



# Autism Spectrum

*The Official Publication of the Autism Society of New Hampshire*

Vol. 1 ~ No. 3

P O Box 68, Concord, NH 03302-0068

Summer Issue 2004

## *From The President's Desk...*

Dear Members,

It has been a very busy time for the Autism Society of New Hampshire. The 1<sup>st</sup> Annual Autism Awareness WALK IN THE SUN was a HUGE SUCCESS. We had over 100 walkers and raised over \$16,000. Everything just came together beautifully- from the weather, to the setting to the general atmosphere it was such a positive day. There are many, many folks to thank including all of the Volunteers who made the day a reality. Also heartfelt appreciation to our generous Sponsors including, Monadnock Water, Dave @ EZ-GO golf carts, Stonyfield Yogurt, The Shirt Factory, The Audubon Society, WNDS, Manchester Monarchs and KidzPlay. A very special thanks to Chakarian Farms for the tree they donated for our tree planting ceremony. And there are not enough words to express our gratitude to Spectrum Monthly and Printing for their ongoing generosity

*See: From The President ... Page 5*

## *Get To Know Your Board Members ...*

Cindy Addario is a very active grandmother of Emma (5) and Ethan (3) Ninness and has been very supportive of her daughters' (Joyce Ninness) efforts within the autism and leadership communities. She has a newspaper background in the areas of writing/editing and advertisement design and selling. She just recently took on creating our newsletter, *Autism*

*See: Get To Know ... Page 11*

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Asperger's Syndrome & Autism Spectrum

Disorders In Children & Adolescents

### **Educational Seminar**

**Thurs., Aug. 26, 2004**

**Presenter: John M Ortiz, PhD**

**Radisson Hotel ~ Center For NH**

700 Elm Street ~ Manchester

Contact HealthEd at [www.health-ed.com](http://www.health-ed.com)

or call 1-800-839-4584

## ***Fuel The Care Program Donated By Irving Oil***

Irving Oil recently partnered with the Children's Hospital at Dartmouth, CHaD, and Eastern Maine Medical Center, EMMC to fund the Fuel the Care program. This program provides families with vouchers, redeemable at any Irving Oil Mainway, to help families with the expense of traveling for their child's specialty medical care. Irving Oil donated close to \$100,000 to fund the first year of the program and have indicated they will continue to fund this program in the future.

### ***Who qualifies for vouchers?***

At the Children's Hospital at Dartmouth vouchers are given to patients, under the age of 18, who receive specialty care from a CHaD provider. The program helps families who are feeling the financial stress of having to travel for their child's specialty medical care. To receive vouchers families only need to request the vouchers. We do not ask for proof of financial need or medical diagnosis<sup>1</sup>.

### ***How do families request vouchers?***

Vouchers can be picked up at the CHaD Family Center on the Lebanon, NH campus. The CHaD Family Center is located on level 3 in the east wing of the patient towers and is open M-Th 10am-6pm and Friday 9am-5pm. If a family is unable to pick up the vouchers we can make arrangements to have them mailed. We ask that all families please stop by and pick up their vouchers if possible.

### ***How much & how often can families receive vouchers?***

Vouchers are given to families based on the distance they need to travel. For families who travel under an hour we provide families with a \$10 voucher, between 1 hour – 2 hours \$20, and over 2 hours \$30. Families can receive vouchers once a week while their child is hospitalized. Families who travel for same day specialty appointments, surgery, or follow up care at CHaD can receive vouchers to help with travel for that appointment day only. Families are limited to \$100/month

### ***How do I refer someone to the program?***

The best way to refer someone to the program is to ask them to stop by or call the CHaD Family Center and speak to our staff. If you would like to make a personal referral you can call or email the CHaD Family Center. Our number is (603)650-7397 and the email address is Robin.A.Goodrich@Hitchcock.org

### ***Where do I find an Irving Mainway?***

Irving Oil is primarily a Canadian company who has just begun to build gas stations in NH and VT. We provide families with a map to help families locate an Irving Mainway near them.

### ***What if I still have questions?***

Providers or families who are interested in finding out more information can call the CHaD family Center at 650-7397 or email Robin.A.Goodrich@Hitchcock.org.

<sup>1</sup> The CHaD Family Center, as part of the care team at DHMC, reserves the right to review appointment records for the purpose of verifying that specialty medical care was received by a CHaD provider.

## ***ASNH Officers and Directors***

### **OFFICERS**

Stacey Shannon, President ~ Chris Jarvis, Vice President  
Joyce Ninness, Secretary; Bruno DelGreco, Treasurer and Glee Hooper, Past President.

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William White, Carolyn Woodman, Sue Scheinman and Barbara Peeenboom.  
Cindy Addario, Editor, *Autism Spectrum*

## Sweating the Big Stuff

(An original article by Dennis Debbaudt Reprinted from BBB Autism/Autism Society Ontario (York Region Chapter). January 15, 2002.

After a couple of scary incidents back in the 1980's involving my then young son, Brad, I began a search for information that I now know will last a lifetime. One incident was when my son disappeared while we were visiting my brother's house. He was found after a frantic fifteen minute search only after my brother's neighbor stepped out of her house and with a grin on her face called out to us, "Is this yours?" as she displayed my young son proudly in her arms. It turned out that when we arrived and were greeting my brother's family on their front porch, our little guy walked through their house, went out the back door, down three yards and into the back door of the neighbor's house. The neighbor found the complete young stranger in her family room playing contentedly with her own kids' toys. Another incident occurred on a shopping trip when I was stopped by mall police on suspicion of child abduction. This was the first thought that other shoppers had when they saw me inside a toy store struggling with my tantruming child. These incidents came at about the same time a savvy Detroit autism teacher's consultant gave my wife, Gay, and me some sage advice. "Don't worry about anything he's doing now that won't matter when he's an adult. Only worry about what he's doing now that will get him in trouble when he's an adult" she told us. Great advice, we thought. Don't sweat the small stuff. But the two incidents had rung a bell for me. What would the police have done if they arrived to find Brad alone, tantruming in a store, as an adult? What would happen if, as an adult, he wandered into an unsuspecting neighbor's home? Would the neighbors grin and bear the intrusion from a strange man? Probably not. It would be more likely for the police to respond. Now we were sweating the big stuff. 'No problem', I thought at the time. I'll just call the autism society, get their handouts for the police, go to the police department and get them educated. The problem? At that time there was no information about autism geared to the police. No one had written about it. There was no brochure. No video. No training program. No book. Nothing. When I think back to the 1980's, I realize that my reaction is very much like others in the autism community and community at-large. You work through obstacles by coming together with others who have a common goal in mind. We contribute our talents to the work that needs to be done. We find ways to help that are within our unique experiences. By that time, I had experience in private sector law enforcement, had written for my hometown newspaper, worked with current affairs TV programs in the UK, and Canada. If reporting on the interactions between law enforcers and kids and adults with autism was something that had not yet been done, then

this was something within my life's experiences that I could do. Thus began a lifelong research project. The ultimate report. The always-unfinished project. When you have a child with autism, or any child for that matter, you want only what's best for them. Rightly or wrongly, you dream their dreams. See their future. And want to make sure it's the best that they can have. I learned long ago that the advocacy groups that serve us are us. We can make them whatever we want them to be. Through these groups, I met other parents who had watched their own children grow into adulthood. These were the parents that got together years ago to form the original advocacy groups. They spurred legislative action to make the changes to our national laws that now guarantee our kids' rights in education, housing, employment. These were the pioneers of the autism advocacy community. They set the pace for us. These pioneers were the parents who gave our family advice, encouragement, information and support as we struggled to become educated about our son's needs and develop our abilities to address them. So, with the examples of the pioneers in mind, it became an easy decision to make to become involved in awareness and educational campaigns for our law enforcement, emergency service and criminal justice professionals. If we all do what we can within our experiences, we can really improve the lives of our kids and everyone in our local communities, even long after we are gone and forgotten.

Dennis Debbaudt Post-script: Brad is almost 21 now. He graduated from high school earning a 3.2 grade average. He's working at a part time job. One of his goals is to hold the world's record for giving blood--something he's been doing every 53 days since the day he turned 17. We're proud of him and every other spectrum child or adult who are working hard to make the best out of everyday life.

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### Looking For Recreational Therapy???

Check out this non-profit, Therapeutic Recreational Adventures In Learning (**TRAIL**), as an appropriate recreational/sports activity provider.

They have been offering adaptive skiing, snow boarding, rock climbing, aquatics, camping, canoeing, water sports (waterskiing, wake boarding, tubing, windsurfing) since 2000. A large percentage of their participants are autistic, as is their own son.

Additional info may be found on their website, [www.trail4kids.org](http://www.trail4kids.org).

**Lynn Kroian, VP/Co-Founder TRAIL**

## "The Hand That Rocks the Cradle"

It would be difficult to estimate the extent to which children are influenced for life by their mothers. The reason for this is "over determined" (multiple and complex). The symbiotic relationship between mother and child begins before birth. It begins very often even before conception in the mother's longings, hopes, and dreams for a child. The process of detachment from mother begins with birth and continues stage after stage into adulthood, but there are unseen emotional attachments that are never severed. They are permanent, and after the death of one's mother they are usually supplemented by a healthy, warm, and comforting mythology. Virtues are embellished and new ones are added, if needed.

Many years ago Rose Kennedy said: "Whenever I held a newborn baby in my arms, I used to think that what I said and did could have an influence not only on the child I was holding, but on all whom that child met; and not just for a day, or a month, or a year, but for all eternity." The stream of influence of a mother flows through generational lines and touches the lives of people who are unaware of the source of that influence. Winston Churchill said: "My mother shone for me like the Evening Star."

While there is no statistical data on this, of which I am aware, it seems that maternal influence is deeper, more permanent on a male child, although it may be subtle. Sigmund Freud opined: "A man who has been the indisputable favorite of his mother keeps for life the feeling of a conqueror – that confidence of success that often induces real success." Mothers understand what a child does not say. Our children call us frequently. When our son calls, he will banter and tease with me, but I always know if he has something serious on his mind because he will say: "Let me talk to Mama."

The love of a mother crosses all lines. It never ends. There is no extent to which that love will not go for a child.

A man died and went to hell. His friends went to the front gate of hell, recited the virtues of the man and solicited the devil to let him out. They were refused. His pastor went to hell and told what a good churchman he had been and cried, "Let him out," but to no avail. Person after person in his constellation of relationships went to the gates of hell and pleaded with the ruler of darkness: "Let him out," but the gates of hell remained closed. Finally, the man's mother went to hell and hammered on the gates with her fists

## *From The Mailbag ....*

Hello Friends:

Are you still looking for camp/activity options for your child this summer?

Let me tell you about a wonderful, fully inclusive, horse-oriented program that is happening here in Deerfield.

**Broad Meadows Therapeutic Riding Center** is offering 4 weekly camp sessions for a variety of ages in June, July and August. Campers will attend for five days in the given week from 8 to 1 and will participate in many activities including: daily feeding, grooming, and care of horses, first aide for horses, bathing, clipping/braiding, guest speakers (vet, farrier) , preparation for horse show, some daily private instruction, and participation in a private horse show at the end of the week.

The barn is a very easygoing, child-friendly place where kids can connect with a number of different animals including the 5 or 6 horses.

The instructor is a special education teacher and a certified therapeutic riding instructor. I have known her for years and think she is one of the most talented teachers ever to work with my children.

To learn more about this program, contact Jerrica Bradley at

**Broad Meadows Therapeutic Riding Center**  
170 Nottingham Road  
Deerfield, NH 03037  
(603) 463-5656 or 9728  
bmtrc@yahoo.com

**Happy Trails!**  
~Viki Gayhardt

and cried, "Let me in," and the gates swung open. Do you understand that?!

When you meet a mother on this Mother's Day, tip your hat in deference to her. When friends have given up on a child; when the clergy have pronounced judgment; when the warrior father says, "The battle is over"; the mother has just begun to fight for her child.

# Notes ...

FROM THE DESK OF **Chris Collier**

Subject: Building Social Relationships

These are my wall notes from the Parent Forum in Conway on Monday. I thought you might be interested on what other parents are saying regarding:

**Building Social Relationships**

As social relationships are developed in the school they will mature in the community

Are schools and families working together to help develop social skills for students with disabilities?

## WHAT WORKS

\* When the student is invited by the teacher(s) to participate \* When the student is accepted in social activities throughout (during) the school day by the teacher(s) s/he is more likely to be accepted by peers after school \* When the student is actively solicited, encouraged and supported to participate in 'after school enrichment' programs \* When the (a) recreational program, in/at school or a recreational center sponsored in/by schools includes ALL students as a matter of course

## WHAT NEEDS WORK

\* Communication FROM the school TO the home with information about school related social events and activities \* Mentor programs, or opportunities for peers to associate in a productive way with students w/ disabilities. The mentorship could include the academic then move to the social environment \* Removing the 'standards barrier' -Students w/disabilities are held to different standards in terms of what is acceptable in social activities \* Teachers/traditional students encouraging all others to participate in a meaningful way \* End of School trips to include all students. All work in school and all should participate in celebratory events \* Providing the same level of supports necessary for students in the academic area as well as the social and recreational area \* School personnel tend to automatically separate students in school social events based on 'code' or the fact that the student has an 'I.E.P', without looking at the student as an individual \* Instruction to all students around the acceptance of students with different abilities. (Different abilities in some areas are seen as 'dis'abilities in ALL areas)

*From The President .... From Page 1*

and support.

I would also like to thank Don Shumway and Phil Girard of Crotched Mountain School for their generosity in helping put together an afternoon Jazz concert featuring the Matt Savage Trio to celebrate April as Autism Awareness month. We had a capacity crowd of 200 enjoy the spectacular panoramic view and catchy jazz tunes.

Many thanks also to SERESC and Very Special Arts for their collaboration.

Inside this issue please find info on the results of our 7<sup>th</sup> annual golf tournament. It has been the mainstay of our fundraising efforts over the years.

Today is the last day of school for many children and Summer officially begins this weekend. May you find the time to relax a bit and enjoy your children in a less stressful environment in the coming weeks. It always flies by much too quickly.

Best regards,

*Stacey Shannon*

\* Adults as chaperones need a better understanding in how to support students' w/disability. Families providing support to those supporting the students.

## RECOMMENDATIONS

\* With deliberation and forethought create social events in social settings that will naturally include ALL students. (find a way to make it happen, don't always take the easiest or most conventional way) \* Develop peer to peer mentor (coach) programs in the student ranks \* Help schools see the benefit in establishing better methods for parents/schools to communicate around social activities \* Deliberately create situations giving ALL students the opportunity to support each other. (Do the special Olympics get as much attention as a football/soccer game?) Traditional students can be shown how to find ways (be encouraged to) support students w/disabilities in their activities or competitions?

Hey ... Check Out  
[www.nhautism.com](http://www.nhautism.com)

**Essays Wanted for New Book About Autism:**

Monday, May 10, 2004

Voices from the Spectrum:

Parents, People with Autism, Grandparents, Siblings,  
Friends, and Professionals Share Their Wisdom

Edited by Cindy N. Ariel, Ph.D. and Robert A. Naseef,  
Ph.D.

Cindy Ariel and Robert Naseef are proud to announce our contract with Jessica Kingsley Publishers, London ([www.jkp.com](http://www.jkp.com)) For this book, parents, people with autism, grandparents, siblings, friends, and professionals of various disciplines are invited to write about their experiences. We want to hear lessons of mind and heart culled from life and professional practice. In the essays, authors are asked to address how autism has changed your life in love and/or work, what you have learned, and what you would want others to know that would help them. We are interested in situations from the most mild to the most severe-from classic autism to Asperger's.

Think about these questions while you are writing your essay:

What experiences would you like to share? What do you want others to understand better about you, or about autism-this may include issues such as diagnosis, treatment options, relationships, etc.? What were some of the turning points, if any, in your journey? How did autism influence or even change you, your work, or your relationships with others?

Here are specific guidelines for essays:

1. Please write an essay of about 1500 words, or less. Add a biography of about 100 words that would follow the essay. At the end, include your mailing address, telephone number, and Email.

2. Please submit your essay as an attachment in Microsoft Word to an Email or paste your essay into the body of your

Email. Send to: [cariel@alternativechoices.com](mailto:cariel@alternativechoices.com)

3. If you submit your essay by regular mail, please double space the text and send a disk as well. Please send the printed copy and disk to: Cindy Ariel, Ph.D., Alternative Choices, 514 South 4<sup>th</sup> Street, Philadelphia, PA 19147

4. If you are interested in this writing opportunity, please respond with a brief e-mail indicating your intent, your name, and your relationship to autism

5. Deadline: all essays are to be received by August 15, 2004.

6. Please forward this announcement to anyone you think might be interested.

**Biographies:**

Cindy N. Ariel, Ph.D., is a psychologist in independent practice. She is the co-founder and director of Alternative Choices, an independent psychotherapy practice which includes a Special Families Resource Center. The resource center provides information, referral, and guidance to families that include a member with special needs. Dr. Ariel has extensive experience working with individuals with special needs and their families.

Robert Naseef, Ph.D., is a psychologist, author, and father of an adult child with autism. His highly regarded book *Special Children, Challenged Parents: The Struggles and Rewards of Parenting a Child with a Disability*, has received international recognition. He has appeared on radio and television. Dr. Naseef's specialty is working with families of children with special needs. He also has a special interest and expertise in the psychology of men and fatherhood.

**Volunteers Needed  
For Our  
Next Fund Raiser Page 7**

**GET THIS  
NEWSLETTER  
DIRECTLY ON LINE ...  
SEND YOUR EMAIL  
ADDRESS TO:  
[nhautism@yahoo.com](mailto:nhautism@yahoo.com)**

**THANKS!**



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Helping Raise Autism Awareness ... One Stitch At A Time

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MEMBER AUTISM SOCIETY OF NH  
MEMBER UNITING PARENTS FOR AUTISM AWARENESS

# **Nashua Pride and NE Patriot Cheerleaders Proudly Recognize NH Autism Awareness Night**

The Nashua Pride baseball team and the N.E. Patriot Cheerleaders are proudly recognizing NH Autism Awareness Game Night on Fri., Aug. 27 at the Historic Holman Stadium, 67 Amherst St., Nashua.

We have 2,000 tickets to sell at \$8 each ... making us a profit of up to \$6,000!!! We are also going to be handing out our own informational journal with up to date facts on Autism and information about the Atlantic League Nashua Pride and some of their accomplishments in the several years they have been here in N.H.

## **RATES AND SIZES OF ADVERTISING IN THIS JOURNAL:**

- ♦ \$ 100 ~ Business Cards ~ 3 1/2" x 2"
- ♦ \$ 225 ~ Quarter Page ~ 3 1/2" x 4"
- ♦ \$ 350 ~ Half Page ~ 7" x 4"
- ♦ \$ 800 ~ Full Page ~ 7 1/4" x 8"

All monies realized through the efforts of this journal will stay in the state and help families locally. Please contact your friends, employers, business associates ~ and sell them an ad! For more information or worksheets, letters and/or phone scripts to help with your clients, contact Cindy Addario ([cindy@stitches4autism.com](mailto:cindy@stitches4autism.com)), Joyce Ninness ([jmninness@comcast.net](mailto:jmninness@comcast.net)) or Steve Anderson ([sv2833@charter.net](mailto:sv2833@charter.net)) or call Cindy 226-0330 or Joyce 738-4996.

# Nashua Pride Autism Awareness Night

## Advertising Worksheet!

**Pride**



Business Card

3 1/2" x 2"

**\$100**

1/4 Page Ad

3 1/2" x 4"

**\$225**

1/2 Page Ad

7" x 4"

**\$350**

Full Page Ad

7 1/4" x 8"

**\$800**

## NH Autism Seminar Institute Sets Date

The 6th annual NH Autism Seminar Institute on Educating Students with Autism Spectrum Disorders in the general education classroom has announced their summer program from Aug. 16-19 at the Memorial Union Building, Holloway Commons, at UNH in Durham from 8:30 to 4 daily.

The Keynote Presenters and topics are as follows:

**The Experience of Autism:** Rob Cutler, an adult with autism and President of the Autism National Committee and Jamie Burke, a teenager with autism; **Family Life and Future Plans:** Karen Turner, parent of a five-year-old; Stacey Shannon, parent of a teenager and President of the NH Autism Society and Beth Dixon, parent of a young adult. **Positive Behavioral Supports for Learning:** Cathy Pratt, PhD., Director of the Indiana Resource Center on Autism; **Communication and Learning:** Michael McSheehan, Project Associate, Institute on Disability/University of NJ and **Literacy for All!** Karen Erickson, Ph.D., Director,

## AUTISM RESEARCH STUDY

Do you know a child or adolescent, who ...

- \* Gets upset when interrupted from the usual routine?
- \* Repeats the same activities or movements again or again?
- \* Finds it difficult to relate to others or recognize social cues?
- \* Gets easily frustrated when faced with transitions?

The Dartmouth Medical School Department of Psychiatry is studying a medication for treatment of children and adolescents with Autism Spectrum Disorders and high levels of repetitive behaviors. Participation in this Study is free and includes comprehensive diagnostic evaluations, cognitive assessments, and frequent visits with study psychiatrists and research staff to closely monitor participants and assess change. For more information contact Rosemary Affeldt, LICSW Study Coordinator, at (603) 650-0854 or email at: Rosemary.Affeldt@dartmouth.edu.

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Center for Literacy and Disability Studies, University of NC, Chapel Hill.

For more information, contact the Institute on Disability at 603-228-2084 or 1-800-238-2048 (in NH).

# Thank You!!

to Andy Green  
and The Texas Roadhouse  
580 Amherst St., Nashua

For Their Autism Awareness Campaign  
They Collected \$1,078 For ASNH

# New Hampshire Task Force On Autism Assessments and Interventions Book IS NOW AVAILABLE

To request a FREE copy of this 84 page handbook  
please call 679-2424 or email nhautism.com  
(shipping add'l \$1.50 per copy)

## Membership Renewal

Mail this form along with your check to: Autism Society of NH, PO Box 68, Concord, NH 03302-0068  
Please remember ASNH receives no state or federal funds. Your membership  
dues and donations support ASNH. Please give if you can.



Membership (Individual and Family) **\$15.00**  
**WITH FREE**  
**Autism Awareness Ribbon Car Magnet!!**

Hardship waiver option **NO FEE**

Donation (tax deductible) \$ \_\_\_\_\_  
Extra Autism Awareness Car Magnets \$5.00 ea.

Total Check, payable to ASNH  
Autism Society of New Hampshire \$ \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone: Home ( ) \_\_\_\_\_ Work ( ) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

*Get To Know ... From Page 1*

*Spectrum*. She is the owner of Stitches4Autism which she started to not only help raise awareness of autism but to be in a position to donate her profits to her daughter's support group, Uniting Parents For Autism Awareness in Concord thus helping local families of children with autism. Cindy and her husband, Ray, live in Concord and Lancaster seven months of the year and Florida five months of the year ~ where she continues to work on the newsletter while following major league baseball at spring training.

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**Viki Satkiewicz Gayhardt** is a writer, singer/songwriter, and the mother of two beautiful children both diagnosed with autism spectrum disorders.

She has co-authored two parent handbooks, "Crossing Bridges: A Parent's Perspective on Coping After a Child is Diagnosed with Autism/PDD" and "At Home With Autism: Three Families' Stories." A portion of one of Viki's stories appears in the tenth edition of Houghton Mifflin's "Educating Exceptional Children."

Mrs. Gayhardt has composed and performed a musical recording titled "Journey To Acceptance" which depicts a mother's emotional pain and eventual emergence into hope after learning of her children's autism. She has performed her songs at local autism rallies and disability awareness conferences and has made her music available on audiocassette and CD.

A visible advocate and public speaker for autism and disability awareness, Viki serves as a parent representative on New Hampshire's Interagency Coordinating Council and Autism Coalition. She cofacilitated a parent support group and advocacy project on the Seacoast for 3 years, served as a parent advisor and board member on the Jumpstart Project and Project Team at UNH, and is a graduate of the NH Institute on Disability's Parent Leadership Program.

When not immersed in disability related projects Viki enjoys her husband and kids, reading dysfunctional family novels, watching zany comedies and eating nefarious quantities of chocolate.

---

**Bruno DelGreco** has been a Pelham resident since 1990 and values education as a national, state, and community priority. He graduated from Suffolk University with a Bachelor of Science Degree in Business Administration with a major in accounting. He is a Certified Public Accountant licensed in the state of New Hampshire and has been employed with the federal government since 1985. His current position, he specializes in performing economy and efficiency reviews at New England regional Fortune 500 companies. In this capacity, he regularly researches industry best practices, collaborates with a variety of professionals and develops recommendations that bring about improvement and savings. He also remains current in taxes and industry trends as a sole proprietor in an accounting practice specializing in taxes.

He is married with two school age children, one of which has Autism and actively participates in a support group. The support group meets monthly to network and discuss the issues that families are facing in raising their child, and offer suggestions related to educational and recreational opportunities.

He has also served as a volunteer on the Family Support Council for Region X Community Support Services. The Family Support Council responds to the critical need for local community resources for individuals who have developmental disabilities. The Family Support Council members are aware of the challenges and rewards of raising a child with a disability and endeavor to make change happen, with the family as the priority.

He believes that his professional and personal experiences, combined with his participation in community and civic activities, prepares him to be a valued member of the Autism Society of New Hampshire.

## 2004 Golf Tournament Report

**Wed., May 26th**

**Paul Shannon – Co-Chairman**

110 avid golfers tee'd off Wednesday may 26th at Stonebridge CC in Goffstown in the 7<sup>th</sup> Annual ASNH Golf Tournament, raising approximately \$12,000.00 for the Autism Society. I would like to acknowledge the hard work and assistance of Co-Chair Steve Dalzell, and longtime ASNH supporter Dan Calegari without whose dedication and effort this event would be impossible.

Hats off to Major Sponsors Pro-cut International, Prudential Verani Realty, UPS, Holloway Motor Cars of Manchester, the Glendale Yacht Club and Ron Bouford.

I would also like to thank all of our sponsors and volunteers for their generous donations of time and money, their support is critical to the operational and financial success of our event.

Very special thanks to volunteers Connie Breen, Joan O'Connell, and Mary and Gene Shannon who have been with us from our very first event, as have sponsors Pro-cut International, Barwind Windows, Kanteres Real Estate, Autofair, Hanover Hill Insulation & Siding, Auto Equipment Service Center and Spectrum Monthly and Printing.

Our tournament is a four man team, best ball event

that attracts golfers of all abilities to come out and have a great time while helping raise funds for ASNH. If you have never participated in the event I invite you to join us next year for a great day of golf, refreshment and good food.

Check our sponsors list and use their services if you have the chance, they are helping support all of us through their generous donations to the Autism Society of New Hampshire.

I hope to see you at next years tournament!

## SPONSOR LIST ...

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**RON BOUFFORD**  
**PRO-CUT INTERNATIONAL LTD, LLC**

*Once again we want to thank*  
***Spectrum Monthly***

for their continued support and  
 generous printing donation of The Spectrum,  
 our official publication.

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 and show your appreciation.

**Spectrum Monthly**

97 Eddy Rd., Manchester, NH 03102  
 or visit their web at [www.spectrummonthly.com](http://www.spectrummonthly.com)

## Toll Free Hotline Available For Travelers With Disabilities

The U.S. Department of Transportation is calling on all disability organizations to promote public education about its Toll Free Hotline for air travelers with disabilities through their organization newsletters, list-serves and sponsored events.

The Toll Free Hotline for disabled air travelers has been in operation since August 2002 and is available for callers from 7 a.m. to 11 p.m. Eastern Time, seven days a week. It is currently not being fully utilized. The Hotline serves two main purposes: (1) education and (2) assistance in resolving disability-related air travel problems.

\* Many disabled air travelers are not aware of their rights and the Hotline, in part, exists as an educational service to inform air travelers with disabilities about their rights under the Air Carrier Access Act and the Department's implementing regulations

14 CFR Part 382 (Part 382). Hotline operators are well versed in the ACAA and Part 382 and can provide

callers with on the spot general information about the rights of air travelers with disabilities. The Hotline operators also respond to requests for printed consumer information about air travel rights of the disabled.

\* The Hotline can also assist air travelers with disabilities in resolving real time or upcoming issues with air carriers. The purpose of "real-time" assistance is to facilitate airline compliance with DOT's rules by suggesting to the passenger and the airline involved alternative customer-service solutions to the problem. The airline remains responsible for deciding what action will be taken to resolve the issue in accordance with the ACAA and Part 382. Generally, if a caller has a real time problem or an upcoming issue with an air carrier, a Hotline Duty Officer will contact that air carrier and attempt to resolve the issue.

For example, there have been a number of incidents in which Hotline Duty Officers have contacted air carriers and convinced them to accept service animals and electric wheelchairs on board flights, to stow folding wheelchairs in the cabin, and to provide requested wheelchair assistance.

Air travelers who want information about the rights of persons with disabilities in air travel or who experience disability related air travel service problems may call the Hotline to obtain assistance at:

**1-800-778-4838 (voice) or  
1-800-455-9880 (TTY).**

Air travelers who want DOT to investigate a complaint about a disability-related issue still must submit their complaint in writing via e-mail at [airconsumer@ost.dot.gov](mailto:airconsumer@ost.dot.gov) or postal mail to:

**Aviation Consumer Protection Division  
U.S. Department of Transportation  
400 7th Street, S.W. Washington, D.C. 20590**

**GET  
THIS  
NEWSLETTER  
DIRECTLY  
ON LINE ...  
SEND  
YOUR EMAIL  
ADDRESS TO:  
[nhautism@yahoo.com](mailto:nhautism@yahoo.com)**

**THANKS!**

### Nice midweek thought

"Don't wish me happiness,  
I don't expect to be happy all the time...  
It's gotten beyond that somehow.

Wish me courage and strength and a sense of humor. I will need them all."

**Anne Morrow Lindbergh**

Leadership Series--Information Exchange  
On Behalf Of Chris Collier

## Support Groups And Contacts

### **Concord: Pre-Schooler Autism/PDD Support Group**

Recently diagnosed families will be meeting 2004 on the following dates: Feb. 10; April 13, to discuss the Autism Awareness Walk; June 8, Summer issues; Aug. 10, Back to School Issues; Oct. 12 and Dec. 14, Holiday Issues at either the home of Joyce Ninness, 3 Dudley Dr., Concord or locations announced in their newsletters. Please Contact Joyce at 228-3771 or [jmninness@comcast.net](mailto:jmninness@comcast.net)

**New Hampshire's NLD/Asperger's Support Group:** Meetings are the last Tuesday of each month at 7:30 at the Rundlett Middle School, Room 503, South St. Concord, N.H. For further information contact Beth at 635-9256 or e-mail to: [nldnh@aol.com](mailto:nldnh@aol.com)

**Laconia:** Lynn Carlson, Lakes Region Community Services Council, Streetcar Place, 63 Beacon St. West Laconia, NH 03246; tel. 524-7755. Call for meeting schedule and location.

**Manchester Area:** Manchester Regional Autism Support Group, meetings are held the first Monday of the month from 7-9pm in the Board Room of the Moore Center, Region V11 Area Agency, 132 Titus Ave., Manchester, NH. 03103. Contact Margie Louney at the Moore Center 206-2745 or co-leaders Josephine Fraser 627-7027, Dawn Rivard 647-6497 or Steve Hambleton 647-9567 for further information.

**Manchester Developmental Pre-School:** Contact Karen Davis at the Manchester Developmental Pre-School, 555 Auburn Street, Manchester, tel. 624-6340 for further information.

**Region VI Area Agency for Developmental Services of Greater Nashua.** 144 Canal St., Nashua, NH Meeting first Thursday of each month. Call 882-6333.

**Broad Street School:** Nashua, NH 03063. Simonne Perry, 594-4404. This group is held during the morning at the school while the children are in class. It is geared to all developmentally disabled in pre-school.

**Region 10 Area:** Region 10 Autism Support Group meeting will be held on the first Monday of the month from 7-9 p.m. at the Kelley Library in Salem, NH. The library is located at 234 Main Street, Salem. This is the corner of Rt. 97 and Gerronomy Rd. Their phone number is 898-7064 for anyone needing further directions. The contact person is Kathy Waterson from Region 10, 893-1299.

**Upper Valley:** Beverly Pare and Maryellen, tel. 448-6311. Saturday morning meeting babysitting provided.

**NH Dietary Intervention for Autism and Related Disorders:** Meeting times, dates and location variable. Please call or email Dawn Marquis for current schedule at 435-5313 or [heartmom2two@yahoo.com](mailto:heartmom2two@yahoo.com).

**United Parents For An Included Community** meets the 3rd Friday of every month from 6:30 to 8:30 p.m. at the First Congregational Church in Hampton. Monthly speakers or topics with the focus on educating ourselves so that we may educate others on issues our children and families face. Contact Kate Portrie 926-0887, [Portiek@aol.com](mailto:Portiek@aol.com) or Melanie Muns 929-2183 [melmuns@comcast.net](mailto:melmuns@comcast.net) for directions and more information.

**NEW Adult Autism Social Support Group,** geared for folks 20-30 years old with Autism/Aspergers. Jocelyn Lister, experienced speech pathologist and former Spec. Ed. director, will meet on Thursdays 6:30-8 p.m. at the Full Spectrum Wellness Center, 55 So. Commercial St., Manchester. Contact Jocelyn at 206-6866, [jlistter@comcast.net](mailto:jlistter@comcast.net)

**ANY ADDITIONS, CHANGES OR OMISSIONS PLEASE  
EMAIL [JMNINNESS@COMCAST.NET](mailto:jmninness@comcast.net) OR WRITE TO  
AUTISM SOCIETY OF NH, PO BOX 68, CONCORD, NH 03302-0068**

## *From The Mailbag ...*

What if your daughter flees into the woods near your town lake? What if you suddenly couldn't breathe while caring for your child? What if your son is bullied in school and finally attacks his tormentor? In the fall, the Autism Society of New Hampshire will bring police officer, father and author Dennis Debbaudt back to New Hampshire to facilitate a professional in-service for all law enforcement personnel to learn how to better support individuals with autism. Mr. Debbaudt's workshops are designed to teach law officials and other first responders how to handle the high-risk situations often presented when dealing with individuals on the spectrum.

Mr. Debbaudt came to our state two years ago and I was discouraged to learn that of all the law enforcement representatives statewide invited by ASNH to attend this workshop, few took advantage of the training. I was proud, however, that one of those officers in attendance was the police chief from my town. Why did he attend? It was due, in large part, because I, as a concerned parent and citizen, made a personal appeal for his participation

I was quite moved when my police chief accepted my suggestion to attend the workshop. It was an indication that there are indeed caring people in our communities who want to learn how to best support the growing number of autistic individuals and keep them safe. Sometimes we just need to humble ourselves and ask for their help. I was especially encouraged when the Chief informed me of the valuable information he acquired at Mr. Debbaudt's workshop and enthusiastically agreed to, with my help, reach out to those families in my town who had a child with autism so that he could get to know them better.

As a parent, I understand how difficult it is sometimes to disclose information about our children to people close to us, never mind strangers! Each of us has our own ideas about who should know what. There is no right or wrong way to go about the issue of disclosure. But please consider this: according to the Office of Special Education and Rehabilitative Services, *a person with developmental disability will have up to seven times more contact with law enforcement during their lifetime than the "average" person.* With this fact in mind, doesn't it make sense that our local police officers should understand the complexity of autism and have positive relationships with those families in the community who have children with autism? It didn't take long for me to arrive at an answer to that question.

The very same day that I met my police chief and offered him my thanks for attending the workshop, my son was experimenting with the telephone and dialed 911. If you can imagine the scenario that unfolded: my son screaming at the top of his lungs when he saw the police car pull into our driveway, me trying to explain to the young officer that, sure he could come and take a look around, and that my kids are behaving strangely not because I was hurting them but because they had autism! How was the officer to know that I wasn't a child beater but that my son was hysterical because he was scared, knew that he had made a big mistake and thought that he was going to jail? I continued to sputter to the officer and try to explain that my son wouldn't be able to "explain" because of his

speech delay, blah, blah, blah, and in the meantime, my other child with autism was having her own "unique" reaction to the chaotic drama! Needless to say, I was very embarrassed and frightened thinking that this officer might think I had hurt my son and remove him from my care. Thankfully, I was able to tell the officer that the Chief knew of my family and our circumstances and that he should check with him if there were any questions about the validity of my claim!

You might think it could never happen to you, that you'll never have to deal with first responders in your home. If my son calling 911 out of curiosity wasn't enough to convince me of the importance of having a relationship with local first responders, nearly losing consciousness last winter from complications of pneumonia certainly was! I had to dial 911 for myself while my children played in the next room. Thank God that the first responders knew my family and our circumstances. One EMT radioed ahead to the others instructing them to cut the sirens before they arrived at my home and after I was taken away by ambulance, two of the EMT's actually stayed on for several hours with my very frightened children until my husband could make it home.

Having a relationship with your local first responders can be life-saving and can start simply by a personal invitation from you asking your local law officer(s) to attend Mr. Debbaudt's workshop in October. Simply make a phone call to your local police chief, drop an email, or write a brief letter suggesting that someone from your local police department attend the workshop. It may help if you can provide an idea of the number of citizens in your town that have autism to emphasize how prevalent this disability is in our communities and how worthwhile it would be to learn how to support this special population. **YOUR LAW OFFICIALS WILL MORE LIKELY ATTEND IF YOU MAKE A PERSONAL REQUEST!!**

I encourage you to take the first step to help shape a police force in your community that is sensitive and savvy to the unique issues that challenge our children when in an emergency situation. The opportunity for you to invite your local law enforcement to participate in Mr. Debbaudt's next training presents itself at a crucial time especially with the increase in the incidence of autism and with ever-changing directives that threaten our children (such as the "Zero Tolerance" policy.) It's important that our local officers know those things about our children which make them unique, and could help a first responder better interact with your child in the event of a life threatening situation.

- VIKI GAYHARDT

**MARK YOUR CALENDAR NOW**  
**OCT. 7, 2004**  
**And Please Contact Your Local Police**  
**Departments To Join You At This**  
**Very Important WORKSHOP**  
**... "Autism and the Law"**  
**IT COULD MAKE A**  
**HUGE DIFFERENCE IN YOUR LIFE!**  
*More Details To Follow*

# NH's 6th Annual Autism Summer Institute on Educating Students with Autism Spectrum Disorders in General Education Classrooms

Sponsored by: University of New Hampshire's Institute on Disability/UCED NH Department of Education

In collaboration with: NH LEND Program, Autism Society of New Hampshire Autism National Committee, SERESC

## SAVE THE DATE

### August 16 - 19, 2002; 8:30 - 4:00 daily

University of New Hampshire - Durham ~~ Memorial Union Building/Holloway Commons

This four-day summer institute will provide participants with state-of-the-art information and strategies in the area of educating students with autism spectrum disorders in general education classes. Each morning participants will hear a keynote presentation from a national leader in the field of autism. In the afternoon, working in small work groups, participants will synthesize this new information and develop strategies for supporting students with autism spectrum disorders in their schools and families.

Small Work Group Options:

- Teaming Practices Work Group (best practices in addressing teaming and systemic change strategies)
- Student-Specific Work group (best practices in instructional and support strategies for students in general education classrooms).

### **Keynote Topics / Presenters:**

**The Experience of Autism** - Rob Cutler, President of the Autism National Committee - Karen Turner, parent of a 5 year old - Stacey Shannon, parent of a teenager & President, Autism Society of NH  
- Beth Dixon, parent of a young adult

**Positive Behavioral Interventions and Supports for Learning** - Cathy Pratt, Ph.D., Director, Indiana Resource Center on Autism

**Communication and Learning** - Michael McSheehan, Project Associate, Institute on Disability/UCED, UNH

**Literacy for All!** - Karen Erickson, Ph.D., Director, Center for Literacy and Disability Studies, University of North Carolina, Chapel Hill

For information or to request a registration brochure, please contact the Institute on Disability at 603 228-2084. Visit us on the web: <http://iod.unh.edu> This publication is available in alternative formats.

University of New Hampshire Institute on Disability/UCED  
The Concord Center 10 Ferry Street, Unit 14, Concord, New Hampshire 03301-5019

# Save the Date ...

Solving the Relationship Puzzle:  
Opening Doors to Friendship for  
People on the Autistic Spectrum

# September 17 & 18, 2004

The Wayfarer Inn ~ Bedford, NH 03110

**Dr Steven R. Gutstein** ~ Dr. Gutstein is currently the co-director of Connections Center and is on the clinical staff at Texas Children's Hospital in Houston, TX. He is the author of *Autism Aspergers: Solving the Relationship Puzzle*. He is known internationally for his books, video and website, [www.connectionscenter.com](http://www.connectionscenter.com) and has presented this seminar and others nationwide.

**Who Should Attend?** ~ If you are ... a family member, a professional who works with people on the autism spectrum, a researcher or educator, you can gain new insight from attending this two day workshop.

**What will the workshop cover?** Basic elements of Relationship Development; The developmental sequence of RDI; The 10 principles of Relationship; Development Intervention (RDI); The difference between Instrumental and Experience Sharing; Practical strategies and activities to use immediately; How RDI works in a home based program; How RDI works in the school; How social and emotional objectives tackle deficits in: Face-to-face sharing of excitement, Using partner's nonverbal expressions, Synchronizing simple actions for mutual enjoyment, Enjoying variation and adapting easily to transitions and Referencing and responding to a friend's interest level and How and when RDI transforms into Peer Partners (Dyads).

**For more information, please call:  
Linda Hughes at 603-547-3311, ext. 598**

Sponsored by Crotched Mountain, 1 Verney Dr., Greenfield, NH 03047

# **LATEST CONFERENCES**

## **SERESC Presents: AIDeIng Young Children with Autism Spectrum Disorders**

**With Teresa Bolick, PH.D., Traci Gilman, OTR/L, Abby  
Collins, Thomas Benjamin, M.S., BCBA**

**Tuesday and Wednesday**

**Aug. 17 & 18, 2004**

**At SERESC in Bedford, N.H.**

**Call Robin Knight at 603-206-6816 or email  
rknight@seresc.net**

**AUTISM SOCIETY OF NEW HAMPSHIRE OFFERS**

## **TOTE BAGS**

They are heavy duty canvas with zipper top (natural color w/red trim) I Love Someone With Autism is stenciled on the outside pocket. They are great as gifts for teachers, paras, grandmothers and yourself!!

**\$20.00 each plus \$4.99 shipping/handling**

## **AUTISM RIBBON PINS**

Colorful metal pins w/metal clasp **\$5.00 each plus 10% shipping**

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Great first read for those with children newly diagnosed or to introduce someone to what Autism means.

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Call 603-679-2424 or email us at [nhautism@yahoo.com](mailto:nhautism@yahoo.com) today!!!

**HELP SUPPORT AUTISM TODAY!**

# Open Case Study of Nutraceutical Support for Mild to Moderate Autism Spectrum,

Dear ASA Members:

**Evince Intl. is cooperating with The ASA New Hampshire Chapter, in doing a pilot nutrient study for children with Autism Spectrum. This will allow both ASA members and us to assess the degree of further improvement beyond current treatments and special teaching methods.**

Many studies published over the last thirty years have implicated nutrient deficits of many types, as being involved in a broad range of central nervous system disorders. Evince International has been working within the medical community to develop an effective, sophisticated monitoring and support program, coupled with a carefully developed broad- scale nutrient protocol. This has allowed physicians to work with our nutrient protocol within an Open Case Study Program and in clinical studies, with a high degree of comfort. An effective monitoring and tracking program, coupled with the assistance of a research/support person for each participant, allows healthcare professionals to clearly see their patient's response and to manage care accordingly.

To date, we have not seen a one hundred percent success rate with the limited number of Autism Spectrum children and adults worked with. However, a substantial majority of ASD participants following this nutrient protocol have seen significant improvements over their previous treatment regimes. Results utilizing the unbuffered precursor to Equilib, were published re Bipolar in the Journal of Clinical Psychiatry, Dec. 2001-Effective Mood Stabilization with Chelated Minerals.

The Equilib being investigated will be at no cost to five children. Pediatricians interested in working within this protocol may receive Equilib at no cost for three additional children each. The protocol is available outside the five initial families. However, although the monitoring and support program, healthcare professional's packages and protocols, and graphing programs will be at no cost, the modest cost of the Equilib itself will not.

**What does this involve? A broad-scale nutritive supplement will be provided free of charge for twelve weeks for those involved in this pilot study. In return, the family commits to completing daily a simple symptom form. Symptoms are rated from 0 (not at all) to 3 (very much). These forms will be phoned, faxed, or emailed to their assigned support person.**

**Can a person on medication be involved? In most cases, children on psychotherapeutic medications will be eligible. Those currently medicated for seizure disorders for would not.**

If you are interested in being included in the program, contact Evince International, where the program will be clearly explained. Then if you wish to proceed, a physician's package will be sent, with your permission, to each of your healthcare professionals involved. Participants or their caregivers will work with an assigned research assistant and their healthcare professionals on an ongoing basis.

Participants working within the Open Case Study Program complete simple psychometric evaluation charts each day, then phone, fax, or email those charts to their assigned research assistant each week. During the intensive phase, there is also a brief weekly telephone interview to discuss any questions that may have arisen. This data is entered into a color-coded graph showing daily total symptom scores, daily levels for each medication (if any), and total daily Equilib levels (the supplement being investigated). WITH PERMISSION, this information is submitted to healthcare providers as often as updated.

For further information or speaker requests, please contact Evince International at 1-866-438-4623, or 1-800-361-1370.



*Autism Society of NH*

*Stacey Shannon, President  
P. O. Box 68  
Concord, N.H. 03302-0068*

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## Law Conference Set For July 30th

The 11th annual education law conference sponsored jointly by the University of So. Maine College of Education and Human Development, the University of Maine School of Law, the University of the Pacific, McGeorge School of Law, and the Commonwealth Educational Policy Institute at Virginia Commonwealth University will be held this year at the USM Campus in Portland, Maine on Fri., July 30.

The July 30 postconference will address the legal and educational issues presented by the growing population of autistic students. Chaired by special education law expert, Professor John Farago from the City University of New York and NH Special Education Director Dr. Mary Ford, this strand will offer both legal and best practice expertise.

### **Stacey Shannon, President, ASNH**

will review some actual IEPs of autistic students with the experts. This will be hands on chance to see how IEPs address the needs of autistic students and how children's and school advocates approach the legal questions.

For more information or to register, [www.edlaw.org](http://www.edlaw.org), USM Dept. of Conferences, 63 High St., Portland, ME or email Professor Redfield at [sredfield@maine.rr.com](mailto:sredfield@maine.rr.com).



**CATCH THIS!!!  
Nashua Pride  
Autism Awareness  
Baseball Game  
Fri., Aug. 27**

**Volunteers Are Needed  
To Sell Game Tickets  
and Advertisements  
For Our Own ASNH  
Game Journal!**

Please contact Cindy Addario  
([Cindy@Stitches4Autism.com](mailto:Cindy@Stitches4Autism.com)), Joyce Ninness  
([jmninness@comcast.net](mailto:jmninness@comcast.net)) or Steve Anderson  
[sv2833@charter.net](mailto:sv2833@charter.net)

**for additional  
information**

