

"I want to die in peace. I want to know that when I die, my son will be taken care of. I made this promise when he was born."

Adriana Piltz, Founder & CEO of Nicky's Gardens of Hope (NGOH) & mother of Nicky-20 with Tuberous Sclerosis Complex. On her motivation for creating NGOH, which is building permanent residences for a neurodiverse population with IDD & Autism related challenges.



THE FIRST FINANCIALLY AND ENVIRONMENTALLY SUSTAINABLE RESIDENT COMMUNITY SOLUTION DESIGNED TO PROVIDE A HOLISTIC LIFE FOR ADULTS WITH AUTISM AND IDD (INTELLECTUALLY DEVELOPMENTALLY DISABLED)

NICKY'S GARDENS OF HOPE

[HTTPS://NICKYSGARDENSOFHOPE.COM](https://nickysgardensofhope.com)

Goings on in the Gardens



Volume 1 | Issue 3 | NGOH | November, 2019 |

Who we are

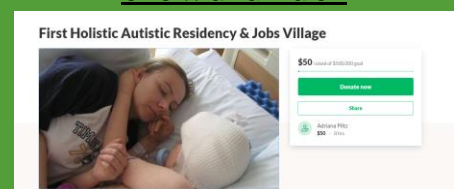
Nicky's Gardens of Hope is building permanent homes for autistic and intellectually developmentally disabled (IDD) adults. We provide progressive services for an inclusive community, such as employment training, on-site business opportunities & family support & lodging. We are dedicated to providing a revolutionary level of care for America's rapidly growing and aging Autistic and IDD population.

Join the Revolution!

"The harvest is plenty, the workers are few."
This month's Feature Article: Fall Festival Fun

<http://bit.ly/2M0Ryjl>

JUST LAUNCHED! Nicky's Gardens of Hope GoFundMe crowdfunder



Family Perspective – *Words of Wisdoms for Families Living with TSC, Autism & Intellectual Disabilities*



Let's Give Thanks, No Matter What!

Quotes from parents & caregivers of those with TSC, IDD & Autism on what GRATITUDE looks like to us:

“TSC is brutal, but it has taught me a few things... 1) To stop and appreciate the small things, like laughter or a hug. It is too easy to take things for granted, but TSC has taught me not to take things for granted, and that is an unexpected gift. 2) To not judge a book by its cover and remember everyone has a struggle that they are going through. 3) I didn't realize how strong I was until I had to advocate for my daughter in ways I never imagined before having kids. I believe in myself more and listen to my gut. 4) I don't sweat the small stuff as much. Things that might have bothered me in the past are now trivial.”

“I am so grateful for our tribe of parents! You are always there with sweet thoughts and words of encouragement, besides some pretty awesome advice!”

“Gratefulness....

There are days when that word seems so foreign to me and not because I am not aware of the meaning of the word but because there are days when I do not have the strength to appreciate the magnitude of gratefulness in my daily situations when it comes to dealing with the ramifications of TSC on the life a child.. but in the quiet of my mornings when I watch her sleep gratefulness swells up in my very being .. gratefulness for being allowed to be her mommy, although not by birth but by choice... gratefulness for a medical team that never stops fighting for her.. gratefulness for a team of educators that love her despite her most difficult days and my sometimes not so nice response to those days.. gratefulness for a mighty God who holds her in his hands and protects her, and loves her in ways I will never be able to do ... so although gratefulness often alludes me in the day to day battles against this ugly disease at the end of the day God always reminds me that there is always always something to be grateful for if we will stop long enough to see it”

“Grateful that my daughter will be 40 in January and we have come so far considering she was suppose to be gone by the time she was 18!! Thank you Jesus!!”

“TSC is relentless and horrible .and took my daughter at 32...but my daughter was beautiful and joyful ,,always smiling and giving unconditional love ...when her medication worked .

Her speech was limited

and she didnt really have conversations but she could talk and sing and memrorize music and expressed her needs at times ..she learned to say on cue ..”you're the best mom In the world “ ...which always made me happy . I'm grateful I got to see the world thru her eyes ..that was her gift to me . I miss her every day .”

“TSC takes away every moment of peace & joy, replacing it with fears and worry! But it also humbles you enough to appreciate the smallest of things. This is a flower my daughter picked one day when walking to the car in the morning heading to school. “Here mommy, this is for you”! It made me stop for a moment and realize how grateful I should be for every day. That tiny flower and her sweet gesture brightened my whole day and left me with so much gratitude”

Quotes provided by the Facebook Group, Tuberous Sclerosis Complex Associated Neuropsychiatric Conditions Support

What about The Holidays?? Staying Sane, Despite the Added Challenges of Holiday Hoopla with Autism & IDD

The holidays are a time of year that's supposed to be filled with joy, family reunions, delicious food, presents and an endless parade of parties and festivities. There is also a lot of schedule disruptions, an influx of rich, calorie laden foods, increased noise, lights, sounds and smells. All a wonderful part of the season but can be incredibly overwhelming for those living with a degree of autism and if there is not some thought given ahead of time to preparing for these overstimulating, exciting time of year, it could be a recipe for disaster, frustration and disappointment.

Temple Grandin, Ph.D., professor of animal science at Colorado State University and a high-achieving adult with autism, knows that many children and adults with autism can't stand loud music or other loud noises, and may need a quiet room where they can go to get away for a while during parties and social events.

Grandin, whose advice is sought out by parents and educators when she lectures around the world, says that a good rule of thumb for the holidays is "no surprises," noting that a disruption of the child or adult's routine may lead to outbursts.

"One of the best ways to prevent problems is trying not to have any surprises," she says. "If you have held your Hanukkah, Christmas or other holiday gatherings at the same house for the past four years and this year it's going to change, you want to warn the child beforehand. If it's a new place they have never been before, prepare them with photos or other prompts so it is not so foreign to them.

<https://parade.com/723777/debrawallace/how-to-create-a-joyous-christmas-holiday-for-loved-ones-with-autism/>

"Children and adults with autism often struggle with [sensory integration](#), the neurobiological process of interpreting and managing the sensory input they receive. It can be hard for them to make sense of sights, sounds, smells, and other sensory information. There are three main sensory systems that may be affected when an individual has autism. Understanding these three sensory systems is key to understanding individuals with autism and how they interact with their home environments:

[The tactile system](#), which is the sense of touch, pain, temperature, and pressure

[The vestibular system](#), which involves movement, balance, and head position

[The proprioceptive system](#), which involves a person's awareness of body position."

<https://www.bigrentz.com/blog/sensory-friendly-home-modifications-autism-sensory-processing-disorder>

AND.....to wrap it up,

Here's a list of Gift Ideas for Adults with Autism from the blog site ["A Day In Our Shoes"](#)

1. ASK THEM. Many times, people are more alike than different. We may communicate differently and learn differently, but inside we all have likes, dislikes, and wishes. So whatever is hot and trendy with all teens, whether it be a book, movie, video game, music; chances are a teen with autism may enjoy it too. Just ask them. Like many other things, you can adapt. So if a girl wants to read the Twilight series but struggles with reading, [get the book on CD or audio](#). Get a gift card for clothing at their favorite store or take them shopping.

2. Amazon Echo Dot-I am adding this new this year. [I just heard from so many parents](#) how this is a perfect gift for teens. And right now, they're around \$30! There are so many uses for this, especially in a special needs household. We use ours all the time.

3. Fun Sensory stuff: How about a lava lamp, bubble lamp and those types of items. Now you can even get them as speakers with Bluetooth, to hook up to other items.

4. [Clock that is a Phone Charger](#)—I like this [clock](#)! We have one. And for many reasons, it is a great gift idea for teens with autism or other disabilities. First, it is a [clock](#) (duh!) and you can set multiple alarms on it. I like this for the kid who struggles with [executive functioning skills](#) such as time management in the morning. You can set one [clock](#) for a wake-up time, and another for "you should be out of the

shower and dressed” time. Then, it’s also a charging dock. For the kid who likes to take his device to bed with him at night, no more struggles of where to keep it while they are sleeping.

5. Age Appropriate Puzzles: Puzzles are so popular for all ages. And hey, some kids may still do the chunky wooden puzzles and that’s fine too. But there are things out there for all ages and abilities.

6. Another mom said that her child loves to watch **Sand Art**.

7. **Squeeze Reliever**—We got one of these to try and we’re all loving it! Do you have a kid who just loves deep pressure and sensory of that sort? You put your hand into it and the compression massager massages to give your autistic teen the sensory input that they love. If you have an adult relative with autism who just loves sensory input on their hands, this is a great gift idea.

8. Pokemon: New this year, Pokemon! A few moms saw this list and couldn’t believe that I didn’t have Pokemon on it. In 2019, I’m told that **Goo Jit Zu** is the hot thing for some kids.

9. Personalized Crazy Straws-Personalized stuff is so hot right now. So how about a personalized Crazy Straw? They’re fun and inexpensive. And hey, if you have feeding issues, it just might make getting liquids in an easier task. All kids will love this, but I love the personalized aspect of it for kids with autism and just the fun factor.

10. Pinch Me Dough-Pinch Me Dough is a therapeutic putty or dough and it has lots of uses. From strengthening hands for fine motor tasks to reducing **anxiety**, having a fidget something or sensory input...makes a great stocking stuffer. This is a great gift idea for teens with autism. The aromatherapy aspect of the therapy dough makes it multi-sensory, which you know I love!

11. iTunes Gift Card-One of my friends from college said last year, “Give me gift ideas that are not iTunes gift cards!” So to that, yes, I hear you. Many times an iTunes gift card is an easy way out. Still, I heard from autism moms that they do always use them and that their kids love getting new apps and music. So it’s still a good gift idea for a teen with autism.

Or any person, really. Just make sure that they have Apple products and not Android.

12. Driving Lessons-If a child is in special education, chances are they learn differently. If learning to drive is an option, then let’s make it happen. Call around and find a driving school so that they can get some extra instruction and practice. Teens with autism need extra practice and should be given the opportunity if driving is a reality.

13. Sound canceling headphones—If a child has auditory processing disorder or other sound issues related to autism (or even if they don’t!) they may struggle with discerning different sounds they hear in their natural environment. Or, as one mom suggested, her son just loves his music and loves the privacy and solitude of **headphones**. So invest in a good pair.

For the remainder of this list, navigate to:

https://adayinourshoes.com/gifts-for-autistic-teenagers-adults-special-needs/#Gift_Ideas_for_Adults_with_Autism



HAPPY HOLIDAYS FROM THE WHOLE TEAM AT NICKY’S GARDENS OF HOPE!!



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

From The Kitchen

Tips for Holiday Meals with a Child or Adult with Autism

When Turkey Day and/or Holiday dinners arrive, here are some general tips for enjoying a holiday meal with a child or adult who has autism:

- * Dress comfortably. This probably isn't the best time for your son to wear something new or different – especially if this has been an issue in the past. (Pick your battles.)
- * Talk with your family about keeping conversation, music and TV volume at an appropriate volume. This may be difficult if your family is anything like mine. Another option is to have your son use noise-reducing headphones – either alone or with some music he enjoys. Wearing headphones may not be appropriate for the entire day. But it can be very useful when you sense that your son is becoming overstimulated.
- * Create a quiet room where your child can retreat and relax while waiting for the big meal. This is a great place to keep a bag of your son's favorite toys, books and other independent activities.
- * Most importantly, remember to catch your child being “good” – that is, playing, socializing or eating in an

appropriate and healthy manner. Be sure to provide plenty of positive feedback. You know what your adult/child likes – be it praise, a hug or a small reward such as a sticker or favorite toy. I understand that it can be hard to remember to reward a well-behaving child while you're juggling the demands of preparing a holiday meal. Consider having a kitchen timer in your pocket or set your cell phone alarm as a reminder to touch base with your child and provide that positive feedback before disruptive behavior occurs.

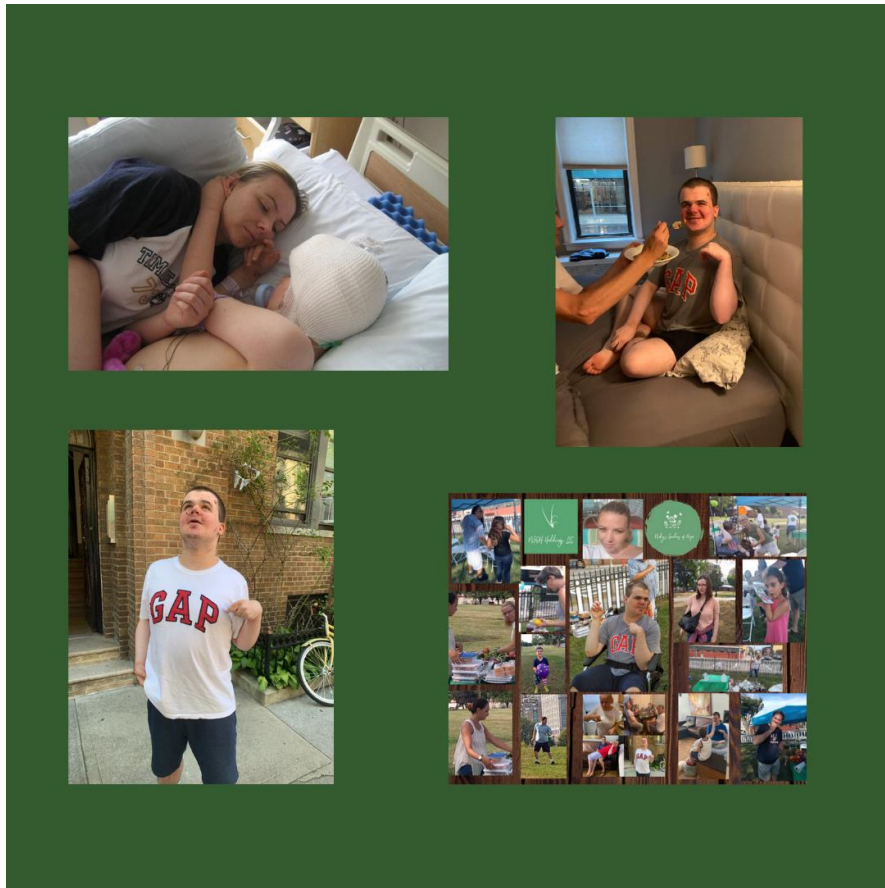
* Consider minimizing table décor, including scented candles. Remember, the day will be filled with the savory and sweet aromas from all the delicious food you're preparing. It can help to reduce other sensory input at the table.

* If you're worried that your child will gorge on snacks and appetizers prior to the meal, consider moving these treats out of sight or under cover. You may need to enlist the help of understanding family members. For example, consider placing the appetizers in one place in bowls and platters that have covers. Ask family members to take turns monitoring the “snack zone” and assist children with appropriate portions.

* Once at the table, you can help an over-excited eater slow down by placing small portions of food on his plate. You can always serve seconds.

* If your son has difficulty controlling his impulse to grab food, consider sitting him immediately next to you or someone else who can provide support and reinforce appropriate table manners.

* Another option – if the family is willing – is to plate food in the kitchen rather than pile the table with serving platters. This avoids grabbing and encourages more of a pause between servings



This is our Chief Inspirational Officer, Nicky, his Mom and her Team at NGOH ☺

Thank you for taking the time to read it and contact us if you have questions, would like to volunteer or help!!

Goings on in the Gardens



Volume 1 | Issue 3 | NGOH | November, 2019 |

NGOH Leadership:

Founder & CEO~Adriana Piltz

President & COO~Chris Niccolls

Chief of Sales & Business Development

~Thomas VanAntwerp

Goings On In The Garden Editorial Staff:

Editor in Chief: Adriana Piltz

Creative Director: Jill Woodworth

Design Director: Amora Correa

Submissions this month by:

"In The Kitchen" ~ Jill Woodworth

"Family Perspective" ~ TAND Facebook Group

"What About the Holidays" ~ compilation, Jill Woodworth

Just In! Adriana Piltz Crowdfunder!

[First Holistic Autistic Residency & Jobs Village](http://bit.ly/2M0Ryjl)

(<http://bit.ly/2M0Ryjl>)

Adriana Piltz on BoldTV:

<http://bit.ly/2M8gGER>

From NGOH YouTube Channel:

[Nicky's Gardens of Hope~Nicky and the Team](#)

[A Minute with Nicky~20 with TSC & IDD](#)

[IDD & ME: Max, Alex & Nicky](#)

[There Is No Other Choice](#)

From TSC Talks~A podcast hosted by Social Media

Director, Jill Woodworth: TSC Talks Podcasts:

[When Law Enforcement Meets Autism,](#)

[The CBD Cannabinoid Conundrum; On Epilepsy & Autism,](#)

[A Discussion on CBD & Cannabinoid Medicine with Mike](#)

[Robinson, Founder, Global Cannabinoid Research Center](#)

[Nicky's Gardens of Hope or Bust w/Adriana Piltz](#)

[I Wish He Could Talk with Max Piltz](#)

[Adriana Piltz & Nicky's Gardens of Hope-First Podcast](#)

[TSC Talks! TSC Talks is launching a new series of talks about cannabis & TSC families, and recently ended a crowdfunded project to independently test and review cannabis products. <http://bit.ly/2MqzRZq>](#)

[We've interviewed some big names in the cannabis world so check out our site:](#)

<https://tsctalks.com><https://tsctalks.com>

<https://tsctalks.com/tsc-talks-guest-jenna-champagne/>

Our contact information

Websites:

<https://nickysgardensofhope.com>

<https://ngohllc.com>

[Facebook, Twitter, Instagram](#)

Phone: (914) 440-4751

Address: 750 Lexington, 9th Floor, New York, NY 10022, US