

KIDS CAN CHRONICLES

www.kidswithautismcan.org

What's Happening?



It's All Fun and... More Events

Since our last newsletter our families have enjoyed several events including a Diamondbacks Game (two suites generously donated by the Diamondbacks

allowing over 100 people to attend the game at no cost to the families or Kids with Autism Can). Our families have also attend events including swimming, rock climbing, women's basketball with the Phoenix Mercury, ice skating and a family game night. Family game night included the good company of Coco the therapy dog and a couple of dog pals.

Our recent fundraising efforts raised about \$2000. For our organization, that will fund two or three events for the coming year! We decided not to hold a large fundraising event this year. We have chosen to spend our time on family events and the other needs of our organization. Thanks to those of you who caught the vision and donated!

Sunday, November 4, 2012 we will be hosting It's All Fun and...Horses. It will be held at MacDonald Ranch and will be similar to last year. It will include horse "rides" within the corral, a petting zoo, hay rides and other fall activities! 20 spots remain.

Thursday, January 17, 2013, Kids with Autism Can will be attending a Phoenix Suns game. We are partnering for the 2nd year in a row with the Phoenix Suns. We will be the recipient of a portion of the 50/50 raffle for that evening. Adult volunteers are needed that evening to oversee ticket sales!

To attend these events, sign up at <http://kidswithautismcan.org/be-informed/events/>.

Fall 2012
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Events planned! It's all Fun and...

Horses

Saturday, November 4,
2012



Phoenix Suns

Thurs, January 17, 2013



Recipes...

Here are some delicious Fall recipes.

Pumpkin Bars

- 2 c. sugar
- $\frac{3}{4}$ c. butter
- 4 eggs
- 2 c. canned pumpkin
- 2 c. flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- $\frac{1}{2}$ tsp. cinnamon

Cream butter and sugar, add eggs then pumpkin. Combine dry ingredients and add them into pumpkin mixture. Bake 325 degrees for 25 minutes. Bake in a greased jelly roll pan for a thinner pan or a 9x13 pan for a thicker bar. Check with toothpick, remove from oven when toothpick comes out clean and cake is not loose. Cool completely, then frost.



Cream Cheese Frosting

- 4 oz. cream cheese
- 6 Tbsp. butter
- 1 tsp. vanilla
- 1 Tbsp. milk
- 3 c. powdered sugar

Beat together until smooth and cream and use the full batch to frost the pumpkin bars.

Cranberry Orange Relish

- 1 bag of fresh cranberries
- 2 whole oranges, including skin
- $\frac{1}{2}$ - 1 c. sugar

Wash and pick through cranberries, discarding any that are not firm. Cut oranges in quarters, leave skin on but remove the seeds. In a food processor combine rinsed cranberries and orange pieces, pulse until finely chopped. Put in a storage bowl add $\frac{1}{2}$ cup sugar. Taste, add more sugar until it has both a sweet and tart flavor. Serve with turkey, chicken or ham. It is delicious on turkey sandwiches with a little mayo and Dijon mustard.

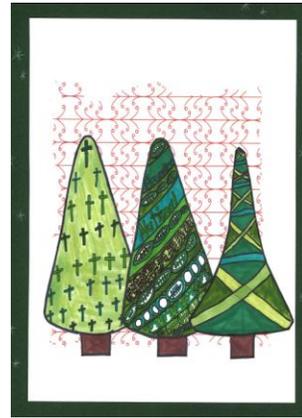


Join us on:



Go to www.kidswithautismcan.org to find us!

Winners of our Holiday Art Contest



Congratulations to Danielle, Leah, Nicholas, Micah and John for their winning artwork. Each artist won a gift card, donated by Target. The holiday cards will be sold as a packaged assortment and available at our November events or online at:

<http://kidswithautismcan.org/be-inspired/holiday-art-cards-for-sale/>

There will be a limited number of cards available, so we suggest you order early.

Live so when your children think of fairness, caring, and integrity they think of you.

H. Jackson Brown, Jr.



Kids with Autism Can is also thrilled to announce a special partnership with the Bella Vista College Prep National Honor and Junior Honor Society Students. Thanks to the students and staff for helping with upcoming events.

“Fund” Ideas

Some, but not all of these ideas will become future fundraising events! Please share your ideas about these and other possibilities.

“Yoga-Thon”– We are planning a fundraising event in January. It’s sort of a fundraising walk or marathon, but you don’t walk or run! We have found a peaceful Japanese garden that we are talking to about holding the event! In advance we will place a sign up sheet on our website. People will be able to donate a certain amount for the time you spend doing yoga or just a lump sum. 26.2 minutes will be a session of the Yoga-Thon. The first hour will be family fun yoga and the second hour will be for those who do a more traditional yoga. We would like to do a live feed, so our friends around the country could join in and support us or our families who feel the trip to the garden would be a bit much could still join us from home! If someone would be will to do a live feed for us we would be very grateful. We will need to check on the details with the garden.

Spring Rummage Sale–We have a spring rummage sale in our neighborhood so if you have donations and are willing to hold them for a bit we will start collecting in winter. It’s a win/win you get things out of you can do some early spring cleaning and Kids with Autism Can will make some money.

Silent Auction – We are considering a silent auction for next April, Autism Awareness month. We have at least two different options and we would love you input! We could host a family event at MacDonald Ranch or a fancier (but not stuffy) parents only event similar to our last silent auction. Please let us know which you might prefer or if you have some other creative ideas we would love to hear them. We hope to make fundraising events as great as our family events and although there will be a cost since it is a fundraiser, we hope you will get more than your money’s worth.

Apps that Assist

Ease Listening Program–Best done with an OT

<https://itunes.apple.com/us/app/ease-lite-listening-therapy/id472604387?mt=8&ls=1>

Letter Tracing App–Suggested by one of our moms!

<https://itunes.apple.com/us/app/little-writer-tracing-app/id515890480?mt=8&ls=1>

Picture Exchange Communication System

<http://www.pecsusa.com/apps.php>

Linked In...

<http://www.coolmath.com/> Fun math games!

http://www.helpguide.org/mental/adhd_add_adult_strategies.htm Managing ADD/ADHD in adults.

<http://www.flylady.net/> Home organization tips.

What's Next...

We have more fun to come!



Coco in costume as Oscar the Grouch!

ARMS- Autism Resource Meetings: Our last meeting we decided to turn into a Family Game Night! It was such fun! We were joined by three therapy dogs, complete with Halloween costumes! We played Bingo, Yahtzee, Snorta, Uno and Guess Who! There were games for all ages, parents had a chance to spend one on one time with an OT and ask questions while their kids played. Our next meeting will be a morning meeting so it will be discussion time. We have been in touch with someone interested in working with special needs families to do some financial planning. Let us know if you might be interested in speakers and who they might be. We are happy to make this what you want we just need your input. We will probably hold another game night in place of one of our spring ARMS meetings!

Giving Back! La Casa De Cristo Lutheran Church has allowed us some time in their kitchen. It is a great way to get teens service hours and learn some basic cooking skills at the same time! In September, we baked Cranberry Orange and Pumpkin Bread for a local health fair. We would like to continue, next time with cookie baking. The cookies will be frozen and the church to use them for meal taken to those in need or memorial services. This is a community event not just for church members. Please let us know if you want to be notified for this event. For now we are keeping the number of kids small so we can be sure to keep our eyes on everyone to keep the cooking sanitary and safe.

New and Interesting People and Places- We try to fit in about one meeting a week to meet someone new, having to do with autism or something connected to it. If you have something or someone to share please let us know. This week we are visiting the Japanese Friendship Garden to discuss a potential "Yoga-Thon". Next week, discussing mentoring and more visits from Coco the therapy dog! We would love to hear your ideas for events.

We read every email sent to us. When we ask questions in this newsletter, they are not rhetorical; we want to hear from you! We can't do everything you ask, but much of what we do comes from parent's suggestions!

Kids with Autism Can regularly updates their website. Please check back frequently for events and new information. Take time to dive into the stories and perhaps share some of yours.

Kids with Autism Can

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