

INSIDE

Let ME
spread the
word on
AUTISM

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



Maine Autism Connections

Autism & Wandering

by Matt Brown & William Fuller

According to a recent study by the Kennedy Krieger Institute, over 48% of young persons on the autism spectrum wander from a safe environment. We also know that with little sense of danger, and an attraction to water, these incidents are often lethal, and require a rapid and effective response. That same study revealed at 91% of fatal wandering incidents end in drowning. Persons with autism are increasingly coming into contact with law enforcement and other first responders. Because of many of the common characteristics of the disorder, such as sensory and processing issues, the lack of direct eye contact, first responders can frequently misinterpret the situation, and subsequently react in a way that places the life of the person with autism in jeopardy.

In order to try to ensure safer outcomes, the Autism Society of Maine has been on the cutting edge of training first responders, and we have made great strides in this area. Thousands of law enforcement officers, firefighters, EMTs and dispatchers have received autism training through our information specialist program. In fact, each and every cadet that graduates from the Maine Criminal Justice Academy is required to receive the training. But training is only half the battle. An officer responding to an emergency call often has only seconds to react to a situation. A child with autism, who wanders, can drown in mere minutes. It is IMPERATIVE that when possible, responding officers have as much information at their disposal on that individual person's specific characteristics, challenges, as well as critical items like "where is the nearest water source to your home" etc. This is where the registration form comes in. Thanks to the Maine Department of Public Safety, the Maine Warden

Winter 2014

Service and the Autism Society of Maine, a very detailed registration form has been created and is now available to be easily disseminated to the proper authorities.



The Maine Warden Service and the Department of Public Safety

Maine Statute dictates that the Maine Department of Inland Fisheries and Wildlife is responsible for search and rescue operations in the state and has been involved in more than one search for persons with developmental disabilities. Normally the local agency taking the report of the missing person initiates the search and will notify the Maine Warden Service as needed. The registration form was created in an effort to provide critical information to local and state emergency responders in a timely manner to help ensure a successful search.



continued on page 3

Maine Autism Connections
A publication of the
Autism Society of Maine

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

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



<https://www.facebook.com/pages/Autism-Society-Of-Maine/107781499258293>



President's Message

As I enter my last year as President (and Board member), I want to thank you all for the opportunity to serve in this capacity. It has been a learning experience and offered opportunities to connect with others at the state and national levels.



With the annual meeting now past, we have begun a new Board year. Many Board members are returning; Laurie Raymond and Nancy Ponzetti-Dyer will continue as Vice President and Secretary, respectively. We also welcome Melody Altschuler, Kerrie Moody, Sherry Pike, Brigid Rankowski, Terry Valcourt. The new members bring a wealth of experience in the areas of education and advocacy. Again this year, the Board will work to address its strategic plan with the goal of advancing initiatives that address inclusion across the lifespan.

I hope that each of you makes progress in whatever goals you have set for yourself in this new academic year, or in the approaching calendar year.

J. Richardson Collins

ASM is looking for a Legislative Liason!

ASM is looking for a seasonal person as Legislative Liaison

ASM is looking for someone who wants to work part time from January to June 2015 as our Legislative Liaison. The position has flexible hours. The job requires strong knowledge of the legislative process, strong knowledge of autism, ability to work independently, meet deadlines, write articles for ASM newsletter, and attend monthly meeting with Board of Directors.



Please pass this along – ASM will start accepting applications in November.

Please send resumes to asm@asmonline.org — interviews will be conducted in December.

Please see insert for the autism registration form for local and state emergency responders.



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.

Autism & Wandering (continued from cover)

The form itself is simple to access using a computer. It can be found at www.maine.gov/dps/bec and either opened and printed or saved and filled out on the computer. Once completed either e-mail or mail it to the appropriate agency listed below.

BUREAU OF CONSOLIDATED COMMUNICATIONS
42 State House Station
45 Commerce Drive Suite #1
Augusta, Maine 04333-0042

REGIONAL COMMUNICATIONS
CENTER BANGOR
198 Maine Ave
Bangor, ME 04401

REGIONAL COMMUNICATIONS
CENTER GRAY
1 Game Farm Road
Gray, ME 04039

REGIONAL COMMUNICATIONS
CENTER HOULTON
1 Darcie Drive Suite 209
Houlton, ME 04336

If the form is sent to the e-mail listed on the web-site the CAD Administrator enters it into the Computer Aided Dispatch system used by the four Regional Communications Centers (Gray, Augusta, Bangor, and Houlton) in the state. The RCCs provide dispatching services for State Police, Maine Warden Service, Maine Drug Enforcement Agency, State Fire Marshal's Office, Maine Turnpike Authority, and the Department of Marine Resources and Environmental Protection. If a call is received from the specific address detailed in the form or an address in the area and that has been entered in the system it will generate an alert. The alert advises dispatchers and responders that a person with a developmental disability lives at the address or nearby and

provides the document & photo of the person immediately to anyone dispatched to the complaint.

"Seconds saves lives" is one adage that has been in the dispatch world for a very long time, and being able to provide the critical information detailed in the registration form quickly is one tool that will save valuable time when a person with a developmental disability is missing.

It is very important that the form be sent to the CAD Administrator and to your local police and fire to ensure the same information is being used. Some local police departments have developed their own form to use but we still need this form sent to CAD as it has very specific questions that officials need to know when searching for an individual who is lost.

For more information on receiving training or on safety tracking devices visit our law enforcement and safety webpage:

http://www.asmonline.org/programs_law.asp

Matt Brown is a Federal Probation Officer, Autism Information Specialist and an Autism Safety Trainer. For more information on Matt and his services: <http://www.aset911.com>

William Fuller is the CAD Administrator for the Consolidated Emergency Communications Bureau, under the Maine Department of Public Safety.

2015 Walk for Autism

13th Annual Walk for Autism - April 26, 2015

11:00 a.m. to 12:00 noon: Registration

12:00 noon: Walk for Autism (rain or shine!)

There will be Face Painting, Refreshments, Fire Trucks, Entertainment and more!

- **University College of Bangor in Bangor**
- **University of New England in Biddeford**
- **Farmington Fairground in Farmington**
- **Belfast High School in Belfast**

The proceeds from this event will help fund the Autism Society of Maine's programs that support families here in Maine.

Join our walk and help spread autism awareness and bring hope and support to families affected by autism.

Invite your friends and neighbors to be a part of it, too! Enlist them to join your team or make a donation in support of your participation.

Teams can be family, friends, schools, or local agencies.

Know an agency who may want to be a corporate sponsor? Click below for more information on how to become a sponsor.

http://www.asmonline.org/involved_walkathon.asp

For more information and to register as individual or team:

<http://www.firstgiving.com/ASMMaine/Walk-for-autism-2015/>

Autism Society of Maine: 1-800-273-5200



ASM Annual Meeting & Awards

by Tena Hinds

On October 24, the Autism Society of Maine held their Annual Meeting at the Hilton Garden Inn in Freeport. Dinner was followed by a presentation from our guest speaker Dr. Stephen Meister, an announcement of Board Member election results, and a presentation of awards for outstanding commitment and service to the Maine autism community.

Dr. Stephen Meister, our key note speaker this year, is the Medical Director for the Edmund N Ervin Pediatric Center/ Maine General Medical Center in Waterville and Augusta. His work has been instrumental in educating the medical community in the diagnosing and treatment programs for individuals with autism. He continues his lifelong passion of working with families and colleagues and most recently coaching teenage boys in high school sports to build resiliency by modeling positive behavior.

We are happy to welcome new members to the Board of Directors: Melody Atschuler, Katie Crowley, Kerrie Moody, Sherry Pike, Terry Valcourt, Brigid Rankowski and Tiffany Rooney. We are happy to have returning members: J. Richardson Collins (president), Laurie Raymond (vice president), Nancy Ponzetti-Dyer (secretary) Richard Farnsworth, Lynda Mazzola, Chris Osgood, and Ken Huhn, continuing their service with us.

Congratulations were acknowledged to the 2014 Award recipients. These individuals were presented plaques and recognized for their outstanding contributions. Mike Lamoreau received an award for his caring dedication as a family member working within his community for individuals with Autism Spectrum Disorder ; Tom Riddell for his commitment and dedication in supporting individuals with Autism Spectrum Disorder in their homes and communities; and David Huffstutler for his dedication and commitment to fundraising for Autism Awareness and encouraging community support.

Cathy Dionne, Director of Programs and Administration, reported on the year's achievements. Some of the accomplishments that you helped support this year were:

- ASM's response to 1,987 phone calls and emails from individuals, family members and providers seeking information, resources and education to help inform their choices
- 548 hours of service provided by Information Specialists across Maine to assist families, schools, the workplace and community in fostering understanding and compassion for individuals with ASD
- Many mailings of informational books and videos to families living all over the State of Maine
- Our involvement with legislation, as we continue to maintain a strong voice at the state and national level
- Constant contact and outreach through ASM's website, newsletter and facebook page
- Summer camp and the Family Retreat weekend.

It has been a productive and rewarding year. We thank all of you for your ongoing support of our continued efforts to improve the lives of all those affected by autism.

Top, Board Member Lynda Mazzola with award winner Mike Lamoreau; Bottom, from left to right, Vice President Laurie Raymond with award winner Tom Riddell; Director Cathy Dionne with award winner David Huffstutler



Board Vice President Laurie Raymond with keynote speaker Dr. Stephen Meister



2014 Ride for Autism

This event continues to be a big success. This year, over 122 children and adults met in Kennebunkport at the Kennebunkport Conservation Trust Building ready to roll. It was a beautiful September day, perfect for cycling along the 3 routes that were mapped out for the riders. Following the ride, a wonderful BBQ was enjoyed by all.

The top fundraisers were:

- Gwen Mulligan
- Daniel Butler
- Bill Putnam



We want to thank all the riders for participating, and the many families and volunteers for their support during and after the event. Total raised over \$18,615!!

**See you next year on
October 3, 2015
for the 9th Ride for Autism.**



2014 Car Show for Autism

Over 400 people turned out for the Car Show for Autism to raise autism awareness and donations to benefit ASM on September 7th in Parsonsfield.

Richard and Wendy Humphrey along with dedicated family, friends and community members outdid themselves this year and raised an amazing \$14,177!

The theme of the car show was “Bring What You Run!” where everyone was welcome to show off their old or newer car, truck, motorcycle, or even their big rig. Trophies were given to the top choices of the 127 vehicles that were entered.

An exciting part of the day everyone looked forward to was the best of the burnouts!

We have videos of these on ASM’s YouTube channel: <https://www.youtube.com/user/AutismSocietyofME>

There were rave reviews of the wonderful food that was offered and of the delicious homemade side dishes and desserts. Great raffle items were donated: gift cards, a handmade such a quilt, primitive furniture, craftsman toolbox, and many more. A 50/50 raffle was also offered, and the lucky winner generously donated it back to the cause.

Thank you Humphrey Family!



by Lisa Vaillancourt

I'm probably the only mother on the face of the planet that does not say to her kid, “put away that phone.” No, really. I'm THRILLED to see Alex's eyes down, scanning his screen and doing what almost every other 18-year-old in the world is doing! In fact, it took us over a year to convince him that he should have a phone.

It's an understatement to say that our guy is a creature of habit. To put this all into some perspective ~ just the change of seasons used to elicit massive anxiety attacks. Sameness keeps his life, his entire being, calm. He still has a Gameboy (that he's had since his 9th birthday). We bought him a Nintendo DS several years later so he could upgrade. He thanked us, but made us return it. He was content with his Gameboy. He recently purchased a new screen for it. Yes, you can still find these. After he finished installing it, he said, “Look. Just like new.”

He still has a portable CD player. Many years ago we tried to show him how much easier it would be to have an iPod ~ that he wouldn't have to lug around a case of CDs, worry about batteries, etc. We even had his brother download a video onto his iPod so that Alex could see that the possibilities went far beyond music. We basically had to force him to sit and watch ten seconds of it. “No, thank you. I like my CDs (and portable DVD player).”

A few years ago we started to plant the seed of making a phone part of his life. He was almost seventeen and our desire for him to have it was primarily to increase his independence and for safety. We wanted him to be able to go to a different aisle of the store without one of us hovering near him all the time. If we ever got separated from him, we needed a way for him to connect with us and us with him (other than our tried and true method of screaming his name while running frantically to every aisle we think he might be in). He wanted no part of it. “No, thank you. I'll be fine.” (He was 17 and we hadn't yet lost him. He was probably right).

Then his brother, Patrick, got an iPhone. Alex loves his big brother, but technology always seems to bring their interactions to a whole new “cool” level. Just as Patrick had gone to Alex for his photography and videography expertise when setting up his business, so Patrick became the go-to guy for Alex's iPhone questions. He started to read up on apps and ALL the possibilities that came with them. I think the day that changed his entire outlook was when he saw Patrick looking online for a better price of an item while we were standing in the aisle of a store. For a kid who loves facts and information, the possibility of having the internet at his fingertips 24/7 was the Holy Grail.

Shortly after his high school graduation last spring, Alex came to us and said, “I think I'm ready for a phone.” He has had his iPhone now (that he paid for on his own) for about seven months. You might recall that I described him as being calm when things are status quo. Well, not long after purchasing his iPhone, the upgrade message from iOS 6 to iOS 7 popped

up and Alex clicked on it. He was consumed with anxiety when he saw that the look of his phone set-up and apps changed. He spent a lot of time researching how he could go back to iOS 6, watched tutorials, and probably would have taken the phone apart if he had found some directions telling him that would bring it back to how it was when he bought it. It was not a happy scene in our house. Several weeks later, with Alex standing in the room, I finally called Apple customer service, explained my unique situation, and asked the tech to give me specific, logical reasons why my son could/should not go back to iOS 6. Give the kid the facts, especially if they include possible security threats to his phone and its contents, and then he's able to at least try to calm down to consider the options. Thank you, Mr. Apple tech for saving my life that day and easing my kid's anxiety.

And, with Alex's iPhone it's all about the apps. He is, basically, an app expert. He came out of a public restroom one day and informed me that Sound Hound determined what song was playing in there. Um, how convenient?

You might recall I said that one of the reasons we wanted him to have a phone in the first place was to become more independent. How's this for being self-sufficient: Several weeks after he bought his phone, he and I were on a trip. We had stopped into a bookstore and were standing in line so he could pay for a book. I saw him looking at a rack of gift cards. He chose a \$50 iTunes card, turned to me and said, “I'm using my own money to buy this so that I can get apps for my phone.”

One of his apps scans food nutrition labels. For the past year, he has maintained a 65 lb. weight loss. I can't tell you how many people have asked him his secret. “Eat less. Exercise more,” is always his matter-of-fact answer. It appears that the apps keep him on track as well.

Just the other day he informed me that he needed to buy another iTunes card to put on his account. He doesn't drive (yet ~ that will be another story for another milestone, I'm sure), so I took him to the store to buy it. By the way, he completes these transactions entirely on his own. I'm thrilled that he stands in line, waits his turn, carries on a polite conversation with the cashier, produces his payment and counts to make sure he's received exact change. This took several years to teach him. Now, he's using these skills to buy something that makes his life enjoyable and useful. This makes me giddy!

About two hours after buying this latest iTunes card, he told



“Reality Calling”

me that he had already downloaded something - an iBook! WHAT? Who are you and what have you done with my son who likes things the same? The kid who has shelves and bins of books and finds true comfort in holding one and turning the pages? It seems he has discovered the technical option of downloading a book with video clips!

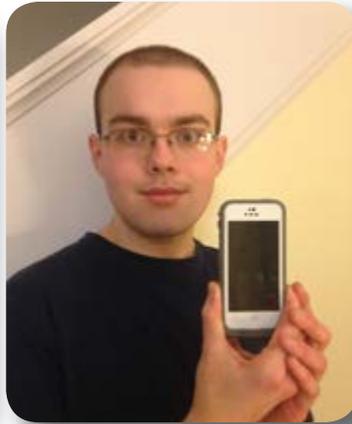
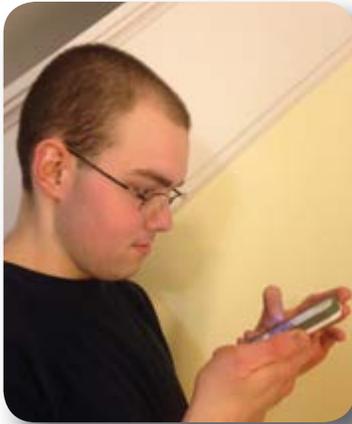
While I sometimes feel very guilty for some of the traits my kid inherited from, or adopted by, watching yours truly, I am quite proud of the fact that he is a bargain hunter. Recently, he, his dad and I were looking for a replacement screen for his electric shaver. Dad and I were ready to buy a whole new shaver (same exact model because we know our kid), since the replacements screen/blades were almost as expensive. Have I talked yet about how Alex likes things the same? He wanted no part of the new shaver and was ready to make his case. He got on his iPhone, searched replacement screen/blade kits, and found one for half the cost with free shipping on Amazon. We ordered it when we got home. THAT’S my boy!

I joined the 21st century when my guys got me an iPhone for Christmas. I don’t know who was more thrilled – I or Alex. My older son suggested I lock my phone so that Alex wouldn’t be tempted to make changes to it (if he didn’t think my apps were up to par). It took him just a few weeks to figure out my password. Recently, when I got an upgrade message on my phone, I asked Alex about it. He immediately informed me that it was iOS 7.06 and rattled off the reasons why it was okay for me to click on the upgrade. Phew! Glad there’s an expert in the house. I should probably also ask him for more secure password suggestions.

While he has a massive vocabulary and is very articulate, don’t call him expecting to just chat. He doesn’t really get the point of small talk and, therefore, hates it. Politely, but in no uncertain terms, he will also tell a caller just that. (Luckily, his circle

of callers includes those who already know this). Basically, tell him why you’re calling, give him the information or share whatever funny anecdote you want to tell him, and get off the phone. It’s perfectly okay for him to explain, in great detail, something that he wants to tell you, but don’t bore him with your small talk. You’ve been warned.

The moral of this story is that it has taken sixteen years of good, old-fashioned hard work and determination for Alex to finally reach the point where, on his own, he can make the call (pun intended) on when he’s ready to tackle something new. There will never be an app for that.



Left: Alex and his iPhone

Upcoming Events



April 26, 2015 12th Annual Walk for Autism
Four locations: Bangor, Biddeford, Farmington and Belfast www.firstgiving.com/ASMMaine/walk-for-autism-2015



April 2015 Elks Club Annual Autism Fundraiser
Sponsored by the Elks Club—calendar give away.



April 2015 Lewiston / Auburn Rotary Sensory Friendly Movie This is a free event for families and their children with special needs.



June 27, 2015 4th Annual Softball Tournament for Autism Join us for a day of softball and great team spirit.



July 17—19, 2015 Autism Family Retreat Weekend
A weekend filled with workshops, crafts, entertainment and great food.



July 27—August 20, 2015 Camp Summit
Summer Camp is free for 5—15 years old. Held in Farmington.



October 3, 2015 9th Annual Ride For Autism (bike)
Fun for whole family, three rides 10 mile, 25 mile, or 50 mile. Entertainment and great BBQ after the event.



August 29, 2015 Annual Autumn Ride for Autism
Sponsored by the United Bikers of Oxford County. Leave LA Harley and coming back for a BBQ and entertainment.



September 2015 4th Annual Car Show
Sponsored by Wendy and Richard Humphrey
Prizes, food and entertainment.

Spurwink on The Slopes!

FREE ski program for children with autism spectrum disorders

Spurwink and Sugarloaf have collaborated to offer ski lessons that meet the needs of children ages 4-14 with autism spectrum disorders. The program's goal is to provide opportunities for children with autism to learn to ski in a supportive environment with other children. 1:1 support is provided by Spurwink volunteers who have experience with and understanding autism.

The program is available on Saturdays and Sundays in the months of January, February, and March. Lesson times are 10AM to Noon and 1-3PM.

To register or for more information call Susan Murphy at 866-348-1271 or email smurphy@spurwink.org



Autumn Ride for Autism

It was a gorgeous day for the Autumn Ride for Autism (motorcycle ride). There were 92 motorcycles that headed to Mount Blue State Park. The ride was over 100 miles round trip, and the group enjoyed a great BBQ when they returned to LA Harley. Raffles and door prizes were given away.



The Autism Society of Maine would like to thank United Bikers of Oxford County and LA Harley for supporting our cause. This year's donation was \$3,000. We are looking forward to next year.



ASM on Social Media!

The Autism Society of Maine has a wonderful 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!



by "liking" ASM's Facebook page you can help us spread the word to hundreds of new supporters!
<https://www.facebook.com/pages/Autism-Society-Of-Maine/107781499258293>



We have a great collection of videos and will be adding more throughout the year!
<https://www.youtube.com/user/AutismSocietyofME>



Follow us on Twitter as we 'tweet' about autism!
<https://twitter.com/>



My Autism Team logo A reputable and friendly place to connect with other parents in Maine.
<http://www.myautismteam.com/>

Holiday Tips for Parents of Children with ASD

The holiday period can be a stressful time for children with autism because it is a breach in their daily routine. However, if a child is educated about the holidays and what they entail before they arrive, he or she will be more comfortable and feel at ease. This, in turn, will alleviate much stress from the family.

It is important, therefore, to remember to apply the techniques used to involve the individual with autism in daily activities to these special activities. The individual with autism may be asked to participate at some level in many rituals or ceremonies, which can create a bonding between parent and child and the community at large.

Traditions/Rituals

Both Christians and non-Christians alike celebrate their holidays with much pageantry, tradition and cultural ritual. Augmenting the typical worship service adds to the richness of meaning, while making the celebration more personal.

- Talk about the spiritual aspects of the holiday in normal daily conversations. Describe the upcoming ritual and pageantry through simpler methods, such as pictures, role-playing and storytelling.
- Bring a special item representing some element of the holiday celebration that can be held during worship. It may be a piece of textured "swaddling cloth," a shiny star, nativity figures or cinnamon sticks. One symbolic item brought forth at the right moment may become part of the holistic experience of celebration.

Religious Services

Discuss your expectations. When attending a worship service, it would be wise to discuss with the worship leader what he/she might expect. In return, the worship leader should offer supports to the family, such as someone to stay with siblings should the parents need to leave during the worship service or to accompany the individual with autism to another comfortable place should he or she become distressed.

Be prepared. Most experienced parents know that all children and many adults become fidgety during church. Being prepared with a quiet object of concentration, such as a rubber band, pictures, books, or an object of visual focus, can be very helpful, particularly if it has religious significance to enhance the worship experience. Items that provide comfort and security at home might be made available at church.

Get acclimated. Since it is thought that many individuals with autism experience things holistically, attention should be given to the sights, sounds and even smells within the sanctuary. A visit to the sanctuary when it is empty might give the individual an opportunity to explore in ways that might be inappropriate when crowded. With special permission, one might also explore the organ or piano to prepare the individual for the sudden and sometimes loud sounds during worship. During the service, follow along in the bulletin and prepare the individual for the moment any loud, dramatic music is to occur.

Teach by example. The worship leader may comfortably acknowledge any distracting behavior with a simple, sincere acknowledgment. "So glad you could join our worship today, Tom," after which the worship leader continues as if Tom's participation is perfectly natural. The worship leader's acceptance is very important. Sensitivity and joint strategy planning are critical.

Develop peer partners. In order to help relationships and friendships blossom, peer partners who rotate responsibility for assistance can help to create a wide base of support for the individual while fostering a truer atmosphere of inclusion.

Help the individual feel welcome. Several adults or children can greet the individual with eye contact, a "Hi, Bryan," a high-five, a popular stylized handshake or a pat on the shoulder. It is often this simple, yet critical initiation that communicates the message of acceptance and understanding.

Have the child help out. Children can and should be

encouraged to assist during the service and in other church activities. Depending on their ability, they can:

- Greet people with a smile, and hand out service bulletins.
- Gather up the bulletins and papers left in the pews after the service, restoring order to the sanctuary.
- Assist in the delivery of cards or food to homebound individuals.
- Participate in the packaging and delivery of food and toys to the needy during the holidays.

Stand firm. Finally, the family should stand firm in their belief that we all have a place in the worship experience. When one member is missing, the experience of all is diminished.

Shopping

To help your child get used to malls, go early before the stores open. Walk around to familiarize your child with the building, buy him a snack when the stores open, and leave. Extend the amount of time at the mall each time you go.

When out shopping, praise and give your child a small reward, such as a piece of candy, for staying with you.

To teach your child not to touch things when shopping, visit a clothing store or another store with unbreakable objects; tell him not to touch if he tries to grab something.

When shopping, bring a helper to keep track of your child until you are confident that she will stay with you.

Outings

To help day trips run more smoothly, travel in two cars so that one parent can return home with your child if he gets distressed.

Feed your child before leaving home or bring food with you.

Have your child play with a quiet toy like a calculator in a restaurant, during religious services, or other social activity.

Social Gatherings

When going to large social gatherings, arrive early to let your child get accustomed to the growing number of people.

If your child becomes distressed during a social gathering, pick a quiet place to go or take him out for a walk.

When visiting someone's home, ask to remove breakables from your child's reach; avoid homes where people refuse to accommodate your request.

Bring your child's favorite toys or stuffed animals to a family gathering or other social event.

Before going to a family event, show your child individual pictures of family members and teach him their names.

Before going to a social event, write out and have your child practice simple courtesy phrases and responses to questions. ("How are you?" "I am fine." "How is school?" "Good.")

Let trusted others watch your child if they volunteer; ask for help if you need it.

Accept unwanted advice with the phrase, "I'll have to think about that," and smile.

For further assistance or additional information about autism, please feel free to call the Autism Society's contact center, Autism Source, open seven days a week from 9 a.m. to 9 p.m. at 800-3-AUTISM (800-328-8476). Por ayuda en español, oprime 6

Welcome to the Autism Society of Maine Library!



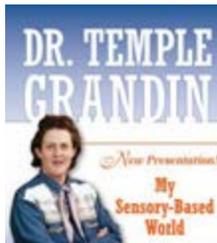
Our Lending Library is a valuable and free resource for parents, caregivers, educators, children and professionals working with children and adults on the autism spectrum. The Lending Library is a FREE resource for Maine residents. The collection can be viewed on the ASM website or you may request a printed list to be mailed to you. Stop by the office, or have material sent to you (will include return shipping) by calling or emailing: 1-800-273-5200 email: library@asmonline.org

The library has its own room with a TV to watch DVD's. Children are always welcome to play with toys or read.

ASM Library Page: www.asmonline.org/library.asp

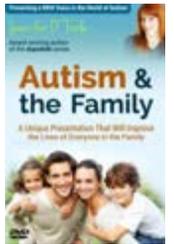
Temple Grandin - My Sensory Based Life (DVD) *Temple Grandin*

Because of her personal experiences with sensory issues, Temple considers sensory dysfunction to be one of the most major problems for children on the autism spectrum, and it's probably one of the least understood. She explains not only the various ways parents, teachers, and professionals can identify sensory issues and the behaviors that are the result of sensory issues, she also focuses on some of the most recent scientific research related to the senses that will help many children on the spectrum and their parents and caretakers. (90 min.)



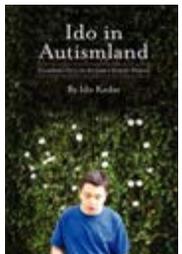
Will Improve The Lives of Everyone in the Family (DVD) *Jennifer O'Toole*

Jennifer was diagnosed as an Aspie in adulthood, is the mother of three Asperkids, the wife of an Aspie, and the author of the internationally celebrated "Asperkids" book series. Famous for her perspective on girls and women with autism/Asperger's, she is also respected for her books aimed at helping children adapt and succeed. Jennifer's dynamic two hour presentation is laced with humor, charm, and caring. Everyone - teachers, therapists, and family members of a person with autism - will benefit from Jennifer's insights. (90 min.)



Ido in Autismland: Climbing Out of Autism's Silent Prison *by Ido Kedar*

Ido spent the first half of his life locked internally, in silence, trapped in a remedial educational system that presumed he lacked the most basic comprehension, and unable to show the world that he understood everything. Through the use of a letter board, and now an iPad, Ido has triumphed communicatively, enabling him to flourish in a regular high school in all general education classes. (170 pgs.)



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Support our Services: Give to the Autism Society of Maine!

The Autism Society of Maine is a statewide nonprofit organization that for over 36 years has served Maine individuals with autism and their families, professionals, and communities by providing education, advocacy, referrals, and resource development. We rely on donations and fund-raisers to help cover the cost of our programs and activities that bring awareness and community to individuals and families affected by ASD. Here's how you can help:

- General donations may also be made anytime of the year online using our secure donation forms (or you can download and print our PDF forms) at: http://www.asmonline.org/involved_donations.asp
- Memorial donations to the Society in memory of a friend or loved-one may also be made at: http://www.asmonline.org/involved_donations.asp
- Donations through Network For Good may be made at: <https://www.networkforgood.org/donation/ExpressDonation.aspx?ORGID2=010407346>
- Donations through United Way can be directed to the Autism Society of Maine. For more information, visit: http://www.asmonline.org/involved_donations_united_way.asp
- Host a fund-raiser with proceeds going to ASM. Some of the past and current fund-raisers have included: Avon, Pampered Chef parties, Mary Kay parties, bake sales at events, selling autism awareness items at conferences or craft events, selling holiday wreaths, selling T-shirts. If any of these fund-raisers interest you, please call us for more information.

Become a Member!

The Autism Society of Maine invites you to join families and professionals in the pursuit of knowledge about autism spectrum disorders, treatments and support for Maine children and adults with autism.

You may register online at:

www.asmonline.org/involved_joinasm.asp

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For other ways to contribute, contact us at asm@asmonline.org. Thank you for supporting our mission!

Call us at: 1-800-273-5200 or visit us online at www.asmonline.org