

KIDS CAN CHRONICLES

www.kidswithautismcan.org

What's Happening?

Has your inbox been missing us?

We have been making big family transitions that have required some attention but just know, we haven't forgotten about you! The Murwin's have had dad voluntarily transitioning into a new job after 22 years with one company. Paige is preparing for college; it's apparently all about decorating the dorm room. The suitemate's first question was how should we decorate our shared bathroom? Nicholas is preparing for his senior year and we are attempting to get him set to audit a class at a community college, a place filled with grown up students and a nerve racking concept for mom and dad. He is also preparing for college testing and applications. Drew will be entering middle school. We have lots of letting go and chances to grow. So this is our opportunity to do what we always tell you, when you say your kids might struggle at an event. We say you need to come and try and be positive but realistic! Everything won't go perfectly but things might go better than we expect and they will certainly go better if we go in with an attitude of success. Talk about leaps of faith! We are also working on our family's financial well being. We have found a group who can help us with a special needs trust for Nicholas, there is a significant cost involved, but the payback seems worth it. Getting Nicholas' information in order and learning about guardianship and what that looks like at 18, is all important work we need to do as a family and we would encourage others with teens to do the same.

Now what's in all of this for our Kids with Autism Can families?

- We are working on getting you information on special needs trusts, probably in the form of a discussion or lectures to start. As always, you as will need to decide who and what is right for your family; this would just be a starting spot.

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

Climbing
Saturday, September 14



Rope Courses - Tentative
Saturday, October 5



Horses
Sunday, November 3



Details for these events
will arrive in an email this
coming week!

- We are on our second conversation with Chef W who has a passion for teaching cooking skills to kids and adults on the spectrum and as I currently understand, he has a fully equipped kitchen.
- We have spoken with Phoenix Theater about a special viewing of their traveling production next spring so when we find a venue, we can look at a short theater production as one of our events.
- I will be back in touch with Hubbard Swim to discuss another event with them and we are working on finalizing an event at AZ on the Rocks. They have both been really amazing to work with, in the past!
- It was also suggested to me that I call the place in Flagstaff with zip lines, rope courses, etc. I will be firming up details this week.
- We are still moving forward on working with Camelot Stables, but remember Autism is something they are learning about, slowly and carefully so we will let you know when we have more opportunities with them. Currently, they are offering a training session for adults who want to learn about the Horseboy Training Method. It will take place in September, if they have enough people participating. If you are interested in this, please email us at info@kidswithautismcan.org and we can get a flyer out to you.
- Expect to see an email with new events in the next week! I know we have some new names on the list so feel free to get in touch with us if you have questions.

“Knowledge speaks, but wisdom listens” –Jimi Hendrix

Thank You!

We have some amazing people to thank!



Thank you Diamondback Charities! Not only were we honored with a grant of \$2500 this year but we were generously given 3 party suites that held over 200 people. Mother’s Day was spent cheering on the DBack’s for many of our Kids with Autism Can families.

Thank you John C. Lincoln Charities and Sara Lee! Her awareness helped us acquire a \$5000 Lincoln Gives Grant to support physical fitness. This has allowed us to host a bowling event and will cover the costs of our upcoming rock climbing event as well as future experiences. We have also been able to financially support physical fitness costs within the SEEDs for Autism Summer Program. Sara was aware of a grant within her work place and with her guidance we were able to solidify the paperwork and the grant. One of the reasons you can attend our events at no cost is because of wonderful, motivated people like her!





Thank you Boys Team Charity and Diane Spence! As you attend our events and see “typical” role models, please know these young men and their parents are giving of their time and they are available to help out if you need anything while you are with us.

Apps to Achieve

Thanks to Ryan our Occupational Therapist for sharing some of his suggestions.

Some of these are costly and may not be a perfect match so please use this as a place to start your research, we don't suggest you run out and buy all the apps. It depends on the needs of your family. Some apps have lite versions, less expensive and a good way to check them out.

SOCIAL SKILLS

Conversation Builder: This app runs about \$20.

Between the Lines: This app runs \$15, there is a lite version and covers elementary through adulthood.

ACTIVITIES FOR DAILY LIVING

Hair Salon 2 by Toca Boca: I use this app for direction following, or if a kiddo has big time sensory issues with getting hair cut or shampooing. I use this app to prepare them for the actual thing!! Only \$3.

Cake Doodle: I have been using this app a lot lately for direction following. Basically you make a cake!! It is a free app!

HANDWRITING, VISUAL MOTOR AND PERCEPTUAL SKILLS

Injini: This is an amazing app that I use with all of my younger kids. It's a bit more expensive at \$30.

Ready to Print: This is an awesome \$10 app developed by an OT that works on everything handwriting and developing pincer grasp. It covers pre writing strokes all the way to the alphabet, what makes this app great is that you can track a student's progress.

NON VERBAL APPS

Proloquo2go : This app is basically the dynavox on the iPad or iPhone. Comes with a hefty price though, \$220

Food Hints

For Busy Parents and Sensory Kids

From my experience as a mom I thought I would share a few food tips instead of a recipe for this newsletter. Summer in Arizona is hot and at our house those big meals go out the window.

-Grill twice the meat/tofu/veggies you need! Don't look at it as leftovers, just think of being a step ahead for dinner sometime in the next couple of nights. The other option is use it has a healthy lunch! It will be much better than lunch meat or mac and cheese. We grill chicken with pesto, or honey mustard or an Asian marinade. Then later in the week an Asian Salad, Pesto Chicken Sandwich with Fresh Mozzarella, Tomatoes and Basil, or a Cobb Salad with Honey Mustard Chicken are already started.

-If your kids aren't thrilled with spices, but you are, there are still ways to eat the same dinner. We do flank steak with marinade, just look on line to find a recipe you like. The flavors are rarely too strong we tend to use OJ, garlic, olive oil, a little brown sugar and maybe a little Worcestershire or Soy Sauce. It is a game at our house, I change up the marinade and the kids try to guess the change. I use lime not orange or a little more or less of something. The steak usually grills about 8 Minutes per side so it is quick too. Cut thinly against the grain, it makes steak easy for kids to eat! They don't have to work so hard at chewing it. We grill pork tenderloin or chicken with a little sweet and sour sauce which they do like. They eat it sliced with rice and veggies on the side. Mom and Dad mix the pork with brown rice and Asian Slaw (cabbage, carrot, red pepper and green onion, a little rice wine vinegar, prepared horseradish and a couple drops of sesame oil). We add a few drops of Siracha on top. Yummy! P.S. Not yummy if you don't like spicy things.

-Keep fresh fruit and veggies washed and cut on the counter when the kids get home from school. It only takes a couple of seconds to wash grapes or carrots and put them in a bowl but the kids won't grab those healthy snacks as often if they need to do the work. Raw nuts are another good option. We are also big on smoothies. If you have a kiddo who won't eat breakfast, consider smoothies as an option. We just use fruits and veggies and a splash of fruit and/or carrot juice and sometimes yogurt if your family does dairy. It is fun to experiment. We have a great blender, it is designed with travel cups so there is not big container to wash, we just rinse the blade and put the travel lid on the individual serving cup.



-Plant a small herb garden! If you live somewhere warm, combine herbs in one bigger pot and keep it mostly in the shade during the hot months. If you use small pots they dry out too quickly and the plants die. If you live somewhere cooler bring the herbs in for winter. Cut a small bouquet and place it in a glass in the kitchen. I taught a cooking class for kids with autism and the first couple weeks they complained about the smell, by the end of the school year, they were tasting the herbs!



Mint is fun but needs a pot if it's own or it will take over. Lavender is great, cut it and keep it in the bathroom in a vase. No need for artificial floral sprays. Basil makes the kitchen smell like pizza, yum! Basil is strong so you might have to just bring it in for a little and then remove it, we don't want to make them dislike the smells more; strong herbs like basil and cilantro need to be introduced in small, short doses. You can also save money. Getting a potted herb is usually between \$3 and \$5. You can use it over and over as it grows. A prepackaged bunch at the grocery might cost the same amount for a one time use package.

Join us on:



Go to www.kidswithautismcan.org to find us!

Join AZ Assist on July 31, 2013, 6:00-9:00pm for

A Night at the Museum!!! Join them for the exhibit, The Art of Video Games

For Details and Costs go to:

<http://azassist.com/wp-content/uploads/2012/04/2013-07-Night-at-the-Museum.pdf>



What's Next...

Family "Get-Togethers" Email List-We have a parent interested in starting an email group that would allow an email to go out if families wanted to meet at the zoo or park or wherever! You would only be on the list if you emailed her and chose to be. We just want to know if there is an interest? We also need some work on the details.

Kids with Autism Can needs to do some "House-Keeping"- We need about 6 sets of hands to get some company paperwork in order and just get all of our ducks in a row. We will probably pick a morning once school has started and all work together for a couple of hours. Please let us know if you might like to help out.

Fund Raising-Our "Yoga-Thon" and Rummage Sale held this past spring were both a great success, we are always looking for the best ways to keep \$\$\$'s coming in without constantly asking for it, so your suggestions are greatly appreciated! We are considering a monthly or bi-monthly restaurant fundraiser. There are plenty of places around town that will donate 10%-20% proceeds. If we wanted to move ahead with this idea, we would need some help for our families. Please email us if you would like to help out with this or you have other ideas, where you would be willing to help take the lead.

As our mailing list grows we want to share some information about our last few events, so you can see what we have been doing for our families. We spent Mother's Day at the D'Backs game enjoying the "suite life". We were able to get day passes to Legoland for over 20 families (about 120 people). We also provided each family going to Legoland with a gas card to help with trip costs. In July, we took 30 people to the Phoenix Mercury game. As parents of a child with autism, we know that sometimes it is difficult to attend events but we hope by picking up some of the costs and creating a safe environment, your families can take the opportunity to get out and try new things. We work to choose comfortable locations and control the surroundings including lighting and volume when possible. We find families often have more fun than they think they will. We encourage you to join us!

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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