



## **Our ~~Not~~ So Quarterly, Quarterly Newsletter**

**[www.foundithub.org](http://www.foundithub.org)**

**[info@foundithub.org](mailto:info@foundithub.org)**

***707-780-2700***

## Our Year In Review

Whelp, here we are; we made it through another year and my gosh, it's been quite an awesome year! It's hard to believe that we held our first meeting July 18, 2018. Compare one of our early meetings to a more recent one and look at how far we've come. We are so proud of our members and our organization.



One of our first meetings



One of our most recent meetings

My o' my, how the time goes by!



Our first committee meeting

We held our first member committee where we had the opportunity to listen to what our members wanted in their group. There were a lot of great ideas and suggestions from all. We heard about including more life and cooking skills, using public transportation, learning how to budget, more music, and more activities.



Our Music Appreciation nights continue. They are different than what most people might think about music appreciation. To us, it's a night where they can sing karaoke, play an instrument, or just tell us what a song means to them. We feel that music tells a story and is a way for us to connect. Whether it's the song's lyrics, the instruments used, or simply the way the vibrations make you feel, its special and unique and just another way to share.



Robyn's Café is a big hit. We've done microwave cooking, as well as made wraps and parfaits. The parfaits were not only good tasting but were the prettiest! A little bird has been flying by dropping hints that Robyn will be "kicking it up a notch" in the near future.



Art Nights are always welcomed and enjoyed by everyone. We've had several art nights hosted by Lisa, Dylan's mom, that showed we have some very talented folks in our group. We also learned from a county employee, that you can take an ordinary road ornament and make it into a life sized emoji. All you need is a little bit of paint and some imagination. Just don't try peeling the yellow dots off the road because you may get in a little trouble. Don't fret, we still have a few left over for you.



include, anxiety coping skills, anti-bullying, effective communication skills, the hidden dangers of social media and online dating. Your group; your topic.

Now, let's get back to more fun stuff!



Wrestling has become a monthly event

Supreme Pro Wrestling (SPW) has been very kind to us and is a huge supporter of organizations that work with autism and other neurodiverse disorders.



Who could forget Trivia and Game Night. This is your night to show off your knowledge of random facts or just sit back and enjoy Mike's First Annual Onion Eating Contest. Looks like Zach has a mouth full and Andrew has second thoughts that Zach will come out of the contest smelling like roses. We were prepared with breath mints and antacid.



And we still like to throw down as shown in this picture from our Halloween Party.

Everyone deserves the right to healthy relationships. When we started this journey, we wanted to give everyone the opportunity to meet peers in a fun and welcoming environment. We hope we're headed in the right direction.

So you can see, we do a bunch of fun things throughout the year but there are times when we need to dial it back a bit and talk about life. As much as we want to have a good time, life isn't always fun and we need to learn how to weather the storms. That's where our Peer Support Meetings come in to play. It's extremely important that we have an outlet to talk about things and the things that trouble us. What better way to do it than with your peers. important to us as our more social meetings. Past topics



Making friends

Now for some pictures from our journey to Our Winter Dance: A Night Under the Stars.



Night 1 of shopping with Jacob, Jesse, Darien, Mike and Andrew



What's a little axe throwing between friends



Night 2 of shopping with Garret, Mike, Darien, and Austin

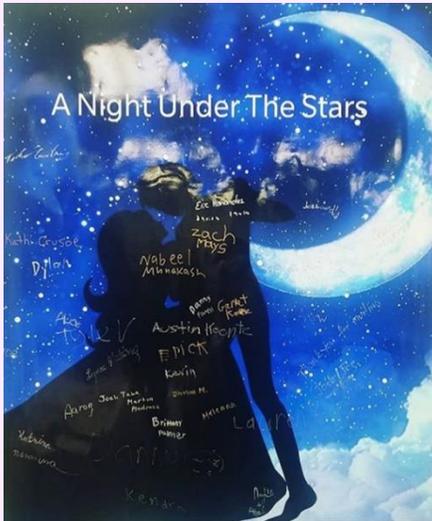
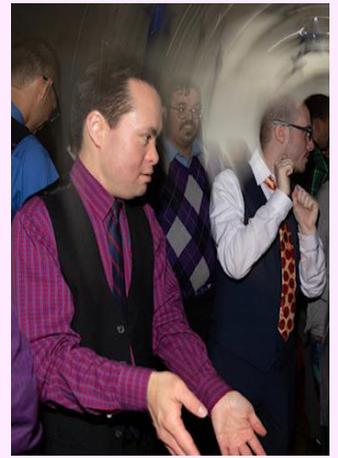


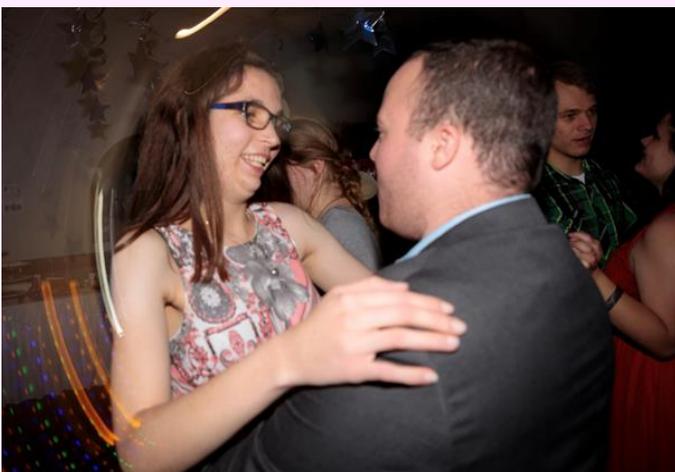
Garret doing a little shopping at Ranch 99 and a late-night trip to Krispy Kreme

Not only can we have a good time, we know how to take care of business too. This November, we co-hosted our first ever dance! Yep, you heard that right, a DANCE! This was no small feat my friends. It took a village, a community one might say. So how did we pull it off? Well, we had some exceptional volunteers that stepped up to the plate. Andrew, Austin, Clio, Darien, Dylan, Garret, Jacob, Jesse, Kayla, and Mike all joined in to become part of the decorating committee. What a great job they did. Some went shopping while, Dylan and Kayla made our collection box. Clio made 2 amazing fliers and Gail, Aaron's mom, also made a beautiful flyer for our dance. A special thank you to them along with all of our parent volunteers. It could not have been done without you!



These gents clean up nicely. Danny, Darien, Mike, Jesse and Andrew





And just in time to see our Christmas Party Pictures! Take it away Santa!





And wait, what's this? It looks like we had Santa and a helper hanging out with us at our Christmas party.

Our Christmas Party was a blast! We even had some new friends drop by. Our goal is to make everyone feel welcome and we hope we were able to do so!

So then, let's do another comparison, shall we?



Christmas Party 2018



Christmas Party 2019

Did you spot the difference in the above pictures?

Another thing that we believe in is being part of an all-inclusive community. Every member at Found It! is a member of the community. Whether that is on our street, town, city, or county, we all belong. We welcome other organizations that share in our beliefs, visions, and that are just as passionate about our members as we are. It truly does take everyone to make things happen. A big shout out to Autism Heroes 24/7 for including us at the APW Wrestling Event!



When we set out on this journey, we wanted to create something special and unique. We recently asked a few members what Found It! meant to them. We were told, fun, exciting, love and family. Wow! Family, now that is something truly special!

As the year closes, it's easy to sit back, relax and be proud of all of our accomplishments but if you know anything about us, you know we are just beginning! It's 2020 y'all and we are bringing it into focus just like at the

optometrist's office! This year, we are growing. Our meetings times are going to be extended. We will still have our meetings on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month (with the exception of November and December) however, we will start at 6pm for light stretching exercises. Stretching will be from 6-6:20pm, then our regular meeting will be from 6:30-8pm, like always, with some of your favorite topics and toppings. Then from 8-9pm, we will have open space for games, talks or just to hang out with each other.

In addition to extended meeting hours, Found It! is sponsoring a parent support night on the 4<sup>th</sup> Wednesday of each month at the Nelson Center. This is a chance for parents to get together to support one another with some of the challenges we may face or just an opportunity to get together to enjoy each other's company.

But wait, that's not all. We are bringing a good ol' fashioned Sock Hop! This will be another chance for you to show us your moves on the dance floor. With 2020 coming up, Found It will be turning 2! This Bash will be another Tiki/50's themed shindig that we are super excited about. It will be part party, part fundraiser and all FUN. We're still working out the details, but you'll be the first to hear about it. We're actively looking for members to be a part of our planning process, so please message us if you're interested: [info@foundithub.org](mailto:info@foundithub.org).

Be on the lookout for future events on our site and as always, any donation is greatly appreciated. Until next time, Keep On Truckin'!



**Special Thanks to:** Assemblyman Jim Frazier for his more than generous donation and support, Grant Wilcox, Alex Nguyen, Brother Joe and Bobby for keeping us safe and secure at our dance, Beehive Estate Sales, Savers and all the parents and care providers that take the time to bring our members to the meetings.

If you would like to contribute to one of our future newsletters, please email [Alexis@foundithub.org](mailto:Alexis@foundithub.org).



And finally, guess who these two guys flexing their muscles for a chance to win a \$10 Starbucks card. Yes, we love our Starbucks and we absolutely love and adore these two! Send your answer to [info@foundithub.org](mailto:info@foundithub.org).