

Autism Monthly NJ

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Even though we're almost halfway through August, Autism Family Services doesn't want to give up on those Summer days and nights just yet! Make sure you read through the newsletter to learn about the exciting beach events we have in store!



Quick Links

- [Autism Family Services of New Jersey](#)
- [The Family Support Center of New Jersey](#)
- [The Family Resource Network](#)

[Join our Mailing List!](#)

Surf's Comin' Up - Soiree and Bash on the September Calendar



Summer is nearly over and what thousands have found as a way to take in one more weekend is by participating in our Seaside Soiree (September 11) and our free Beach Bash (September 13) for people with autism and their families. The Soiree has become a very chic affair, with music, good food and drink, a beach bonfire, and an upscale silent auction to entertain our guests. This year, Jersey shore music legend Billy Lawlor will be entertaining us from 6:00 until 10:00 at the Ocean Place Resort, on the beach in Long Branch.

Our 5th Annual Beach Bash will take place on the beach in Belmar, and will be an all day (9:00-4:00) affair, highlighted by games and family activities, music, food, sun and surf. Surfer's Healing from Southern California will bring people with autism into the ocean on surf boards, and professional photographers will be there to capture the once in a lifetime moments. Please register early. Last year more than 3,000 people joined us on the beach!

Seaside Soiree - \$150 per person; September 11 (proceeds enable us to host the Beach Bash). Register at www.autismfamilyservicesnj.org.

Beach Bash - free! Please pre-register at www.autismfamilyservicesnj.org.

Surfer's Healing camp- registration was handled by Surfer's healing, Inc., and all slots have been filled.

Can you lend a hand? We need items for the silent auction, volunteers for the beach, cash and other donations. Contact Samantha at 609-392-4900.

Applied Behavior Analysis Instruction Available

The David Gregory School is pleased to offer 5 hours of Applied Behavior Analysis instruction and parent training of newly diagnosed children with autism. This service will be provided in a school setting free of charge for parents.

For more information, please contact Dr. Kimberly Vogt, 201-967-9772.

DAVID GREGORY SCHOOL
347 NORTH FARVIEW AVENUE
PARAMUS, NEW JERSEY 07652
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National Caregivers Conference Announces Keynote Speaker



NATIONAL
CAREGIVERS
CONFERENCE
Changing the Face of Caregiving

We proudly announce our keynote speaker, Doug Ulman. Doug is a three-time cancer survivor and national cancer survivorship advocate. After overcoming chondrosarcoma during his sophomore year in college and malignant melanoma twice since, in 1997 Doug founded the Ulman Cancer Fund for Young Adults, a non-profit organization to provide support, education, and resources to young adults, their families and friends who are affected by cancer. To learn more about Doug Ulman visit our [keynote page](#).

Our dedication is as strong as ever to providing caregivers with the knowledge and support to the always changing issues that might affect their lives.

Please join us on Thursday, October 29, 2009 at the Woodbridge Hotel and Conference Center to meet new people from around the country, spend time catching up with old friends, and return home with a refreshed outlook on caregiving.

For more information about how you can be a part of this fantastic event please call the Family Support Center of NJ (732) 528-8080 and a staff member will be ready to assist you.

Visit www.nationalcaregiversconference.org regularly for event updates!

Autism Family Services of NJ to Host Walk-a-thon!

Join us on Sunday, October 11, 2009 as Autism Family Services of NJ, The Family Resource Network, and its other affiliates, host a state-wide Walk-a-thon titled "Walk for a Brighter Tomorrow" at Roosevelt Park, in Edison, New Jersey. This will be a fun filled day for families and friends to walk in support of their loved ones. A casual 5k Walk, entertainment and refreshments will be just a few of the day's highlights.

Call your family, friends and co-workers and start a walk team today! You can find more information and register online at www.walkforabrightertomorrow.org or via phone 1-800-FRN-2345. When registering to walk please note that you can choose to direct all of your money raised specifically to Autism Family Services. Just choose AFSNJ from the drop down menu on the online registration form.



Please join us in our continuing efforts to provide low-cost quality services to New Jersey families living with developmental disabilities and chronic illness. You can make a difference!

Governor Corzine to Sign Autism Insurance Bill



Governor Jon Corzine will be signing the historic insurance reform bill that will provide coverage for therapies prescribed to children with autism. This legislation, years in the making, will require insurance companies to provide up to \$36,000 per year for Physical, Occupational, Speech, and Applied Behavior Analysis therapies for children up to age 21. This applies to non-federal policies only at this time.

New Jersey becomes the 14th state to enact such legislation, and more than 30 states introduced similar bills within the past year. This corrects a problem reported to us by parents. Current policies will only cover "rehabilitation" - you had to have had speech, typical behavior, etc.

in order to have it corrected, or rehabilitated. What we needed was "habilitation", and this law addresses that need. Autism New Jersey has led the charge for this legislation in the Garden State and Autism Speaks has taken on an aggressive campaign national. Continue to read this newsletter for information on regulations and implementation dates.

Autism Not Tied to Bowel Movement Patterns

Reuters Health - Despite some reports to the contrary, children with autistic spectrum disorders do not have bowel movement patterns that suggest gastrointestinal problems, UK researchers report.

Autistic spectrum disorders are a group of developmental conditions that hinder people's ability to communicate and build relationships. Previous studies, though inconclusive, "have described gastrointestinal symptoms in children with autism," Dr. Alan Emonds, of the Center for Child and Adolescent Health, Bristol, and colleagues note in their study in the journal Archives of Disease in Childhood.

However, based on their results, "The bowel habits of young children with autistic spectrum disorder, in general, are no different from the rest of population," Emond told Reuters Health.

Emond's team came to this conclusion after studying data from 78 children recognized as having autistic spectrum disorders and 12,906 other children without such disorders.

During the first three and a half years of life, there were no major differences between the groups in such factors as stool color, consistency, the frequency of diarrhea or constipation, and of stomach pain.

There were some children who began to have more stools per day at 30 months of age, but that "may be a secondary

phenomenon related to differences in diet," the authors note.

Nevertheless, Emond noted that some older children with autistic spectrum disorders do have bowel symptoms. "It is not clear whether these symptoms are due to dietary changes or abnormalities in intestinal function associated with autism. Further research is needed."

SOURCE: Archives of Disease in Childhood, July 2009.

"Dinner and a Therapist" Series

Through the generosity of the Horizon Foundation of New Jersey, we will be conducting a unique 3-part series for parents of children and adults with autism. Known as "Dinner and a Therapist", the free series will feature a two-part workshop on stress recognition and management for families, and a special workshop on siblings. Stress management will be presented by Dr. Russell Kormann of the Center for Applied Psychology, Rutgers University, while Annette Becklund, LSW, will host the siblings presentation. We will be looking for parents to attend all 3 workshops, which will be held in Woodbridge on Friday evenings in November and December. To enable both parents to attend, on-site recreation will be provided by Autism Family Services of New Jersey. More information is forthcoming.

Changes at Kidz Korner

The Kidz Korner programs of the Family Resource Network will be undergoing changes during the next year, resulting in our ability to offer more programs in more locations. Kidz Korner will be housed under Autism Family Services of NJ. Cyndee Smith-Policastro, longtime teacher in our Toms River program, will be coordinating our efforts. We are looking to develop a curriculum to be used throughout the state, brand "Kidz Korner" as a recognizable option for families, and attract additional funding sources to our efforts. We will be looking to offer a variety of Kidz Korner options, including State funding, local school district funding, fee-for-service models, and a combination of all of these options. Please visit our Web site for updates, enrollment, start dates, etc., as our plans and implementation move forward.

Participate in the AASPIRE Gateway Project



AASPIRE

You are invited to participate in a continuing online research project called the AASPIRE Gateway Project. This online research project is conducted by the Academic Autistic Spectrum Partnership in Research and Education (AASPIRE, <http://aaspire.org>) in collaboration with Oregon Health & Science University, the University of Wisconsin-Madison, Portland State University, and the Autistic Self-Advocacy Network.

The AASPIRE Gateway Project is recruiting participants with and without disabilities, and participants on the autism spectrum, for a series of continuing online studies on topics such as health care, Internet use, online sense of community, identity, problem solving, and perspective taking. The goals of the online AASPIRE Gateway Project are

- (1) to collect the Gateway Survey data;
- (2) to use the Gateway Survey data to invite eligible participants to AASPIRE's continuing online research studies; and
- (3) to use the Gateway Survey data in AASPIRE's continuing online research studies.

You may participate in the AASPIRE Gateway Project and contribute to continuing AASPIRE research studies if you are at least 18 years old, and you have access to the Internet.

The first step in joining the AASPIRE Gateway Project is completing the online AASPIRE Gateway Survey. The AASPIRE Gateway Survey asks about (a) personal information, such as age, gender, disability, education, and employment status, (b) information about which hand you prefer to use when doing activities such as writing with a pen or pencil, and (c) information

about your personal preferences regarding interests, habits, and social interactions. Completing the AASPIRE Gateway Survey will take approximately 20-40 minutes. In return, you may choose to be entered into a drawing for a 1 in 25 chance to win a \$25 gift certificate to Amazon.com.

Adults who identify as having a disability and adults who identify as being on the autistic spectrum are especially encouraged to participate in the AASPIRE Gateway Project.

If you're interested in participating in the AASPIRE Gateway Project, or would like to learn more about AASPIRE or the study, here are three ways you can get started:

- Go to the study's website at www.aaspire.org/gateway.
- Send an email to info@aaspire.org.
- Make a telephone call to Christina Nicolaidis, MD, MPH, at (503) 494-9602 or Morton Ann Gernsbacher, PhD, at (608) 262-6989.

New Initiative from Autism New Jersey

Autism New Jersey's (formerly known as the Center for Outreach and Services for the Autism Community--COSAC) most recent strategic planning effort, an initiative identified as "Blueprint for Lifetime Support Services for Families and Persons with Autism."

ANJ invites you to play an important role in shaping the "Blueprint for Lifetime Support Services for Families and Persons with Autism" and would like to hear directly from YOU -- families and persons with autism spectrum disorders and individuals with connections to the autism community (service providers, professionals, community organizations, advocates, etc.)

The goal is to conduct at least 1,000 face-to-face interviews with individuals who are most impacted by, or can most impact, autism services in New Jersey, with an interest in engaging the voices of all people within the autism community, especially those who typically have not been heard, who feel they are underserved or not served at all.

The questions for the interview will generally follow a general structure:

- High-point successes and what you value most about the current autism system of services and supports.
- Creation of the Blueprint for Lifespan Support Services focusing on:
 - 1) Expanded Access to High-Quality Services
 - 2) Choice and Flexibility in Services Spanning a Lifetime
 - 3) Information, Education and a Community of Support When You Need It
- Your Hopes and Wishes for Improved Services and Supports Across the Lifespan.

All comments from the interviews will be anonymous (not confidential) and names will not be attached to any of the stories, suggestions or examples.

For more information on Autism NJ and the Listening Tour, visit www.autismnj.org or contact: Dr. Linda Meyer, 609-883-8100, ex.15 or lmeyer@autismnj.org.

Thank you for reading Autism Monthly NJ! If you have any information you would like included in our e-zine, or know of anyone that would like to be added to our listserv, please email me at dgoldberg@familyresourcenetwork.org or click the "Join Our Mailing List" button on the top right side of the newsletter.

Sincerely,

Dana Goldberg
Autism Family Services of NJ
and The Family Resource Network

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