

# KIDS CAN CHRONICLES

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

## What's up?

Since our last newsletter we have had the opportunity to share some new experiences with our families. A few of our new families have also been able to share in events we do each year! We started in November with a Fall Horse Riding event at MacDonald Ranch. It was a bit hot this year so the bonfire was not the most popular part until the S'mores came out! We had horse rides, hay rides, a petting zoo, a hay maze and a place with picnic tables and snacks. Parents took time to sit in the shade and talk with each other. It was great to see another of our goals starting to take shape, parents getting to spend time with other families, so we all know we are not in this alone!



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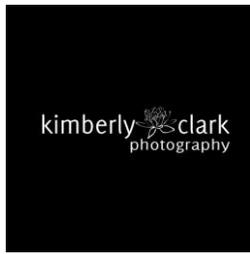
In January, 125 group members and volunteers enjoyed a night with the Phoenix Suns! As well as watching the game, our volunteers helped us sell 50/50 raffle tickets for our community partnership with Suns Charities. Kids with Autism Can earned \$911! A special thanks to all of our volunteers including the students and families of Bella Vista College Prep who came out to help us that night!

A few weeks ago we had our first Fitness Propelled session with Geoff. One of the boys would like to continue working with him, we were happy to make that introduction so he can move ahead with some healthy workout time in a setting that works for him. Our session for February is filled but there are still openings in March. We are also planning to hold a "boot camp" with Geoff as a part of our Yoga-Thon on March 23<sup>rd</sup>.

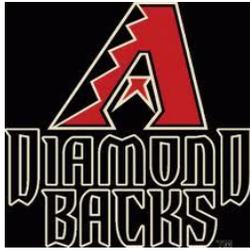
Join us on:



# Thank You



Kids with Autism Can would like to thank Kim Clark for donating her time and giving an awesome gift to some of our families in the form of her beautiful photographic art. Some people have never been able to go and have a family photograph taken and we were so pleased to have her and her camera join us at MacDonald Ranch to take photographs in a safe, relaxed place. Her gentle kindness made her a perfect photographer for our kids.



Kids with Autism Can is honored to have been selected for a grant from the Arizona Diamondbacks Foundation! We have been chosen to receive a \$2500 grant to help us fund events for 2013. We wish to thank the organization for its ongoing support and generosity. We feel so proud of our families and we hope the opportunities we provide them, in some small way give them moments of fun and success!

## Conference Link

2013 Community Autism Conference, February 8-9th (SIGN UP SOON).

<http://www.regonline.com/builder/site/Default.aspx?EventID=1143233>

We attended last year and found it very informative.



## Nicholas's Picks . . .

Two of my favorite apps are: Doors and Rooms and Temple Run. In Doors and Rooms you solve puzzles to find keys and unlock doors. In Temple Run you jump, run and duck by moving your fingers in the correct direction on the iPad. Tilting the iPad will also move you from side to side to collect coins. I think they are both challenging but not too hard.

## Linked In . . .

<http://www.cnn.com/2013/01/17/health/wineman-autism/index.html> . Miss America says autism does not define her.

<http://www.goldwaterinstitute.org/article/education-savings-accounts-path-give-all-children-effective-education-and-prepare-them-life>. State Funding mechanism for special needs students.

# “Fun”d Ideas

“Yoga-Thon”-For 2013 we are working on promoting health and peacefulness. We are fortunate to have Wendy Hartley volunteering her time for our Yoga-Thon which will be on March 23<sup>rd</sup>. Wendy teaches yoga and fitness at Silverleaf and the Scottsdale Princess along with her private clients. She is an amazing person and the opportunity to have her as your teacher (even for 26.2 minutes) will be an absolute pleasure. She has worked with our family, including Nicholas and has diverse skills and blends it with her kind heart. This will allow us to enjoy different yoga levels at our event. The first part will be for our families (beginners), the second for beginning adults and lastly, adults who have practiced yoga in the past. Each session will last 26.2 minutes, a takeoff of 26.2 miles one would do in a marathon! Remember we are all about our kids doing things successfully, so the family session will be adaptive. We will be able to enjoy the peacefulness of the Japanese Friendship Garden and after the family session, our first group can head next door to the park for a snack and a little “boot camp” with Geoff from Fitness Propelled. Our intention is to create a DVD for our families in attendance so that you can use yoga in the future at your home as well. We have very limited space so when you get the email to register (which we hope to have out this week), we strongly suggest you sign up as soon as you can. Remember this is a fundraiser so please set up your support page and take this opportunity to share us with your family and friends!

We need a few things for the event. Donations of items that can be used for fundraising, think about sort of a good life theme: massages, salon treatments, restaurant certificates, yoga/health product, organizing/shopping certificates, and snacks for the kids at the park, or anything else you might think would be related. We could also use a few adults to help with check in. You can volunteer and participate in the event. We would also like to find a few more sponsors. Their names will be on our shirt backs in black and white as well as on our website. Large Logo \$200, Small Logo \$100.



“We use our breath and the practice of yoga to awaken ourselves to a greater state of consciousness. Every time we come to our yoga mat, it gives us opportunity to refine what we know and make space for the new person we are blossoming into.”

- Wendy

Wendy Hartley infuses her unique style of yoga, meditation and functional exercises, to enhance the lives of her students. Her yoga art was crafted over 13 years of teaching in Scottsdale, Los Angeles and studying on the soil of India. She is a graduate of Arizona State University’s Exercise Science Program and Loyola Marymount University’s Yoga Therapy Program.

**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 your home and can do some early spring cleaning and Kids with Autism Can will make some money.

# Organizing 2013

One of the things we are always trying to do as an organization, as well as personally, is to try to keep things as low stress as possible. We are not experts but we have found simple planning and organizing skills that can help keep things calm, these are simple things we do at home. We hope some of these ideas will be helpful to your families. Some of these things will need to be done later in the evening. We know that is the time you just want to collapse but once it becomes routine and hopefully things go easier, we think you will find it worthwhile. For those of you with a laundry/mud room, you have a great place to keep things together bedrooms work well too. In our family, backpacks etc. end up on our counter chairs. Not ideal, but we remember most things on most days and that is the best you can hope for!

1. Each night clothes and shoes are set out. All items are loaded back into backpacks, lunch boxes are set next to backpacks and any other needed items for the next day are placed next to the backpack. So musical instruments, tennis racquets, practice uniforms or game uniforms, coats, etc. are all placed in the individual kiddos pile. Have a charging station so cords and electronics are always in a known place.

2. Use a calendar consistently! Put everything in it ASAP. Mine is color coded, each of our kids has a color so we can see who needs to be where and who needs to get them there. If I need Todd to be responsible for getting someone, I text him well in advance usually a week and see if he can do it. He then immediately puts it in his calendar, usually for about  $\frac{1}{2}$  hour earlier than he needs to so he has a little flexibility. I am also emailed by Todd's automated travel agent so when a trip comes up I can get it right in the calendar. Todd and I try to catch up every couple of weeks on calendars so we don't have a lot of confusion. Our kids are older so they are in charge of getting their info into my calendar and making sure there are no conflicts. Sometimes that goes better than others.

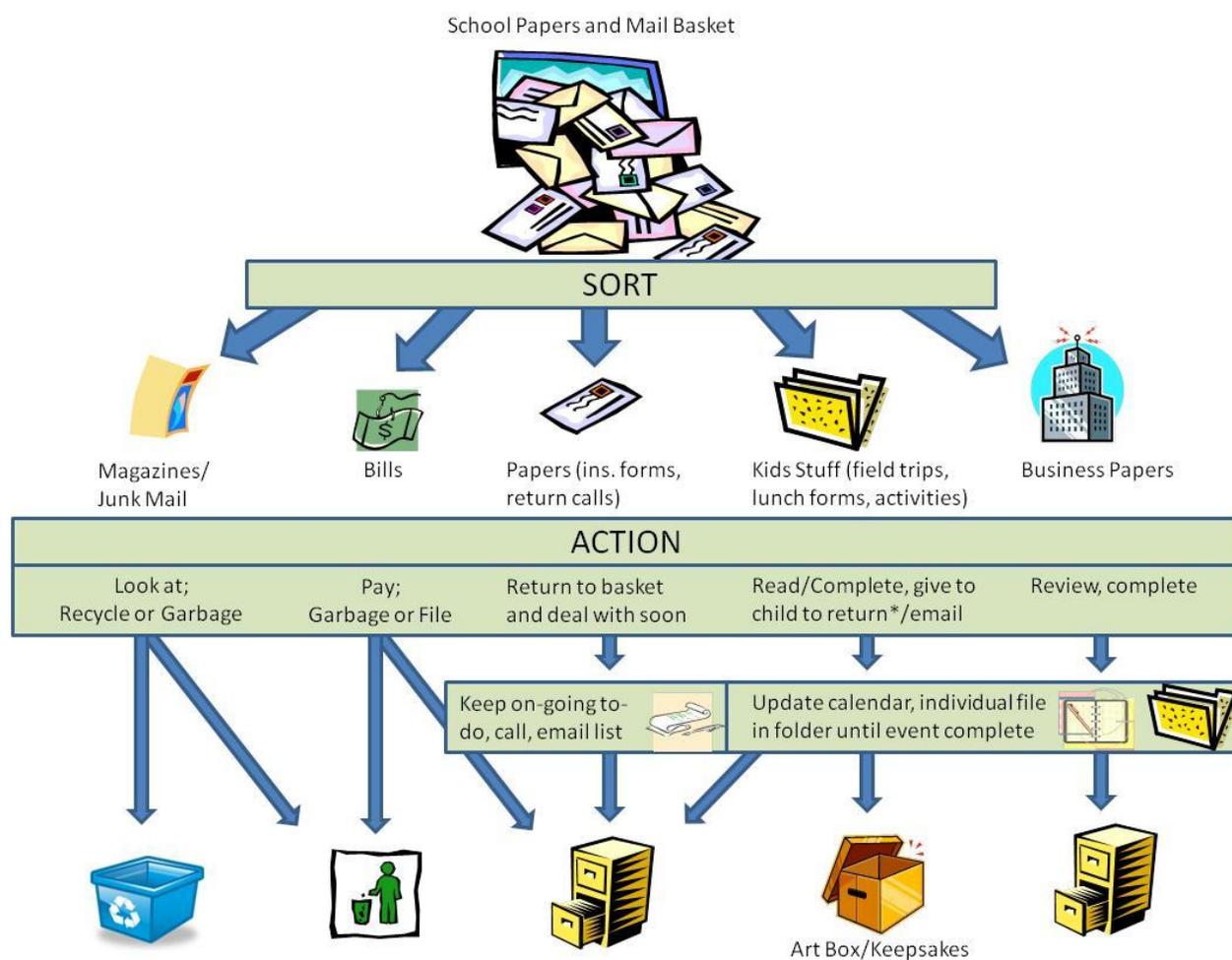
3. Do things as they come, most papers only take a minute or two to read and fill out so if you address them right away they don't need to go in a pile to deal with later. If you need to look at it later, put all papers in one place. I try each day or two to get through all the handouts and emails from school and get things returned sooner rather than later. Throw out your junk mail before it even makes it in the house! (I am still working on that one).

4. Be sure your kids do their chores, make them age appropriate. Making beds, cleaning out the dishwasher, clearing the table, setting the table, pet feeding and messes, removing sheets to be washed, putting away laundry and "swiffering" are all jobs kids can start when they are small. Just have reasonable expectations for the age and praise their good work and show them if they need to do something different. It is also important to teach them to pick up after themselves. Clothes in the hamper, wrappers cleaned up from tables and chairs and the car, towels hung up after showers. This is ongoing work, I have an 18, 17, 16 and 12 year old and we still have days and weeks that we need reminders, other weeks they do great!

5. I heard this on a radio show a long time ago, polish your sink. I know it sounds silly but it is more a concept. If you get to wake up to something clean and shiny you feel better! Often 5 minutes to straighten up the living room or kitchen before bed means you wake to a tidy space. For some people that make a big difference. For others it is less important, but it also means things don't get lost as easily.

6. Take a moment in the morning or evening to delete all junk emails!

7. Below are ways to help manage the flood of mail.



\*Designate separate folder for items returned to school. Easier on child to find.

## Athletics

Martial Arts – Check out the Dynamic Dragons

<http://sepacs.org/2013/01/scottsdale-marital-arts-karate-for-people-with-special-needs/>

Baseball – <http://www.active.com/softball-league/scottsdale-az/cfl-north-spring-2013>.

When you register, apply to Little League Challenger Division.

# What's Next?

A night of fun and games! On Tuesday, **March 5<sup>th</sup>**, join us at La Casa de Cristo for an evening of board games, snacks and fun! All community members are welcome! Coco the service dog will be joining us again.



A little spring break fun for those who aren't traveling! Please join us at Via Linda Lanes on Thursday, **March 14<sup>th</sup>** for some family fun! We have 10 lanes reserved!



Saturday **March 23<sup>rd</sup>** we have two spots remaining for our Fitness Propelled session, we hope you will consider meeting Geoff and allowing him to start your child on a healthy path.



Join us Sunday, **April 14<sup>th</sup>** for ice skating. We will have a private rink at the Ice Den for the evening so it is a great opportunity if your kids love to skate or just want to try it out. There will be a room available if the kids need some time away from the ice.



As always please go to <http://kidswithautismcan.org/be-informed/events/> to sign up.

I love you not only for what you are, but for what I am when I am with you. I love you not only for what you have made of yourself, but for what you are making of me. I love you for the part of me that you bring out."

—Roy Croft

## Save the Date

Sunday, **April 7<sup>th</sup>**, 2013, 6pm. Several autism organizations, including Kids with Autism Can, will be coming together for a basketball game with the Phoenix Suns (vs. New Orleans Hornets) to spread awareness about autism. The website, ticket sale information, and details will follow shortly.

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.

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