

Affiliate of the
Autism Society

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http://www.autismia.org

(515) 327-9075 ~ 1-888-722-4799

West Des Moines, IA 50265
4549 Waterford Drive

Autism Society of Iowa



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CALENDAR

ASI FALL CONFERENCE

Friday, September 7th
Sheraton Hotel,
West Des Moines
www.autismia.org

24TH ANNUAL ASI AUCTION BENEFIT

Friday, September 7th
Sheraton Hotel,
West Des Moines
www.autismia.org

Fall Conference will feature Scott Bellini, Ph.D.

Scott Bellini, Ph.D. will speak on Building Social Relationships: A Systematic Approach to Teaching Social Interaction Skills to Children and Adolescents on the Autism Spectrum at the Autism Society of Iowa Fall Conference. The conference will be held on Friday, September 7, 2012, at the Sheraton Hotel in West Des Moines.

This workshop will provide an overview of a social skill instructional model developed by Dr. Bellini. The workshop integrates research on social-emotional functioning with effective strategies for teaching social skills to children and adolescents with autism spectrum disorders (ASD). The five-step model provides a systematic and comprehensive framework to guide parents and practitioners in the development and implementation of social skills programming.

Learning Objectives for Participants

- Increase knowledge of social and emotional functioning
- Increase awareness of the relationship between social skill deficits and social anxiety
- Develop skills necessary to assess social functioning
- Increase awareness of skill acquisition versus performance deficits
- Increase awareness of available social skill strategies
- Develop skills necessary to implement social skills strategies

Scott Bellini, Ph.D. is the Director of Research and Clinical Services at the Indiana Resource Center for Autism (IRCA) and a faculty member in the School Psychology program at Indiana University, Bloomington. He is also the Director of the Social Skills Research Center (SSRC), a university based center specializing in developing and empirically examining the outcomes of social skill interventions for youth with ASD. He is a licensed psychologist in the state of Indiana and an endorsed Health Services Provider in Psychology. He is currently conducting research on professional development outcomes for educators, anxiety disorders, and social skill interventions, including video modeling for youth with ASD. He has published numerous research manuscripts and has provided consultation and training to families and professionals in over 30 states on the topic of social skills programming for students with ASD. He is the author of the book, Building Social Relationships, which was named the 2007 Literary Work of the Year by the Autism Society of America.

You can register for this conference by using the form on the back page, registering online at www.autismia.org, or by calling 515-327-9075 or 1-888-722-4799. ■

TABLE OF CONTENTS

| | |
|--------------------------------------|-----|
| Fall Conference Speaker..... | 1 |
| 24th Annual Benefit Auciton | 2 |
| 2012 Summer Grant Recipients | 2 |
| 2nd Annual Golf Event..... | 3 |
| Book Review by Rebecca Clausen | 4-5 |
| Save The Date | 5 |
| 2012 Donors | 6 |
| President's Message..... | 7 |
| Director's Report | 7 |
| Conference Registration..... | 8 |

Registration for Fall Conference & Auction

4 Easy Ways to Register!

Online at www.autismia.org
By Mail at 4549 Waterford Drive, West Des Moines, IA 50265
By Fax at 515-457-7225
By Phone at 515-372-9075 or 1-888-722-4799

Questions?

515-327-9075 or 1-888-722-4799
autism50ia@aol.com www.autismia.org

Name _____

Address _____

City/State/Zip _____

Email _____

(for confirmation of registration)

Registration fees (includes lunch)

Early Bird (Before 9/1/12)

_____ \$75.00 for ASI Member (\$100 after 9/1/12)

_____ \$100.00 for ASI Non-Member (\$125 after 9/1/12)

_____ \$10.00 for ASI Benefit Auction Registration

_____ \$10.00 for ASI Membership Dues

_____ Tax-Deductable Donation for Scholarship for a parent
to attend

TOTAL PAYMENT

Continuing Education Units:

SLP SW

PayPal available at www.autismia.org

Check Payment: (Please make check payable to ASI)

Charge Card Payment:

Please charge \$ _____ .00 to my

VISA MasterCard Discover American Express

Card # _____

Expiration Date _____

Please print name as it appears on card

Signature _____

Purchase Order Payment:

Please mail to:
ASI, 4549 Waterford Drive, West Des Moines, IA 50265
or fax to 515-457-7225

Autism Society Member: NEW RENEWAL

Questions?

515-327-9075 or 1-888-722-4799 or
autism50ia@aol.com



24th Annual Autism Society of Iowa BENEFIT AUCTION

The Autism Society of Iowa will hold its 24th Annual Benefit Auction on Friday, September 7, 2012, at the Sheraton Hotel in West Des Moines. The silent auction begins at 6:00 p.m. and the live auction begins at 6:30 p.m. Bill Starr from LaPorte City will be the auctioneer again this year. The cost is \$10.00 per person to attend, and you can reserve a table for 10 for \$100.00.

It's a fun filled evening to bring your family or friends to an event to help those with autism spectrum disorders in Iowa. The auction will help pay for parent packets, which will be distributed to parents of newly diagnosed children; to help provide scholarships for needy families to attend our educational conferences in 2012; and to assist with a summer grant program which helps recreational programs integrate those with autism spectrum disorders. We will also be able to add new books and videos to our free lending library, maintain our website at www.autismia.org, print our newsletter, The LINK, send our monthly E-Newsletter, and help fund our annual Day on the Hill at the State Capitol.

You can pre-register for the auction with the form on the back page, online at www.autismia.org by calling 1-515-327-9075 or 1-888-722-4799, or at the door that evening. ■

2012 Summer Grant Recipients

Each summer, the Autism Society of Iowa disburses grants for summer programs that integrate persons with Autism Spectrum Disorders. This year, our summer grant committee selected the following programs:

- ASPIRE Therapeutic Riding Program in Waterloo, Iowa
- Four Oaks Asperger Program in Cedar Rapids, Iowa
- Homestead Social Skills Group Program in Altoona, Iowa
- Social Science Club at the University of Iowa, Iowa City, Iowa
- West Burlington TRI Project in West Burlington, Iowa

The Autism Society of Iowa thanks each of these programs for providing services to those with autism spectrum disorders in Iowa during the summer. ■

PRESIDENT'S MESSAGE

Being stared down by a blank page and a deadline is an interesting conundrum. It fascinates me how much *sheer emptiness* fills my mind as this task looms before me. What fascinates me even more is that there are times, in trying to fall asleep, meditation, and such, where stillness of the mind is the goal and yet is *completely* unattainable. So, there! I will now contemplate writing something profound for the Link the next time I am unable to "quiet the mind"!

It really is the ability to "quiet the mind" that we all need in order to conquer our daily tasks. Since my last writing my husband, Dave, did in fact pass away following his long battle with cancer. I find my time now fragmented between raising children as a single parent, managing work issues, running a construction company and handling an estate, among several other things. I thank my ability to "compartmentalize" for allowing me to remain (questionably) sane.

I have found some solace in investigating the mind-body connection, so I have thrown myself into such things as a half-marathon training program and lots and lots of yoga. In my quest to further understand why healthy people give birth to children with autism and why healthy people develop cancer, I have embarked on Dr. Andrew Weil's Integrative Medicine Fellowship at the University of Arizona. More and more I have been forced to accept how little "we" know and can treat with our current medical and surgical regimen. Perhaps it is a paradigm shift toward simpler living and a less-toxic environment for which we should be striving.

Then there is gratitude. In Dave's final months, we spent a great deal of time studying the works of some very wise people. From reading my mentor Dr. Lee Lipsenthal's "Enjoy Every Sandwich," to the Dalai Lama's "The Art of Happiness," the theme of gratitude is pervasive. Although we can all find daily reasons to complain, it is the daily ability to name three things for which one is grateful which can spin things right into perspective. I can name at *least* three. Your turn!

People always ask me how I "do it all." I guess that's how: compartmentalization, search for peace and knowledge, and lots and lots of gratitude. . .and now *this* task is checked off the list!! ■

– Suzanne Bartlett, MD

DIRECTOR'S REPORT

With the recent celebration of Mother's Day, I reminisced about the Mothers I have met who have parented a child with an autism spectrum disorder. It's a unique sisterhood, as each of us has grieved the child we imagined we would have and found the strength to raise the child we have grown to love, no matter how difficult the circumstances.

Each mother in this sisterhood can tell you her story about the first day of school. With my typical children, they went to kindergarten round-up with their neighborhood friends, got a new backpack, and were anxious to arrive for the first day of school. With my daughter on the autism spectrum, we had meetings and visits and months of planning to transition to kindergarten from the special education preschool. She hated wearing shoes, so I had to order high tops that were too big for her feet, so she would keep them on, but they were not tight. They resembled clown shoes, with the toes much longer than her feet, and she was very slightly built at the time. Instead of meeting her friends at school and riding in a carpool, she would hop on the bus and be greeted by an associate.

No one else, except those in the autism mother's group, would understand this.

Holidays were another time when all of the Mother's would become very creative to include the child with an autism spectrum disorder and the relatives with a holiday celebration. I had a mother, who has three boys on the spectrum; tell me once, "Holidays are just like any other day at our house, except my husband has the day off." It was how they coped, and I, along with the other mothers, understood.

The sisterhood keeps growing with each new diagnosis, and I meet Mothers that I would have never have had the opportunity to meet, should it not be for the autism link. We will all grow older together and continue to exchange ideas, network, and work together for our children, and support each other.

Please email me and share the best advice you ever received from another Mom. ■ – Kris Steinmetz

2012 SUMMER DONORS, MEMORIALS & HONORARIUMS

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RICK WHITEHOUSE

DES MOINES UNIVERSITY

ELIZABETH BROSDAHAN

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DERMATOLOGY PC

BLUE JEAN DAYS

DONORS

JAMES STOYCHEFF

OVAM AND JE;EM DALRYMPLE

DEB & JON LUSTY

IN MEMORY OF MARY FACHMAN

MAUREEN SCHNEIDER

Autism Society of Iowa 2nd Annual Golf Event

The Autism Society of Iowa held its 2nd Annual Golf Event on Friday, June 8, 2012, at the Willow Creek Golf Club in West Des Moines, Iowa. Michelle Hicks, Past-President of the Autism Society of Iowa, began the golf event last year. Michelle is an avid golfer and a speech language pathologist at the Green Hills Area Education Agency in Creston. Michelle has been an autism team member at the Area Education Agency, besides being a long time and very active member of the Autism Society of Iowa Board.

Lunch is provided for the golfers, along with an evening dinner, awards program, silent auction, and raffle for golfers and families. This year, the Autism Society of Iowa started two scholarship programs: One for those entering a field of study to assist persons with autism spectrum disorders and one for those on the autism spectrum who will be advancing their education after high school graduation.

The Autism Society of Iowa would like to thank Michelle Hicks for organizing a wonderful event, the sponsors, families, golfers, volunteers, and to congratulate the scholarship recipients.



Michelle Hicks, Autism Society of Iowa Golf Event Organizer, and her husband Dr. Larry Hicks



Golf Foursome from Creston, left to right, Michelle Hicks, Sue Wilder, Taylor Hance, Dennis Hance



Winning Foursome Left-Right, Travis Aye, Jeromie Kramer, Tim Kramer, Andy Bernholtz holding the sign for Golf Sponsor Mike Woods from Morgan Stanley Smith Barney.

Book Review by Rebecca Clausen

Lifestyle Easy Cookbook by the Institute for Applied Behavior Analysis

There are so many things to like about this new cookbook. At first glance you can't help but notice the wonderful visual supports and physical structure of Easy Cookbook. The book itself measures a generous 11x14 inches and is spiral bound. It is constructed of laminated cardstock with full color photographs of each recipe and the steps for its preparation. The graphics make it very inviting to thumb through. The size of the book could make it awkward to handle but the layout of each recipe turns this into an asset. Each recipe is completely contained in a two page spread so no page flipping with messy fingers is needed. Just prop up the book to the desired recipe and you are ready to cook. The left side of the two page layout has a picture of the finished product along with a list of ingredients and the kitchen equipment needed. The right side of the layout has full color photographs of each step along with brief written instructions. This format is wonderful for promoting independence.

The recipes selected for this cookbook might be of concern for those with more traditional mid-western tastes. Individuals on the Autism Spectrum are often reluctant to try new foods and these recipes might challenge them to try something new or, more likely, not to use this cookbook. This is a cookbook more focused on adult tastes rather than children's favorites. The recipes look very inviting for someone looking to try international cuisine- Thai Steamed Fish, Moroccan Lamb Tagine, or Greek Salad, for example. The recipes are full of healthy choices for a balanced diet, but often use ingredients not found in small grocery stores.

The cookbook also includes a chart on Nutrition and Food Safety as well as a "Lifestyle Diary" reproducible checklist to help the user to record eating a balanced diet and exercising. Not actually in the cookbook are an included set of cards, one for each recipe, to take to the grocery store as a shopping list. Each card includes full color photos of each item needed for the recipe. These would be a great help for those working toward more independent living skills.

The Easy Lifestyle Cookbook set may be purchased for \$29.00 from the:
Institute for Applied Behavior Analysis
P.O. Box 5743
Greenville, SC 29606

Or call: 1(800) 457-5575
Or visit: www.iaba.com/cookbook

...continued

Point to Happy

by Miriam Smith and Afton Fraser
Published 2011 by Workman Publishing, New York

This is a really well thought out board book for young children learning a variety of skills. The full color pictures clearly illustrate the concepts being taught without extraneous background information. A sturdy plastic pointer in the shape of a hand is attached to the book by a ribbon. Many have found that using a pointer has helped encourage children on the Autism Spectrum become more engaged in pointing activities. The book has pages illustrating emotions, colors, foods, typical play activities, short social stories, noisy "things" and quiet "things" and ends with simple routines for morning and bedtime.

The book measures 10x10 inches and includes large photographs of varying sizes. This is especially important when working with younger children or individuals developing fine motor skills. The sizes of the pictures make successful pointing easier to accomplish.

Point to Happy would make a wonderful lap reading book to share with your child.

Save the Date!

The Autism Society of Iowa's 3rd Annual Autism Advocacy and Awareness Day on the Hill will be held on February 7, 2013, at the Iowa State Capitol. Please join the Autism Society of Iowa, State Advocates, State Senators and Representatives, Families, Educators, Professionals, and Residential Care Providers, to rally for those with Autism Spectrum Disorders in Iowa.