

The Sun

Newsletter

January / February 2009

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The Sun Has a New Look!

Welcome to *The Sun*—2009 style! Please note our great new look. It's part of our effort to update Autism Delaware's materials to reflect our new name and direction.

The Sun holds a special place in our hearts and our priorities. Less than a decade ago, Autism Delaware won its first-ever grant from the Developmental Disabilities Council to develop a newsletter for the autism community. Who could have guessed that within a decade we would be a full advocacy and service program with a statewide presence? That growth is due at least in part to *The Sun's* success. Our members have twice cited *The Sun* as the thing they most value about Autism Delaware.

Why is *The Sun* their favorite service? Because it provides information about autism, what is happening around the state, and what is happening within Autism Delaware. Our readers tell us it helps them feel connected and a part of something bigger, especially when they can't get to all the meetings and events they'd like to.

From now on *The Sun* will be published quarterly, so look for issues in January, April, July and October. It will also be leaner and meaner—a shorter total length with shorter articles. And finally, it looks

beautiful and it is easier to read!

All of this presents a challenge. We'll have to make harder choices about what to include and what not to include in each edition. We'll also have to be better writers and better editors—getting our key points across in fewer words. In some special cases, we'll include longer versions and more articles online at our updated website.

A goal for 2009 is to expand our readership to new audiences, including key doctors' offices, early intervention providers, and other providers, so that those who are just coming into the autism community can find us quickly. With our beautiful new design, we think that will be easy.

In summary, we at Autism Delaware would like to thank all of you who have worked over the past 10 years to fund, plan, create, write, edit, publish and distribute *The Sun*. You have made a difference for the 800-plus families of children with autism living in Delaware. We invite you continue to read and enjoy it for at least another decade.



We would love to hear your comments about our new look. Please send them to Theda.Ellis@delautism.org. Thank you.



Our Mission

Autism Delaware is a community of people with autism, their family members and friends, and professionals who work in the autism field.

Our mission is to improve the lives of people with autism and their families. We will educate, advocate and raise public awareness in order to promote lifelong opportunity and acceptance for people with autism in their communities.

We serve the entire State of Delaware.



The Sun

A publication of Autism Delaware

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Robin Ireland	Deanna Prince
Brenda Holsey	Jen Nardo

President's Column

Autism Delaware, with its new name and image, celebrated its 10th anniversary in 2008. From an entirely volunteer enterprise, we have evolved into a multifaceted, effective nonprofit organization staffed by professionals and volunteers who serve people and families affected by autism in Delaware.

When our son Andrew was younger, my wife and I spent almost all of our time and energy focused on Andrew's well-being and development. Searching for a cure, looking for answers to "why?" and "what do we do now?" Those were difficult times—diagnosis and acceptance of autism are not easy issues to handle. And yet, they marked only the beginning of our lifetime journey. We immersed ourselves in advocacy through public service, volunteerism, serving on school boards and individually lobbying for change in Delaware with our local state representatives.

Then we found Autism Delaware, and we dedicated our efforts to the organization. While we felt good that we were helping "The Cause," I must admit that, although sincere, we were also being quite self-centered and selfish in our efforts. A heck of a thing to admit, but let me explain why I feel okay sharing this with you.

Let's face it, none of us chose autism! Autism chose us. After the denial, anger and guilt came acceptance: "It is what it is and this will be our lot in life, so now what?" Well, like most of you, we got busy doing whatever we could to help our child. Why is this selfish? Because:

- It kept us busy,
- It gave us purpose,
- It provided us company and support along the way,
- It made us feel good, and most important,

- It gave us strength and hope for our future.

Selfish? Yes! But not entirely self-serving. Sure, we helped our son, and we benefited from the help given to us by many of you

who traveled the road before us. But in exchange, we have helped others as they have struggled with issues we have dealt with over the last 18 years.

Now I would like to personally invite you to be selfish with us, help us help you and ask you to help us.

In 2009, difficult economic times will require us all to make some very difficult choices. As a disability community, we have relied on the kindness of others to help us manage our challenges, and this will not change this year. We will, however, need to spend more time and effort to advocate for those with autism.

State funding will be short in supply, and lower sponsorships from companies and individuals will surely test our ability to serve our community this year. I am happy to tell you that Autism Delaware is financially sound, and I am confident we will navigate these troubled financial times completely focused on not only maintaining, but in fact improving the services we provide to Delaware's autism community.

To be successful, however, we need your help in three key areas:

Membership – Help us gain strength in numbers. The larger our organization, the more clout we will have in getting support within our community.



(Continued on page 3)

A Service of Autism Delaware



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Autism Delaware Comes Down State!

We are very excited to announce that Dafne Carnright will join Autism Delaware this month as the Downstate Coordinator. Dafne has been a member and active volunteer for the past four years. She comes to this position with an M.S. in Clinical Psychology, and is a nationally certified counselor (NCC). Dafne is also a member of the autism community, representing son Dylan who has Asperger syndrome. She most recently worked as a therapist at People's Place.

Like every job at Autism Delaware, this one will develop over time. To begin, Dafne will provide information and referral, mentor parents of newly diagnosed children, expand Autism Delaware meet ups with speakers in Kent and Sussex Counties, develop social activities, represent our needs with school districts and the legislature, and help with fundraising. Additionally, she may facilitate a Sussex support group on transition. This is just the start. Once established, Autism Delaware will seriously consider offering professional social skills groups and parent training. This will move this organization into new territory--offering professional clinical services that are insurance reimbursable.

This part time position will be housed in the Carnright home to begin. Dafne and Autism Delaware will be actively recruiting new members and volunteers to work with her to make us a viable force in southern Delaware. Check our website for contact information to reach Dafne and to work with her as a volunteer.

To support this effort to move downstate, the Bank of America Client Foundation is awarding Autism Delaware a three-year challenge grant. This means that they will match what we raise up to \$60,000 over three years. We would like to sincerely thank the Bank of America Client Foundation for this opportunity. Board members Mark Rossi of Kent County and Barry Sipple of Sussex County will be founding members of the Dover office and will head local fundraising efforts. You may reach them at the following addresses:

Mark Rossi is at mrossi@dovermotorsports.com and Barry Sipple can be reached at laurelmc@verizon.net.



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President's Column

(Continued from page 2)

Volunteerism – We need more of your personal time to grow and improve services this year. Please call us at 302-224-6020 and make a commitment to contribute your time for at least one upcoming event or project.

Advocacy – State budgets are being cut at alarming rates, and our elected officials need our help so they make the required cuts in the least harmful way. We will be in Dover again this year—will you join us?

Together, we will THRIVE, not just SURVIVE, in the troubled economy we face. Thank you in advance for helping us “serve people and families with autism in Delaware.”

Rob Gilsdorf

There are no federal or state laws guaranteeing services to our children once they become 21.

Do you know where your child is going?



Join us for Disability Awareness Day

When: April 8, 2009
Where: Legislative Hall, Dover, Delaware
Time: 12:00 p.m.

Questions? Call us: (302) 224-6020



Response to Intervention Explained

Many of our children with Asperger's Syndrome or PDD-NOS are in traditional educational settings. For our children identified with a psychological or medical classification of an autism spectrum disorder, but without an educational classification for support services the road to this support can be confusing. This article covers what the Department of Education has chosen to do to help identify children in need of support as quickly as possible..

Response to Intervention (RTI) uses assessment data, gathered three times a year, to make instructional decisions for each student within a multi-tiered model of service delivery. RTI should provide the information needed to educate all students, intervene if necessary as early as possible, and provide data needed for determining eligibility for special services.

The advantages to a multi-tiered model of assessment and instruction are the ability to identify benchmarks and provide instruction in a timely fashion, to ensure that a student's poor academic performance is not due to inappropriate curriculum or poor instruction, and to match the level of instruction with the amount of support needed. Most interventions should take place within the general education classroom, no matter the tier in which a child is placed.

Tier 1:

If a student does not reach benchmark expectations at any RTI assessment given during the school year, progress monitoring begins. If a student's assessment is more than 25% below expected performance, that student will immediately be placed in Tier 2. If a student's assessment falls between the benchmark and 25%, the Instruction/Intervention Support Team (IST) will make recommendations for instructional interventions. The student's progress will be reevaluated at six weeks; if there is no progress being made the student will be placed in Tier 2.

Tier 2:

Weekly progress monitoring begins or continues.

A student in Tier 2 should receive, for at least six weeks, core

curriculum support in a small group setting at least two times a week for a total of 90 minutes a week. This is in addition to the student's general education curriculum. If a student has been determined to need support in both reading and math, the minimum amount of core curriculum support should be 120 minutes per week. If little or no progress is made after the initial six weeks in Tier 2, the IST will determine whether more assessments should be made, there should be changes in the instruction given or behavioral plan in place, the student should be given Tier 3 support, or the student should continue for six more weeks with Tier 2 support. If there is no progress or insufficient progress following 12 weeks of support, the student is placed in Tier 3.

Tier 3:

Weekly progress monitoring continues.

The student will receive small group instruction in core curriculum subjects at least five times a week for at least 30 minutes a session for six weeks. If the student has not made sufficient progress after six weeks, the IST will refer the student for special education services. If progress is being made, but the student is still not expected to reach benchmark expectations, the IST will determine whether there should be more assessments given, instruction or behavioral support should change, or the child should be referred for special education services. If after 12 weeks in Tier 2 the child is still not on the trajectory for meeting benchmark expectations, the student will be referred for special education services. The IST can refer earlier than the 24 weeks.

As a parent, you should be aware of the assessments given and your child's progress, requesting progress monitoring data when necessary. It is up to parents to understand and be a part of the process by supporting the process and interventions and keeping up with the child's progress.

From the Department of Education brochure, website and presentation on RTI.

New Membership Drive Contest

By Bob Dunlap, Board Member

As we begin our first full year as Autism Delaware, one of our major goals is to increase membership. Most members are parents, but there are many other people who engage with Autism Delaware including friends, grandparents, siblings, and other relatives, professionals and neighbors. We invite all to join and we encourage you, our readers, to help us to enroll new members.

To help make our Membership Drive a big success, Autism Delaware is sponsoring a contest. For each new paid membership you refer, we will place one raffle ticket with your name into the contest to win a Nikon COOLPIX digital camera with a memory card and battery charger. Please ask folks to write your name on the sponsor line of the Membership Application (a copy is on the last page of this newsletter). The more new memberships you sponsor, the greater your chances of winning this exciting prize! The drawings will be held at this year's Walk for Autism.

We know your friends and relatives will want to become members of Autism Delaware when you tell them about the growth in the incidence of autism, the challenges of the autism community, and the many programs and activities of Autism Delaware including POW&R, social activities, educational programs, and our advocacy efforts.

Although winning a prize will be fun, the real beneficiaries of this Membership Drive Contest will be the many people helped by Autism Delaware. The greater our membership, the more effective we will be. This is critical during these very hard economic times when many non-profits are cutting their activities and programs. So, we invite you to help make Autism Delaware a force in Delaware by being strong through its membership.

What Autism Delaware Membership Gives You and the Autism Community

- Free quarterly newsletters
- Support, assistance and guidance (especially for new parents)
- Increased public awareness of autism spectrum disorders
- Adult services
- Opportunities to socialize, have fun and participate in community activities
- Scholarships and stipends
- Research and community grants
- Free or discounted Autism Delaware event prices
- Free childcare for speaker meetings
- Conference stipends
- Advocacy at the state and federal levels

Membership Levels

- Individual/Family \$20
- Professional \$50
- Silver* \$100
- Platinum* \$300
- Lifetime* \$500

* Silver, Platinum and Lifetime members will receive special recognition for their additional contribution to Autism Delaware. Autism Delaware will also provide one-year stipends for families with a newly diagnosed child or to families who are unable to pay for membership. Contact delautism@delautism.org for more information.

What's Up in Legislative Hall

2009 is already a year of many challenges but we are off to a good start. Governor Markell announced that Rita Landgraf is taking the position of Secretary of Health & Social Services. Rita has a great advocacy background, having served as the director of the local chapter of the National Alliance for Mental Illness and for much longer as the director of the Arc of Delaware. She co-chaired the Governor's Commission on Community Based Alternatives for Persons with Disabilities and is knowledgeable about services and supports in Delaware—what we have and what we need. We wish her great success and know that she will do her best to support all individuals with disabilities.

Cuts for Adult Services

With the economic downturn affecting state revenue, we are still waiting to learn more

about cuts for fiscal year 2010 and what they will mean. Governor Minner asked the Division of Developmental Disabilities Services to cut \$22,000,000 from their budget over three years. At the time this newsletter is going to press, it was unclear what some of those cuts might be. One possibility is that the state will not support 2010 graduates in adult services. That means that students who will graduate in August 2009 will not have anyplace to go for their day except home. This is our worst nightmare and the single greatest concern for the coming year.

Another potential cut is to offer only four days of day program instead of five. That might cut costs for a sheltered program that provides services in a building, but it would hurt POW&R which supports people in community settings.

Insurance

Insurance coverage is another priority. Children with autism have the right to receive standard therapies including speech, occupational and physical therapy as well as applied behavioral analysis. Autism Delaware has an active committee working on this issue. It will help parents who seek services outside the school, or whose child may not be eligible for a DAP program and who are bearing the cost alone. It helps the State by sharing the cost of services with insurance providers, and most of all, it helps the child get those all important early intervention and therapeutic services required at very young ages.

New Castle DAP Cuts Recreation Programse

A recent article in the Newark Post highlighted the concerns that parents have over losing the Brennan School's recreation program for younger children. "Parental objections will not reverse a unilateral decision by school administrators to eliminate a recreation skills program for autistic students under age 7 at the Brennen School," Brennen School Principal John Dewey explained. "The staff [at Brennen School] believe that autistic children ages birth to 6 years need more time for direct instruction on-site, including language and social skills, and the community recreational component must defer to those needs for the youngest cluster."

Parents of older children who had the benefit of these programs have a different belief however. Here are some of their comments:

Lan Yong writes, "My 12-year-old has been receiving recreational services since the first day he participated in DAP 3 years ago. We love the program! He was a kid who knew nothing about sports and now he knows how to swim, bowl, and skate ... We are so appreciative that DAP students are given such an opportunity to enhance their lives. I feel sorry for the younger kids who [will] no longer have recreational service through DAP ... I hope the DAP administrators ... change their minds."

Christa Burch writes, "... before Palmer started at DAP he was TERRIFIED of swimming pools. Pool parties with friends were a total nightmare. It wasn't until he started at DAP and went to the Y in Elkton for swimming that he overcame his issues with the pool. We were SO HAPPY when he actually started to love swimming. I certainly don't think the school should do everything for us, but the swimming program was honestly one of the greatest things to happen in our family...we are all reaping the benefits because of the hard work of Palmer's gym staff, paras, and teachers. Helping Palmer overcome his fear of the pool was truly a gift to our family."

And most important, Sean Tuohy, a 2006 DAP graduate, spoke at a school board meeting. "As an adult living with autism, these

activities gave me the skills ... to get along in the community and to have an active social life. As a matter of fact, I've been able to join the YMCA as a result of the skills I learned as a young student at DAP.

"My sister Bridget is also an adult living with autism. She uses these recreational skills as often as she can. If they had waited until Bridget was in middle school or high school to teach her these skills, it wouldn't have worked. She would have been too fearful to learn new things. But because she learned them early, she is a really good skater and bowler, and she isn't afraid of getting ... into the water. Our family often skates, bowls, and swims together. I love the life I have ..."

According to John Dewey, parents of younger children are not complaining about the loss of the recreation program. We think it's because they do not understand the long-term impact of that loss. And if we are teaching communication, language acquisition and social skills, what better place to teach than in a real community setting, learning real skills that help provide a higher quality of life. Recreational opportunities for young children are the single largest request that Autism Delaware is getting from young parents around the state. Any loss in this area is serious, and we strongly encourage all DAP sites to reconsider this change of policy. It isn't just something that's nice to do; it's something that has always set the DAP aside as a model program.



Recreational Resources

Delaware Special Olympics

(302) 831-4653
www.sode.org

TOP Soccer @ Hockessin

Hockessin Soccer Club
(302) 234-1444
www.hockessinsinsoccerclub.com

TOP Soccer @ Kirkwood Soccer Club

(302) 322-4220

TOP Soccer for Schutte Park for Kent County

Central DE Soccer Association
www.littleleague.org/divisions/challenger.asp
Contact: Lisa Johannsen
(302) 378-2530

Lauber's Karate Plus

Camp Lauber, after school activity
(302) 836-8264

Farm of Dreams (therapeutic horseback riding)

(302) 653-6731

Southern DE Therapeutic Horseback Riding

(302) 644-1920
www.sdtrhr.com

Personal Ponies

Contact: Patty Draper, pattydraper@comcast. (302) 455-1051
www.personalponies.org

Camp Lee Mar

(570) 685-1708
www.leemar.com

Mary Campbell Center

(302) 762-6025
www.marycampbellcenter.org

Easter Seals Camp Fairlee Manor

(410) 778-0566
www.de.easterseals.com

Camp Wisp

(866) 893-4751, ext 2889
www.dtwatson.com

Camp Concepts

(267) 261-4098
www.campconcepts.org

Children's Beach House

Wilmington - (302) 655-4288
Lewes - 645-9184

INSIDE Autism Delaware

Autism Delaware Website Enhancements

Just by opening this issue of The Sun, you know that it has a bright, new appearance to go along with our new name and logo. Watch for our new look on-line as well. We plan to publish more breaking news, more in-depth articles and other relevant information on our website at www.delautism.org. The site has also been redesigned and reorganized so that the information there is more accessible and it's easier to read.

We would love to get your input about our new look as well as other recommendations for how we can continue to improve.



Social Opportunities

In December Autism Delaware sponsored two family parties: one in Dover and one in New Castle. More than 100 children and adults were entertained. They met Santa, ate terrific food, and had a great time. Autism Delaware also hosted a successful Open House to show off our new offices to our membership and the community. We are currently planning an active social calendar for 2009, so look for our flyers about the train ride, Night at the Blue Rocks, and skating parties.

On the adult side, we look forward to working closely with the YMCA's Brandywine Social Club to expand opportunities for adults. We have just received a \$19,000 grant from Autism Speaks that will be used to expand activities and supplement the YMCA's staff skills so they can work more effectively with adults. Autism Delaware will provide technical assistance and training as well. There should be an expanded array of social events for adults by summer 2009.

Governor Markell's Transition Team

Autism Delaware director Theda Ellis was invited to serve on Governor-elect Markell's transition team. Theda served on the Health and Human Services Team, participating in the subcommittee that met with the Division of Social Services and heading the subcommittee on Developmental Disabilities Services. The team met frequently during December to review division activities and make recommendations for changes in the new administration. A major finding of this particular team was the "silo" approach to services. Recommendations to the new governor include reducing the number of agencies and charging agencies to work more collaboratively so that individuals with disabilities and their families do not get caught in the bureaucratic maze.

Advancing Futures for Adults with Autism

Autism Delaware has been invited to participate in the first stage of the Advancing Futures for Adults with Autism (AFAA) think tank about the needs of adults with autism. Jointly sponsored by the Organization for Autism Research, Autism Speaks, and the New York Center for Autism, the intent is to bring together individuals with the interest, knowledge, ability, and willingness to formulate a comprehensive plan to address the needs of adults with autism. The group, which met in January, included professionals, parents, adults on the spectrum, government representatives, and involved community members. We feel it's quite an honor that we have been invited, and it speaks well of the progress we have made with POW&R.



PARENT PARENT

written by parents for parents

Autism in Pop Culture!

by Deanna Principe

The number of stories about autism that have appeared recently in pop culture venues is staggering, There is a significant demand for information and awareness regarding autism, and that demand is reflected in the volume of stories that have appeared in the media.

The View, Oprah and Dr. Phil have all dedicated their hour-long shows to the subject of autism, and even dramatic shows like *Law & Order* and *All My Children* have included characters with autism in episodes. Popular media can definitely garner a good deal of attention and raise awareness, but is the information conveyed about autism accurate? Do parents try to apply it to their own children?

By nature, pop culture media includes personal opinions and beliefs and individual stories both fictional and real-life. For a parent, particularly one with a brand new diagnosis for his or her child, filtering all of this information and how it applies is daunting to say the least.

On Oprah, Dr. Phil and *The View*, families shared their own experiences. One dad even referenced a popular movie by saying, "my son is not like *Rain Man*" when describing his autistic son. *Rain Man* used as a point of reference for autism. In fact, most people with autism are "not like *Rain Man*" despite the fact that the movie is often mentioned as a point of reference.

Pop culture can do much to raise awareness of autism, but families also need reputable sources they can use to educate themselves about it. The media always tells a compelling personal story, but these stories are not applicable to the entire autism community.

We should applaud the efforts of the media and their desire to address the topic of autism, but those efforts should include information and content from sources such as the *Organization for Autism Research, Autism Speaks* and other local and national organizations who look at the bigger picture of autism.

Nominations for Volunteer Recognition

We are fortunate in Delaware to have a strong and vibrant autism community across the state. That happens because a few good people step up and do the work that makes our state and community a more welcoming place. To acknowledge all that good work that makes a difference, every April Autism Delaware awards members and community leaders for their good work. Over the past six years, that range of work has included putting together social activities for families, setting up bike camps to teach our kids to ride, and providing leadership that has resulted in a Legislative Task Force, a re-energized Parent Advisory Council, and after school services.

It's that time once again to solicit nominations so that we can publicly acknowledge those of you who do outstanding work in this community. We call on our membership to tell who you think should be this year's recipients of awards in these categories:

- Outstanding Autism Delaware Volunteer
- Outstanding Leader in the Community
- Outstanding Employer

To make a nomination you must be a member of Autism Delaware. Please fill out the form on left and mail to our office by February 28, 2009.

Autism Delaware
924 Old Harmony Road, Suite 201
Newark, DE 19713

Or email your nominations to:
delautism@delautism.org, Attn: Volunteer Coordinator/Nominations.

Call for Volunteer Nominations

Deadline: February 27, 2009

(You must be a member of Autism Delaware to nominate someone for an award.)

Your Name: _____

Email: _____

Daytime Phone: _____

Name of Person/Business you wish to nominate: _____

Reason why you wish to nominate this person/business: _____

Nature of Volunteer Work: _____

Time Spent: _____

Who was impacted? _____

Nominee's Address: _____

City: _____ State: _____ Zip _____

Nominee's Daytime Phone: _____

Evening Phone: _____

Email: _____

Website: (for business, if applicable): _____

Any additional information you wish to share: _____

N.C.C. Family Bowling Night

Join us every Wednesday night at AMF Price Lanes, Prices Corner, Wilmington. 5:30 p.m. RSVP required by the Monday before bowling to Mark or Cher Frampton at (302) 998-1466.

No commitments, pay after you play, play as many or as few games as you like, bumpers and ramps available special discount, game room and snack bar open. Bring the entire family! Parents, siblings and friends are welcome to bowl!



Asperger's Teen Game Night

Game nights are scheduled for:
Feb 13th & 27th, March 13th & 27th & April 24th
For Ages 9 to 19
Neurology Associates, 774 Christiana Road, Newark
6:30 - 8:15pm
To RSVP or for more information contact:
Heidi Mizell, heidi.mizell@delautism.org or
(302) 224-6020, ext 205

N.C.C. & Milford Roller Skating Party

Milford, January 31 - Milford Skating Center 5:30 -7:30pm
N.C.C., April 4 - Christiana Skating Center 5:15 - 7:15 pm

Free admission. No RSVP needed. Family and friends welcome. Rinks are closed to the public! Autism friendly lights and music. Snack bar is open and skate rentals are available (\$2-3.)



Next N.C.C. Skating Party
September 12
Next Milford Skating Party
TBD

Wilmington & Western Railroad

Join us for our Spring Train Ride on the Wilmington & Western Railroad!
Date: TBA Time: TBA
(We are in the process of scheduling, but we are aiming for the end of March, so keep an eye out for updated notices.)
Cost: \$10 for members and \$15 for non-members per family (up to 5 individuals)
RSVP required. Space is limited and this is a very popular event, so call today!

N.C.C. Speaker Meeting

Join us on February 17 at the Special Olympics Office in Newark
Neurology Associates, 774 Christiana Road, Newark
7:00 p.m. - 8:30 p.m.

Guest speaker will be Speech Therapist Lindsey Huntley on Better Communication Using Augmentive Commnication Devices.
Many of our children benefit from the use of augmentive communication devices. Come learn the in's and out's about this topic.

Parent Coffee Hour



Join us along with other parents or family members on the second Tuesday of every month at the elegant Prince on Delaware for coffee and conversation. Coffee is on us!

124 Delaware Street
Historic Old New Castle
(Across the street from the old court house near the Delaware River.)

(302) 326-1130
(Restaurant)

Restaurant is closed to the public. Children are welcome. No RSVP needed.

Sussex County Speaker Meeting

Join us on February 12 (following the PAC meeting) at the Sussex Consortium, 7pm.

Exective Director Theda Ellis and Downstate Coordinator Dafne Carnright will discuss the changes in Autism Delaware. Also, Katina Demetriou, Director of POW&R (Productive Opportunities for Work and Recreation) will be on hand to discuss POW&R, transition and what it can mean for your child's future life as an adult.

Kent County Speaker Meeting

Join us on March 11 at the Charlton School in Dover (following the PAC meeting) 7p.m.

Guest Speaker
DAN Doctor/Nutritionist Nadine Gilder
Many of our parents have been asking about DAN doctors and DAN protocols. Don't miss this chance to ask your questions directly to Nadine.

More information about DAN can be found at www.autism.com

CALENDAR of EVENTS

January

January 01, 2009 – New Years Day, Office Closed

January 07, 2009 – N.C.C. Family Bowling Night, AMF Price Lanes, Prices Corner, Wilmington. 5:30 p.m. No age limits, discounted games, meet at the right end of alley in lanes 46-51. Let attendants know you are with Autism Delaware, pay after you play. Please RSVP: Mark Frampton (302) 9981466. Additional dates for January: 14th, 21st, 28th.

January 13, 2009 – N.C.C Parent Coffee Hour - Prince on Delaware, 124 Delaware Street, Old New Castle. 9:00 a.m. Coffee is on us!

January 22, 2009 – Kent County Support Group, Positive Outcomes Charter School, 5:30 p.m. Contact: Dafne Carnright (302) 422-2255.

January 23, 2009 – Kent County Coffee Hour, Dolce Bakery, Milford 9:00 a.m. Please contact Dafne Carnright (302) 422-2255 or dafne.carnright@delautism.org.

January 31, 2009 – Milford Roller Skating Party, Milford Skating Rink. 5:30 p.m. - 7:30 p.m. Autism friendly lights and music. No RSVP. Free admission. Snack bar open. Skate rentals \$2-3. Closed to the public. Friends and family are highly encouraged to come!

February

February 4, 2009 – N.C.C. Family Bowling Night, AMF Price Lanes, Prices Corner, Wilmington. 5:30 p.m. Please RSVP: Mark Frampton (302) 998-1466. **Additional dates for February: 11th, 18th, 25th.**

February 10, 2009 – N.C.C Parent Coffee Hour - Prince on Delaware, 124 Delaware Street, Old New Castle. 9:00 a.m. Coffee is on us!

February 12, 2009 – Autism Delaware Speaker Meeting, Sussex Consortium, Lewes, 7pm, following PAC meeting. Executive Director Theda Ellis to talk about changes in AD. Dafne Carnright for lower Delaware office and Katina Demetriou from POW&R.

February 16, 2009 – Presidents Day, office closed.

February 17, 2009 – Kent County Support Group, Campus Community High School, Pear Street, Dover. 5:30 - 7:30 p.m. Facilitated by Deb Wright. Deb has been a teacher at the Consortium for the past 10 years, and she most recently received her Master's Degree in Community Mental Health Counseling. To register, please contact Kate Stomerioski at (302) 734-4884 or email at beazelbeak@verizon.net.

February 17, 2009 – Autism Delaware Speaker Meeting N.C.C. Lindsey Huntley will be speaking on Enhancing Communication through Augmentive Communication. Neurology Associates, 774 Christiana Road, Newark. 7:00 - 8:30 p.m.



Autism Delaware 2008 New Year's Eve Bowling Party

March

March 06, 2009 – N.C.C. Family Bowling Night, AMF Price Lanes, Prices Corner, Wilmington. 5:30 p.m. Please RSVP: Mark Frampton (302) 998-1466. **Additional dates for March: 11th, 18th, 25th.**

March 10, 2009 – N.C.C Parent Coffee Hour - Prince on Delaware, 124 Delaware Street, Old New Castle. 9:00 a.m. Coffee is on us!

March 11, 2009 – Autism Delaware Speaker Meeting, following PAC Meeting, Kent County, Charleton School. Nadine Gilder DAN nutritionist/doctor. 7:00 p.m.

March 10, 2009 – Kent County Support Group, Campus Community High School, Pear Street, Dover. 5:30 - 7:30 p.m. Please contact: Kate Stomerioski at (302) 734-4884 or e-mail at beazelbeak@verizon.net.

Coming in March – Wilmington and Western Railroad family train ride. \$10 per family for members and \$15 for non-members (up to 5.) Time and date to be announced. Must RSVP to the Autism Delaware office, (302) 224-6020.

April

April 4, 2009 – N.C.C Roller Skating Party, 5:15 - 7:15 p.m., Chrstiana Skating Center, Newark. No RSVP. Admission is free, closed to the public.

April 14, 2009 – N.C.C Parent Coffee Hour - Prince on Delaware, 124 Delaware Street, Old New Castle. 9:00 a.m. Coffee is on us!

April 1, 2009 – N.C.C. Family Bowling Night, AMF Price Lanes, Prices Corner, Wilmington. 5:30 p.m. Please RSVP: Mark Frampton (302) 998-1466. **Additional dates for April: 8th, 15th, 22nd, 29th.**

April 14, 2009 – N.C.C Parent Coffee Hour - Prince on Delaware, 124 Delaware Street, Old New Castle. 9:00 a.m. Coffee is on us!

April 21, 2009 – Kent County Support Group, Campus Community High School, Pear Street, Dover. 5:30 - 7:30 p.m. Please contact; Kate Stomerioski at (302) 734-4884 or e-mail at beazelbeak@verizon.net.

Walk for Autism

Autism
DELAWARE

Autism Delaware Seeks Corporate Sponsors, Teams, and Walkers for the 3rd Annual Walk for Autism!

The Walk for Autism (formerly known as Walk the High Road for Autism) is Autism Delaware's largest community and fundraiser event drawing hundreds of families, friends, and coworkers each year. The 2009 Walk will be held on April 25 at Bellevue State Park.

The proceeds raised by the Walk keep Autism Delaware's education, awareness, advocacy, and direct support services going and growing. The goal of this year's event is to break \$100,000 for the third year in a row! You can be a part of it by becoming a...

...Sponsor: Sponsoring the Walk is a great way to get exposure to your company or organization. There are sponsor levels for every organization budget (\$100 to \$10,000), and many include opportunities to feature sponsor names on brochures, T-shirts, posters, etc.

...Captain: Captains lead and build Teams through recruiting, encouraging Walker fundraising, and serving as a liaison between their Team and Autism Delaware.

...Walker: Walkers raise money for their participation in the Walk, which gets the word out about autism and Autism Delaware with every request for a donation. Walkers who raise at least \$100 will be eligible for prizes for their hard work!

...Volunteer: There are lots of volunteer opportunities before and on Walk day! Contact our Volunteer Coordinator Judy Hedrick at judy.hedrick@delautism.org for more information.

... Exhibitor: Setting up a table at the Walk is a great way to reach out to the hundreds of families at the Walk. There is a fee of \$25 for nonprofits and \$100 for businesses to exhibit.



For more information on becoming a sponsor or exhibitor, call Autism Delaware at 302-224-6020 or email delautism@delautism.org. To become a Captain or individual Walker, please contact us at the same number or address with your name, Team name if you have one, address, and number of Walkers you are requesting materials for, and we'll add your name to the list. Team and Walker packets will be available in early February.

Autism Delaware Annual Membership Application

Please enroll me in the following category:

- Individual / Family \$20 Professional \$50 Silver \$100 Platinum \$300 Lifetime \$500
 I am a new member I am renewing membership I was referred by: _____

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (h) _____ (w) _____ Email: _____

- I am a: Parent Family Member Service Provider Educator Medical Professional Individual with autism
 Other (please describe): _____

- Yes! Please add my name to the mailing list to receive Autism Delaware's newsletter *The Sun*.

(This is for families who do not receive The Sun through DAP Distribution only please.)

My membership fee is..... \$ _____

I would also like to contribute this amount directly to ASD . \$ _____

Total amount enclosed (add both amounts)..... \$ _____

Becoming a Silver member or higher will make you a part of a select group of individuals who have demonstrated special leadership and a deep commitment to making a significant difference in the fight against autism. You will receive special recognition in our newsletter or other documents as a leader in the support of autism and autism research.

Please make your check payable to the Autism Delaware (AD) and send payment and application to Autism Delaware, 924 Old Harmony Rd., Ste 201, Newark, DE 19713.

If you prefer to pay by credit card, please contact Autism Delaware (302) 224-6020

All membership fees and contributions are tax deductible.



924 Old Harmony Road | Suite 201
Newark, DE 19713

www.delautism.org

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Helping People and Families Affected by Autism