know anyone with DJ experience?** We are looking for emcees for our walk events as well.

Do you know of a school, business, provider, law enforcement agency or anyone else who would benefit from an **Autism Awareness Packet**? Would you be willing to deliver some in your area?

Volunteering with ASM is a great way to spread awareness in your community, it also helps us spread the word about the Autism Society of Maine and what we do here in our state to help children, individuals and families whose lives have been affected by autism. If you are interested in volunteering, in any way, please contact the Society.

If you are interested in volunteering, in any way, please contact the Society at 1-800-273-5200 or send an email to tara@asmonline.org for more information.

April is Autism Awareness Month!

Autism Awareness is in the spotlight during the month of April!

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

What can you do to bring Autism Awareness to your community?

Host an event or join with others and attend an event like the Walk for Autism, create a bulletin board, wear an autism awareness ribbon, make a donation to ASM, join our Facebook group, become a member of ASM, take an autism survey to help a research study, join a support group, share the ribbon on social media, purchase an autism awareness item in the ASM store to wear or share, and much more! All information is available on the ASM Website: asmonline.org

Autism Awareness Packets are available and can be mailed to you.

This year, ASM will have four different autism awareness packets to choose from for schools, first responders, doctor's offices, and a general autism information packet. Each packet will contain autism information, poster, brochures, autism awareness ribbons, and depending on which packet, will determine additional information and resources. The packets can also be seen online and printed out.

Autism Awareness ribbons are available if you are hosting an Autism Awareness event To request an Autism Awareness packet or ribbons (while they last.) call ASM at 1-800-273-5200 or email: library@asmonline.org

Autism Information Specialists (AIS) are trained by ASM and can attend IEP's, provide educational information to parents, guardians, individuals with ASD at no cost. Our presentations are specifically designed to respond to the needs of various agencies, professionals and service providers at little, or no cost. FMI call ASM: 1-800-273-5200.

World Autism Day this year is April 2, 2018

The United Nations General Assembly adopted a resolution that will focus will be on the importance of empowering women and girls with autism and involving them and their representative organizations in policy and decision making to address these challenges.

As part of a global initiative to help raise awareness for autism, iconic landmarks around the world will be illuminated at night with blue lights!



The puzzle pattern reflects the complexity of the autism spectrum. The different colors and shapes represent the diversity of the people and families living with the condition. The brightness of the ribbon signals hope; hope that through increased awareness of autism, and through early intervention and access to appropriate services and supports, people with autism will lead full lives able to interact with the world on their own terms.

The Autism Awareness Puzzle Ribbon is the most enduring and recognized symbol of the autism community in the world. The puzzle ribbon was adopted in 1999 as the universal sign of autism awareness and a trademark of the Autism Society.

“On this World Autism Awareness Day, let us all play a part in changing attitudes toward persons with autism and in recognizing their rights as citizens, who, like everyone else, are entitled to claim those rights and make decisions for their lives in accordance with their own will and preferences.” - UN Secretary-General António Guterres

16th Annual Walk for Autism

April 29, 2018

11:00 a.m. to 12:00 noon: Registration

12:00 noon: Walk for Autism (Rain or shine!)

Join our annual walk, enlist your friends, coworkers, and neighbors. Build a team to support Maine families!

- University of Maine in Bangor
- University of New England in Biddeford
- Farmington Fairgrounds in Farmington
- Drinkwater Elementary School in Northport NEW LOCATION!!
- Fryeburg Fairgrounds in Fryeburg
- University of New England in Portland NEW LOCATION!!

The proceeds from this event will help fund the Autism Society of Maine's Summer Camp for children with ASD, our Information Specialist Program, the Family Retreat Weekend and our Fall Conference. Come and help us raise awareness about autism!

For more information and to register as an individual or a team:

www.firstgiving.com/ASMMaine/walk-for-autism-2018



ASM Social Groups

Did you know that ASM provides two social groups for individuals with autism? There is a group of adults with autism spectrum disorder that meet monthly at Maine General Hospital Cafeteria and a teen group that meets at ASM in Winthrop. If you're interested in joining either of the two groups call ASM 1-800-273-5200.

Adult Social Group:

ASM and volunteers provide a Social Group for adults who have been diagnosed with Autism Spectrum Disorder. The purpose of the group is to provide adults with Autism and their families an opportunity to meet other people with similar challenges in a safe environment. The focus is on having fun. Participants can experience a sense of belonging and self-awareness while using social skills needed to contribute ideas, share opinions, plan activities and participate in a variety of outings. Examples of outings would include bowling, attending Fairs, going out for supper etc.

Requirements for the Adult Group:

- Adults 18 years old and older
- Adult must have a diagnosis Autism Spectrum Disorder
- Adult must be willing to verbally communicate with others to get the most benefit out of the group
- If adult has a support person they must stay and attend the group or event with them
- Must be able to follow rules of the group: no foul language, no hitting, respect other members

Teen Social Group:

This group is designed to address the many social issues faced by youth (ages 11-18) who have been diagnosed with Autism Spectrum Disorder. Areas that we focus on include: improving youth's sense of belonging and ownership, providing an environment for youth to learn and apply essential social skills through group activities like playing games or creating games, providing youth with a safe and supportive environment in which they can interact with other youth that have similar challenges, and by providing safe opportunities for youth to engage in community based activities. We may divide the group if there is a big enough age difference.

Requirements for the Youth Group:

- Youth must be between the ages of 11-18 years
- Youth must have a diagnosis of Autism Spectrum Disorder
- Youth must be willing to verbally communicate with others to get the most benefit out of the group
- Youth must have a responsible adult with them when attending group or events
- All electronics (cell phones, iPods, Game Boys, DS games, laptops etc) must be left at home. Please DO NOT bring them to group.

Upcoming Events

5th Annual Sea of Blue Walk and 5K for Autism

Saturday April 28th 2018

Chris Heel decided to organize an Autism Awareness Walk in his hometown of Northeast Harbor in 2014. The Walk event raised over \$3,000 to benefit the Autism Society of Maine. Since then, Chris has expanded his walk to include a 5K Run. Last year he presented the Autism Society of Maine with a check for over \$6,000.



Chris, who has autism, with the support of his family, has worked very hard to make this autism awareness/fundraising event a success. It is an event that has become very popular in his community and brought runners in from nearby communities. Thank You Chris!

Visit www.seaofblueautism.com for more information.

2018 ASM Family Retreat Weekend

July 13th-15th

Please join us! This is an annual event that brings families from all over the state together to connect with other families and have fun. This year's theme is "Down on the Farm" and for the first time we will have a dance on Saturday night.

While the children are in the care of respite providers, caregivers have the opportunity to attend informational workshops, hang out with other families, or enjoy some alone time. The children will swim, rock climb, create a craft, play games and make new friends in small groups with respite support.

Each family has a dorm room with two twin beds. There is room for blow up mattresses. All meals are provided for the weekend.

There is family entertainment on Friday and Saturday night. A leisurely check out on Sunday gives families time to enjoy breakfast and explore the beautiful campus of St. Josephs College in Standish. If you can't join us for the weekend, there is a Saturday only option.

Applications will be available on April 1st. Space is limited! Call ASM to have your application sent to you.
ASM 1-800-273-5200

2018 ASM's Summer Camps

Camp Summit

July 23th- August 16th

Camp Summit is offered FREE to children with autism, ages 5 through 15.

Located in Farmington, Camp Summit offers 2- two week camp sessions that run Monday through Thursday from 10:00-2PM. Each camper has a one on one camp counselor who is a student from the University. This program fosters social communication with fun peer activities along with field trip experiences.

Applications will be available on April 1st. Space is limited! Call ASM to have your child's application sent to you.
ASM 1-800-273-5200

Finding the Pieces

August 6th- 17th

This camp is located in Biddeford and operates in conjunction with UNE. It is free for children in grades K-5. It runs for 2 weeks. Applications will be available online the first of April. See www.asmonline.org or call ASM at: 1-800-273-5200 for more information.

Ride for Autism

September 15, 2018

**Kennebunkport Conservation Trust Building
Gravelly Brook Road, Kennebunkport**

Join us for a ride to remember! This bike ride covers several miles along the coastline in Kennebunkport, including up to five beaches and world renowned scenic view areas. Staggered start times for the 50, 25, and 10 mile routes are well marked and offer an opportunity for everyone to finish together and enjoy a spectacular lunch.

Each route is relatively flat, offering opportunities to enjoy a casual ride, or you can "crank it up" for an individual challenge. Short rides of ten miles or less are very family friendly, or you can choose the Trail Ride at the Smith Preserve. Several trail heads are located within one mile of the Kennebunkport Conservation Trust building.

Registration is \$35.00. To register:

www.firstgiving.com/ASMMaine/ride-for-autism-2018



Upcoming Events

Autism Fall Conference

This is a **FREE** Conference

NOVEMBER 3, 2018

**Black Bear Inn and Conference Center
Orono, Maine**



Social Thinking

Keynote Speaker, Nancy Tarshis -MA, MS, CCC-SLP
CO-AUTHOR OF Social Thinking Volume 1

Nancy is a Social Thinking Trainer and Speaker for Michelle Garcia's Social Thinking Methodologies, Nancy helps people with social emotional learning challenges improve how they interpret and respond to social information to better connect with others.

There will be Breakout Sessions in the afternoon.
Registration details coming soon

Legislative Update

Have you ever wanted to write a letter to the Editor of a newspaper?

If you feel strongly about an issue, and you want to let people know what you think and you want to reach an audience larger than just your friends and family. Or, if you want to educate people on a specific topic like the Autism Spectrum, letters to the editor can be an effective way to get the word out. Letters to the editor are also an effective way to Influence policy-makers or elected officials directly or indirectly. If you live in an area that has a local weekly newspaper, letters to the editor are particularly effective, because legislators do read their local publications to keep themselves informed about their communities.

A letter to the editor is a written way of talking to the general public through a newspaper, magazine, or other regularly printed publication. Letters to the editor are generally found in the first section of the newspaper, or towards the beginning of a magazine, or in the editorial page. They can take a position for or against an issue, or simply inform, or both. They can convince readers by using emotions, or facts, or emotions and facts combined. Letters to the editor are usually short and tight, rarely longer than 300 words. On their Editorial page most newspapers will state the allowed length of a letter and to whom to submit the letter.

How do you write a letter to the editor?

Open the letter with a simple salutation: Don't worry if you don't know the editor's name. A simple "To the Editor of the Lewiston Daily Sun," or just "To the Editor:" is sufficient. If you have the editor's name, however, you should use it to increase the possibilities of your letter being read. Grab the reader's attention: Your opening sentence is very important. It should tell readers what you're writing about, and make them want to read more.

By Dennise Whitley, ASM's Legislative Liaison

Explain what the letter is about at the start and tell them your key point at the beginning. Explain why the issue is important and explain the issue and its importance simply. Use plain language that most people will understand and give evidence for any praise or criticism. If you are writing a letter discussing a past or pending action, be clear in showing why this will have good or bad results. State your opinion about what could be done to improve the situation. Be specific and keep it brief.

Generally, shorter letters have a better chance of being published. So go back over your letter and see if anything can be cut or condensed. If you have a lot to say and it can't be easily made short, you may want to check with the editor to see if you could write a longer opinion feature or guest column.

Sign the letter and be sure to write your full name (and title, if relevant) and to include your address, phone number, and e-mail address. Newspapers won't print anonymous letters, though in some cases they may withhold your name on request. Generally a staff person may call you to confirm that you wrote the letter before they publish it.

Check your letter to make sure it's clear and to the point. The larger the newspaper or magazine, the more competition there is for letters-to-the-editor space. This means your letter will need to stand out in order to get printed. A newspaper may not print every letter it receives, but clear, well-written letters are likely to be given more serious consideration.



Home Sweet Home?

By Deb Lipsky

This spring my husband and I are building our dream home, a cabin on our 54 acre wooded property. Initially it started out with me looking at modular homes as a cheaper alternative to stick building. At the modular home place the salesman offered to take me on a tour thru one of his sample homes. My excitement however quickly turned into absolute shock at what I saw when I stepped inside the open concept kitchen and living area. Everything was white: walls, ceilings, floors, appliances, the kitchen island, windows, carpets, light fixtures, doors, kitchen and bath. That's when my thought processes developed an acute attack of uncontrollable verbal diarrhea. "What the hex is this?" I spewed out. Like an impending train wreck, my brain was desperately tugging on the emergency brakes to halt the looming vocal derailment just ahead to no avail. My mouth on auto pilot continued, "Living in this is like living in a perpetual snowstorm!!"

From the stunned look on the salesman's face it was obvious he had never heard his perfect sample home be described in such a visual although be-it succinct manner. His response was that people like white clean lines. Even the sample white curtains looked like hospital bed sheets hung on curtain rods. Taken off guard so intensely by his explanation, I couldn't stop myself from countering, "Sure if you like living in an igloo. The only thing missing in this arctic blizzard nightmare is a polar bear jumping out of a closet and an Eskimo cooking seal blubber on the white stove".

Any "splash" of color to the unpainted canvas of a house would hike the price and by the time he and I got done working out changes like switching out all the windows, toilets, showers, sinks, appliances, light fixtures, vanities, kitchen, flooring, doors, closets, walls, siding, and roof, the price tripled from the base price and I was still limited by what I could swap out. In the end he strongly advised me that I would be better off building a home rather than attempting to buy one from him.

To reduce the stress of co-coordinating such a monumental task we hired a building contractor to take on the headaches of getting a house built in a timely fashion. This would eliminate all the unpredictability and stress that would push my autism into hyper drive. I thought the most earth shattering decision I would be left to make was whether I wanted white or black appliances.

After we had the house plans professionally drawn up our next step was meeting with the salesman from the lumber building supply to "pick out" doors, windows, floors, kitchen and bath. Before I continue however, as a public service announcement let me please state that "autism" and "building a house" should never be in the same sentence together never mind thrown together in a building project. I have learned a lot of coping strategies to keep my autistic tendencies well camouflaged from public view but my biological makeup consists of 1 part rigid perfectionist, 1 part autism, and 1 part red headed Tasmanian devil. When things become stressful and anxiety builds, in a perfect storm I quickly transform into the "Autistic She Devil" as the poor salesman would soon find out.

With blissful ignorance my husband and I sat down with the salesman for the simple task of picking out windows. Getting a price for any window involved a lengthy process of picking out a million options I didn't even know existed for a simple window and then waiting for the over the phone quote from the manufacturer. It was more complicated and time consuming than sitting down with a scientist and genetically engineering your firstborn; 30 minutes just to get a price on a window that was too expensive! My anxiety level was rising faster than the waters of a flash flood. That's when the salesman told me state code (which the professional who drew up my plans didn't draw in and assumed we were born with the knowledge of state code requirements) requires egress windows for all bedrooms. I was taken by surprise and thrown off script because I wasn't aware of this when designing the house and the house we live in now doesn't have them. That screwed up my house plan of all uniform size windows. Thru some Herculean feat I managed to keep my composure while asking to see an egress sample in the window showroom to which he replied they don't carry egress display models. He couldn't give me a clear answer as to why but it was pretty obvious. Egress windows are 3'x5' which is 2/3rd's the size of a standard door!! It makes all the display windows in the showroom look like peep holes. Nice marketing gimmick: telling you one is required, not showing you the monstrosity, and then when the builder installs it, it is all too late by then to have a hissy fit over the "huge-ness" of it. With my anxiety escalating I emphatically asked him how he expected me to buy something I couldn't see first as I needed visual cues, and what was the logic for such a gigantic window. With confidence he explained how a fireman needs to squeeze thru in case of an emergency. As an autistic individual, non-valid explanations like this one just presses the launch key of a nuclear warhead button in my brain. Once activated there was no turning back or taping my mouth shut.

"Poppy cock, there is no logic in that!!!" I blurted out in absolute frustration. "As a former volunteer firefighter I will tell you right now that in case we ever needed to rescue someone from a burning bedroom, we wouldn't take the time to carefully open the window....we would take an ax and bust the entire darn thing out!"

I then embarked on a lengthy "commanding" (that sounds better than "heated") dissertation on the infringement of personal rights by the government along with the absurdity of mandatory enforcement of stupid rules and regulations all the while frantically flapping my hands in true autistic fashion. At that point, if I weren't so afraid of heights I would have looked for the tallest cliff to fling myself off of, I was that frustrated.

When I finished my tirade and the smoke cleared and the dust

continued on page 9



SPARK NNE Update

As we approach the end of our first year, SPARK research team members are traveling across the state to enroll new participants. We are extremely grateful to those of you who have taken the time to register, participate, and spread the word about SPARK. For those of you who are still contemplating participation, we invite you to reach out to us with questions about the study. For those of you who have kits at home, we welcome you to the SPARK community and advise you that it is not too late to return them. We are hopeful

By Maggie Foster & Ellyn Touchette, Research Assistants

that SPARK will have an impact on treatments for autism in the years to come, and we look forward to meeting more of you!

SPARK NNE Website:

www.sparkforautism.org/

mainmedicalcenter

Phone: 207 661-7620

Email: sparknne@mmc.org



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Saco & Biddeford Savings

Living Innovation Services

Bridge to Success Inc.

Home Sweet Home? (continued from 8)

settled, there sat my husband completely motionless in the chair. Believing he was in some scary scene from a Jurassic Park movie he didn't even blink an eye in fear that his wife who now transformed into a 5'8" T-Rex would not notice him if he stayed perfectly still and blended into the background scenery. The salesman looked like a deer caught in the headlights of an oncoming 18 wheeler, stunned into absolute silence by my "display" of behaviors he had never witnessed before except perhaps only in his wildest worst nightmares.

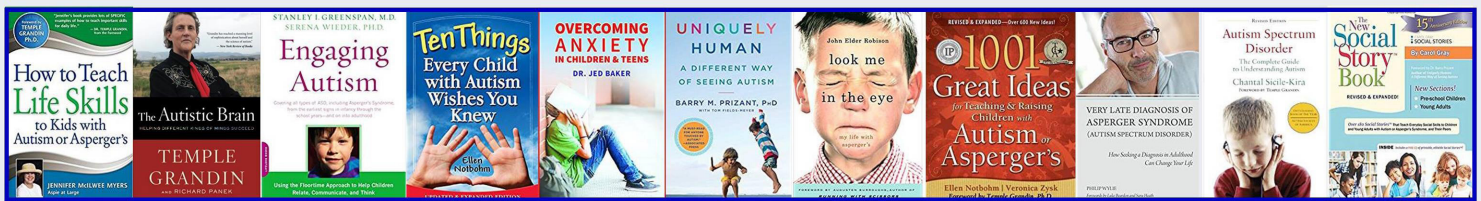
In a feeble attempt of a "do-over" for this meeting my husband broke the silence by spouting out, "happy wife, happy life". When the salesman didn't respond to his comment (because obviously he was still paralyzed with fear), I immediately apologized for my "emphatic" soliloquy on the extinction of personal freedoms in an overburdened, over regulated governmental society. I went on to explain how unforeseen surprises induce strong reactions in autistic

individuals like me but I know he didn't believe me at all. He like most people who witnessed such a dramatic display of "autism" in me felt I was just plain mentally insane or at best mentally unstable.

At that point my husband and I left because I couldn't deal with it and my anxiety spewed out like devastating hot lava from an erupting volcano every time I got an unclear or vague answer to my poignant questions. Once in the truck I told him the next time things get this out of hand I will be sure to compliment someone's amateur psychiatric armchair diagnosis that I am insane and not autistic by swatting at imaginary bugs around my head.

Poor Jon, I didn't handle picking out windows very well and we still have to figure out everything else from doors to floors and kitchens and bathrooms. I sure hope this home will be as sweet as we envisioned it in our heads.

Welcome to the Autism Society of Maine Library!

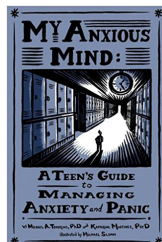


ASM's Lending Library is a valuable and free resource for parents, caregivers, educators, children and professionals working with children and adults on the autism spectrum. The Lending Library is a FREE resource for Maine residents. The collection can be viewed on the ASM website or you may request 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

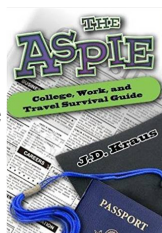
My Anxious Mind By Michael A Tompkins, PhD and Katherine Martinez PsyD

This book outlines a simple and proven plan to help you understand and deal with your anxiety and panic. It is chock full of simple-to-use tools and strategies that easily fit into any teen's busy routine.



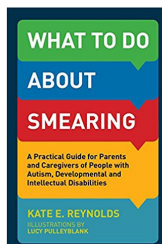
The Aspie College, Work and Travel Survival Guide By J.D. Kraus

The follow up to J.D.'s previous book- The Aspie Teen Survival Guide, this book is his personal testimony, which shares the knowledge he gained from his experiences in college, seeking employment and becoming employed, traveling domestically, and dealing with family and emergency situations.



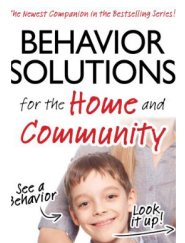
What to do about Smearing By: Kate E. Reynolds

This book helps with understanding a condition that is distressing and challenging... it explores the underlying causes and gives practical approaches for help.



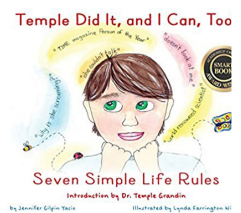
Behavior Solutions for the Home and Community By Beth Aune, OTR/L

This resource builds on the success of the first Behavior Solutions books by expanding the focus to the home and community. OT Beth Aune addresses and solves problematic behaviors relating to: Grooming, Dressing, Staying in the seat, bedtime, outings at stores, theaters, restaurants, Dr. appointments and more!



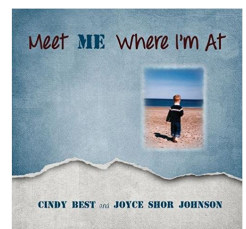
Temple Did It and I Can, Too! By Jennifer Gilpin Yacio

This book will help guide and inspire all kids to reach their full potential. It explains the obstacles Dr. Temple Grandin faced while growing up, then gives the rules she followed to overcome them and become a leading animal scientist.



Meet Where I'm At By Cindy Best and Joyce Shor Johnson

This book was created as a visual tool, it will help you learn how your child can become an advocate for themselves. You will find strategies that can be individualized, activity instruction and a creative ideas guide.



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/>

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

<http://www.asmonline.org/asm-storefront.aspx>

or call 1-800-273-5200.



Autism Awareness Lanyard
\$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
\$10.00



Autism Awareness Mug (red) features words: "Embracing the Amazing" porcelain (do not microwave – hand wash)
\$11.00



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



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



\$8.00



\$8.00



\$9.00

Silicone Chew Necklaces
All necklaces are 24" in length and have a break-away clasp and are made of 100% food grade silicone – Assorted Colors : Call ASM to request specific color



\$9.00

ELEPHANT
3" x 2 3/4" Pendant (hole size is 1/8")
ROUND
2" Pendant (hole size is 1/2")
TEAR DROP
2" x 3"
OWL
3" x 3" Pendant



Puzzle Galore Folding Tote Bag
Colorful puzzle hearts decorate our chic lightweight tote, accented with faux-leather details. The bag neatly folds in a snap for easy storage. Nylon & faux leather, Zippered and snap closure, Interior zippered pocket, 15" H x 17" W x 3.5" D (38.1 x 43.2 x 9 cm)
Folded: 7.5" x 5" (19 x 12.7 cm)
\$16.00



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



Walk for Autism T-Shirt
Special 15th Anniversary Design, size large or x-large
\$10.00



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



Autism Stretch Bracelet
Sterling Silver plated
\$4.00



Gel Autism Awareness Bracelet
\$3.00



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



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



Autism Ribbon Keychain
\$5.00



Autism Awareness Magnet
8" x 3.5"
\$5.00



Mini Magnet
2" x 4"
\$3.00



Autism Awareness Lapel Pin
\$5.00



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

The Autism Society of Maine is a statewide nonprofit organization that for over 40 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/get-involved/donations.aspx>
- 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
- 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/get-involved/donations-united-way.aspx>
- Join or host a fundraiser with proceeds to benefit ASM! Fun ideas can be found on our fundraising page: <http://www.asmonline.org/get-involved/fundraising.aspx>

ASM Mission Statement

The Autism Society of Maine provides education and resources to support the valued lives of individuals on the autism spectrum and their families.

Become a Member!

Join our membership online:
<http://www.asmonline.org/join/>

or call ASM at 1-800-273-5200

For other ways to contribute, contact us at asm@asmonline.org. Thank you for supporting our mission!

Call us at: 1-800-273-5200 or visit us online at www.asmonline.org