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### Autism Society of Iowa

4549 Waterford Drive  
West Des Moines, IA 50265  
(515) 327-9075 ~ 1-888-722-4799

<http://www.autismia.org>

[autism50ia@aol.com](mailto:autism50ia@aol.com)

Affiliate of the Autism  
Society of America, Inc.

*Determined to Understand the Puzzling Pieces of Autism*

## MEMBERSHIP ENROLLMENT

(Please Print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Relationship to ASD: (please select all that apply)

- Person with ASD       Medical Professional  
 Education Professional       Parent / Family Member  
 Human Service Professional  
 Other \_\_\_\_\_

### ANNUAL MEMBERSHIP DUES - \$10

Please send membership dues to:

Autism Society of Iowa  
4549 Waterford Drive  
West Des Moines, IA 50265

## ADULT AUTISM SUMMIT

By Jim Paprocki

On January 22, 2014, several people came together in an Adult Autism Summit. The summit was designed to discuss barriers to living in the community for adults who have more challenging behaviors. These individuals generally receive services and supports at Glenwood Resource Center or Woodward Resource Center. Service providers currently are reluctant to work with adults and youth based on safety and other concerns. The Autism Society of Iowa has now joined with the Iowa Autism Council, Disability Rights Iowa, and the Iowa Department of Human Services in a workgroup to further discuss this issue. These discussions are focused on enabling youth and adults who have more challenging behaviors to be integrated in a community setting.

For additional information, contact Kris Steinmetz:  
(888) 722-4799 or [autism50ia@aol.com](mailto:autism50ia@aol.com); or Jim Paprocki:  
(515) 212-8156 or [jim.paprocki@gmail.com](mailto:jim.paprocki@gmail.com)

# AUTISM SOCIETY *The* LINK Improving the Lives of All Affected by Autism Iowa

The Autism Society of Iowa Newsletter ☼ SUMMER 2014

A publication about AUTISM SPECTRUM DISORDERS

WWW.AUTISMIA.ORG

## Calendar

**November 14, 2014**  
ASI Fall Conference  
Sheraton Hotel, West Des Moines  
[www.autismia.org](http://www.autismia.org)

**November 14, 2014**  
Autism Society of  
Iowa Benefit Auction  
Sheraton Hotel, West Des Moines  
[www.autismia.org](http://www.autismia.org)

## AUTISM AWARENESS CAR AT THE SOUTHERN IOWA SPEEDWAY



*Driver Brock Welch, and his daughter Sarah, stand by the Autism Awareness Car which he drives at the Southern Iowa Speedway.*



*Brock has created this car, and T-shirts which he sells, in honor of his daughter.*

## AUTISM SOCIETY OF IOWA SCHOLARSHIP RECIPIENTS

The Autism Society of Iowa has a scholarship program for students who are on the Autism Spectrum and will enter into a post-secondary education or training, and for students who are entering into a field to assist those with autism spectrum disorders.

The 2014 Scholarship Recipients are:

**Brandon Arkland** - Brandon is a graduate of Webster City High School and will major in pre-engineering at Iowa Central Community College.

**Piet Kobussen** - Piet is a graduate of Indianola High School and will attend the University of Northern Iowa or Iowa State University to major in art and computers.

**Lucas Rietveld** - Lucas is a graduate of Pella High School and is attending the REACH Program at the University of Iowa.

**August Stangl III** - August is enrolled in his second year at Des Moines Area Community College, majoring in Management Information Systems, and is a graduate of Des Moines East High School.

The Sue Baker Memorial Scholarship is awarded to a high school senior who is entering into a field of study to assist those with an autism spectrum disorder upon graduation:

**Morgan Halbur** - Morgan is a graduate of Carroll Kueemper Catholic High School and will attend the University of South Dakota, majoring in occupational therapy.

The Robert and Clarice Burkgren Honorable Scholarship is awarded to an existing college student who is near graduation or in graduate school, and is, or will be, working in a field to assist those with an autism spectrum disorder:

**Jessica Hearne** - Jessica is a distance education graduate student at Ball State University, working on a master's degree in Applied Behavior Analysis (ABA) with a specialty in autism. She is employed as an ABA specialist at the Homestead, where she works with children with autism every day.

## ASI GOLF EVENT

The 4th Annual ASI Golf Event was held on Sunday, July 20, 2014, at Willow Creek Golf Course. Thank you to everyone who came out and supported the autism scholarship program.

### THE GOLF RESULTS WERE:

Championship Flight		First Flight	
1 <sup>ST</sup> Pat Conway and Tom Rupprecht	1 <sup>ST</sup> Larry Novak and Brendan Berringer		
2 <sup>ND</sup> David and Todd Lantz	2 <sup>ND</sup> Perry Hilzendeger and Mark Imm		
3 <sup>RD</sup> Larry Hicks and Doug Latham	3 <sup>RD</sup> JoElla and Tom Jensen		

## 9 WAYS TO HELP YOUR CHILD WITH ASD BE MORE ASSERTIVE . . .

By Kerri Stock

Assertiveness is not being arrogant or rude. It's where humans get their needs met in a way that doesn't get them walked all over.

You need to teach an individual with ASD to be assertive so they can get things done and speak the truth. ASD individuals - though we can be reactive and loud - are really like scared 'Brumbies' (wild horses). If we are not armed with the knowledge we need to function in society then we 'shy' away. So we often get walked over, even though we are intelligent. It took me until I was 39 years to be the first one to say 'Goodbye' on the phone. Yep I would sit for ages while people spoke, and it was painful. But I didn't know how to be the first one to say goodbye. I thought it would be rude (especially as it sounded that the person had a lot to talk about!) For years I would dread the phone ringing and I would sit for ages talking (listening actually) and then get off the phone completely exhausted. I then stayed in my room for a while and I felt angry, not at the person, but myself for not being able to be assertive, I was never taught. So how do you teach a person to be assertive? Let me give you 9 ways right now:

- 1) Don't shut them down when they want to talk.
- 2) Sit with an open body language allowing them to express what they need to. If they express it in a manner which may be 'wrong' try not to correct them until they finish.
- 3) Teach your child to stand in a strong manner, straight back, shoulders back with a confident demeanor.
- 4) If eye contact is difficult allow the individual to wear sunglasses first and work their way up to having no sunglasses and just looking at the shoulder of the person.  
Or teach them to look at the other person's ear or middle of the eyes, your goal is to teach the individual not to appear nervous or show any signs of doubt.
- 5) Teach them to speak slowly and clearly.
- 6) Work on their appearance, yes it is lousy that people will make snap judgments but it's how society works.
- 7) Teach them to be honest with themselves, so they know exactly what it is that they are after.  
No point being assertive over something that is unimportant to their needs while 'ignoring' something that is very important.
- 8) Allow them to say what is on their mind. If you keep shutting them down, they cannot learn how to be assertive.
- 9) Teach them to say 'NO' - wanting to please people all the time will not make people be friendlier or bring more friends.  
It will make them a doormat and open the door to being mistreated.  
Allow the individual to say 'NO' freely. That way in a safe environment they learn the art to be able to implement it outside in society.

It's well known people who are given time easily by others tend to not respect it.  
But if people are made to earn it they are more likely to appreciate it.

Have a great day,

Kerri  
Kerri can be reached at [autismspectrumwotsnormal@gmail.com](mailto:autismspectrumwotsnormal@gmail.com)

### PRESIDENT'S MESSAGE



To communicate we use emphasis. Much like I am doing in this message. I use **bold**, *italic*, and underline to express that: "a picture is worth a thousand Words". A friend of mine recently launched her passion for Words into a business.

It is simple concept - Words have **Meaning**. To any parent of a child with autism spectrum disorder (ASD) ~ we know this to be too true! We also know that Words are not always *audible* or heard, Words **ARE visual**, as in an Expression or sometimes an object that represents the Expression i.e. J. I was reminded of this again as I heard an inspiring story of a child with ASD who was thought to be, until recently, non-verbal. He broke a barrier communicating to his loved ones via a keyboard unleashing his Voice *visually* on the computer screen. The story in a nutshell is that his parents enrolled him in a keyboarding class despite his hand motor issues. To their delight, he is now pounding out Words one key stroke at a time, his parents are finally able to hear his ~ "I love you!"

Hopefully by now you have noticed that our website [www.autismia.org](http://www.autismia.org) has changed significantly! It is a minimalist mobile friendly site. This in conjunction with our eNewsletter and Facebook brings voice to Autism in Iowa. We encourage you to share these links with your family and friends. The **Upcoming Events** tab on our website list activities in various Iowa communities that just might link you or your child with a valuable new friend. Enjoy your family vacations and remaining days of summer! School and IEPs will be starting soon enough. Last but not least, Registration begins for our **ASI Fall Educational Conference** - mark your calendars, **Friday November 14<sup>th</sup> 2014**. We hope to see you there!

*Joelle Jensen*  
Joelle Jensen  
President of ASI

### EXECUTIVE DIRECTOR

The Autism Society of Iowa has been exploring and expanding ways to include adults on the autism spectrum into conferences and events. We held our first Autism and Employment Conference this summer, which explained ways to advocate, how to self-disclose your diagnosis in the workplace, how to prepare for employment, learning interviewing skills, and what employment supports are available.

We have also welcomed and encouraged adults on the autism spectrum to attend our annual Day on the Hill to advocate for services and policies at the Iowa State Capitol and to attend and enjoy our Splash for Autism and Golf Events.

The Autism Society of Iowa will continue to increase activities for the adult population, and we would love to hear your ideas. Please call Kris Steinmetz at 515-327-9075 or email me at [autism50ia@aol.com](mailto:autism50ia@aol.com) and share your ideas and thoughts on ideas for conference and events that you would like to see available for adults.

### INTELLECTUAL DISABILITIES TRANSITIONAL CLINIC OPENING AT THE UNIVERSITY OF IOWA

#### What the clinic offers:

- Specialized mental health care, including medication management and psychotherapy, for this population during the transition from childhood to adulthood.
- Identification of additional national/state/local services to aid in the transition to young adulthood.
- Family and physician works closely with a social worker to ensure that practical needs during the transition are being addressed.
- Comprehensive evaluation that will help to facilitate psychiatric care by an adult general psychiatrist.

Patients referred must be 18-21 year old voluntary patients diagnosed with intellectual disability. The clinic is now accepting referrals for after July 1, 2014. Contact Eric Boyum, MD ([eric-boyum@uiowa.edu](mailto:eric-boyum@uiowa.edu)) or Jodi Tate, MD ([jodi-tate@uiowa.edu](mailto:jodi-tate@uiowa.edu)) to refer patients.