



# autism monthly nj

November 2011

## Welcome to Autism Monthly NJ.

Welcome to the Autism Monthly. We're dedicated to providing our readers with informative, exciting and interesting news regarding NJ, autism and events, so if you know of something you'd like posted, or if you're hosting an event that you'd like included, please respond to this email and let us know!



## Sibshops/Teen Sibshops



Sibshops/Teen Sibshops are for kids between the ages of 8-12 and teens 13-16 years old who have a sibling with special needs. FSCNJ will host Sibshop meetings once a month on a Saturday from 10:00 a.m.- 2:00p.m. for Sibshops and Teen Sibshop from 11:00am-3:00pm. Each session costs \$25.00 per child.

## Visit Us On the Web!

[AutismFamilyServicesNJ.org](http://AutismFamilyServicesNJ.org)

## Contact Us

Autism Family Services  
of NJ  
1 AAA Drive, Suite 203  
Hamilton, NJ 08691  
(877)237-4477

**2011 Sibshops Meeting Schedule**

December 17, 2011

**2012 Sibshop Meeting Schedule**

January 21, 2012  
 February 12, 2012  
 March 17, 2012  
 April 21, 2012  
 May 19, 2012  
 June 16, 2012  
 July 21, 2012  
 August 18, 2012  
 September 15, 2012  
 October 20, 2012  
 November 17, 2012  
 December 15, 2012

**2011 Teen Sibshops Meeting Schedule**

December 17, 2011

**2012 Teen Shop Meeting Schedule**

January 21, 2012  
 February 12, 2012  
 March 17, 2012  
 April 21, 2012  
 May 19, 2012  
 June 16, 2012  
 July 21, 2012  
 August 18, 2012  
 September 15, 2012  
 October 20, 2012  
 November 17, 2012  
 December 15, 2012

Sibshops/Teen Sibshops will take place at  
 The Family Resource Network - Shore Office  
 Lions Head Office Park  
 35 Beaverson Blvd. Bldg. 11  
 Brick, NJ 08723

Please Call the Family Support Center of NJ to Register: 1-800-372-6510. Click [here](#) to download a Sibshop registration form and [here](#) for Teen Sibshops form and follow instructions to ensure proper registration.

**\*\*SPACE IS LIMITED. PLEASE REGISTER AS SOON AS POSSIBLE\*\***

**2011 North Jersey Meeting Dates**

December 17, 2011

**2012 North Jersey Meeting Dates**

January 28, 2012  
 February 25, 2012  
 March 31, 2012  
 April 28, 2012  
 May 19, 2012  
 June 30, 2012

July 28, 2012  
August 25, 2012  
September 29, 2012  
October 27, 2012  
November 17, 2012  
December 15, 2012

Sibshops will take place at  
The Family Resource Network of New Jersey  
322 US Highway 46 Suite 290  
Parsippany, NJ 07054  
Please call the Family Support Center of NJ to Register  
1-800-372-6510. Click [here](#) to download a registration  
form and follow instructions to ensure proper  
registration.

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## SIBSBOWL



The Family Support Center and POAC are supporting siblings of children with different disabilities in an environment that is encouraging, supportive and ongoing. SIBSBOWL offers opportunities for these siblings to meet each other and obtain mutual support while having bowling.

SIBSBOWL DATES  
JANUARY 6, 2012  
FEBRUARY 3, 2012  
MARCH 2, 2012  
APRIL 13, 2012  
MAY 4, 2012

JUNE 1, 2012

ALL DATES ARE FRIDAYS 4:00-6:00pm

Click [here](#) for an information flyer or call Ramona Carmeci (732) 528-8080 with any question

Location: SIBSBOWL will be held at Sea Girt Lanes Rt. 35, Wall, NJ, Fridays from 4-6pm

## Statewide Fitness and Nutrition Movement is Launched



"If I can do it, you can do it. Apply yourself to learn how to do something and you're going to feel really good. Never say I can't. I love the way I am now." This is a statement from Laura Campbell, a participant of the Family Resource Network's GetFIT Program. GetFIT is a fitness and nutrition movement charged to improve health and wellness for persons with Intellectual and Developmental Disabilities and their caregivers, through the promotion of diet, exercise and behavioral modifications. Families with persons with intellectual and developmental disabilities are not strangers to the limited accessibility in the participation of daily recreational activities and are excited by the prospects to be involved in an evidence based, inclusive health and wellness program that not only improves health status for the family as a whole but also increases levels of self confidence and personal achievement.

Upholding the World Health Organization's 3 principles of action for addressing health determinants Get FIT seeks to; improve the conditions of daily life, address the inequitable distribution of resources among people with disabilities, and expand the knowledge base and awareness about determinants of health for people with disabilities.

Launched at the 2011 Annual Caregivers Conference on October 27th in Woodbridge, New Jersey; GetFIT understands that in order for people with disabilities to participate and provide actively for their communities, it is important to increase awareness and the provision of accessible services in fitness and wellness programs.

Through the building of local and statewide coalitions,

GetFIT aims to improve the quality of life for individuals with disabilities and their caregivers. The Family Resource Network looks forward to the promotion of the GetFIT mission and the adoption of integrated health promotion programs so as to fulfill the Healthy People 2020 Disability and Health Objectives. For more information about GetFIT please visit <http://GetFITNJ.org>

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## AMC Theatres and Autism Society

AMC Theatres (AMC) and the Autism Society have teamed up to bring families affected by autism and other disabilities a special opportunity to enjoy their favorite films in a safe and accepting environment on a monthly basis with the "Sensory Friendly Films" program.

In order to provide a more accepting and comfortable setting for this unique audience, the movie auditoriums will have their lights brought up and the sound turned down, families will be able to bring in their own gluten-free, casein-free snacks, and no previews or advertisements will be shown before the movie. Additionally, audience members are welcome to get up and dance, walk, shout or sing- in other words, AMC's "Silence is Golden" policy will not be enforced unless the safety of the audience is questioned.

for more information visit <http://autism-society.org/sensoryfilms>

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## Finding Good Apps for Children With Autism

The Apple iPad has been hailed as a savior for assisting children with autism spectrum disorder or other special needs. It was portrayed as a minor miracle in a recent segment on "60 Minutes" and has been found to help even the very young quickly learn.

Anecdotally, teachers, parents and therapists describe the profound difference that apps for Apple and Android products have made in helping autistic children develop skills. iPad programs have provided a means of communicating for some children with autism who cannot speak or have language delays. Other apps help children learn to handle social situations that can be stressful, like crowds at malls. And many programs can help develop

fine-motor skills, which promote functions like writing or manipulating small objects.

[continue reading](#)

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## Popular Apps for Early Childhood

Here's a list of popular childhood apps for the iPhone, iPod touch, and iPad. Other apps can be found through PACER's Simon Technology Center ([PACER.org/stc](http://PACER.org/stc)).

### Early Childhood

Bugsy Pre-K

iPlay & Sing

Little Explorers:ABC Wildlife

Peekaboo Barn

Wheels on the Bus

### Writing

ABC Phonics Animal Writing

iWriteWords

### Literacy

ABA Problem Solving-What Rhymes?

Bunny Bus Lite

FirstWords:Sampler

iKnow Phonics-ABCs

### Comprehension

A Seed Grows

Farm Animals-LAZ Reader

SUPER WHY!

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## Donate Your Car to AFSNJ

Are you thinking of selling or trading in that old car? Why not donate it instead? As a charitable contribution your vehicle donation could make a big difference. Our process is simple, quick and convenient and we will provide free and timely pick-up of your vehicle donation. Our program is simple ... The better the car, the greater your tax deduction.

To inquire about a donation please contact:  
Michelle Smith at (732) 262-8020

## Training Calendar Offers Clearinghouse for Community Events

The most up-to-date Autism information about workshops, conferences and other training opportunities is available through The Training Calendar. We invite professionals to post information on activities, lectures, trainings, or other events for caregivers and the people they are caring for on [www.thetrainingcalendar.org](http://www.thetrainingcalendar.org). We also invite families and caregivers to view the trainings available in their area.

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## Find Us on Facebook and Follow FRN on Twitter



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[And follow The Family Resource Network on Twitter!](#)

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

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