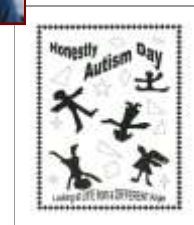


# The Autism Society of Baltimore Chesapeake

## A Year In Pictures

2010



The purpose of this newsletter is to provide information regarding Autism, Asperger's Syndrome and related disorders.  
We do not necessarily endorse the information printed in this newsletter.



# Calendar of Events

<b>Inside this Issue</b>	
Calendar Details	4
Honestly Autism Day	10
Movie	12
Summer Camps	13

March 16 *What are My Benefits?: Social Security, SSI & SSDI*, Baltimore, 5:30 p.m.  
 March 17 *Asperger's Disorder and Co-Existing Conditions*, Hunt Valley, 12:30 p.m.  
 March 17 Guy Talk Pot Luck, Towson, 6:30 p.m.  
 March 19 *SibShops*, Mt. Washington, 10:00 a.m.  
 March 19 Reach for the Stars: Art Exploration, Reisterstown, 10:00 a.m.  
 March 22 *Making Learning Sensational*, Baltimore, 11:30 a.m.  
 March 22 Arc Workshop: *Bullying*, Baltimore, 6:00 p.m.  
 March 23 *Applying for Social Security Income*, Towson, 7:00 p.m.  
 March 26 Reach for the Stars: Art Exploration, Reisterstown, 10:00 a.m.  
 March 26 The Shafer Center hosts: Big Kids!, Reisterstown, 12:00 p.m. and 1:00 p.m.  
 March 30 *What Will Happen to My Child When I Am Gone?*, Towson, 7:00 p.m.  
 April 1 *Set Sail with Itineris*, Baltimore, 6:30 p.m.

April 2 **Honestly Autism Day**, Owings Mills, 7:45 a.m.  
 April 2 ASA/AMC Sensory Friendly Film: *Hop*, White Marsh, 10:00 a.m.  
 April 2 Reach for the Stars: Music, Movement, and Me, Reisterstown, 10:00 a.m.  
 April 5 Baltimore City Special Education Citizens' Advisory Committee Meeting, Baltimore, 6:00 p.m.  
 April 6 The Shafer Center Workshop: *Anxiety and Autism*, Reisterstown, 9:30 a.m.  
 April 6 Arc of Baltimore Moms Support Group, Towson, 6:30 p.m.  
 April 6 *Exploring Guardianship Issues*, Towson, 7:00 p.m.  
 April 7 ASBC Support Group,: Honoring our Families & Special Friends, Mt. Washington, 7:00 p.m.  
 April 8 *A Land We Can Share: Creating Inclusive Classrooms that Promote Literacy, Learning, and Belonging*, Frederick, 8:30 a.m.  
 April 9 Reach for the Stars: Music, Movement, and Me, Reisterstown, 10:00 a.m.  
 April 11 Baltimore County SECAC, Topic: A Conversation with Dr. Hairston, Towson, 7:00 p.m.  
 April 12 Adult Autism Resource Group (AARG), Towson, 7:00 p.m.  
 April 13 *No One Knows My Child Like I Do!*, Towson, 7:00 p.m.  
 April 14 *Successful Supports with Sensory Processing Disorder*, Hunt Valley, 12:30 p.m.  
 April 14 *Bedtime Routines*, Telephone Seminar, 1:00 p.m.  
 April 16 Kennedy Krieger Institute presents: Adolescent Transition Lecture Series, Baltimore, 7:00 p.m.  
 April 21 Guy Talk Pot Luck, Towson, 6:30 p.m.  
 April 26-27 Michelle Garcia Winner Workshops, Hunt Valley  
 April 26 Arc Workshop: *Trends in Autism*, Baltimore, 6:00 p.m.  
 April 27 *Gynecologic Care of Women with Disabilities: An Overview*, Baltimore, 7:00 p.m.  
 April 28 Shafer Center Workshop: *Tips on Hosting Play Dates in Your Home*, Reisterstown, 9:30 a.m.  
 April 30 *Parent Advocacy 101*, Towson, 10:00 a.m.  
 May 1 Kennedy Krieger's ROAR for Autism, Cockeysville, 7:00 a.m.  
 May 3 Baltimore City Special Education Citizens' Advisory Committee Meeting, Baltimore, 6:00 p.m.  
 May 4 Arc of Baltimore Moms Support Group, Towson, 6:30 p.m.  
 May 5 ASBC Support Group, Annual Meeting, Mt. Washington, 7:00 p.m.  
 May 6 8th Annual World of Possibilities Expo, Timonium, 9:00 a.m.  
 May 7 ASA/AMC Sensory Friendly Film: *African Cats*, White Marsh, 10:00 a.m.  
 May 7 Reach for the Stars: Puppet Theatre, Reisterstown, 10:00 a.m.  
 May 9 Baltimore County SECAC, Towson, 7:00 p.m.  
 May 10 Adult Autism Resource Group (AARG), Towson, 7:00 p.m.  
 May 12 *Fostering Self Advocacy in Your Child*, Hunt Valley, 12:30 p.m.  
 May 12 *The Use of Medication in Autism: What Every Parent Needs to Know*, Phone Seminar, 1:00 p.m.  
 May 14 Reach for the Stars: Puppet Theatre, Reisterstown, 10:00 a.m.

For updated events information, visit the BCC-ASA calendar at [www.bcc-asa.org](http://www.bcc-asa.org)

## Calendar Close-up



### April 7<sup>th</sup> Support Group Meeting

**Bring a member (or members) of your *Support Team* to *Support Group*!**

For our April meeting, in recognition of April being Autism Awareness month, we extend **a special invitation to our families and other exceptional individuals in our childrens' lives**, to join us at support group. We look forward to meeting them and expressing our appreciation for their invaluable help and moral support.

### May 5<sup>th</sup> Support Group Meeting

Join us at our **Annual Meeting** which is held every May. We will be hearing several of our **Essay Contest Writers** read their winning entries, electing our **new Board of Directors**, and hearing a "**State of the Chapter**" report from Co-Presidents Debbie Page and David Savick. In addition, we will have some extra time to **socialize and enjoy some tasty refreshments**. Our chapter is full of dedicated, fascinating individuals with lots to offer - come join us in our efforts to improve the lives of individuals with autism and their families.

*AND REMEMBER, IF YOU PAY YOUR 2011 MEMBERSHIP DUES AT A SUPPORT GROUP MEETING, YOU CAN GET A FREE AUTISM AWARENESS WRISTBAND, MAGNET OR PIN! IT'S A REAL DEAL!*

### Sensory Friendly Movies at AMC White Marsh - April 2<sup>nd</sup> and May 7<sup>th</sup>

This popular series of movies shown with the lights up, the sound down to a manageable level and no previews will feature two eagerly-anticipated movies: *Hop*, a movie that blends animation with live action and features the voice of Russell Brand as the Easter Bunny, in April, and *African Cats*, a nature documentary from Disney, in May. Come join the fun and enjoy some quality time with the kids!

## SCHOLARSHIPS AVAILABLE

In looking over the Calendar, do you see a workshop or seminar you *really* want to attend but *really* can't afford to at present? Keep in mind that each year, current BCC-ASA paid members are able to access funds to offset the cost of trainings, conferences, or workshop attendance. These funds are available from the **Charles Fowler, Sr. Memorial Fund**. To utilize these funds, submit a request before the event detailing the date, the event and funds requested. After the training, submit a copy of the registration form to BCC-ASA, P.O. Box 10822, Baltimore, MD 21234 or electronically to [questions@bcc-asa.org](mailto:questions@bcc-asa.org) and reimbursement will be mailed to you.

## Autism Society's Options Policy . . .

Just a reminder that the Autism Society of Baltimore-Chesapeake adheres to the Autism Society's options policy that states *no single type of program or service will fill the needs of every individual with autism and that each person should have access to support services. At the very core of parent choice philosophy is the belief that no single program or treatment will benefit all individuals with autism. Providing information and education to help in decision-making are more highly regarded at the Autism Society than is advocating for one particular theory or philosophy.*

# DETAILS, DETAILS, DETAILS . . .

(ABOUT THE CALENDAR ITEMS)

**Wednesday, March 16, 5:30 - 8:00 p.m.**

## **What are My Benefits? Social Security, SSI & SSDI**

Speaker: Michael Dalto, Work Incentives Project Director, Maryland Department of Disabilities. Transition-aged students with disabilities and their parents often struggle with a key decision: to work or not to work. If the student receives public benefits (such as SSI and Medical Assistance) and does not know how a paying job might affect those benefits, the decision may be even more difficult. Here is a chance to learn how to qualify for SSI and Medical Assistance; how safety nets called “work incentives” can protect benefits while you work; and ask other questions about employment and benefits. As a bonus, students who receive Social Security Disability (SSDI) benefits will learn how work incentives can protect their benefits when they work. Location: The School Board Headquarters, 200 E. North Avenue, Room #101-The Board Room. For more info.: Robin Stewart-Bey, 443-642-4248.

**Wednesday, March 16, 7:00 to 8:30 p.m.**

## **Services for Adults with Autism Spectrum Disorders**

Kennedy Krieger Institute will host this Adolescent Transition Lecture Series for adolescents and young adults with disabilities, parents, educators and clinicians. Presenter: Lisa Crabtree, Ph.D., OTR/L, Director, Center for Adults with Autism (CAASD) at Towson University. Sponsored by the Maryland Department of Health and Mental Hygiene, Office for Genetics and Children with Special Health Care Needs and the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute. Location: Kennedy Krieger Institute, Greenspring campus, Bowles Building, Board Room, 4th Floor, 3825 Greenspring Avenue, Baltimore. Please RSVP to Jenny Jones, Resource Coordinator at [resourcefinder@kennedykrieger.org](mailto:resourcefinder@kennedykrieger.org) or call 443-923-2790.

**Thursday, March 17, 12:30 to 2 p.m.**

## ***Asperger's Disorder and Co-Existing Conditions***

A presentation in the ASD Brown Bag Seminar Series sponsored by Pathfinders for Autism and Confident Student. Speaker: Alex Szollos, Ph.D., Human Development Center. The presence of coexisting or additional diseases/disorders can make dealing with Asperger's very complex; however, correctly diagnosing them and treating them can greatly help manage Asperger's symptoms. Dr. Szollos will discuss the intermingling of Asperger's with ADHD, Anxiety, Depression, Obsessive-Compulsive Disorder, Substance Abuse, Tourette's Syndrome, etc. Location: Trellis Services, Inc., 164 Lakefront Drive, Hunt Valley. No cost but registration is required for each session. Limited spaces for childcare, ages 2-6, available for a non-refundable fee of \$20 per child. You must register for childcare 2 weeks prior to workshop session. For more information and to register: [www.pathfindersforautism.org](http://www.pathfindersforautism.org) or 443-330-5370. Please direct all childcare questions to Erin Bell at 443-622-4955.

**Thursday, March 17, 6:30 p.m.**

## **Arc of Baltimore Guy Talk Pot Luck Dinner**

A support group for dads only with discussion of the challenges and joys of having a child with a developmental disability. Meets the third Thursday of every month. Location: The Arc of Baltimore, 7215 York Road, Towson. For more information contact Dorothea Nikas at 410-296-2272 ext.5349 or visit [www.arcofbaltimore.org](http://www.arcofbaltimore.org).

**Saturday, March 19 & 26, 10 to 11:30 a.m.**

## **The Shafer Center Presents: Reach for the Stars, Art Exploration**

This program is designed for children, ages 4 to 8 to develop inquisitiveness, build self-confidence and have fun with friends. Cost is \$35 per session. Location: The Shafer Center, 132 Business Center Drive, Reisterstown. To register, call Courtney Martin at 410-517-1113x101 or email [courtney.martin@shafercenter.com](mailto:courtney.martin@shafercenter.com).

**Saturday, March 19, 10:00 a.m. – 2:00 p.m.**

## ***Sibshops***

Mt. Washington Pediatric Hospital presents *Sibshops*, a program designed for children, ages 8 to 13, who have a sibling with special health or developmental needs. Location: Mt. Washington Pediatric Hospital, 1708 West Rogers Ave., Baltimore. Cost is \$30 for 3 sessions with lunch included. Registration deadline is March 11. For more information call 410-578-5169 or email [sibshopsmaryland@yahoo.com](mailto:sibshopsmaryland@yahoo.com).

## DETAILS, DETAILS, DETAILS . . . (CONTINUED)

**Tuesday, March 22, 11:30 a.m - 12:30 p.m.**

***Making Learning Sensational for Children Who Struggle with Sensory Processing Deficits***

Presented by the Center for Autism and Related Disorders (CARD) at Kennedy Krieger. Sensory issues affect quality of life for families. Understanding the mechanism of sensation and simple, playful techniques anyone can employ, will be of interest to parents and anyone working with children who struggle to learn despite sensory processing deficits. Learning occurs through the senses. Understanding the sensory-motor system, creating rich learning experiences and optimizing learning moments make learning more engaging and supports greater memory, attention, and performance. Open to parents and professionals. No fee. Location: Center for Autism and Related Disorders, 3901 Greenspring Avenue, Baltimore. For more information: Stacey Duvall, 443-923-7680.

**Tuesday, March 22, 6:00 - 9:00 p.m.**

**Arc Workshop: *Bullying***

Sponsored by The Arc of Baltimore. Both the White House and the Department of Education recognize the problem of bullying. Explore the best practices on combating it. Location: The Arc of Baltimore Employment Center, 6151 Metro Dr.. For more info.: 410-296-2272x5351, [bharnett@arcofbaltimore.org](mailto:bharnett@arcofbaltimore.org), [www.arcofbaltimore.org](http://www.arcofbaltimore.org).

**Wednesday, March 23, 7:00 – 9:00 p.m.**

***Applying for Social Security Income***

A parent workshop that answers questions about the SSI process and eligibility for students with intellectual or other developmental disabilities who are 17 or older. Presented by the Resource Center for Families and Schools. No fee. Location: Baltimore County Board of Education's Greenwood campus, 6901 Charles Street, Towson, Room 114 of the ESS Building. For more information and to register: 410-887-5443.

**Saturday, March 26, 12:00 – 1:00 p.m. and 1:00 to 2:00 p.m.**

**The Shafer Center hosts: *Big Kids Club!***

Big Kids Club is a free play date program for children ages 4-6 years old who have conversation skills. Admission is free and families are welcome to enjoy one-hour of respite care. Location: The Shafer Center, 132 Business Center Drive, Reisterstown. To register, call 410-517-1113 or email [info@ShaferCenter.com](mailto:info@ShaferCenter.com).

**Wednesday, March 30, 7:00 – 9:00 p.m.**

***What Will Happen to My Child When I Am Gone?***

A parent workshop that focuses on planning for your child's lifelong financial security. See March 23<sup>rd</sup> parent workshop listing for details.

**Friday, April 1, 6:30 - 10:30 p.m.**

***Set Sail with Itineris***

See flyer on Page 11 for details.

**Saturday, April 2, 7:45 a.m. to 4:30 p.m.**

***Honestly Autism Day***

See Flyer on Page 10 for details.

**Saturday, April 2, 10:00 a.m.**

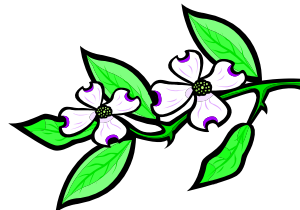
**ASA/AMC Entertainment Sensory Friendly Film**

***Hop***. Blending animation with live action, *Hop*, from Universal Pictures, tells the comic tale of Fred, an out-of-work slacker who accidentally injures the Easter Bunny and must take him in as he recovers. As Fred struggles with the world's worst houseguest, both will learn what it takes to finally grow up. Featuring the voice of Russell Brand as the Easter Bunny, and James Marsden, Hugh Laurie and Kaley Cuoco in person. Rated PG for some mild crude humor. See flyer on Page 12 for details.

**Saturday, April 2 & 9, 10 to 11:30 a.m.**

**The Shafer Center Presents: *Reach for the Stars, Music, Movement, and Me***

See March 19<sup>th</sup> listing for details on how to register.



## DETAILS, DETAILS, DETAILS . . . (CONTINUED)

**Tuesday, April 5, 6:00 – 8:00 p.m.**

**Baltimore City Special Education Citizens' Advisory Committee Meeting**

**Topic: Understanding Special Education within the Juvenile Justice System, Transitional Services and Wrap-Around Services**

SECAC is an advisory committee established to develop and facilitate partnerships between parents, community members, disability organizations, educators, and administrators to enhance services and opportunities available to students with disabilities and/or special needs and to advocate for positive changes in special education in the Baltimore City Public Schools. Representatives from the Department of Juvenile Justice System will be on hand to address concerns. Location: The School Board Headquarters, 200 E. North Avenue, 1<sup>st</sup> Floor Board Room For more information: Blondelia Caldwell-Harrison, SECAC Chair, 410-419-2360 or [blondeiac25@aol.com](mailto:blondeiac25@aol.com).

**Wednesday, April 6, 9:30 – 10:30 a.m.**

**The Shafer Center Workshop: *Anxiety and Autism***

The Shafer Center's Parent Power Series offers free workshops for parents and professionals working with children with autism. Location: The Shafer Center, 132 Business Center Drive, Reisterstown. To register, call 410-517-1113 or email [info@ShaferCenter.com](mailto:info@ShaferCenter.com).



**Wednesday, April 6, 6:30 p.m.**

**Arc of Baltimore Moms Support Group**

A support group for moms only with discussion of the challenges and joys of having a child with a developmental disability. Please bring food to share. Meets the first Wednesday of every month. Location: The Arc of Baltimore, 7215 York Road, Towson. For more information contact Dianna Morgan at 410-296-2272x5347 or visit [www.arcofbaltimore.org](http://www.arcofbaltimore.org).

**Wednesday, April 6, 7:00 – 9:00 p.m.**

***Exploring Guardianship Issues***

A parent workshop that answers questions about the pros and cons of obtaining guardianship for children with intellectual or other developmental disabilities who are over 18 years-of-age. See March 23<sup>rd</sup> listing for details.

**Friday, April 8, 8:30 a.m. - 3:00 p.m.**

***A Land We Can Share: Creating Inclusive Classrooms that Promote Literacy, Learning, and Belonging***

Presented by Maryland Center for Inclusive Education. Speaker: Paula Kluth, Ph.D. Come and learn about how we can give all students- including those with significant disabilities-access to the literate community. Dr. Kluth will explore how many learners have been excluded from literacy experiences that are inclusive, rich, and challenging. Participants will also learn some strategies for including and supporting students with disabilities in reading, writing, speaking, and listening activities. Ideas for enhancing skills in comprehension, fluency, and vocabulary will be highlighted. Cost: \$125 for educators/professionals, \$100 for parents of students with disabilities. Registration Deadline: April 1<sup>st</sup>. Location: Ceresville Mansion, 8529 Liberty Road, Frederick. For more information: Marny Helfrich, [maryn@mcie.org](mailto:maryn@mcie.org) or 410-859-5400.



**Monday, April 11, 7:00 – 9:00 p.m.**

**Baltimore County Special Education Citizens' Advisory Committee Meeting**

**Topic: A Conversation with Dr. Hairston, BCPS Superintendent (re-scheduled from March 14<sup>th</sup>)**

This committee is responsible for advising and making recommendations to the Board of Education on matters pertaining to students with disabilities in Baltimore County. Membership is open to parents, students, family members, community representatives, members of disability organizations, educators, administrators, and all other interested persons. Monthly meetings throughout the school year are held in Room 114 of the ESS Building, located on the Baltimore County Board of Education's Greenwood campus, 6901 Charles Street, Towson.

## DETAILS, DETAILS, DETAILS . . . (CONTINUED)

**Wednesday, April 13, 7:00 - 9:00 p.m.**

***No One Knows My Child Like I Do!, A Workshop on Letters of Intent***

This will be a hands-on workshop where families will learn how to write a letter of intent, also known as an individual plan of care. This is a valuable tool that includes all of the critical information about your child with a disability. A letter of intent is used when you are not available to direct your child's care. It informs family members, professionals, and support staff of the details of your child's life and care so that your vision and wishes can be carried on in the future. No fee, but registration is required. Location: Baltimore County Board of Education's Greenwood campus, 6901 Charles Street, Towson, Room 114 of the ESS Building. For more information and to register: 410-887-5443.



**Thursday, April 14, 12:30 - 2:00 p.m.**

***Successful Supports with Sensory Processing Disorder***

A presentation in the ASD Brown Bag Seminar Series sponsored by Pathfinders for Autism and Confident Student. Speaker: Ida Zelaya, Sensory Street. Ms. Zelaya will explore effective strategies and accommodations for the different types of SPD, outlining different age brackets, including adolescents and adults. See March 17<sup>th</sup> listing for details on how to register.

**Thursday, April 14, 1:00 p.m. - 2:00 p.m.**

***Bedtime Routines***

Presenter: Danielle R. Liso, PhD, BCBA, Coordinator of Severe Disabilities and Autism Programs, Johns Hopkins University. A presentation in the CIGNA free Education Awareness series of telephone seminars designed to provide parents, family members and caregivers with information on the physical, mental and emotional issues common in children who are experiencing an autism spectrum disorder. Open to any parent or caregiver interested in learning more about autism spectrum disorders. To listen to a seminar, call toll-free 1.800.214.0745 at the schedule time. When prompted for a passcode, enter 121391. Presenter: Yvona Fast, Communications Director, GRASP, [www.grasp.org](http://www.grasp.org).

**Tuesday & Wednesday, April 26 & 27, 8:30 a.m. - 4:00 p.m.**

**Tuesday: Social Thinking across the Home and School Day: The ILAUGH Model of Social Cognition**

**Wednesday: Thinking about YOU, Thinking About ME**

Workshops lead by Michelle Garcia Winner, MA, CCC-SLP, founder of Social Thinking®. On Tuesday: Examine ways to better understand the inner minds of your students and why they react the way they do. Learn related treatment strategies. Explore the ILAUGH model of Social Cognition that helps to reveal how social-processing difficulties affect not only social skills but also the ability to work as part of a group and focus on a range of academic tasks. Address the writing of IEP goals that lead to real, albeit slow, improvements. On Wednesday: Learn key aspects of the new Social Thinking-Social Communication Profile, which addresses changes to autism spectrum disorders proposed for DSM V. Learn how the Social Thinking model of "perspective-taking" (and the expanded Social Thinking-Social Communication Profile) makes Theory of Mind and other abstract concepts practical for treating students. Understand your own ability to take the perspectives of others and why this is important for all interpersonal relationships. Learn a four-step model for developing the thinking required for developing social and communication skills in students. Location: Baltimore Marriott Hunt Valley, 245 Shawan Road, Hunt Valley. Cost: Professionals: \$315 for both days, \$170 for one day; Parents/College Students: \$280 for both days, \$150 for one day. C.E.U.'s available. For more information: [www.socialthinking.com](http://www.socialthinking.com) or 408-557-8595.

**Tuesday, April 26, 6:00 - 9:00 p.m.**

**Arc Workshop: *Trends in Autism***

Sponsored by The Arc of Baltimore. As the number of autistic children rises, so do the number of programs designed to help them navigate the world. Location: The Arc of Baltimore Employment Center, 6151 Metro Drive, Baltimore. For more information: Becky Hartnett, 410-296-2272x5351, [bhartnett@arcofbaltimore.org](mailto:bhartnett@arcofbaltimore.org), [www.arcofbaltimore.org](http://www.arcofbaltimore.org).

## DETAILS, DETAILS, DETAILS . . . (CONTINUED)

**Wednesday, April 27, 7:00 - 8:30 p.m.**

***Gynecologic Care of Women with Disabilities: An Overview***

Kennedy Krieger Institute will host this Adolescent Transition Lecture Series for adolescents and young adults with disabilities, parents, educators and clinicians. Speaker: Delese E. LaCour, M.D., FACOG, specializes in gynecology for individuals with disabilities, with Johns Hopkins Community Physicians, and she is an instructor of gynecology and obstetrics. For location and information on how to register, see March 16<sup>th</sup> listing.

**Thursday, April 28, 9:30 – 10:30 a.m.**

**The Shafer Center Workshop: *Tips on Hosting Play Dates in Your Home***

See April 6<sup>th</sup> listing for details.

**Saturday, April 30, 10:00 a.m. - 12:00 p.m.**

**Parent Advocacy 101 Workshop**

This workshop is designed to give parents an idea of various advocacy strategies they can use during IEP meetings where effective advocacy is important to ensure their child receives a Free, Appropriate, Public Education (FAPE). The workshop will provide practical tips for ensuring clear communication and collaboration between families and schools. See March 23<sup>rd</sup> listing for details.

**Sunday, May 1**

**ROAR for Autism, 7:00 a.m.**

This annual event consists of a bike ride, nature walk, and family festival dedicated to raising funds for Autism research and programs at Kennedy Krieger Institute. This journey through the scenic neighborhoods of Baltimore County, including walking trails at Oregon Ridge Park in Cockeysville, is geared towards families and riders of all ages and experience levels. The event also offers fun family festivities, entertainment, and refreshments. For more information, visit [www.ROAR.kennedykrieger.org](http://www.ROAR.kennedykrieger.org).

**Tuesday, May 3, 6:00 – 8:00 p.m.**

**Baltimore City Special Education Citizens' Advisory Committee Meeting**

See April 5<sup>th</sup> listing for location and contact details.

**Saturday, May 7, 10:00 a.m.**

**ASA/AMC Entertainment Sensory Friendly Film**

**White Marsh AMC**

*African Cats*. A nature documentary from Disney centered on two cat families and how they teach their cubs the ways of the wild. Rated G.

**Saturday, May 7 & 14, 10 to 11:30 a.m.**

**The Shafer Center Presents: *Reach for the Stars, Puppet Theatre***

See March 19<sup>th</sup> listing for details on how to register.

**Monday, May 9, 7:00 – 9:00 p.m.**

**Baltimore County Special Education Citizens' Advisory Committee Meeting**

See April 11<sup>th</sup> listing for details of this monthly meeting.

**Thursday, May 12, 12:30 - 2:00 p.m.**

***Fostering Self Advocacy in Your Child***

A presentation in the ASD Brown Bag Seminar Series sponsored by Pathfinders for Autism and Confident Student. Speaker: Mary Turos, Confident Student. Ms. Turos describes the scope of self advocacy, why it is important for maturing teenagers with learning/organizational/behavioral challenges, and how to positively motivate and strengthen these skills. See March 17<sup>th</sup> listing for details on how to register.

**Thursday, May 12, 1:00 p.m. - 2:00 p.m.**

**The Use of Medication in Autism: What Every Parent Needs to Know**

Presenter: Larence Scahill, MSN, Ph.D., Professor of Nursing and Child Psychiatry, Yale University School of Nursing and Child Study Center. See April 14<sup>th</sup> listing for details on how to access this telephone seminar.



## ASBC EXTENDS OUR HEARTFELT THANKS TO THESE RECENT DONORS

Patricia Richards

Louis Vigliotti

In memory of  
**Benjamin Sapperstein**

Ann S. Frankel  
Sara Egorin-Hooper

### Upcoming AARG! Meeting

The next meeting of the Adult Autism Resource Group will be on **Tuesday, April 12<sup>th</sup>** from 7:00 to 9:00 p.m. AARG, a sub-group of ASBC, meets the second Tuesday of every month at the home of Ellen Feifarek to work on issues that concern adults and transition-age youth with autism. Please call Ellen at 410-583-7633 during daytime hours if you plan to attend.

The 2<sup>nd</sup> Annual Autism Society of Baltimore Chesapeake Golf Tournament will be held at Quail Valley Golf Club, in Littlestown, PA on **Friday August 26<sup>th</sup>**.

Last year's event was a huge success in raising funds and Autism Awareness. The tournament is a 4-person best ball format and will feature Longest Drive, Closest to the Pin and Putting contests, prizes to the top teams, door prizes, a silent auction, complimentary breakfast and lunch and much more!

For additional details, please contact Scott Greenholtz at (410) 596-3811 or email [AAAGolfTournament@gmail.com](mailto:AAAGolfTournament@gmail.com).

Please also use the above contact if you would like to volunteer at the tournament, or if you would like to be a hole sponsor.

*Hope to see you there!*



Please welcome our new editor of the BCC -ASA News calendar. Jenny Phillips is a new ASBC member with a 3½ year old son on the spectrum. Welcome, Jenny & Thank you!

### New Website Empowers Families!

Catholic Charities proudly presents the new Baltimore County Family Navigator website, [www.family-navigator.org](http://www.family-navigator.org).

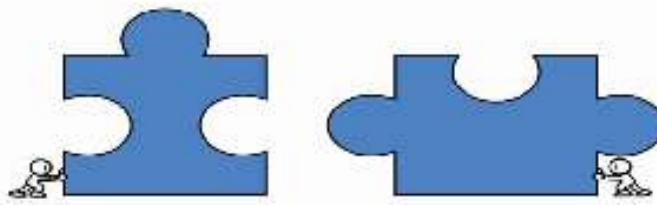
In this day and age, more families are going online to find support and resources. Now the Baltimore County Family Navigator website has opened up a new avenue for parents and caregivers to find help and information.

Raising children can be joyous, frustrating, and overwhelming all at the same time. Families and caregivers can search this website for resources and articles about childrearing issues, child development, educational advocacy, and more. If you live in Baltimore County and need useful information to help you parent a child with intensive needs, you have come to the right place. With a click of the mouse or a phone call to 410-252-4700 x265, you can search for answers, find information about workshops and support groups, and connect with a Family Navigator.

Baltimore County Family Navigators are experienced parents or caregivers of special needs children who are available to assist you. This free service, funded by The Governor's Office for Children through the Baltimore County Local Management Board and Catholic Charities Child and Family Services, is offered to parents and caregivers of children with intensive needs related to behavioral/mental health or developmental disabilities. A Family Navigator can help you identify your strengths and challenges, find resources, and develop a plan of action. As one parent said, "It has been a blessing to have a human being that is available. I appreciate having someone I can contact, who will call me back, who can come to my home to be a support and help me find the resources I need."

Phone: 410.252.4700 x265

Email: [FamilyNavigator@cc-md.org](mailto:FamilyNavigator@cc-md.org)



# Honestly Autism Day



**7:45 a.m. - 8:30 a.m.**

Registration / BREAKFAST / Vendors

**8:30 a.m. - 9:00 a.m.**

Essay Contest Winner Presentation

Special Guest, LaVonnya Gardner

**9:00 a.m. - 10:00 a.m.** Panel Discussion

**10:00 a.m. - 10:15 a.m.** BREAK

**10:15 a.m. - 11:45 a.m.** Breakout Session 1

**11:45 a.m. - 12:45 p.m.** LUNCH / Awards

**2:45 p.m. - 2:15 p.m.** Breakout Session 2

**2:15 p.m. - 2:30 p.m.** SNACK

**2:30 p.m. - 4:30 p.m.** Keynote Speaker— Carol Kranowitz, M.A. presents

★ "Fun and Functional Strategies to Help Kids with Sensory Processing Disorder" ★

*Choose 1 topic below for EACH breakout session.*

1. **Free to Be You and Me: Moving Beyond Teaching Just Social Skills and Towards Fostering Friendships (ages 3 - 8)**  
Presented by: Kay Holman, Ph.D., CCC-SLP
2. **Educating Siblings and Developing Positive Sibling Bonds (Session 1 ONLY)**  
Presented by: Eve B. Band, Ph.D.
3. **Social Skills in Middle School Children with Autism Spectrum Disorders (Session 2 ONLY)**  
Presented by: Eve B. Band, Ph.D.
4. **Anxiety Treatment: Cognitive Behavioral Therapy for Children and Adolescents with a High Functioning Autism Spectrum Disorder**  
Presented by: Tana Hope, Ph.D.
5. **Using Music Therapy Ideas and Strategies in the Home and School for Pre-K through Elementary Students on the Autism Spectrum**  
Presented by: Kari Roy, MT-BC
6. **Navigating the Road from School to Adulthood for Youth with ASD**  
Presented by: Linda Pearl, M.Ed. and Ellen Feifarek, M.D.
7. **Doing Whatever it Takes: Differentiating Instruction to Meet the Strengths & Needs of Unconventional Learners**  
Presented by: Chris Swanson, MS, Ed., Doctoral Candidate
8. **Questions, Questions, Everywhere! A Make & Take to Create Visual Supports to Help Students Understand & Answer Questions**  
Presented by: BCPS Assistive Technology Team Members  
Jeanne Noorisa, Special Educator, Kama Dwyer, MS, CCC-SLP, and Jennifer Langenberg, MS, CCC-SLP
9. **A Team Approach...to a Successful Physical Education Experience**  
Presented by: Linda Webbert, C.A.P.E. & Jennifer Melnick, C.A.P.E.
10. **Listening to Autism: A Father's Awakening, A Son's Voice**  
Presented by: Mark Osteen Ph.D.
11. **Zentangle Basics—"Yoga for the Brain"**  
Presented by: Patty Farrell

**April 2, 2011**

7:45 A.M. - 4:30 P.M.

**New Town High School**

4931 New Town Boulevard  
Owings Mills, MD 21117

**Registration Deadline 3/21/11**

**Mail-in Registration Form**  
(USE 1 FORM PER PERSON)

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Breakout Session 1st

Breakout Session 2nd

Lunch Selection (please mark 1)

- Ham Sandwich
- Turkey Sandwich
- Roast Beef Sandwich
- Veggie Sandwich (w/ dressing on side)
- Garden Salad (w/ Gluten Free Dressing)

Lunch also includes chips, soda or water, and dessert.

**Cost \$25 / person**

Amount Enclosed \_\_\_\_\_

Make Checks Payable to BCC-ASA.

Mail to:  
Donna Gosnell  
BCPS Office of Special Education  
6901 Charles St.  
Towson, MD, 21204

Vendors, Exhibitors, and Sponsors

Welcome!

Contact Debbie Page  
dpage2@bcps.org

CEUs PENDING APPROVAL BY:

\*Maryland Board of Examiners for Audiologists, Hearing Aid Dispensers and SLPs

\*Maryland Board of Occupational Practice

For more information about our speakers and topics visit [www.bcc-asa.org](http://www.bcc-asa.org).



# Set Sail

with Itineris

Baltimore's Newest Agency Serving  
Adults with Autism



Join us for our First Gala  
**ABOARD the SPIRIT of BALTIMORE**  
for Dinner, Drinks and Dancing.  
Silent and Live Auction.

Friday April 1, 2011

6:30 pm to 10:30 pm

Boarding begins promptly at 6:00pm

The Spirit of Baltimore

561 Light Street • Baltimore, MD 21202

\$100 per person



Checks can be mailed to:  
Itineris, Inc. • PO Box 271 • Riderwood, MD 21139  
Please include your name and number of guests.  
Tickets are also available online at [www.itinerisbaltimore.org](http://www.itinerisbaltimore.org)  
For more information call Ami Taubenfeld at 410.307.3835

Charting a meaningful course for adults with autism



## Are you Interested in Participating in Research Studies?

One easy way to get started is through an online portal called the Interactive Autism Network (IAN) at [www.ianproject.org](http://www.ianproject.org). This site allows you to participate in research from your home. If you are interested in a clinical trial (which is not just about treatment, but also diagnosis, identifying subtypes, etc.) you can find more information at <http://clinicaltrials.gov> and search on "autistic disorder."

## Still Working on your Taxes? You have our deepest sympathy and a suggestion from us . . .

The IRS publication 907, *Tax Highlights for Persons with Disabilities*, might come in handy. You can access it at [www.irs.gov](http://www.irs.gov) or, for a free paper copy, call 1-800-TAX-FORM (1-800-829-3676). Happy filing!



## World Autism Awareness Day

The fourth annual World Autism Awareness Day is on April 2<sup>nd</sup> this year. People, schools, organizations, and companies are hosting events around the world (including our own Honestly Autism Day event). To find out more about World Autism Awareness Day and how you can participate, check out [www.worldautismawarenessday.org](http://www.worldautismawarenessday.org).

# Sensory-Friendly showing of:

Hop  
Saturday, April 2, 2011  
10:00 am

AMC Theatres® and The Autism Society have teamed up to bring families affected by autism a special opportunity to enjoy their favorite films in a safe and accepting environment on a monthly basis.

With Sensory Friendly Films, the movie auditoriums will have their lights brought up and the sound turned down.

<p>AMC Columbia Mall 14</p> <p>10300 Little Patuxent Parkway</p> <p>Columbia, Md 21044</p> <p>410-423-0510</p>	<p>AMC White Marsh 16</p> <p>8141 Honeygo Blvd.</p> <p>Baltimore, Md 21236</p> <p>410-933-9428</p>
--	--

For tickets to this unique experience, please visit the theatre's box office the day of the event.



Note: when attending the movie, remember to ask for the *sensory-friendly showing* – there may be other showings of the same movie going on at the theater but they will not be sensory-friendly!

## National Aquarium in Baltimore Special Visit Times

Avoid the crowd by visiting on the first Saturday and first Sunday of the month. The aquarium's First Saturdays and First Sundays program allows visitors with special needs and their guests to enter 30 minutes before the Aquarium opens to the general public. If you have any questions or need additional information, contact:

**Jennifer Hamilton**  
410-659-4291  
[jhamilton@aqua.org](mailto:jhamilton@aqua.org)

### *New Website for Students with Disabilities*

[www.mdtransition.org](http://www.mdtransition.org)

*The Maryland Transitioning Youth Website for families and youth with disabilities provides information and resources for transition planning, postsecondary education, employment services and much more . . .*

## League of Dreams

Want to learn more about the **League of Dreams**, mentioned at our March support group? You can find the details and **check out all the wonderful recreational opportunities for people with disabilities in Baltimore County** that are available, by reading the Baltimore County Department of Recreation and Parks Office of Therapeutic Recreation Services' newsletter *Leisure Resources* at: <http://www.baltimorecountymd.gov/agencies/recreation/programdivision/therapeutic.html>.

## Local Camps and Summer Programs

### Best Buds Summer Day Camp 2011

June 27 – July 29

The Shafer Center's Best Buds Summer Day Camp combines fun and educational activities that will help your child maintain skills and continue to gain competence in communication skills, emotional regulation, sensory processing, peer interaction, play skills, visual motor skills, and gross and fine motor skills. Activities include: Special Educator-led thematic group activities, SLP-led play and social activities, one-on-one and two-on-one ABA directed instruction and OT-directed sensory and motor activities.

Ages: 3 - 8 years old. Location: The Shafer Center, 132 Business Center Drive, Reisterstown. Cost: Full-day: \$1,200 per week; Extended day: \$1,500 per week; Half Day: \$600 per week. For more information and to request an application please call Courtney Martin M.Ed., at 410-517-1113 ext.101 or [Courtney.martin@shafercenter.com](mailto:Courtney.martin@shafercenter.com).

### Salkever Summer Day Camp

July 11 -15 (Session 1)

July 18- 22 (Session 2)

The Salkever summer day camp is a full -day camp for children with and without disabilities, featuring computer-based activities to teach creativity, independent thinking, presentation skills, and literacy in a friendly and structured environment. Campers will be able to explore their creativity through painting, drawing, and other arts and crafts activities. In addition, each day children have an opportunity to work at their own individual computer station programmed for their specific needs, document the day's activities using digital cameras, camcorders, and share in various field trips. Ages: 7 - 15. Time: 9:00 a.m. to 3:00 p.m. Location: V-LINC, 2301 Argonne Drive, Baltimore 21218. Cost: \$200/non-disabled, \$175/LINC member with disability, \$275/non-member with disability. Children with disabilities require V-LINC membership and pre-camp consultation to ensure individualization of computer/materials. V-LINC membership is \$100. Scholarships are also available to families. Contact person: Jonnell Landsman, (410) 554-5415 or [jlandsman@v-linc.org](mailto:jlandsman@v-linc.org).

### Also Check Out:

#### Camp Koski Hydes, Maryland

For children with autism and related disorders. Trail walks, hayrides, pond kayaking, lead-line horse rides, sensory barn. Campers have 1:1 teen buddies. Ages 6-13. For more information: Patti Koski, 410-375-6681, [www.campkoski.com](http://www.campkoski.com), [campkoski@verizon.net](mailto:campkoski@verizon.net).

#### I Can Do It Too @ Rebounders Timonium

For ages 3 and up. Sensory motor gymnastics activities. For more information: Heidi Soerensen, 410-252-3374x12, [www.rebounders.com](http://www.rebounders.com), [heidi.rebounders@verizon.net](mailto:heidi.rebounders@verizon.net).

#### JCC of Greater Baltimore Special Needs at Camp Milldale Reisterstown

Grades K-8. K-6 participate with other campers as part of the inclusion program. Ages 12-15 do activities with their peers with special needs. Space is limited. For more information: Stacy Israel, 410-356-5200, [www.campmilldale.org](http://www.campmilldale.org), [sisrael@jcc.org](mailto:sisrael@jcc.org).

# What Is Stimming and Why Is It Common In Autistic People?

By [Lisa Jo Rudy](#), About.com Guide

The term "stimming" is short for self-stimulatory behavior, sometimes also called "stereotypic" behavior. In a person with autism, stimming usually refers to specific behaviors such as flapping, rocking, spinning, or repetition of words and phrases.

Stimming is almost always a symptom of autism, but it's important to note that stimming is also a part of most people's behavior patterns. If you've ever tapped your pencil, bitten your nails, twirled your hair, or paced, you've engaged in stimming.

The biggest differences between autistic and typical stimming are the choice of stim and the quantity of stim. While it's at least moderately acceptable to bite one's nails, for example, it's considered unacceptable to wander around flapping one's hands. There's really no good reason why flapping should be less acceptable than nail biting (it's certainly more hygienic!). But in our world, the hand flappers receive negative attention while the nail biters are tolerated.

Like anyone else, people with autism stim to help themselves to manage anxiety, fear, anger, and other negative emotions. Like many people, people with autism may stim to help themselves handle overwhelming sensory input (too much noise, light, heat, etc).

Unlike most people, though, individuals with autism may also self-stimulate constantly, and stimming may stand between them and their ability to interact with others, take part in ordinary activities, or even be included in typical classrooms. A child who

regularly needs to pace the floor or slap himself in the head is certain to be a distraction for typical students.

It's not completely clear why stimming almost always goes with autism, though it's often called a tool for "self regulation." As such, it may well be an outgrowth of the sensory processing dysfunction that often goes along with autism. At times, stimming can be a useful accommodation, making it possible for the autistic person to manage challenging situations. When it becomes a distraction or causes physical harm to self or others, though, it must be modified.

Lessening or modifying stims can be tricky, but several approaches may be helpful. Applied Behavior Analysis (ABA) may help individuals to eliminate or modify some of their stimming. Occupational therapy is another useful tool.

In some cases, stimming can be reduced with medications that address underlying issues of anxiety. Finally, some people with autism can learn through practice and coaching to either change their stims (squeeze a stress ball rather than flap, for example) or engage in excessive stimming only in the privacy of their own homes.

#### Sources:

- S. Goldman et al. "Motor stereotypies in children with autism and other developmental disorders." *Dev Med Child Neurol.* 2009 Jan;51(1):30-8.
- RL Koegel. "Extended reductions in stereotypic behavior of students with autism through a self-management treatment package." *J Appl Behav Anal.* 1990 Spring;23(1):119-27.
- KS Lam et al. "Evidence for three subtypes of repetitive behavior in autism that differ in familiarity and association with other symptoms." *J Child Psychol Psychiatry.* 2008 Nov;49(11):1193-200.

## Got an iPad?

Here's a link to a listing of *tons* of iPad apps for people with autism. It is compiled by a parent, an adult with autism, and an SLP:

<http://is.gd/12ygv8>

**The BCC-ASA News welcomes articles and contributions** from parents, siblings, professionals, and people with autism spectrum disorders. Submit your article, book review or photo by emailing it to [curtismary-ellen@gmail.com](mailto:curtismary-ellen@gmail.com).

If you are uncertain as to the status of your **membership** please send an email inquiry to [questions@bcc-asa.org](mailto:questions@bcc-asa.org) and we can let you know if your membership is current. The membership year runs from May 1<sup>st</sup> to April 30<sup>th</sup>, but if you are a new member and have joined between January and April, you are covered for the following membership year.

**Officers and Board Members**

Co-Presidents: Debbie Page  
David Savick  
Past President: Heather Thoms-Chesley  
Vice President: Stephanie Savick  
Treasurer: Mary Ellen Curtis  
Secretary: Helen Shafer  
Board Members: Carol Brown  
Kay Holman  
Marlo Denise Lemon  
Maureen Rushton  
P.J. Shafer  
Heidi Shoemaker  
Newsletter: Mary Ellen Curtis  
Website: David Savick

**Chapter Phone:** 410-655-7933

**Website:** www.bcc-asa.org

**E-mail:** questions@bcc-asa.org

**Support Group Meeting**

The next support group meeting will be **Thursday, April 7<sup>th</sup>** at 7:00 p.m. at Mount Washington Pediatric Hospital. Support group meets on the **first Thursday** of every month. Childcare is *not* available.

**Directions to Mt. Washington Pediatric Hospital:**

FROM NORTH OF BALTIMORE:

Take the Beltway (I-695) to the Jones Falls Expressway (I-83) south. From I-83, take the Northern Parkway exit, 10B West. Make a right turn off the exit ramp and make an immediate right turn onto West Rogers Ave. (the first street off the exit ramp). Go north on West Rogers Ave.; the hospital is on the right.

FROM BALTIMORE AND SOUTH:

Take the Jones Falls Expressway (I-83) north to the second Northern Parkway exit, 10B West. Turn right onto West Rogers Ave. (which is just past the on-ramp from southbound I-83). Go north on West Rogers Ave.; the hospital is on the right.

**MEMBERSHIP FORM**

**AUTISM SOCIETY OF BALTIMORE-CHESAPEAKE**

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

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

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

E-mail (required for newsletter delivery): \_\_\_\_\_

Child's Name: \_\_\_\_\_ Child's Birthday: \_\_\_\_\_

Child's School or Program (Optional): \_\_\_\_\_

If you prefer to receive a hard copy of the chapter newsletter by mail, please check here  and add an additional \$10 to your dues payment to help offset the cost of printing and mailing.

Additional donation to BCC-ASA: \_\_\_\_\_ Thank You!

Make checks payable to BCC-ASA and mail to:

**BCC-ASA, P.O. Box 10822, Baltimore, MD 21234**

**Please note:**

BCC-ASA does not share information on our members with any other organization

**ANNUAL DUES: \$10.00**

**CIRCLE ONE:**

Individual with Autism

Family

Professional

Student