



Autism Society of Delaware

(302) 472-2638

www.delautism.org

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						1
2	3	4	5 Family Fun Bowling Price Lanes 5:30pm (see pg. 12)	6	7 Asperger's Tween Game Night 6:15pm	8 Wilmington Western Train Ride 1pm
9	10	11 Parent Coffee Hour 9am New Location (see page 12)	12 Family Fun Bow- ling Price Lanes 5:30pm <hr/> ASD Chapter Meeting-Kent 7pm	13 Chapter Meeting Sussex 7pm	14 Asperger's Teen Game Night 6:15pm	15 Mom's Night Out 7pm
16	17	18 NCC Support Group <hr/> Kent Support Group	19 Family Fun Bowling Price Lanes 5:30pm	20	21	22
23 30	24 31	25	26 Family Fun Bowling Price Lanes 5:30pm	27	28	29



The Sun

The Voice of Autism in Delaware

Detachable Monthly Calendar

April 2008

Autism Society of Delaware

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www.delautism.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Family Fun Bowling Price Lanes 5:30pm	3 NCC Session 1 Social Skills Seminar	4	5
6	7	8 Dad's Night Out 7pm Parent's Coffee Hour 9am	9 Family Fun Bowling Price Lanes 5:30pm	10 Kent Session 1 Social Skills Seminar	11	12
13	14 ASD Board Meeting 7pm	15 NCC Support Group Kent Support Group	16 Family Fun Bowling Price Lanes 5:30pm	17 Sussex Session 1 Social Skills Seminar	18 Asperger's Teen Game Night 6:15pm	19 Sussex Skating Party 5:30pm
20	21	22	23 Family Fun Bowling Price Lanes 5:30pm	24	25	26 Walk the High Road for Autism Register 9:30am Walk 11am
27	28	29	30 Family Fun Bowling Price Lanes 5:30pm			



The Voice of Autism in Delaware

The Sun

The Autism Society of Delaware Newsletter

www.delautism.org

March/April 2008

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Our Mission

The Autism Society of Delaware are 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.

April is Autism Awareness Month!!

Autism Awareness month is once again upon us. In the old days we struggled to develop awareness, but now there are stories somewhere in the nation every single day. Still, what the public knows about autism can be limited. ASD has purposefully scheduled major events for this month to capitalize on awareness and to drive home the story of autism. This April we are sponsoring two major events, although very different in nature and scope. Our greatest awareness event is the *Walk the High Road for Autism* highlighted in other articles in this issue. Please look for billboards around New Castle County and listen for radio spots on WJBR about autism and the *Walk*. Last year 800 members, friends and family joined us for a spectacular day at Bellevue State Park, and every single person who walked that day saw someone with autism with a family member, making it highly personal and bringing home our message that autism is all around us.

The second and less public event is a dinner sponsored by the ASD Board of Directors to recognize key volunteers to the autism community and to the Autism Society of Delaware. We believe it is important to identify and honor those who have made significant contributions to all of us as part of this community, as well as to honor the many volunteers who help ASD function throughout the year. The dinner will be held on April 3 and these are the recipients:

Service to the Community Awards

This award recognizes volunteers for outstanding services that benefit the autism community in general. The 2008 recipients include:

Kent Riegel for Leadership

Under Kent's leadership, the Legislative Task Force for Adults with Autism Spectrum Disorders has been meeting for more than 18 months to address the growing number of adults with autism who do not have appropriate state or community services, and to issue recommendations about what is needed. With more than 700 children identified with autism in Delaware schools this year, this is becoming a critical issue as more young adults are transitioning into adult services. While Delaware has a program in place for adults with severe behaviors, the State has not recognized the needs of individuals on the higher end of the spectrum including those with Asperger's Syndrome, PDD-NOS, and other related disorders. Kent brought this issue to the ASD Advisory Council in June 2006, and subsequently Rep. Bill Oberle called for a legislative task force. Kent has gathered together a statewide Task Force, visited other states, reviewed Medicaid waivers, worked with legislators and state officials to learn more about current service systems, and coordinated and wrote the final report, to be released this spring. The Task Force has already met success because the Division of Developmental Disabilities recently changed their eligibility requirements to include individuals with Asperger's Syndrome. With the change in eligibility we anticipate community services developing that will begin to more effectively support adults with autism. This bodes for a brighter future for all Delawareans with autism spectrum disorders who did not meet state eligibility requirements and the primary thanks goes to Kent Riegel.

(continued on page 15)

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The Sun

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From The Director's Chair

By: Theda Ellis, ASD Executive Director

It's always busy at ASD but the past few months have been busier than ever before. It's also been a time of great change with a new president, Rob Gilsdorf, who succeeded Artie Kempner last fall. Rob has already served on the board for three years, so it's a comfortable transition. Fortunately for Rob, he has a great Executive Committee with Mike Graci, John Hupp and Marcy Kempner who jump in to cover each other when individual travel schedules interfere.

The ASD board has been small with only 11 members over the years. Our board works very hard and needs to expand as the organization expands. Although staff has taken on some responsibilities that used to be handled by volunteers or board members, only the board can do the governance activities so we will be expanding the board by four new members once the new bylaws go into effect in April 2008. The board will be recruiting new members later in the spring for these appointed positions.

Another change on the horizon is a planned office move. We have been working on Kirkwood Highway for 3 ½ years, so it feels like home. The 802 sq. ft seemed palatial when we moved in, but there were only three of us. That has certainly changed. We now have five full-time staff, six part-time staff, a longtime office volunteer, and a weekly bookkeeper. Half of our staff is devoted to POW&R so they are out of the office most of the day. Still, there are times when we all converge into this tiny space. We haven't yet found exactly what we need but we know it's out there waiting for us to find it.

As you can see, ASD has more people who are working hard to make things happen for the autism community. This organization has been successful in fundraising over the past five years. We have been careful with expenses, and now we are spending those dollars in new ways—up to \$125,000 per year to get POW&R off the ground and we're off to a great start! You'll read about our successes in this issue. It's the combination of philosophy, staff expertise, and *funding* that is supporting this success.

With the economy tightening at a time when we are taking on more responsibilities for POW&R, the Walk is becoming even more important, both as a family-community awareness event and as a fundraiser. In case you don't know, although the State pays for services for adults, they do not assist with start-up costs nor do they pay for some of the therapies that adults with autism need. That is how ASD is spending your donations. We could probably break even if we started all at once with 30 people in a building, which is traditional; but that is not what we want to do. The ASD philosophy is to be person-centered and community based, so we are using a highly individual approach, accepting just a few people to start and adding as our participants become successful and stable doing what they want to do. We look to the autism community first to support our efforts.

Sincerely,



A Service of the
Autism Society of Delaware

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Who We Are



Michelle Fogg

What is your position with ASD?

I work with students who are transitioning from the DAP as a Community Support Specialist. Support Staff assist adults with autism and their families to carry out their vision and plans to provide an individualized day or vocational service. We assess the individual's vocational strengths, abilities, and needs, to place them in the best category for employment.

How long have you been with ASD?

I started on February 4, 2008. I am new to working with adults, but have researched autism for the last 9 years.

Why do you do what you do?

I love what I do because I have an 11 1/2 year old son with autism. It puts a huge smile on my face when I see the accomplishments of the people that we support. The smallest things are a tremendous accomplishment for them. It also gives me great hope for my own son and his future. There is no bet-

ter feeling than seeing the look on the face of someone who learns that he or she can be a success and have a wonderful and full life.



Les Dukes

What is your position with ASD?

I am the new Community Support Specialist in the POW&R Program, with one month under my belt at ASD. My job is to work with a POW&R participant to strengthen his skills in the community and at work. We are presently creating a small business for him. I am gathering the information needed to make the business a reality.

In the future I will working with more individuals in direct support as well as educating others about what the POW&R program is, what we do, and how we do it. Since this position is new it is still taking shape and I look forward to the prospects of it.

Why do you do what you do?

I have worked with people of disability since I was fourteen years of age. I decided to make a career out of something I enjoyed and I have done it ever since.

Local Parent Starts Non-Profit

Valerie Wells, mom to DAP student Jordan, is in the process of establishing a new non-profit 501(c)(3) organization.

Valerie's father, James H. Snipes, Sr. was tragically killed in a traffic accident in January of 2007. In honor of his memory and his philanthropy, the organization will be named the JHS Legacy Group. Val's primary focus with this non-profit is to help Delaware families participate in opportunities, obtain services, attend conferences, trainings and workshops that they may not otherwise have access to without financial assistance in the form of grants.

Watch future newsletters for more information about this exciting new venture.



Get Connected! Join ASD's On-Line Support eGroup

This group is for parents, guardians or any family member who has a care-taking role of an individual with autism, Asperger's Syndrome or PDD-NOS living in the State of Delaware. This will be a place to safely share your experiences and concerns. This group is set on private and only members can read and post to the group.

To join the group send Cheryl your request with your full name, your child's name, age, diagnosis, day time phone number and email address to:

cheryl.frampton@delautism.org



Please welcome the following new members to ASD...

Lynn & Larry Hudson
Joanne Kelleher
Jon & Kate Urbanski



"Mrs. Allan, You're a Big Air Bag!"
The author wishes to remain anonymous
Edited by: Shmuel Greenbaum
Printed with permission of www.partnersinkindness.org

I work in an elementary school with children with special needs. One year early in my career, a small autistic boy, Michael, was my charge. We were together most of the time and enjoyed each other's company. I was always careful to respectfully maintain his dignity as I helped him get through his day academically and socially. I would at times remind him that I was there to help "keep him safe" versus highlighting his disability.

One day we were outside on the swings. I was giving Michael a push, when he said, "Mrs. Allan, you're a big airbag!" Somewhat surprised by this remark, I surrendered my pride and responded with, "Why do you say that, Michael?"

His reply will always be a tender spot in my heart. He said, "Because you always keep me safe!" A lump rose in my throat. I was glad God had given me the wisdom to respond with kindness instead of correcting Michael for an otherwise inappropriate remark.

ASD Options Policy

All information provided or published by the Autism Society of Delaware (ASD) is for informational purposes only. Reference to any treatment or therapy option or to any program, service or treatment provider is not an endorsement by ASD.

You should investigate alternatives that may be more appropriate for a specific individual. ASD assumes no responsibility for the use made of any information published or provided by ASD.



ASD Executive Director, Theda Ellis, ASD Project Director, Cheryl Frampton, POW&R Project Director, Katina Demetriou, ASD Development Director, Kim Siegel

Several ASD staff and board members attended the LIFE (Liberty & Independence For Everyone) Conference on January 24, 2008 in Dover.

ASD represented the autism community and was given the opportunity to network with other advocacy and service groups in order to get ideas as well as spread awareness about autism in Delaware.



ASD Board Member, Marcy Kempner, POW&R Project Director, Katina Demetriou, ASD Project Director, Cheryl Frampton

A primary focus was adult services and ASD Executive director Theda Ellis co-presented an Adults with Autism Task Force update and spoke about ASD's new adult services division POW&R.

For more information about this conference, go to the LIFE website at www.lifeconference-ed.org.

Next Deadline for Submissions to The Sun: April 1, 2008
Share your family's story, tips or information with everyone!

delautism@delautism.org. Or mail it to us
(address on page 2).

Let Your Voice Be Heard!





Thank You to Our Supporters

The following individuals have demonstrated a deep commitment in assisting the Autism Society of Delaware with our mission of improving the lives of people with autism and their families. Their generosity will aid ASD in our efforts of education and advocacy in order to raise awareness to promote lifelong acceptance for people with autism in Delaware.

Memorial Donations

In Memory of Michael Dora

Sharon Addison
Mr. & Mrs. Frank Albero
Gail Arciuolo
Mr. & Mrs. Joseph Charney
Mr. & Mrs. Joseph Diaz
Mr. & Mrs. Robert K. Hahm
Mr. & Mrs. Karl Johnson
Mr. & Mrs. James Knox
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Maureen Thompson
Thomas Wetty
Mr. & Mrs. Jack Wolff
Green Acres School Cheerleaders

\$500-\$1000

John Abood—Abood Financial, LLC
Bob Dunlap
Todd Veale & Andrea Rocanelli
Phyllis Torres

\$100-\$400

Theodore & Lisa Albany
Yong & Siu Andersen
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Joan Nagowski
J. Kent & Betty Riegel
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Systems

In Memory of Elinor Moorehead

Mr. & Mrs. Leonard W. Hall
Margaret Spurrier
Mr. & Mrs. Charles Stetler
Richey Elementary School PTA

Individual Donations

\$1,000-\$5,000

Andy & Marci Aerenon
Eugene & Dawn Doherty
Craig Shumaker
Richard & June Zyontz
Scott Sherr – Diamond State Recycling

Up to \$100

Theresa Andrews
Timothy Arnold
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Kim Siegel
James & Joan Smyth
Kathie Stamm
Mark & Erin Tobin
Sandra Tuttle
Gail Walls
Teresa Wells





Inside

The



port for our folks. Please contact your legislators and discuss with them our community's needs, including the funding for the waiver and funding for providers to meet their rising costs and increased wages for direct support staff.

On the Social Front....

Bowling Anyone?



In mid-winter, Special Olympics sponsored a bowling team "kids with autism and their dads."

The group had such a great time that they continue to bowl once a week at Price's Lanes on Kirkwood Hwy., taking up 7-10 lanes. Now that Special Olympics is over, Moms and siblings are joining Dad and the kids at the lanes. It's a great social and community event, and it's open to all. We invite you to contact Cheryl or Mark Frampton at designbycher@comcast.net to reserve your lane.

Train Ride



About 150 people showed up for the First Annual Spring Train Ride sponsored by ASD. We were overwhelmed by the demand, and added a second car. Our kids love trains, and they were delighted to meet the Easter Bunny and get their goody bags of treats, including an engineer's hat. This is in lieu of an annual Egg Hunt and will become a permanent fixture of our social calendar.

Roller Skating in Milford



Member Dale Oberender sent this message after the last skating party. "We had another successful Skating Event! It was just like any other skating night at the rink. There must have been 80 people there! Everyone was enjoying themselves and I kept getting asked when the next one will be. It is helping so many kids learn to skate and I continue to watch the children improve their skills. There

was one boy skating for the first time with his dad walking him around the rink. It was incredible the difference just those two hours made for him. By the end of the night he was rolling on his own without holding on to his father.

"This really is a great opportunity for our kids to learn a new social skill and some of the kids who have learned to skate are attending regular skating sessions at the rink. I also can't say enough about Carmon and the staff at the rink. They are so accepting of our kids and willing to accommodate us."

ASD is now sponsoring three skating events each year at Milford. Check our calendar for the next dates.

Teen Night Out!



The teens are continuing to meet one Friday night a month to play board games. They are now comfortable with each other and are beginning to think about other social activities, like bowling! The group is starting to relax and have a good time, and they will be investigating other kinds of events beyond board games and perhaps even beyond bowling. If you have a teen with Asperger's or high functioning autism who is looking for a group, please contact Heidi Mizell at (302) 472-2638 for more information.

Change in Social Committee

Social committee co-chair Nicole Curran has stepped down and we want to give her a huge thanks for all she's done over the years, including coming up with the idea of the Train Ride. From our earliest days Nicole has scheduled and supported skating parties, the summer picnic, the holiday party, the egg hunt, and pioneered the hayride. She is the original ASD "party girl" and has organized a major part of our fun events. We thank her for her many contributions over the years.

(Continued on page 7)

Advocacy and the Self Directed Support Waiver

In this year when money is very tight at the federal and state level, advocacy becomes more critical than ever. ASD is once again taking a lead role in supporting a Medicaid waiver to help families who keep their children at home. This is the third year we have worked on this goal. The Family Support Waiver has been re-named the Self-Directed Support Program Waiver, and instead of asking for *new* money, the Division of Developmental Disabilities Services has stepped up to the plate and figured a way to fund this waiver internally to get it started. Now the intent is to make sure that this money stays in the DDDS budget and **does not get cut!!!**

Last year ASD was instrumental in pulling together the Delaware Advocacy Coalition to support this waiver. The group has grown to include 10 advocacy agencies and others including Easter Seals, CERTS, UCP, Down Syndrome Association, DelARF, the Lower Delaware Autism Foundation, The Arc, Parent Information Center and Family Voices. ASD was present at the Joint Finance Committee meetings on Feb. 27 for DDDS, speaking both about the waiver and the need for the state to provide increases to provider agencies to work with and support our folks. Introduced by ASD President Rob Gilsdorf, testimony was also provided by ASD members Denise Bradley, and Karen and Ben Bashkow as well as Theda Ellis representing staff. Part of our message is that the State has not provided any increases to providers for the past three years – a time when utilities, health care and gas have soared. Provider pay is stagnant! Stagnant pay directly affects our community. We can not allow this to continue and be able to offer meaningful services and sup-



Inside the ASD
(continued from page 6)

It will be hard to replace Nicole, but we have a new crew, so please welcome Joanna Francis, Kim Herbert, and Monica McMahan who are stepping up to assist Robin Delaney with social events in New Castle.

For those of you in Kent and Sussex, ASD depends on volunteers to organize and run events. We set aside money for social events in those two counties, but we need to recruit more volunteers to make them actually happen. Please contact Margie Rowles at (302) 472-2638 if you have any interest in helping us offer social activities.

Our Family Wellness Center

Board member Artie Kempner has had a bee in his bonnet for many years about developing a place for families of children with autism (and other disabilities) to spend quality time. He has a group working to make this happen. The new name of the project is *Our Family Wellness Center*. The mission is to provide quality programs and services for typical and special needs families in a supportive and inclusive environment with an emphasis on the needs and challenges of our community.

The dream is to build a facility that houses health and wellness services including sports and aquatics, therapeutic services, respite and family services, social and leisure programs, and job and life skill training. This could be a place to train professional staff as well, and open opportunities between the college programs and the community. By providing supports to families and individuals that result in better physical, emotional and mental health, families can remain strong and raise their children with disabilities to be fully included in their communities and become productive citizens.

If you are interested in making this dream happen, please contact Artie Kempner at artie3boys@aol.com.

Having Trouble Teaching Social Skills?

Skill Streaming Workshop

Learn to teach individuals of all ages social skills to gain competence.

What Will You Learn If You Take This Course?

You will learn to teach vitally needed social skills to children, teens and adults on the autism spectrum so that they can have successful lives!

Participants Will Be Able To:

- Identify and implement three specific techniques to assist an individual with their social skills,
- Design an individualized social skills program to teach a person who is on the spectrum, and
- Identify appropriate motivational systems to help individuals on the autism spectrum use their social skills

This three-day workshop, taught over several months, will teach the *Skill Streaming* approach to social skills training by focusing on teaching specific social skills, enhancing motivation, and generalization training. The workshops will provide step by step demonstrations using real life examples. Participants will learn to modify the approach for children, teens and adults with autism spectrum disorders including Asperger's Syndrome, PDD-NOS, and non-verbal learning disabilities.

Why Is This Training Important?

Please join us to learn more about autism spectrum and related disorders; how the lack of social skills impacts lives; and most important, how to help youngsters and adults on the spectrum to develop competence to gain self-control and deal with interpersonal conflicts.

This workshop will help you teach individuals of all ages the skills needed to gain competence, understand social situations and be successful at school and work.

Skill Streaming is an approach that uses modeling, role playing, performance feedback and generalization to ensure that skills are learned in these five areas:

- Classroom & workplace
- Self monitoring skills/thinking about behavior
- The significance of intermittent reinforcement
- Redirection & prompting in a social context
- Survival skills in the social context

Dr. Jim Ball Presenting

Dr. Jim Ball is a Board Certified Behavior Analyst (BCBA) who has been working with children and adults with autism for 20 years in employment, home, and social settings.

Jim has lectured nationally and internationally, provided expert testimony, and published in the areas of behavior, consultation services, social skills, technology, and trauma. A featured author, he is on the Advisory Board for the *Autism Asperger's Digest* magazine and recently released *Early Intervention: A Parent's Guide*. Jim is currently a Trustee of the Board of the New Jersey Center for Outreach and Services for the Autism Community (COSAC), and serves on their Professional Advisory Board as well as the Autism Society of America Panel of Professional Advisors.

For all the details and to print your registration form, please go to the ASD Website, at www.delautism.org. Return your completed form with payment to the ASD office no later than March 26, 2008.



Saturday, April 26, 2008
 Bellevue State Park—Wilmington
 Registration: 9:30 a.m.
 Walk: 11:00 a.m.

How Can YOU Raise Money for *Walk the High Road for Autism*?

Are you Walking on April 26? Need fundraising ideas? Here are some ideas to get started:

Personal stories are the best way to show why the cause is important to you.

- ▶ Write letters, emails, or postcards to friends and family. Tell your story and ask for their support.
- ▶ Create a customized webpage to accept donations at www.firstgiving.com/asdwalk
- ▶ Write about your family member or friend with autism on your blog, MySpace, or personal website, and link to your Firstgiving page or the Walk website.
- ▶ Ask for a few minutes at a meeting at work or social club to talk about why you're Walking.

Any donation is welcome, and they add up quickly. Consider:

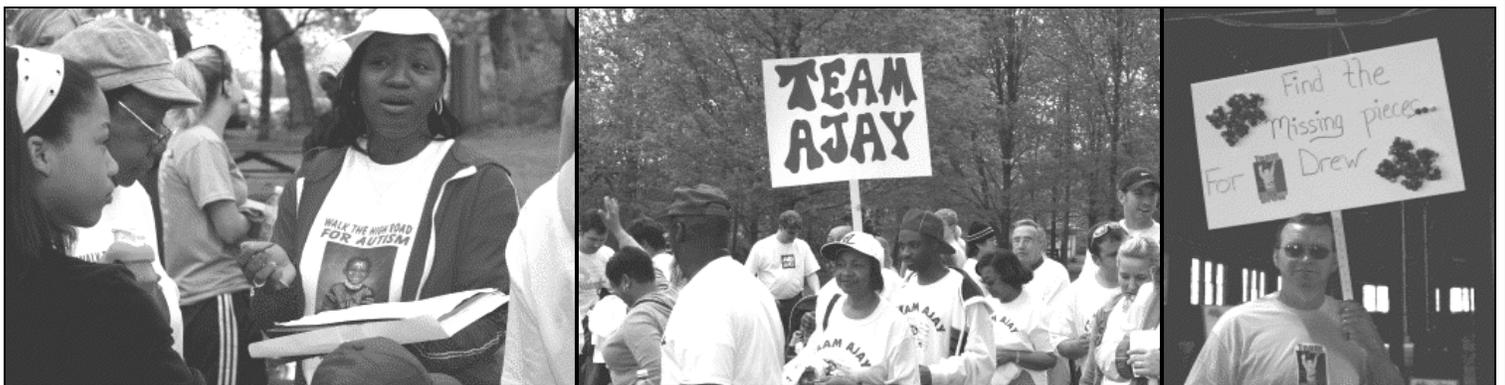
- ▶ Asking your employer to allow employees who donate \$5 to any Walker at your company to wear jeans one day.
- ▶ Pick 5 people at work, 5 people at your congregation or social group, and 5 relatives to ask for \$20. If just half say yes, you just raised over \$100!
- ▶ Kids can collect and roll spare change or put up a lemonade stand. Maybe a relative will match whatever they raise that way!

Captains can motivate their Team!

- ▶ Contests can be fun ways to work toward goals! These could include signing up 25 donors of \$25, hitting \$2,000 on the way toward a goal of \$4,000, or seeing who can get the most donations over \$20 in two weeks.
- ▶ Have a pizza party or home movie night when your Team achieves a team goal.
- ▶ Share success stories with the whole Team to motivate them!

Remember, many people appreciate being asked to support a good cause. Even if they can't give, they may want to show their support by walking with you!

Team and Walk materials are now available! Call 302-472-2638 and ask for Kim with the Captain name, address, and number, the Team name if applicable, and the number of expected Walkers you need packets for. Additional Walker materials can be ordered at any time.





Tales of Two Walk Teams



Maddie Mack's Pack

By: Kim Macknis:

Being a newly diagnosed "family" last year, I was very gung-ho about participating in the walk. All of our friends and family were devastated with news of the diagnosis, and this seemed like a small way for all of us who felt so helpless to do our part. It turned out to be a great day. It was great to see so many people out walking for the same worthy cause. Our team did a fantastic job raising money. One big tip I would suggest in this arena is to promote the corporate matching funds that some larger corporations have.

Maddie and the rest of the team had a lot of fun at the "After party". She enjoyed seeing Elmo and dancing to the music.

Burch Bunch

By: Christa Burch

I think my #1 tip would be: Don't be afraid to ask people for financial support. We sent out a general email with our Firstgiving website link and the support we received via the online donations was staggering. It's also nice that the

Firstgiving site allows you to donate anonymously.

We strongly urge team members to set up their own pages and email the link to coworkers, friends, family, neighbors, church friends, etc. It's all about networking – you tell ten friends, who in turn tell ten friends, etc. One of our team members even approached her local VFW and received a sizeable contribution. You never know who is looking for a worthy cause to support. Civic organizations, churches, clubs, mom's groups, banks – you just can't assume anything.

A few of the young families on our team raised money as a family project. They used the ASD Walk as an object lesson for their kids about supporting one another and taking ownership of a cause that is important to them.

Including all of the children walking with us, The Burch Bunch had nearly 50 people. We had family members who drove that morning from Ocean City, MD and West Chester, PA to walk with us which was such an encouragement. To boost our "team spirit" we made color printed labels with Palmer's picture and The Burch Bunch slogan – "I'm walking a mile for Palmer Kyle!"

It also struck me that many of the people who supported us and walked with us that day didn't have much experience with autism outside of what they knew about our son. Sure, the Walk is about raising money so that ASD can provide great programs and services for Delaware, but it's also about raising AWARENESS. And because people are typically afraid of what they don't understand, I think education, exposure, and awareness are crucial. The Walk is a gentle (and

FUN) way to accomplish that goal.

The walk itself was EASY. The track was flat and very conducive to everyone who brought strollers. Afterwards, ASD surprised everyone with free pizza and ice cream treats. And the visit from Grover and Elmo did not go unnoticed by the kids! I thought that was a nice way to cap off a totally pleasant Saturday morning.

We're looking forward to another fun day in 2008. And while walking with an army of nearly 50 people was encouraging, we'd still be happy if only 3 people walked with us. The Burch Bunch is certainly interested in defending our winning title, but at this point it's anyone's game! Last year, we never dreamed that our team would collectively raise over \$7000! If we can do it – anyone can!

The Walk Needs You!!

We are looking for volunteers for ASD's 2nd Annual *Walk the High Road for Autism* to make this a successful event again this year.

Course Monitors: 12 People

Registration: 15 People

Traffic Direction: 5 People

Kid's Activities: 5 People

Facility Set Up: 6 People

Clean Up/Recycling:
2 People

Distribute Shirts & Incentives:
6 People

If you are interested in volunteering for any of the above positions, please call or email Judy Hedrick at 472-2638 or judy.hedrick@delautism.org





Parent 2 Parent

Taking Time

By: Jen Nardo

It's such a struggle at times to find something that my son likes to do. Jake (10 in April; mild MR, moderate Autism and ADHD all from Fragile X) prefers to be at home with the TV on. Actually, he likes to have two TVs running at the same time. That's a perfect day.

As a family, we want to take walks, attend all types of events, play sports and go to the beach. The only item on that list that Jake takes to readily is the beach. We can get him to endure a lot of travel experiences if there's a beach at the end of the line. So, we push and prod and pray as we try to live a life we all can enjoy while trying to convince Jake it will be fun. With supports in place (a.k.a. - a portable DVD player with battery pack!), we test the waters and find our own normal.

While we try new things, we also plan for failure. The idea might sound a little strange. Why think of the negative when trying to be positive? Well, I'd rather have an escape plan than put Jake through the emotional turmoil that can come on in new situations. Last summer, we attended the DFRC's Blue/Gold Game. In planning out the failure, we decided to drive separately. Jake was with me and Frankie was with Frank. Knowing that Frankie loves football (as does Dad) and wanting him to have fun, it made sense for our family. As it turned out, Jake and I left before halftime. By doing this, Frankie and Jake each had a good experience, and Frankie wasn't blaming Jake for ending the night early.

Besides the DVD player, we never leave home without a bag of tricks. The bag has changing supplies including clean clothes and

plastic bags, crayons and coloring books/blank paper, and Jake's favorite snacks. I also throw in a couple of water bottles as we head out the door. There are many times that none of this gets used, but I still better have it with me - just in case of an emergency. Planned Failure takes forethought and pre-packaging, but it can save the day for the family.

In thinking of what to do in the community, check out ASD's resource list. We like Personal Ponies at Carousel Park, the library on a slow day and the Charcoal Pit. As an incentive to finish potty training, we take Jake to The Pit after the required successes. I have looked into Surfer's Healing. Last summer, they had surfing camps in Northern New Jersey and Virginia Beach. This year's camps will be announced on April 1, 2008. Go to (www.surfershealing.org) and, if you don't know, the camps are just for kids with autism and have been enjoying great success. I read about a travel organization called www.travelwithautism.com. They create group travel opportunities for families affected by autism. The website has not been updated in a while, but perhaps showing some interest will bring about another trip.

Don't be afraid to try something new with your child. You'd be surprised at the safety net you might discover. Ask the families at Hershey Park I met this past summer who also have children with autism. We bonded over our membership to "the club" and watched out for each other. Have fun!

Try Something New!

By: Melanie Matusheski

Punxsutawney Phil may say there's more winter to come, but we all know spring will be here before we know it. Then all of us will want to get out and enjoy the flowers and the fresh air, but that's always easier said than done with an autistic

For Parents By Parents

child. Outings and recreational activities can be challenging but so rewarding if you're patient and find the right activities for your child.

One of the simple things we do with our son Robert is going out to eat. I know for many parents this is very difficult, if not impossible, but Robert has always been great at restaurants. I think it's because eating is probably his favorite thing to do, and now that he's 12 years old he seems especially happy when pretty waitresses bring him his favorite food.

Some activities Robert used to like but no longer does, like taking walks in the park. He used to enjoy going with me on my daily walk, but he developed a fear of dogs that led to so many meltdowns I stopped taking him with me. However, that only underscores the need to keep trying different activities.

Last summer my husband discovered that both he and Robert have a great time together surf fishing. It's not the actual fishing part of it that Robert enjoys so much, but everything else surrounding the trip. He loves the drive down to Lewes or Cape May. He loves being on the beach and writing in the sand or digging his feet into the sand. He likes the sound of the pounding surf. The beach at sunrise is amazingly quiet and peaceful. He likes touching the fish that Daddy catches. At this point in his life he much prefers hanging out with Daddy than being with Mommy and those squabbling little sisters.

The important thing is to keep trying new and different activities, because you might be surprised at what your child responds to. Recreational activities shouldn't be something you occasionally squeeze into your schedule, but an essential part your family's life and well-being.



Paying it Forward

By: Robin Ireland

I've never been a big fan of cliché. The whole "what you do comes back to you" thing seemed a little precious and new agey for me. I'm a journalist and a New Yorker. I don't do rainbows and butterflies.

And then, about two weeks ago, the caller ID announced a Pennsylvania number I didn't recognize. As someone pathologically unable to screen telephone calls, I picked up. It was a friend of a friend. Her son had just been diagnosed with autism. That very day. Could I please tell her what to expect, who she should call, what it means? Did I know the name of a good doctor? A decent school? Her voice was cracking and I recognized the tone immediately. This was a woman who had cried the first of five trillion tears. She was alone at the starting gate. I put down what I was doing. We were on the phone for nearly three hours.

I must have sounded the same way when I called Marcy Kempner nearly three years ago – the week my son was diagnosed, on the advice of a mutual friend. Marcy probably burned dinner that night, too. She devoted her attention to me even though the kids needed baths and homework needed finishing. At the time, I wished I could have such a measured tone when discussing autism. Marcy sounded so confident and knowledgeable. How could I possibly process this much information when everything in my body was trying to expel the subject like a rancid clam?

When your child is diagnosed with autism, you are about to get a PhD in child development. Whether it fits into your skill set or not. There is no single book that can give you the information you need to know – about your neighborhood and school district and local hospital. You will begin gathering data. The miraculous cure that works for one child won't do diddly squat for another. My father spent his career at the Children's Hospital of Philadelphia. I

always felt sorry for the people getting out on the neuroscience floor with tiny kids in little strollers. Now that person was me. With my boy.

But it wasn't the doctors who talked me off the ledge. It was the parents like Marcy, who told me that I'd do fine. That answers exist if you know where to find them. That life would still be good and fun. And suddenly, I understood how soldiers feel about those with whom they serve on the battlefield. Held together by an experience others can't fathom. Honor bound to return the favor.

I started doing my research and living my life. Until the day the phone rang at my house and suddenly I was the person with answers. I had the chance to help as I had been helped. Nothing could have been more important. It was my Oprah "aha" moment. Not rainbows and unicorns. Not some karmic reciprocity. It was an honor. I only hope I sounded as wise as Marcy.

About Luke

By: Maddie Ireland



Maddie, Luke & Claire Ireland

The day my mom told me that Luke, my little brother, had autism I didn't understand anything about it. My mom said it was a problem that would affect Luke's brain and that, from now on, our lives were going to change.

At first I thought it was something that we could handle together but soon things got harder for me and my family. Most of my friends complain that their brothers are mean or that they break things. But I think they are lucky to have a brother who can speak to them and tell them how they feel. Sometimes listening to them

complain makes me want to cry because their lives are easy.

Luke goes to therapy almost every day after school. I don't like going to therapy because it is boring. Luke goes to lots of different therapies. Sometimes it is hard to tell which one is which. One time I went inside and hung out with him and learned about the therapy. For me, the therapy room looks like a playground with swings and toys and beanbags. For him, it's like learning math.

Luke gets special babysitters from his school. I like the ones that come because they are nice to Luke and treat us like their little sisters. When I was his age, my mother said I only went to school two days a week for a few hours. But Luke needs to go to school all the time – even in the summer.

On Sundays, we go to church and he makes loud noises. It makes me feel weird when people I know are there and watching us. My mom and dad tell me that people understand but I still can't stop feeling annoyed and embarrassed. Sometimes people stare at Luke and make me feel bad. And sometimes Luke takes our things and stims with them. His favorite stimmy toys are spoons. So when he steals something of mine we all look in the spoon drawer. One time we found the telephone in there.

Luke is loving and sweet. He makes me laugh and I love to be around him. The way he kisses is he grabs your arm and pushes his face into it. When we are in the pool, he holds on to me like a monkey. I know he loves me and I love him, too. Because of Luke, I don't stare at people who look or act different. They might be trying their best. He has helped me to be more understanding.

Luke completes our family. Without him our family would be nothing. He shows to us that therapy and school pay off. I'm the one who taught him about ice cream and now he likes it. He brings his PECS cards to me and I give him pretzels or yogurt. He brings them to me because he knows that I love him.



Girls Just Wanna Have Fun... Mom's Night Out!!

The next Mom's Night Out will be announced soon! Watch future newsletters and email alerts for the date and location. Contact Monica McMahan at 235-2101 or m.mcmahan28@comcast.net with questions or suggested locations



Dad's Night Out

April 8, 2008
Time and Location TBA
(They always wait till the last minute to plan things!)
Who can go? Dads, Uncles, Grandfathers or Friends of those living with autism.
Interested? Of course you are!
Contact:
Mark Frampton
mark@designbycher.com
(302) 998-1466



Asperger's/HFA Teen Night Space is Limited!



Dates are set for ASD's popular Teen Game Night for early 2008.

Interested parties should contact ASD's Asperger's Resource Coordinator, Heidi Mizell for additional information and to make RSVP's.

Heidi.Mizell@delautism.org or (302) 472-2638, ext 205.

See ASD's calendar of events for dates, times and locations or visit www.delautism.org

Sussex Rolling Skating Party



April 19, 2008
Milford Skating Center, Milford
5:30—7:30 p.m.
Free admission, no RSVP, closed to the general public, autism friendly lights and music, snack bar open, \$2-3 skate rentals.

PARENT'S COFFEE HOUR

**The Second Tuesday of Every Month
Come check out our new location!**



Prince on Delaware
124 Delaware Street
Historic New Castle

Parents, Grandparents or anyone with a connection to autism is welcome to attend. Little ones not in school? No problem, bring them along, too.

A HUGE "Thanks" to Prince & Marsha Johnson for hosting the parent coffee hour. Prince and Marsha are not only the owners of Prince on Delaware, they are also the parents of an autistic son.

Family Fun Bowling Nights



- ▶ Every Wednesday Night.
- ▶ Price Lanes, Kirkwood Highway
- ▶ Arrival 5:30 -6:00 p.m.
- ▶ You pay to play (and shoe rentals.) You can play one game, four games, half of a game...whatever!
- ▶ Bumper lanes are available.
- ▶ Siblings & Parents are welcome to bowl.
- ▶ Open to all ages.
- ▶ You can attend 4 times a month, once a month...no attendance requirements.
- ▶ RSVP is required by the Monday night prior by 7 p.m. If you don't reserve, there may not be a lane for you.

Call Mark or Cheryl Frampton at (302) 998-1466 or email Mark at mark@designbycher.com.

Our goal is to make this a very autism family friendly social and recreational opportunity with as little to no pressure as possible for the kids and their families.

Hope to see you Wednesday Night!



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Childcare is available at all regular ASD chapter meetings. Please contact the office at 302.472.2638 or delautism@delautism.org no less than 7 days in advance. Childcare registration is mandatory.

ASD Chapter Meetings

- ▶ **March 12, 2008**—ASD Chapter Meeting—Kent; Charlton School, 7pm; Ben Shamburger, Social Security—Undersanding Social Security Benefits for children with disabilities.
- ▶ **March 13, 2008** – ASD Chapter Meeting – Sussex Consortium, 7pm, Marie-Anne Aghazadian, Director of Parent Information Center, Marie-Anne’s story of living with an adult with autism; her 37-year-old son, Stefan

Social Events, Public Awareness & Fundraisers

- ▶ **March 11, 2008**—Parent’s Coffee Hour, 9am, Prince on Delaware in Old New Castle
- ▶ **March 14, 2008**—Teen Game Night, 6:15-8:15pm, Neurology Associates, Newark
- ▶ **March 15, 2008**—Mom’s Night Out, 7pm, Prince on Delaware, Old New Castle
- ▶ **April 3, 2008**—ASD Volunteer Recognition Dinner; Cauffiel House
- ▶ **April 8, 2008**—Dad’s Night Out, Location TBA
- ▶ **April 8, 2008**—Parent’s Coffee Hour, 9am, Prince on Delaware in Old New Castle
- ▶ **April 14, 2008**—ASD Board Meeting, 7pm, ASD Office
- ▶ **April 18, 2008**—Teen Game Night, 6:15-8:15pm, Neurology Associates, Newark
- ▶ **April 19, 2008**—Sussex Skating Party, 5:30pm, Milford Skating Center, Milford
- ▶ **April 26, 2008**—Walk the High Road for Autism, Registration 9:00am, Walk 11:00am
- ▶ **May 10, 2008**—ASD Night at The Blue Rocks (see page 14 for details)
- ▶ **May 12, 2008**—ASD Board Meeting, 7pm, ASD Office
- ▶ **May 13, 2008**— Parent’s Coffee Hour, 9am, Prince on Delaware in Old New Castle
- ▶ **May 16, 2008**—Teen Game Night, 6:15-8:15pm, Neurology Associates, Newark
- ▶ **May 17, 2008**—Mom’s Night Out/Time & Location TBA
- ▶ **May 26, 2008**—ASD OFFICE CLOSED
- ▶ **May 29, 2008**—7th Annual Drive for Autism Research
- ▶ **May 30, 2008**—ASD OFFICE CLOSED
- ▶ **June 9, 2008**—ASD Board Meeting, 7pm, ASD Office
- ▶ **June 10, 2008**—Parent’s Coffee Hour, Prince on Delaware, Old New Castle
- ▶ **June 10, 2008**—Dad’s Night Out/Time & Location TBA

Support Groups

Parents/caregivers of an individual with an autism spectrum disorder are welcome. (Autism, Asperger’s Syndrome, PDD-NOS). For more information on ASD’s new support groups, visit us on-line: www.delautism.org or call us at (302) 472-2638.

- ▶ **March 18, 2008**—New Castle County Support Group; Special Olympics, 7pm
- ▶ **March 18, 2008**—Kent County Support Group; “Positive Outcomes Charter School”, 193 South DuPont Highway, Camden (near B&B Music Store) 7pm
- ▶ **April 15, 2008**—N.C.C. Support Group, 7pm, Special Olympics Building, Newark
- ▶ **April 22, 2008**—Kent County Support Group; “Positive Outcomes Charter School”, 193 South DuPont Highway, Camden (near B&B Music Store) 7pm

Other Events

- ▶ **April 4-7, 2008** — DAN! 2008 Spring Conference. Crown Plaza Hotel, Cherry Hill, New Jersey. Register online at www.defeatautismnow.com
- ▶ **April 22, 2008**—IEP Clinic (Salem County, NJ); Go to <http://www.njcosac.org/cosac2/workshops> For more info and to download a registration form.
- ▶ **April 29, 2008**—Asperger’s Disorder: Advances in Understanding and Interventions; For more information and to register go to: http://www.neei.org/workshops/conference_details.aspx?WID=1&Camp;ID=298



The ASD Reinforcers at Special Olympics



A group of ASD dads and sons got together to form a bowling league for Special Olympics. On January 19, 2008, "The Reinforcers" participated in the Special Olympics bowling tournament at Bowlarama and merged victorious. In fact, everyone enjoyed it so much that they decided to open it up to everyone and meet each Wednesday night for Family Fun Bowling at Price's Lanes on Kirkwood Highway. If you're interested in joining The ASD Reinforcers, please email Cheryl or Mark Frampton.



(See page 12 for all the details)

Coming in May... ASD Day at the Wilmington Blue Rocks



May 10, 2008
\$15.00 Per person

Includes: Tickets to the game, Picnic Dinner (Hot dogs, hamburgers, BBQ chicken, sides, drinks and ice cream)

Picnic begins at 4:45 p.m. and is served until 6:30 p.m. Game begins at 6:05 p.m. Located at the 3rd base picnic area which is reserved for ASD families only.

This is a very popular event and seats are limited so make sure you RSVP ASAP!

Space is VERY limited so call to reserve your spot, contact ASD at (302) 472-2638. Payment for tickets must be in by April 30 to keep your reservation.

Autism Awareness Product Sites

Check out this list of websites that sell autism awareness products. Pick up something new and spread the word.

- www.pinmart.com
- www.autismlink.com
- www.awarenessdepot.com
- www.autismthings.com
- www.cafepress.com
- www.lucasworks.org
- www.artismbynick.blogspot.com

The last two sites on the list sell merchandise made by autistic individuals.





News From Kent County

By: Kate Stomieroski

If you want to hear “woe is me”, then the ASD Kent County Support Group is NOT the place to be. If you have real problems and need real solutions, or if you want to be with people who speak your language, then come on in!!

Dr. Janet Asay is a Clinical Psychologist with “Perspectives in Counseling” in Dover, and is the group’s facilitator. Dr. Awesome, I mean, Dr. Asay, runs the group in “Triage” fashion, addressing the most critical issues first, then moving on from there with “check-in”. We cover topics from Behavior Management to Biomedical Interventions. Dr. Asay always infuses clinical explanations into the discussions.

Parents learn from each other, as we provide information on area resources or contacts to assist one another. At one meeting, a dad could not see how to get out of an insurance dilemma and just when it seemed like there was no solution to help his child, another parent told him what she did in the same situation. The hope and relief on this dad’s face was priceless!

Since a prerequisite for being an autism parent is having a sense of humor, there is also levity and laughter at our meetings as well.

Autism Awareness Month

(continued from page 1)

Deanna Principe

On the school front, ASD recognizes Deanna for her role as President of the Christina School District’s Parent’s Advisory Council. Deanna has been an outstanding role model to all parents, using her enthusiasm, intelligence, and perseverance to organize parents, and meet with DAP and district administrators to address issues, as well as to work on long range planning. Deanna has also mentored parents, arranged for guest speakers, presented at school board meetings, developed a parent e-group and website and publishes a monthly school newsletter. She has truly been effective in promoting parent involvement and improved communication between the school and student’s families.

Valerie Wells

Valerie is fairly new to Delaware and in a very short period of time has made her impact. ASD is recognizing her leadership for her work on the Brennen School/DAP’s After School and Summer Programming Committee which is resulting in a wonderful collaboration with Variety - The Children’s Charity of Delaware to start an after school program this April, 2008 and a summer camp coming this August. Others have worked towards this goal in the past, but Valerie persevered and brings a bright new face to the autism community in Delaware.

Service to the ASD

This award recognizes ASD volunteers who make things happen within this organization. Staff is small, so we could not offer the wide variety of programs and activities without our dedicated volunteers.

Dave Elgena

The greatest challenge of most non-profits is to raise the funds that allow the organization to function. Every event has those hidden people behind it who are often unknown. This year, ASD recognizes Dave Elgena for his contribution on the *Drive for Autism Committee* over the past six years. In addition to working as an organizer of the event, Dave has also been personal sponsor of the event. Early on, he brought the resources of his very professional and influential team at the Motor Sports Department of MBNA, many of whom still work for the Drive. Dave also brought in celebrity players, arranged their transportation, developed relationships with sponsors and shared his wide network of personal contacts and knowledge. His professionalism helped us set a tone for this highly critical and successful event. *The Drive* would not be the successful event that it is without Dave.

Denise Bradley

In March 2007 Denise and Pete Bradley lost their beloved son, Liam. In the same situation, many of us would have left the autism community or at least taken a break. Not Denise. Her goal is to expand the opportunities for all children with autism even though Liam won’t be able to take advantage of them. Denise has long been an active member of the Legislative Committee. She now chairs that committee along with the Program Committee, arranging all the ASD speakers, and coordinating program and social

events. Most recently she testified for the Self Directed Support Program Waiver at the recent Jt. Finance Committee about the needs of families of children with this disability and why this waiver is so important. In 2007 her Walk Team, Liam’s Legacy, was one of the largest as well. Denise uses her voice to advocate for all people with autism and their families, and she works to make their life a little easier.

Special Award for Spouses

The ASD board may not have known when they hired Cheryl Kelley or Theda Ellis that they were getting two-for-one. Both women have remarkable husbands who are being recognized this year for their efforts to help our events run smoothly. We deeply appreciate all that they do, including that real job of keeping their wives calm and sane during stressful events.

Mark Frampton

Mark has become the Volunteer Coordinator for the day of the *Drive for Autism*. With his walkie-talkie and cell phone in hand, he oversees the 70 volunteers of the day to be in the right place at the right time and that their individual jobs are getting done. This is a job that starts at 7 am and ends at 10 pm when the last item is removed from the venue. Having worked the event for the past six years, Mark knows every aspect of how the day must go and is a critical part of making it happen. He also helps with the auction, and is the coordinator for *Dad’s Night Out* and for the new bowling night, which is providing great new recreational opportunities for families.

Warren Ellis

Like Mark, Warren has become a key volunteer for many ASD events. His favorite job is to fire up the grill and cook hot dogs and hamburgers at the summer picnic every year – feeding 150 is no small task. Additionally, like Mark he shows up for the *Drive* at 7 am and closes it at night. He’s also the “go to” guy when things go wrong. He makes those last minute on the spot runs to get photos developed, pick up forgotten supplies, and finds what is lost. Even more important, as Office Manager Margie Rowles states, “We all just calm down when he’s in the room!” Warren can also be found at most Chapter meetings with questions and answers about adult services.



What's Up With Adults

POW&R

Another first for our pioneer Ben! Ben will be starting his personal shredding business in March. **Big Ben Shredding** is licensed to operate in Delaware and will offer on and off-site shredding to small local businesses. Initially, he will be using space at Grace Lutheran Church to complete his shredding. Ben receives support, input and creative ideas from his Circle of Support, which meets when necessary, to assist him in attaining his goals and dreams. POW&R support staff have completed a business plan for Big Ben Shredding as well as a Social Security PASS plan (Plan to Achieve Self Support) that will assist him in purchasing equipment in the future.

Beginning the POW&R program has been a wonderful experience for all involved. Many employers and businesses have been eager to work in partnering with the POW&R program to offer assessment and employment opportunities for our participants:

- **Neurology Associates:** After a collaborative effort between Deanna Pedicone with the Center for Disability Studies, the Delaware Autism Program, POW&R and Neurology Associates, Dan Prettyman has completed his training on the job and became an employee on March 3, 2008. His responsibilities include mail runs, shredding, filing and metering mail. All the employees at Neurology Associates have been warm, welcoming and very supportive of Dan. What a great job match!

- **Parent Information Center of Delaware:** While at school, Brendan Flannery completed an internship at PIC. This year, Parent Information Center will be expanding and are hiring additional support staff. Brendan has been offered a part-time position as an

Office Assistant. His primary responsibilities are filing, shredding, and mailing projects.

- **Pet Kare:** A smiling face and a hard working man is what you will see in Philip Emmi when you visit the Pet Kare location in Pencader Plaza. Philip has gained work experience through the Delaware Autism Program and by interning at Pet Kare II. Upon graduation, Philip will be employed part time...another great job match!

- **Digital Office:** Rashe Thomas has been a dedicated employee for the past three years working six hours a week supporting the Digital Office staff by shredding, filing and completing mailing projects. During this transition period, Rashe's hours have increased and he is now working five days a week. Digital Office, Rashe and POW&R have identified several areas where Rashe would be an asset to the company. At this time, he is stocking products in the storage room, tending to the warehouse and assisting on local deliveries. In addition, Rashe has a part-time position at People's Plaza Burger King. This employer has been wonderful in altering his schedule to accommodate his hours at Digital Office, as well as addressing transportation concerns.

The following businesses have also partnered with POW&R to provide assessment opportunities for participants of the program. We would like to thank them all for their commitment to our mission:

- **Dollar Tree/Chestnut Run & Stanton:** These businesses were the first to partner with POW&R, providing a place for individuals to take part in assessments of their

skills and abilities in retail. They have been so wonderful, working with us to accommodate the needs of our participants. Cindy and her staff at the Chestnut Run site have welcomed our participants with open arms and have made them feel comfortable and right at home.

- **Palmer Chiropractic Practice:** At the auction, Dr. Palmer approached Theda and expressed an interest in partnering with the POW&R program to provide opportunities for our participants. After meeting Dr. Palmer and his wonderful staff, we will be utilizing their facility for assessments, in addition to beginning employment training for a 2009 graduate. It is inspiring to know there are professionals such as Dr. Palmer and his staff that truly care and want to make a difference.

- **Family & Work Place Connection:** This business was one of the first to develop a promising partnership with the POW&R program over the past six months. We have worked together to provide support to FWC projects and complete work assessments for a few of our participants.

- **St. Stephen's Lutheran Church—** St. Stephen's and The Lutheran Community Services have been graciously working with POW&R from the inception of the program. They have offered the assessment opportunities of working in the food pantry stocking shelves, storage room, unloading the truck, and sorting and boxing donations. They also provide us with the opportunity to shred documents.

Thanks to all of the POW&R participants for giving adults with autism these opportunities!



Keep 'Em Busy All Summer

But Better Plan Ahead!



It may feel like we're in a deep freeze right now but the melt down will happen fast. There are plenty of recreational activities to keep your kids busy this summer. But activities for special needs kids fill up fast. So, sign them up now! Below is ASD's comprehensive list of organizations, camps & clubs that accommodate kids across the spectrum.

Delaware Special Olympics
619 S. College Ave
University of Delaware
Newark, Delaware 19716-1901
(302) 831-4653
www.sode.org

TOP Soccer @ Kirkwood Soccer Club
1220 River Rd
New Castle, DE 19720
(302) 322-4220

Top Soccer Schutte Park Kent Cty.
Central DE Soccer Association
(302) 697-8331

Challenger Division Little League for Youth with Disabilities
www.littleleague.org/divisions/challenger.asp
Contact: Lisa Johannsen
(302) 378-2530 (h)

Lauber's Karate Plus
1230 Pulaski Highway (Route 40)
Bear, Delaware 19701
(302) 836-8264

Farm of Dreams Therapeutic Riding
2325 S. DuPont Highway
Smyrna, DE 19977
(302) 653-6731

Southern Delaware Therapeutic Horseback Riding
R.D. 1, Box 233A
Lewes, De 19958
(302) 644-1920
<http://www.sdrhr.com/>

Personal Ponies
Patricia S. Draper
(Delaware State Director)
3423 Pebble Beach Drive
Fairway Falls
Wilmington, DE 19808

(302) 455-1051
pattydraper@comcast.net
www.personalponies.org

Mary Campbell Center
(Recreational programs and summer day camp)
4641 Weldin Rd
Wilmington, DE 19803
(302) 762-6025
www.marycampbellcenter.org

Summer Day Camp/United Cerebral Palsy (They accept autistic children)
New Castle County:
UCP Center
700 A River Road
Wilmington, DE 19809
(302) 764-2400
Contact: Pauline Mayfield
Kent & Sussex County
UCP Center for Southern Delaware
3249 Midstate Rd
Felton, DE 19943
(302) 335-5626

Easter Seals Camp Fairlee Manor
22242 Bay Shore Rd
Chestertown, MD 21620
(410) 778-0566
www.de.easterseals.com
fairlee@esdel.com

Camp Greentop The League for People With Disabilities, INC
1111 E. Cold Spring Lane
Baltimore, MD 21239
(410) 323-0500 ext 366
www.campgreentop.org

Camp Lee Mar
450 Route 590
Lacawaxen, PA 18435
(570) 685-1708
www.leemar.com

Camp WISP
301 Camp Meeting Rd
Sewickley, PA 15143
(866) 893-4751 ext. 2889
www.dtwatson.org

Aaron's Acres-(This camp is also open to siblings)
1901 Olde Homestead Lane
P.O. Box 10485
Lancaster, PA 17605
(717) 368-1372
www.udservices.org

Summit Camp
Route 371
Honesdale, PA 18431
(800) 323-9908
www.summitcamp.com

Camp Concepts
560 Center Street
Warrington, PA 18976
(267) 261-4098
www.campconcepts.org

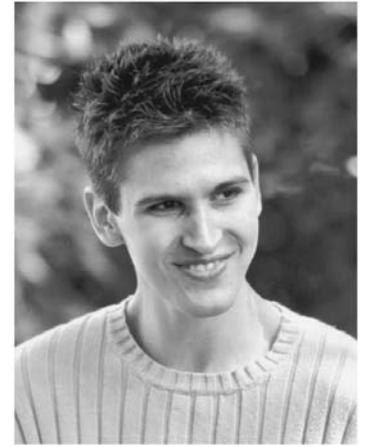
Children's Beach House
Wilmington
Children's Beach House
100 W. 10th Street, Suite 411
Wilmington, DE 19801-1674
(302) 655-4288
Lewes
Children's Beach House
1800 Bay Avenue
Lewes, DE 19958
(302) 645-9184

Music Therapy Classes - Center for the Creative Arts
Hindi Burkett
(610) 368-5636
410 Upper Snuff Mill Road, Yorklyn
(302) 239-2434 (CCA)

POW&R

Productive Opportunities for Work & Recreation

A Community-Based Service of the Autism Society of Delaware for
Adults with Autism Spectrum Disorders



We see the World in a Different Way...

We envision the world where all people with autism live fulfilling lives. To do this, POW&R works with adults and their families and friends to create individualized vocational and recreational supports in the community.

...It's About Life

POW&R/Autism Society of Delaware
5572 Kirkwood Highway ~ Wilmington, DE 19808
(302) 472-2638 www.delautism.org

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