



The ASNL Communicator

Winter - Spring 2005



ASNL WELCOMES NEW CHAPTER

In September 2004, the Autism Society of Newfoundland and Labrador was pleased to welcome a new chapter to our family. The South and Central chapter has more than 100 members and is led by Scott Kenny. Last fall the chapter sponsored a one-day workshop for parents, teachers and professionals in the community. This workshop focused on treatment methods and teaching strategies for children living with autism. This new chapter is an important step forward for families with autistic children in the central region and the Province. Scott Kenny (Chair of South and Central Chapter) and Krista Webb-Fournier (Autism Partnership) in photo.

UPCOMING EVENTS



MAKING SENSE OF SENSORY INTEGRATION AND SENSORY, ORAL AND FINE MOTOR FUN (MAKE & TAKE)

with Shirley Sutton

Shirley Sutton is an Occupational Therapist with over 25 years experience working with clients with special needs, from infants through teen years. Her specialty training areas include sensory integration, early intervention and developmental disorders. She brings extensive clinical experience from a wide variety of settings, including consulting work with the Geneva Centre for Autism, Autism Therapy Centres, various community living associations, and early intervention programs. She presents training workshops across Canada. Shirley co-authored the book "Building Bridges Through Sensory Integration-Occupational Therapy for Children with Autism and other Pervasive Disorders", and the workbook "Learn to Print and Draw: A Visual-Kinesthetic Approach". Her private practice is located in Collingwood, Ontario.

Learn practical skills that can be immediately implemented into existing curriculum and training programs, at home or in school!

Who Should Attend?

Early Childhood Educators, Parents, Speech/Language Pathologists, Consultants, Educational Assistants, Occupational Therapists and others who live or work with individuals who have Autism Spectrum Disorder or other Developmental Disabilities.

Location

Room A-1043, Arts & Administration Building (Bldg.#14) Memorial University St. John's Newfoundland

Date

May 6th and 7th, 2005

PARENT RATE

BEFORE April 15

1 Day Rate \$120.00 + \$8.40 GST = \$128.40

2 Day Rate \$185.00 + \$12.85 GST = \$197.85

Fee includes the Make & Take Kit

AFTER April 15

\$150.00 + \$10.50 GST = \$160.50

\$215.00 + \$15.05 GST = \$230.05

PROFESSIONAL RATE

BEFORE April 15

1 Day Rate \$185.00 + \$12.85 GST = \$197.85

2 Day Rate \$245.00 + \$17.15 GST = \$262.15

Fee includes the the Make & Take Kit

AFTER April 15

\$215.00 + \$15.05 GST = \$230.05

\$275.00 + \$19.25 GST = \$294.25

REGISTRATION INCLUDES: Sessions, Session materials, 1 year free subscription to Autism Awareness Newsletter, and refreshment breaks.

TO REGISTER

Call the ASNL office for a copy of the registration form or:

The Autism Awareness Centre Inc.
9331-151 Street, Edmonton, Alberta T5R 1K1
Phone: 780-474-8355 Toll Free: 1-866-724-2224
Fax: 780-477-8350 or 780-447-5445
Email vharris@shaw.ca
Email Maureen Bennie at maureen.aaci@shaw.ca

MESSAGE FROM THE PRESIDENT, JOYCE CHURCHILL

Winter 2005

Another year is well underway and your society continues to grow and "go forward." Many people are giving unselfishly copious amounts of time serving the autism community, especially the Executive and Board of Directors. As our profile continues to increase and improve we need our members. One of the highlights of this past year was to welcome Scott Kenny, a new member to the Board of Directors representing a new chapter in Central Newfoundland. It has always concerned me personally, and I know many others, that the children, youth and adults, their families and those who care for or work with them in the central region may be left out of services, programs, educational opportunities, resources and other activities offered through the society. Scott has had the opportunity to attend some of our meetings in person and is, without doubt, in addition to embracing the society's provincial mandate, an excellent representative for your chapter. Welcome Scott and the new members of the South and Central Chapter!

We are grateful for the commitment and dedication of Mrs. Elaine Dobbin in her role as campaign patron and for all her hard work in growing our provincial center fund. The "Our Divas Do Broadway" show was a huge success. Our heartfelt thanks go out to the "Divas", Sheilagh Guy Murphy and Terry Andrews for all their hard work and expertise in making the show the success it was. Premier Danny Williams on behalf of the Provincial Government matched the \$50,000.00 donated to the Society from the show. The following night a reception was held at the Dobbin home to thank the "Divas" where Mr. Craig Dobbin also made a generous donation of \$50,000.00. Elaine and her committee are working hard to make the center happen. Elaine, along with other members of the committee have been instrumental in bringing in other monetary donations. You can help us reach our goal! Please let us know, it can be on a provincial level or a community basis. What about your local organizations who raise funds for projects such as ours? Can we get a community competition underway? Lets hear your ideas over the next 30 days and "lets roll!"

Negotiations are currently underway with the Department of Health and Community Services to ask the provincial government to match our fund raising efforts for this project. As well, talks are ongoing with ACOA as it relates to funding for support research and education. The Provincial Center for Autism is designed to provide programs and services to children, youth and adults with autism throughout our province, and to provide assistance to their families and the many professionals who work with them.

While many of you may be consumed with your specific issues of the day with regards to care and intervention as it relates to your own circumstances, remember that someone else's issues today are yours tomorrow. Let's be ready to meet them as they arise, through the entrenchment of programs and services designed by experts wherever you live. We have accomplished this with early intervention, but only a small number of the autistic population is benefiting. We must not only aim to ensure the continuation of this program and any necessary follow up but also towards the sharing of available resources to meet the needs of all those afflicted. There are older children out there as well as ado-

lescents and adults, who have never received any intervention to help them with their disability. Early intervention, using ABA (Applied Behavioral Analysis) has only been available since 1999, and the average age of children qualifying for ABA was only three years of age. This means that of the estimated 1400 children, youth and adults in the province with autism, very few over the age of nine or ten have ever received any help.

We need to speak with a united voice, as there is strength in numbers. Until we have established and sustained programs and services we will never move away from the struggle to get recognition and in some cases very basic services. We need to overcome the "squeaky wheel" syndrome and move forward to where we should be in 2005, talking about research and a cure. I speak for fairness and equity whatever their age, wherever they live, and in whatever forums are available to me. Get Involved! Get excited! Together we can make things happen! We have the proof, but there is more to do.

Take care of our children, whatever their age. Until next time.

Computer Distribution with Picture Exchange Communication Videos, Boardmaker Software

Please contact names below for access to this communication system

A. P. Low Primary School Labrador City, NL A2V 1G6 Principal: Ramona Noseworthy (709) 944-5231	Gander Middle School 203 Elizabeth Drive Gander, NL A1V 1H6 Chris Hodder (709) 256-2547
Peacock Elementary Goose Bay, NL A0P 1S0 Principal: Doug Abbott (709) 896-3896	Sacred Heart Elementary Marystown, NL A0E 2M0 Principal: Paul Pike (709) 279-2870 ext. 235
St. Anthony School St. Anthony, NL A0K 4S0 Principal: Wanita Powell (709) 454-3707	Clarenville/Bonavista School Board Office Clarenville, NL A0E 1J0 Contact: Mary Larner-Pardy (709) 466-3401 (ext 235)
Stephenville Primary School Stephenville, NL A2N 3P5 Principal: Gerald Morgan (709) 643-2331	Matthew Elementary Bonavista, NL A0C 1B0 Principal: Aubrey Dawe (709) 468-7242
Spruce Wood Academy Grand Falls, NL A2B 1C9 Principal: Peter Andrews (709) 489-2127	Coley's Point Primary School Bay Roberts, NL A0A 1G0 Principal: Anne Marie Byrne (709) 786-9052
Fitzgerald Academy English Harbour W., NL A0H 1M0 Principal: Gerald Buffett (709) 888-3426	St. Mary's Elementary, St. John's, NL A1E 1C9 Principal: Judy Mallam (709) 753-9892
Brian Peckford Elementary Triton, NL A0J 1V0 Principal: Aubrey Golding (709) 263-2512	Humber Elementary Corner Brook, NL A2H 2E5 Principal: Paul Rose (709) 634-6333
ASNL Provincial Office (709) 722-2803	

ANGEL PRINTS ON SALE

We still have a number of Angel prints available. If you would like to purchase prints or sell them at your local chapter please contact the office at 709 722 2803. The prints are \$100.00 each.

~~~~~ **WANTED** ~~~~~

**100 GRANDFATHERS OR FRIENDS OF GRANDFATHERS**

*To assist the Autism Society with a Special Project*

*We want to raise \$50,000 for Shamrock Farm Centre for Autism  
and we need you help to sell 50/50 tickets.*

*The goal, sell 5000 tickets @ \$20.00 each raising \$100,000,  
the prize \$50,000. Draw Date June 19,2005!*

~~ **REWARD** ~~

*The opportunity to help us reach our goal and have your name recognized  
in the centre as a part of the Grandfathers Room!*

**Please contact the office at 722-2803 to start helping today!**

——BOOK REVIEW——

**1001 GREAT IDEAS FOR TEACHING AND RAISING CHILDREN  
WITH AUTISM SPECTRUM DISORDERS**

**by Ellen Notbohm and Veronica Zysk, Future Horizons, 2004**

Reviewed by Maureen Bennie, Director, Autism Awareness Centre Inc.  
[www.autismawarenesscentre.com](http://www.autismawarenesscentre.com)

*1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders* is just what the title says - a book rich with ideas on how to enhance skills and further the development of children with autism. Written for both parents and professionals, this resource contains an arsenal of ideas for home, school and therapy sessions. Authors Veronica Zysk, managing editor of *Autism Asperger's Digest* magazine, and Ellen Notbohm, mother of a son with autism, have compiled information bytes - strategies and considerations on virtually every topic in autism one can think of. Many of the strategies mentioned can be expanded upon with suggested readings. Websites listed throughout the book give places to go for further information on strategies. Suggested children's book titles provide added support for concepts. Highlighted areas draw attention to additional information to consider.

Zysk and Notbohm begin their book with a glossary of terms, some of them acronyms such as ADA (American Disabilities Act), NT (neurotypical) and ToM (Theory of Mind). All chapters have the subtitle of Strategies and Considerations - ways of doing things and what to think about. The first 5 chapters explore sensory integration issues, communication, behavior, daily living skills, and social skills.

The first chapter of Sensory Integration begins with suggestions for sensory motor activities that can be done at home using simple materials. The ideas incorporate practical tasks to build skills. For example, for gross motor input, carry the laundry basket or push the vacuum cleaner. Use bath time for sensory input with brisk towel drying, rubbing on body lotion, or using an electric toothbrush. Other highlights include how to make weighted items like a quilt or arms for a chair and 50 ways to get kids moving through water sports, fun on wheels, racket sports, and "take aim" sports such as bowling or golf.

Chapter 2 is about effective communication. Assistive technology, how to establish attention, moving beyond single words, and using visuals are just a few of the many topics covered. A list of recommended children's books covers both wordless and text generated books. Other topics include how to encourage speech and communication, a list of idioms and why not to use them, definitions of idiomatic language, what to do about use of profanities, and communication goals for the IEP.

The third chapter on behavior hinges on the statement that behavior is communication. We need to approach behavior with 5 guidelines in mind - look for sensory issues, never assume anything, teach functional communication, behavior occurs for a reason, and watch what you reinforce. This chapter explores a myriad of behaviors such as resistant/avoidant behavior, aggressive behavior, self-biting, remaining seated, how to criticize and what to do about stubborn behavior. With so many behaviors covered, it is easy to flip to the paragraph needed for the situation.

Chapter 5 addresses the concerns of social skills and relationships. Playground interaction, creating joint attention, how to teach social awareness, choosing toys, adapting board games and identifying emotions are just a few of the topics covered in this chapter.

The Teaching and Education chapter is written for teachers but should be read by parents to help them become effective advocates. This knowledge will help parents contribute in a meaningful way to the child's programming at school. Practical classroom ideas from what to put on the walls to teaching skills to fluency level will help any teacher create a successful learning environment. Appropriate IEP goals and successful inclusion guides both parents and teachers in creating an effective program.

The final chapter, Special Education and the Law, is the legal side of special education law in the USA. A list of websites on where to find information about special education law is provided. Do not worry about this section being applicable to Americans only because there are many good pointers on how to be a successful advocate for children. The rights of teachers in the special education forum are also outlined.

*1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders* is an essential resource for any home or educational library. With its accessible text and format, solutions to everyday problems are only a paragraph away.

Available for \$34.95 from the Autism Awareness Centre on-line or by calling Maureen Bennie at (403) 640-2710, fax (403) 451-9011, or by e-mailing [maureen.aaci@shaw.ca](mailto:maureen.aaci@shaw.ca).

## OUR DIVAS DO BROADWAY



In October 2004 the "Our Diva's Do Broadway" show raised more than \$50,000 for the Shamrock Farm Centre for Autism. Shelagh Guy Murphy, organizer of the show presented a cheque to Joyce Churchill, society President in November at the Provincial Office. Many thanks to Shelagh, Terri Andrews and all others involved. This event helped to establish a higher profile and awareness of autism in this province. Premier Danny Williams attended the show and also presented the society with a cheque for \$50,000 and less than 24 hours later Mr. Craig Dobbin presented the society with another \$50,000 from his company Canadian Helicopters. Thanks to the Premier, Mr. Dobbin and of course Shelagh, you made this happen, and to all those who purchased tickets and attended the show. In one weekend we raised over \$150,000 for Shamrock Farm.

In partnership with St. John's Regional Health & Community Services Board presents

## **2 PICTURE EXCHANGE COMMUNICATION SYSTEM (PECS) Workshops**

**2-DAY PECS TRAINING**  
**June 20 and 21, 2005**  
**Health Science Centre, Lecture Theatre B**  
**St. John's, NF**

*Registration limited to 60 people*

### **THE PICTURE EXCHANGE COMMUNICATION SYSTEM (PECS)**

An initial language training program developed by Andrew S. Bondy, Ph.D. and Lori Frost, M.S., CCC/SLP that teaches communication skills rapidly to children, adolescents and adults with AUTISM, DEVELOPMENTAL DISABILITIES and LIMITED FUNCTIONAL SPEECH; facilitates speech and reduces behaviour problems.

**FOR:** Parents, Speech/Language Pathologists, Teachers, Educational Assistants, Front Line Workers, Counselors, Supervisors, Consultants, Psychologists, Behaviour Therapists, Occupational and Physiotherapists, Nurses, Developmental Service Workers and Child and Youth Care Workers.

### **THE PICTURE EXCHANGE COMMUNICATION SYSTEM**

The Picture Exchange Communications System (PECS) is an initial language-training package that is used to teach communication skills rapidly to those with limited functional speech. PECS does not require lengthy prerequisite training, and promotes communication in a social context. Training in PECS begins by teaching a spontaneous request and goes on to teach additional communicative functions, such as responding to questions and commenting. An added attraction for preschool children with autism and related disabilities is that 75% of the children acquire independent speech after using PECS for a year or more.

**INTENSIVE 2-DAY PECS FOLLOW-UP TRAINING**  
**June 23 and 24, 2005**  
**Health Science Centre, Lecture Theatre B**  
**St. John's, NF**

*Registration limited to 60 people*

Day One: PECS Review, Practice and Problem Solving; Getting It Right!  
Day Two: Incorporating PECS Across the Day; Doing More with It!

### **REGISTRATION INFORMATION**

**Registration Fee: Parent - \$450.00 per 2-day workshop; Professional - \$465.00 per 2-day workshop**

**Registration will be on a first come basis. There is a no cancellation policy and registration fees are non-refundable. However, a substitute participant may be identified and confirmed up to one week prior to the training dates.**

**Please call Roxana Vernescu at 752-4794 or Krista Hutchings at 752-4720.  
Registration Deadline March 31st, 2005.**

# CAPITAL CAMPAIGN UPDATE

MRS. ELAINE DOBBIN - CAMPAIGN CHAIR

—Goal \$1,500,000—



The campaign was officially launched by Elaine in October of 2003 and since that time we have raised \$396,000 bringing our current total to \$630,000.

We still have a long way to go and we need your help, this centre is a vital link to changing the lives of our autistic children. Not only will it provide them with a place to go but it will be a hub of research, training and resources for this devastating disorder.

We plan to start construction of the main building in June of this year. See picture.

The committee has a number of events planned for the next few months and would love to hear your ideas, please call the office at 722-2803 to get involved with this project. Maybe you can plan an event in your community.

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## Parent Tot Group

This Fall and Winter at the YM/YWCA

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The Fall 2004 session of the Parent and Tot program marked the beginning of ASNL's third year in offering the program to its membership. We had a fantastic group of four dedicated families who had received new diagnoses in the past year. Grandparents, parents, siblings, and diagnosed child were in attendance. The group provided much needed information and networking opportunities to families about such topics from the process of diagnosis, parent and family self-care, treatment efficacy, to advocacy issues, and the list goes on. Children engaged in structured play activities with the one on one support of our four assistants, Heather Forward, Alicia Roberts, Kelly Menchions, and Troy Luscombe. It was messy but sometimes messy is the best fun!!! A special word of thanks to the St. John's YMCA for providing us with the space for the program, in kind, yet again! And to our families, it was a privilege to be present for the beginning of your journey with ASD.

Mary-Lynn Mahoney, BA, BScOT (c)  
Program Coordinator

If your family has recently received a diagnosis of autism and are interested in the Parent and Tot Program, please contact the society office at 722-2803. The next session will be offered in the spring of 2005 (pending funding).

### ASNL BOARD OF DIRECTORS

#### EXECUTIVE:

Joyce Churchill, Portugal Cove (President)  
Barbara Hopkins, St. John's (Past President)  
Doreen Stryde, Sunnyside (Vice President)  
Elizabeth Oliver, St. John's (Secretary)  
Janet Vardy, Conception Bay South (Treasurer)

Yvonne Manning, St. John's  
Michelle and Tom Hounsell, St. John's  
David Vardy, Conception Bay South  
Mary Lynn Mahoney, St. John's  
Rosalind Pinsent, Bellevue  
Barry Hicks, Carbonear  
Ron Stone, Mount Pearl  
Susan Tobin, St. John's  
Scott Kenny, Grand Falls-Windsor

#### BOARD MEMBERS:

Glenn Bolger, Mount Pearl  
Les Matchim, Paradise  
Dolores S. Doherty, St. John's

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**IMPORTANT NOTICE:** Please keep your membership file up to date, and provide us with an e-mail address if possible to ensure that you receive the most current information from the society. Many of our members are still owing for 2004, please call the office at 722-2803 to update your file or complete and return the form below. If you have already renewed, THANK YOU!



## ASNL MEMBERSHIP APPLICATION NEW/RENEWAL

*Please complete and return the form below with your fee*

**Membership** Please enroll/continue (circle one) me as a member of the Autism Society of Newfoundland and Labrador. I am enclosing \$10.00 as the membership fee.

I am a family member/or a professional (circle one) of a person affected by autism.

Name: \_\_\_\_\_

Address with postal code: \_\_\_\_\_

email address \_\_\_\_\_ Phone #: \_\_\_\_\_

Name of child \_\_\_\_\_ Child's Date of Birth \_\_\_\_\_



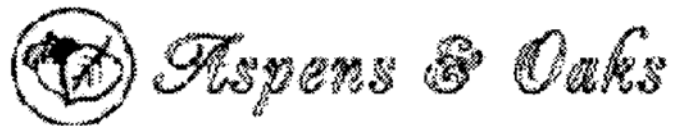
We are a multi-disciplinary centre offering services in:

**Speech-Language Pathology  
Occupational Therapy  
Psychology**

Therapists trained in programs such as  
**PECS, Hanen ©, Brain Gym**

\* language \*social skills \*sensory integration  
\*behaviour skills \*counselling, fine motor skills and more

For more information or an appointment call 739-1330,  
or visit us on the web at [www.LearnAbilities.com](http://www.LearnAbilities.com).



*Individualized Service for children, youth,  
families, couples and adults.*

*Assessments, consultation, treatment related to:*

- separation / divorce, grief / loss
- workplace stress / change
- parenting, relationship issues
- attention deficit, learning disabilities & other developmental concerns
- adoption, fostering & attachment

*CLINICAL TEAM: MEDICAL, SOCIAL WORK, CLINICAL  
AND EDUCATIONAL PSYCHOLOGY, REGISTERED STAFF*

**Phone: (709) 754-2068  
Fax: (709) 754-3923  
391 - 395 Empire Avenue  
West Empire Plaza  
St. John's, NF**



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E-mail: info@autismsociety.nf.net  
Web site: www.autism.nf.net



The Autism Society of Newfoundland and Labrador

OUR MISSION

*The Autism Society of Newfoundland and Labrador is a provincial, nonprofit, charitable organization dedicated to fostering lifelong, community-based supports and services and the acceptance, independence, productivity, and opportunities for inclusion in all facets of life for persons with Autism Spectrum Disorder and their families.*



# SPEECH LANGUAGE PATHOLOGY

## *Private Practice*

Speech Language Pathology Private Practice has been providing diagnosis and treatment of speech and language disorders to preschoolers, school aged children and adults for sixteen years.

All professional staff of the practice hold Masters degrees in Speech Language Pathology and are members in good standing of provincial and national professional associations.

### SPEECH LANGUAGE PATHOLOGY PRIVATE PRACTICE

- MAINTAINS MINIMAL WAITING LISTS
- HAS COST COVERAGE BY PRIVATE INSURANCE COMPANIES

**Referrals may be made to:**

Gail Dicks-O'Keefe, MSc.A. S-LP (c)  
Speech-Language Pathology Private Practice  
44 Torbay Road St. John's, NL A1A 2G4

or by calling (709) 753-7500, Fax (709) 753-7500#9