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Let ME spread the word on AUTISM

AUTISM SOCIETY
Improving the Lives of All Affected by Autism
Maine

Maine Autism

Connections

A Message from the Executive Director

By Cathy Dionne

I do not usually write a message in our newsletter but during these last few months I feel I need to say, "Thank You". As we are beginning to start our summer vacations, I cannot help but think what that will look like for us. We have all had our lives turned upside down, from working at home, teaching our children from home, to staying home. Through all this we have had doctors, nurses, front line workers from grocery stores, and essential workers continuing their missions. They deserve a standing ovation.

I wanted to thank you, parents, guardians, grandparents, and your children. You are truly heroes in my eyes. Every day as a parent, I would get ready for work, get my son's schedule for the day, and send him off to program and work. He would flourish at his program with his DSP's guiding him through his day. He would go to work with a smile on his face eager to fulfill his work duties. When COVID 19 hit life changed for all of us, we no longer had the daily routine of either going to school, going to program, or going to work. Like most parents

I too had to adjust and set a new schedule. One of the most important things around autism is routine, and for many, this changed overnight.



You had to learn how to teach your child, develop a new schedule for home, navigate online or virtual learning (still learning how to work zoom), find time for you to work at home, find time to go to grocery store (which is not an easy task), and you have done it. For all it has been difficult, but we have adapted.

Summer 2020



We have gained a new appreciation for eating dinner together, watching a movie as a family, learning new games, supporting each other, and having conversations as a family. We have built forts in the house, played online games with your relatives, tic tok together, tried quarantine karaoke and shared many memories along the way. You have not gone unrecognized, I see you and I thank you.

ASM developed a "Family Information Page During COVID 19" with lots of tools for families to utilize. We too needed to pivot and turn to still get valuable information out to families. This new page offers games, crafts, social outlets for parents, techniques for learning online, events, kitchen snacks, read aloud books, and my segments of "[Coffee with Cathy](#)" (webinars). I have had special guests join me week after week with lots of information to share with families. Two of my guests, Dr. Jim Ball and Kristie Brown Lofland, developed a handbook after hearing from our families about their concerns regarding transitioning children back to school. They graciously gave us rights to their handbook, "The New Normal", and have offered it free to anyone looking

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Maine Autism Connections

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 **AUTISM SOCIETY**
Improving the Lives of All Affected by Autism

Visit us online at: *Maine*
<http://www.asmonline.org>

Stay up-to-date for
Legislation issues, fund-
raising events, volunteer
opportunities, and
upcoming happenings.



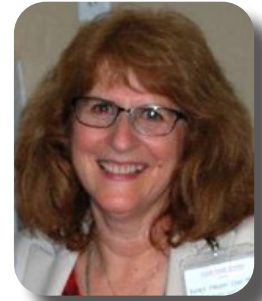
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Maine/107781499258293](https://www.facebook.com/pages/Autism-Society-Of-Maine/107781499258293)



President's Message

Something for Everyone!

These times can be overwhelming with stress but can also provide opportunities. The Autism Society staff has been working hard despite the COVID 19 pandemic and are finding creative ways to reach out to our members and friends of the Society. I hope you have seen some of the Facebook live "Coffee with Cathy" series and our well attended webinars that remain available. Staff recorded library selections for children and they are now available via the website. Tips and ideas are also updated regularly and are available at our webpage and our Facebook feed.



Our Board of Directors has used GoToMeeting for many years so that members can attend from all over the State of Maine so it was an easy transition to having the full board meet via video. Board subcommittees have also continued to work on fundraising, education, legislation and advocacy. We are looking closely at transition back to school and how to provide support during that challenge.

This is a great opportunity for you to join us! Our Board of Directors oversees the activities of the Society. Members have a voice in setting priorities, participate in and observe the legislative process unfold, assist with education/research for brochures and trainings and participate in fundraising activities. Are you interested in being a member of the Board? We balance membership so that we have family members, individuals with autism, and community members. It is an easy process, a brief biography is submitted during the summer for the fall ballot and the membership elects board members prior to our annual meeting. (There is a background check required which the society provides). Download our volunteer form and check the box that says interested in being a board member or e mail asm@asmonline.org and let us know if you would like more information.

I hope you find joy in the summer weather and long hours of sunlight,

Nancy

A Message from the Executive Director (cont'd)

for information on how to help with
transitioning their child/ adult back to
school / work after COVID 19. See page 6
of this newsletter for more on this resource.

Even though we are still running under
limited openings, I hope you can find
some peace and hopefulness in the coming
summer months. Remember that you are
stronger than you think!

Cathy Dionne, *Executive Director*



Editorial Notes: Maine Autism Connections and Autism Society of Maine programs and services are made possible by donations from people like you and funding from the Maine Department of Health & Human Services. We hope you will also visit us online at <http://www.asmonline.org>, where we have a great deal of information available about autism, programs, resources, news, a calendar of events, legislation and more.

Summer Camp & Family Retreat Weekend

Summer Camp Update

Camp Summit and Finding the Pieces have been cancelled for this summer. Each camp requires ASM to collaborate with University of Farmington and University of New England and they made the decision not to offer any in person classes for the summer. We will be back next year in both locations.

Family Retreat Weekend

Unfortunately, this has been cancelled, St. Joseph's College is not having any activities on campus this summer. We are going to move the event back to June for next year. We are currently negotiating with St. Joseph's on the weekend date.

Walk for Autism Update

Virtual Walk for Autism Now through August 30th

As we move towards summer and start to reopen up our State with the recommendation for no more than 50 people meeting in one space, we have decided to proceed with our walk as a **VIRTUAL EVENT**. It was a difficult decision, but we felt it was the right decision.

Like many agencies this has been a difficult time as we navigate a new way to provide services to our families and individuals with autism. ASM has remained open during COVID 19 but all our fundraisers had been cancelled. With the impact of the coronavirus, our fundraising will be down by nearly 50% this year. **WE NEED YOU NOW MORE THAN EVER TO HELP FUNDRAISE FOR OUR PROGRAMS!**

What will change?

Instead of coming together in person we are asking that you take July and August to collect donations, walk in your local area, take photos or videos of your walk and send them to ASM with your name or team name and from what location you registered. Send your photos/videos to ASM by email info@asmonline.org; by posting or sending message to [ASM's facebook page](#). #autismsocietymaine



On August 30 ASM will go live on Facebook to celebrate and share those videos and pictures that have been sent in. If you want your picture or video included in this live stream video, please submit by August 28th at 10:00am. Join us live on Facebook on **August 30 at 12 noon** to comment and see all the accomplishments that have happened throughout the state. Each year the walk starts at 12 noon, so it is fitting that we have our closing ceremony at that time to celebrate.

If you ordered a t-shirt and have already paid for it, you will still receive a t-shirt mailed to you after August 15th. If you have not ordered a t-shirt want to order one you can do so through [LogoLogic](#) and they will send it to you after August 10th.

Registration: You can [register at Firstgiving](#) as an individual or by joining a team. Because the original walk was set up in four locations you will need to still pick a location to register. Pick a site that is close to you. You will still be able to collect donations for your team or yourself.

We will honor all our sponsors and show case them on our website and t-shirts. Our top sponsor is Foothills Flooring check out his story below.



Diamond Sponsor for Walk for Autism

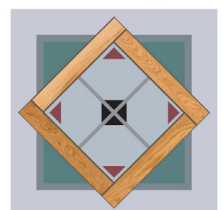
We are thrilled that Foothills Flooring & Tile is a **DIAMOND** Sponsor for ASM's Annual Walk for Autism!

With over 40 years of combined experience, you can trust they know the business of flooring. With a team of reliable professionals, Foothills offers several flooring services to clients needing installations or repairs. As a family-owned and operated business, they pride themselves on quality installations, product knowledge, and (most of all) customer service that you would expect from a small-town business.

Rick Cummings picked a weekend in March that he offered to match any donations that customers made to his cause. He reached the Diamond level sponsorship of \$2,500. His heart was in it for the right reasons, he is a dad to young man with autism.

High level sponsors are hard to come by, we want to thank you for your support.

Foothills Flooring & Tile

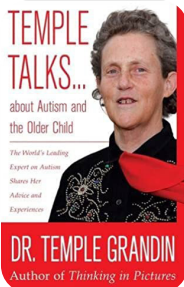


South Paris, ME

Welcome to the Autism Society of Maine Library!

The ASM Lending Library is a valuable resource for parents, caregivers, educators, children and professionals working with children and adults on the autism spectrum. The Lending Library is a FREE resource for Maine residents. Our collection of books and DVDs can be viewed on the ASM website, or we can mail a printed list to you. To receive library items, have items sent to you (no cost to you, we pay the shipping fees) call the office, send an email, or stop by in person. The library has its own room with a TV to watch DVD's. Children are always welcome to play with toys or read while parents browse.

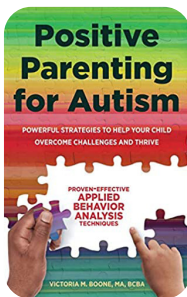
Lending Library online: www.asmonline.org/library.asp or call 1-800-273-5200



Temple Talks about Autism and the Older Child by: Temple Grandin

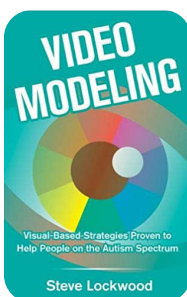
Here, in this handy reference book, Temple gives an overview of what it is like to grow up with autism. She tells how she overcame certain issues, gives useful tips, then answers your questions in an easy to reference Q&A.

This insightful book contains sections on: Building Social Skills, Manners, Eccentricity, Video Games, Thinking Types, Education, Bullying, Employment Preparation, Tips for Bosses, and many others!



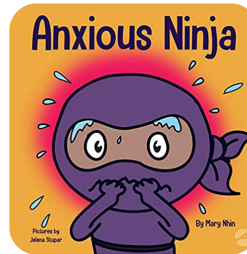
Positive Parenting for Autism: Powerful Strategies to Help Your Child Overcome Challenges and Thrive by: Victoria Boone, MA BCBA

This book provides concrete tools to help you develop personalized behavior change plans aimed at both increasing your child's positive behaviors and decreasing unwanted or problem behaviors associated with their autism. Based on the principles of applied behavioral therapy (ABA), Positive Parenting for Autism offers strengths-based strategies that will empower you to help your child with autism meet, and even exceed, the goals you envision for them.



Video Modeling: Visual-Based Strategies to Help People on the Autism Spectrum by: Steve Lockwood

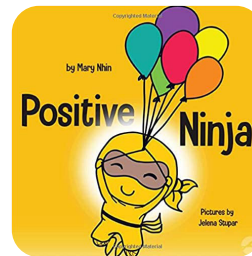
Help your child to learn new skills and overcome existing barriers quickly and independently, regardless of age or ability. Video modeling is an effective method of teaching that uses recorded videos and technology. With repetitive and consistent exposure to video models, success can be achieved.



Anxious Ninja: A Children's Book About Managing Anxiety and Difficult Emotions (Ninja Life Hacks) by: Mary Nhin

Life is hard! And it's even harder for children who are just trying to figure things out.

This new children's book series, Ninja Life Hacks, was developed to help children learn valuable life skills. Fun, pint-size characters in comedic books easy enough for young readers, yet witty enough for adults. Each book focuses on one emotional trait and takes the reader on a journey to help them understand and develop coping skills.



Positive Ninja: A Children's Book About Mindfulness and Managing Negative Emotions and Feelings (Ninja Life Hacks) by: Mary Nhin

This book focuses on being positive and provides strategies to help replace negative thoughts with positive thoughts.

Suitable for children ages 3-11. Excellent resource for counselors, parents, and teachers alike.



The Asperkid's Launch Pad: Home Design to Empower Everyday Superheroes by: Jennifer Cook O'Toole

For Asperkids, home is both their protected lair and their launch pad into success in a neurotypical world. The Asperkid's Launch Pad is a visually-led guide to preparing a home environment that supports the development of children with Asperger syndrome. Readers will get a walk-through tour of the home, showing, room by room, how physical surroundings affect Asperkids and highlighting the learning opportunities in every space and object.

ASM Store



Silicone Chew Necklaces
Animals & Shapes- **\$9.00**
Raindrops & Circles-**\$8.00**

Items can be seen and ordered from ASM's online store or by calling 1-800-273-5200.



Folding Puzzle Tote
\$16.00



Ceramic Mugs
\$6.00



Silver Ribbon
\$10.00



Keychain
\$6.00



Stretchy
\$4.00



Wristband
\$3.00



Lanyard
\$6.00



Spacers
\$1.00



Glass Earrings
\$15.00

Glass Pendant
Sm. **\$10.00**
Lg. **\$12.00**



Keychain
\$5.00



Large \$5.00

Magnets

Puzzle-Magnet
\$6.00



Window Cling
\$3.00



Charm Bracelet
1 Charm
\$8.00



Lapel Pin
\$5.00

Donations

IN HONOR OF:

Lillian Carter
Teresa & Michael Potvin

IN MEMORY OF:

Stephen Mark Leighton
Alice Leighton
Jeff Calabrese
Andy Bredesen

Amy Greenhalgh
Mr. & Mrs. Joseph Pitterlihy
The Cudworth Family
The Cote Family
The Bedell Family

DONATIONS/SPONSORSHIPS
EMPLOYEE MATCHES/GRANTS

Hinds Selective Wood Harvesting
Margaret Bean
Elise Klysa
Jennifer McConnell
Lori Small
John & Carolyn Goodwin
North Shore Behavioral Healthcare
Woodford's Family Services

Living Innovations
Valerie Butler
Linda Valore
Mary Pepin
Alan, Rachel & Lilah Arbel/Levine
Janice Pratt
Judy Shields
Keith Pillsbury
Justine Capraro
Gregory Penk
Eric Small
Joseph Martin
Kelly MacVane
Josiah Drummond #91 Order of the Eastern Star

MEMBERSHIP RENEWALS

Ilona Feeny
Darlene Lepoff
Port Resources
Diane Walp
Margaret Shaver
Annette Beaudoin
Richard Farnsworth
Angela Friend

Linda Grant
Sharon Hewett
Allison Hodder
Raffe Hopping
Irene Kapothanasis
Amanda Karpowitiz
Margie Mangin
Owen Melville
Joan Shelton
Tamera Shrum
Cheryl Stalilonis
Deborah Williams
Cheryl Young
Laurie Raymond
Joanne Mason
Sister Mary F. Etringer
Jeanne Ott
Judy Shields

NEW MEMBERSHIPS

Elizabeth Symmt
Mary Lambert
Michael Dalleo



Autism Society of Maine
COVID - 19
Family Information Page

The ASM website has always been an important online resource and effective tool for information and guidance. Now, more than ever, online information is essential. When the pandemic became apparent, we promptly added the best available information and resources to the website to keep you informed and what can be helpful during this crisis.

COVID - 19 Family Information Page is a one-stop, digital resource on the ASM website that aims to meet the needs for families, caregivers, and the community by offering direct links to information and resources. The Family Resource Page includes categories that relate to: Homeschooling and access to educational resources, behavior and mental health resources, housing and food pantries, webinars, and virtual events.


Staying at home Without Sacrificing Fun! In addition to parent information, links were added for children’s crafts, websites, fun games, videos, virtual field trips, ebooks, book videos, calendar of events, apps, and much more!

We are grateful for the contributions and shared expertise of family organizations, the autism community, and online resources that contributed to the COVID-19-Family Page.




[COVID-19 Family Information Page](#) [Calendar of Events](#)

EMAIL - SOCIAL MEDIA - ONLINE GROUPS

 ASM is has a vibrant Facebook Community including parents, professionals, individuals and anyone interested in autism. If you are not already a friend of our Facebook page, we welcome you to join us!




Searching for autism information on the web can be overwhelming. The ASM website has relevant autism information and resources for Maine Residents.

 We have a great collection of videos and will be adding more throughout the year!



Follow us on Twitter as we ‘tweet’ about autism!

 Sign up to get interesting news and updates delivered to your email inbox from ASM!



My Autism Team: A reputable and friendly place to connect with other parents in Maine.