

the Spectrum

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PREPARING FOR MEDICAL APPOINTMENTS
ADVICE FOR PARENTS AND
HEALTHCARE PROFESSIONALS

NORTH CAROLINA'S
MANAGED CARE TRANSITION
AN UPDATE ON HOW IT AFFECTS YOU

PLANNING FOR YOUR
CHILD'S FUTURE
THE 'AUTISM GROWS UP' CONFERENCE



Autism Society
of NORTH CAROLINA

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MISSION STATEMENT

The Autism Society of North Carolina is committed to providing support and promoting opportunities which enhance the lives of individuals within the autism spectrum and their families.

VISION STATEMENT

The Autism Society of North Carolina strives to create a community where people within the autism spectrum and their families receive respect, services, and support based on individual differences, needs, and preferences.

PRIVACY POLICY

The Autism Society of North Carolina respects the privacy of its members and those who receive our publications. We do not sell or otherwise share our mailing list, email notification list, or any other personal information with other businesses or organizations.

THE SPECTRUM

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MESSAGE FROM THE CEO



Happy New Year! We have much to celebrate in the upcoming year and many exciting updates.

I would like to announce that we have recently hired a licensed Clinical Director, Dr. Alexander Myers (Aleck). Aleck has over thirty years of experience working with individuals with autism, recently serving as the Director of the Murdoch Developmental Center. In this position, Aleck worked with families in crisis whose children experienced severe behavioral challenges to ensure structured programming and improvements to their children's lives. Aleck has led individual and group consultations and authored several professional articles on ASD and behavior. He has advised policy on both the state and national level around programs and services that are most effective for individuals with ASD.

We have long seen a void in available, well-trained clinicians to address behavioral challenges. We feel extremely fortunate to have the unique opportunity to work with Aleck and learn from his expertise in this area. Many thanks to Gregg and Lori Ireland and the Ireland Family Foundation for making this possible. This will be an incredible benefit to the individuals, families, and professionals that ASNC serves.

Another issue that we are proactively addressing at ASNC is the inevitable transition to adulthood that individuals with autism face. A recent study published in the Journal of Pediatrics found that one in three young adults with autism has no paid job experience, college education, or technical schooling nearly seven years after high school graduation. These statistics are higher than those with other disabilities, including those who have an intellectual disability. Overall, employment among young adults with autism rose with family income, which suggests that the addition of appropriate support services can positively impact adult outcomes. With roughly half a million children with autism reaching adulthood in the US in the next decade, this is an issue that needs our urgent attention.

We are working in communities across North Carolina to improve the transition to adulthood for young adults with autism and we are excited to share some of our recent initiatives:

- This year, our Annual Conference theme is *Autism Grows Up*. Our speakers will focus on preparing for adulthood and all that comes with it: family transitions, living and working in the community, and the goal of independence.
- Our JobTIPS program emphasizes the development of vocational skills such as identifying, applying for, securing, and maintaining employment. This program was successfully implemented in Raleigh last year, and the same program is beginning in Winston Salem as a result of the Winston Salem Foundation. Throughout 2013, we will seek additional funding to bring JobTIPS to communities statewide.
- ASNC and the Evernham Family-Racing for a Reason Foundation have partnered to form IGNITE, a program that address the needs of adults with high-functioning autism or Asperger's Syndrome. For more information, please read the full story on page 23.

Much of what we are celebrating this year has been made possible by our generous donors, and we're excited about what can happen with your continued help. Join us in 2013 by contributing your time and support as we change lives across the state by helping individuals with autism live life to the fullest.

Best,



Tracey Sheriff
Chief Executive Officer

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ASNC + ADVOCACY



ASPERKIDS AND IDENTITY

By Jennifer Cook O'Toole

After a recent international book tour, North Carolina's own *Asperkids* author, Jennifer Cook O'Toole, noticed that in every country, parents asked one question more than any other:

*Should I tell my child s/he has Asperger's?
And if so, what do I say?*

This is her reply..

Yes! Here's why.

Fancy answer: Without understanding that our sensitivities, strengths, and challenges come from a very real neurological design, we Aspies (logically) blame ourselves. Where we could see merely difference, we see ourselves as incomprehensibly weird, dumb, less-than, difficult-to-love failures.

Short answer: your kiddo already knows she is different than many other people. Give the difference a name that is free of shame, and you've given a young person answers, relief, tools, and hope.

Let's take Asperger's (or autism) out of the equation for a moment. At age 7, I was told that I needed glasses. Apparently, I was pretty-darned nearsighted. I had presumed, as folks will, that my "normal" was the same as everyone else's. Without comparison, I had no idea other kids could see farther and more clearly.

There was a time when moms said, "Boys don't make passes at girls who wear glasses!" But by 1983, no one would've considered denying me those glasses nor would anyone have been too ashamed to explain why I needed them. Thank goodness! Without the help, I wouldn't be able to see the letters in front of me now - and never have I felt embarrassed for having less-than-typical retinas.

Similarly, my husband was diagnosed with juvenile diabetes at the age of fifteen. He wears an insulin pump to give him the support he needs to live a happy, healthy, fulfilling life. Yes. He could toss the pump and cross his fingers, I suppose. Maybe try some tough love? "C'mon pancreas! Don't be so lazy!" The fact is that his

body doesn't work as "typical" bodies do. But would anyone not tell a diabetic fifteen-year-old that he was diabetic for fear he'd feel "weird" or defective? Never!

A diagnosed Asperkid also has an organ that operates atypically - a brain with distinct neurological differences. Does that make her any less worthy of self-care than if the organ in question were, in fact, her eyes or her pancreas? No. It does not. So get her the necessary tools: occupational therapy, social skills groups, special interest time, etc. Teach strategies for coping, calming and overcoming. And then, watch her be amazing.

Give an Asperkid information, and you give him self-acceptance. Give him resources and you give him a future. Tell your Asperkid - as soon as possible - that just as people have differently-colored hair and skin, we also have different kinds of brains. And....

CONGRATULATIONS! You, Asperkid, have the same kind of mind that led Thomas Edison, Marie Curie, Albert Einstein, Emily Dickinson and more to mankind's most miraculous achievements. As with any "super power," there will be, of course, challenges. But they're nothing we can't handle. It's that which makes you different which makes you special. After all, who would remember Bill Gates if he were "typical"?

So, adults, choose your perspective. Do you see your child as different or as defective? If you believe in those who dream, wonder and see just a bit differently than you do, then the world (and your child) will learn to follow suit. "Normal" is just a setting on the dryer. But "amazing"? That's rare. That's different. That's an Asperkid. ♦

Jennifer Cook O'Toole, her husband, and her three children all have Asperger's Syndrome. O'Toole is the award-winning author of Asperkids: An Insider's Guide to Loving, Understanding and Teaching Children with Asperger Syndrome and The Asperkids' (Secret) Book of Social Rules: The Handbook of Not-So-Obvious Guidelines for Teens and Tweens. These books are available in our bookstore at www.autismbookstore.com. You can have yours signed by the author at our annual conference on February 8.

ASD AND SPIRITUAL COMMUNITIES: WELCOMING DIFFERENCES

By Judy Clute and Katie Holler

Many people seek out a spiritual community in which they can connect with others in shared values and beliefs. Church should be a place where all are accepted with open arms, open hearts, and open minds. People from all backgrounds are looking for love and support from their faith community. But this isn't always what is found for families who have a child with autism.

We know of many families who do not attend or even attempt to go to church because they are very aware of some of the hurdles their children will face. Attending a church service sometimes means sitting quietly for long periods of time and paying attention while someone speaks in a way that may not be easily understood by a child with ASD. This could be especially difficult for a child who wanders or has trouble being still. To a child with sensory problems, choir music may be deafening, large crowds of people overwhelming, bright lights painful, and religious rituals foreign. It can also be difficult for a family to sit next to other church members giving disapproving looks because their child is having a difficult time being consistently quiet.

We avoided church for many years when our kids were younger. But being isolated was not the answer either. Our children are already isolated from so much in school and other places in the community that it is important to find a church that will work to understand our families' special needs.

In addition, the stresses and daily challenges for families dealing with autism can easily deplete energy and optimism. It is vital that families like ours be given equal opportunities to participate in faith-based events and worship services that will help us rejuvenate. And it is a great opportunity to educate those in the faith community about autism and how it affects our children.

Finding a spiritual "home" is a personal process that evolves throughout a person's life. For some of us, our faith was handed down to us and we remain in a faith community that is the same or similar to the one in which we were raised. Others explore different or non-traditional faiths. Regardless of the faith community that you choose, it is reasonable to expect a variety of responses to your

child's needs and behaviors. Some will respond with compassion and understanding. Others may respond less favorably. In fact, accepting our child's needs and behaviors can be a challenge for us at times.

If you are considering joining or rejoining a spiritual community, here are some ideas of what you can do to help the church support you and your child:

- Meet with the spiritual community's leaders and introduce your family. Consider inviting them to your home. Talk to them about your child and your family's special needs. Discuss some of the issues you think you may face before attending any service.
- Ask if your spiritual community has a committee or a special needs support person. Ask to meet with them to talk about your child.
- Ask if the faith community has other families dealing with ASD or other disabilities that would be willing to connect with you.
- Make consistent attempts to participate in community events and worship services. Even if you are unable to stay for the duration of the service, make continued attempts to be involved.
- Visit your place of worship when it is empty or when few people are in attendance to familiarize your child with the space.
- If your child is active, bring quiet activities such as coloring books that will allow your child to be occupied during services.
- Write a social story or create a picture book to help your child understand what they might see at church so that your child knows what to expect.

Most churches want to be inclusive, but truly do not know how to go about it. Here are some suggestions for your church leaders:

- The best place to start is by asking, “How can we help?”
- Demonstrate that the church cares and wants to understand.
- Ask the family how their child best communicates, i.e., verbally, using pictures, or signing.
- Ask the family what they hope to gain by joining their faith based community.
- Ask what things upset their child and what accommodations might be put in place to help their child feel less anxious.
- Ask about behavioral challenges and what strategies might help.



MEETING LOGAN

By Juliette Heim



Families who have a child with autism have the same needs as other families: a need for belonging, a need to be accepted, a need to be supported, and a desire to live out their faith. Faith based communities have a desire to grow, and subsequently, they need to reach out to all people with love and acceptance, including families affected by autism. Finding a supportive and inclusive faith community can empower these families to grow in their spirituality.

The family’s involvement also provides the spiritual community an opportunity to grow in compassion and understanding of individual differences and challenges. There is a way for everyone to grow and learn. ♦

Judy Clute is a Parent Advocate/Trainer who lives in Cary. She is actively involved in the life of her church and has helped to organize a Buddy Break Program there. Katie Holler is a Parent Advocate/Trainer in Greenville. She recently presented at the Catholic Diocese in Cary about including children with disabilities.



Last spring, my husband and I contacted Governor Beverly Perdue along with Dr. William Harrison, Chairman of the State Board of Education, to compliment the teachers and staff at Rugby Middle School, where our children attend. Dr. Harrison expressed interest in visiting the school, which he did earlier this fall.

At the start of a typical school day, I met with Dr. Harrison, as well as David Jones, the superintendent of Henderson County Schools, and our principal, Bill Reedy. Dr. Harrison wanted to meet my son, Logan, who has autism, and gain a better understanding of how the school is serving him so well.

When we entered Logan’s classroom, which happened to be a regular education setting, we approached Logan, who had his iPad with him. I said, “Hi Logan!” He said nothing. So I wrote a social story on his iPad, introducing Dr. Harrison and asking Logan to address him. I expected Logan to write to Dr. Harrison on his iPad, but to my surprise, he looked him in the eye and said, “It is nice to meet you.”

We spent ten minutes with Logan, using the iPad to help with the conversation. Dr. Harrison was very engaged and interested in how Logan learns and how the school has maximized his educational experience by embracing flexibility and innovation in their approach to teaching children with autism.

After the tour, I took the opportunity to discuss some of the challenges that kids with autism and their families face when working with the school system. I used Rugby Middle as a model: they have zero tolerance for bullying, they are quick to adopt new strategies if something isn’t working, and they have allowed me to work closely with Logan’s teachers to show them what works best.

Dr. Harrison has since been in touch, expressing personal interest in Logan and his progress. Reaching out to give Logan’s beloved school a compliment has become an opportunity not only to advocate for children with learning disabilities, but also to make another champion and friend for Logan. ♦

Juliette Heim is a Parent Advocate/Trainer in the Asheville area.

CHAPTERS, SUPPORT GROUPS, AND AFFILIATES

By Marty Kellogg



◆ The **Moore County Chapter** held their holiday party at the Sandhills Academy of Gymnastics Fun Gym. The party included free play throughout the gym, light refreshments, a visit from Santa and Mrs. Claus, and a goody bag with a commemorative photo.

The Moore County Chapter also decorated and donated a tree to the Sandhills Children’s Center for their annual Festival of Trees fundraiser. In the spirit of the trees’s theme, “A Few of our Favorite Things,” parents donated items that their loved ones with autism collected and created. The tree was auctioned off for \$800, which will benefit the Sandhills Children’s Center, where the Chapter holds its monthly meetings.

◆ The **Forsyth County Chapter** leadership team members Julie Coulter, Stephanie Reitz, Donna Skultety, and Jan Badger showed off their artistic skills at Ladies Night Out at “Merlot and Van Gogh” in Winston-Salem.



◆ The **Harnett County Chapter** hosted its 2nd Annual Ink’d for Autism Fundraiser featuring fun for the entire family, including tattoos, henna tattoos, face painting, live music, art, informational booths, and games. Proceeds benefitted the Harnett County Chapter and special projects/ events coordinated by the group on behalf of local individuals with autism and their families.

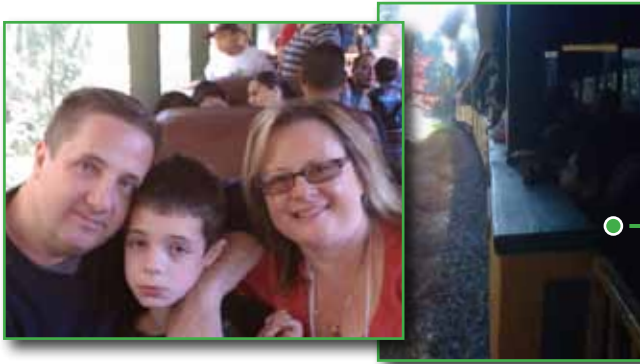
◆ In collaboration with the Down Syndrome Network of Onslow and Carteret Counties and the Family Support Network of the Crystal Coast, the **Onslow County Chapter** hosted a Cookies With Santa event for families of children with special needs. The afternoon featured cookies and snacks, fun holiday activities, a visit by Santa, and pictures. Each family contributed non-perishable food items for the local church’s Food Pantry.



◆ Parents involved in the **Autism Society of Cumberland County** (ASCC) Preschool Support Group decorated a holiday tree —with ASCC puzzle ornaments — in the Partnership for Children Resource Center.



In October, ASCC friends and families enjoyed an evening of bingo and beautiful prizes at the 6th annual Vera Bradley Autism Awareness Bingo Night held at St. Patrick's Church in Fayetteville.



◆ As a special treat for train enthusiasts, the **Wake County Chapter** organized a New Hope Valley Railway Train Ride Event this fall. The ride on a real steam locomotive through the beautiful countryside was a thrill for all of the families. More than 180 riders participated!

◆ The **Crystal Coast Chapter** sponsored a summer camp in July and August for children with autism and their siblings. The children enjoyed a variety of fun activities, including horseback rides, crafts, science activities, and music therapy. They also got the opportunity to sit inside a real fire truck and helicopter and meet special guests such as Dexter Williams from the Harlem Globetrotters.



Chapter member Mary Withington offers a free Music and Fun Class for children of all ages one Saturday a month.

◆ Fun was had by all at a recent bowling outing organized by the **Orange/Chatham County Chapter**.

◆ The **Davidson County Chapter** enjoyed a holiday celebration featuring a delicious potluck meal and family fun that included games and a special appearance by Santa himself!



HOW DO CHAPTERS OFFER FAMILY-FRIENDLY OPPORTUNITIES TO RELAX, SOCIALIZE, AND HAVE FUN?

“The Chapter offers an outlet for parents to interact with other parents going through the same challenges. It’s nice to know you are not the only one. Plus, so many of us are stay-at-home moms, or we work with a limited social life due to our children’s issues. In this group, our kids can be themselves and be accepted. At school, my son’s peers find him odd and quirky, but with these kids, he finally fits in... and so do I.”

Rhonda Tuttle
Davidson County Chapter Parent/Leadership Team Member

“Finding where and how to fit into today’s fast, demanding world is a challenge. We need a space of our own to rejuvenate, a space we don’t have to create or clear out to fit us. This is what the Chapter provides our families.”

Charmain Reid
Moore County Chapter Leader

To learn more about Chapters in your area, visit <http://bit.ly/ASNCchapters>.



PUBLIC POLICY ADVOCACY: WHAT'S IN STORE FOR 2013?

By Jennifer Mahan



Building relationships is critical. At ASNC, we often help individuals on the autism spectrum to develop and improve social skills because we understand the importance of interpersonal connections in our lives at home, at work, at school, and in the world that we live in.

As part of our mission, we work to build relationships with our elected and appointed officials so that we can share the importance of supporting and providing opportunities for people with autism. We keep both the general public and the government informed about our community's needs, the unique challenges we face, and potential solutions.

It has never been more important for families affected by autism to take an active role in our public policy advocacy. Recent statewide elections have brought 52 new state legislators into office, which, combined with the previous elections, means that more than 90 legislators are in their first or second term in the General Assembly. North Carolina will have a new governor, which also means many new appointed officials in every state agency and office.

These changes bring both challenges and opportunities: as those familiar with autism move on, we must step up to educate their replacements. Some of our most pressing concerns include:

- North Carolina still does not have insurance standards that

cover treatments for autism. Some families may spend more than \$50,000 per year on autism-related therapies, such as applied behavior analysis. A study in 2006 by the Harvard School of Public Health estimated that it costs \$3.2 million to take care of an individual with autism over his or her lifetime.

- Over 10,000 people with developmental disabilities remain on the waiting list for services in our state.
- Most families affected by autism face uncertainty about what will happen as their loved one leaves school, looks for a job, and seeks a place to call home.

As the new year begins in North Carolina, with a new governor, new heads of state agencies, and many new legislators being sworn into office, take a moment to tell them your story: what life with autism is like, what the challenges are, what has helped, what you hope the future holds, and what they can do to support you as a constituent. To find your representatives, visit www.ncleg.net and click on "Who Represents Me." ♦

ASNC has tips for contacting your legislator and other public officials on our website under Advocacy/Public Policy. Please contact Jennifer Mahan, Director of Advocacy and Public Policy, at jmahan@autismsociety-nc.org or 919-865-5068 if you have questions about public policy issues.



Essie Davis Honored with General Assembly Resolution

In October, Parent Advocate/Trainer Essie Davis received a North Carolina General Assembly resolution acknowledging her dedication to the community of Scotland County. State Representative Garland Pierce made the presentation at a reception held at the North Laurinburg Elementary School.

Essie was commended by Representative Pierce for her operation of the Summer Enrichment Program, a series of summer camps for children with autism that she has operated since 2006. Essie is a founding member of the Scotland County Chapter, and she has worked as a Parent Advocate/Trainer for ASNC for 14 years.

NORTH CAROLINA 2013 PUBLIC POLICY TARGETS

By Jennifer Mahan

This year's public policy targets will continue to emphasize that the state ensures high quality, accountable services and support systems that focus on community settings and make sure that people with Autism Spectrum Disorder (ASD) achieve a good quality of life. Our five primary goals are to:

1. Ensure that North Carolina invests in services and supports in community based settings for people with ASD and other developmental disabilities by:

- Restoring funding to state-funded services for people with autism and other developmental disabilities.
- Ensuring community based services such as CAP, Innovations, and optional Medicaid programs such as B3 services are expanded to reduce waiting lists.
- Seeking additional community-based services and supports for people with developmental disabilities by funding an "I" option in Medicaid.

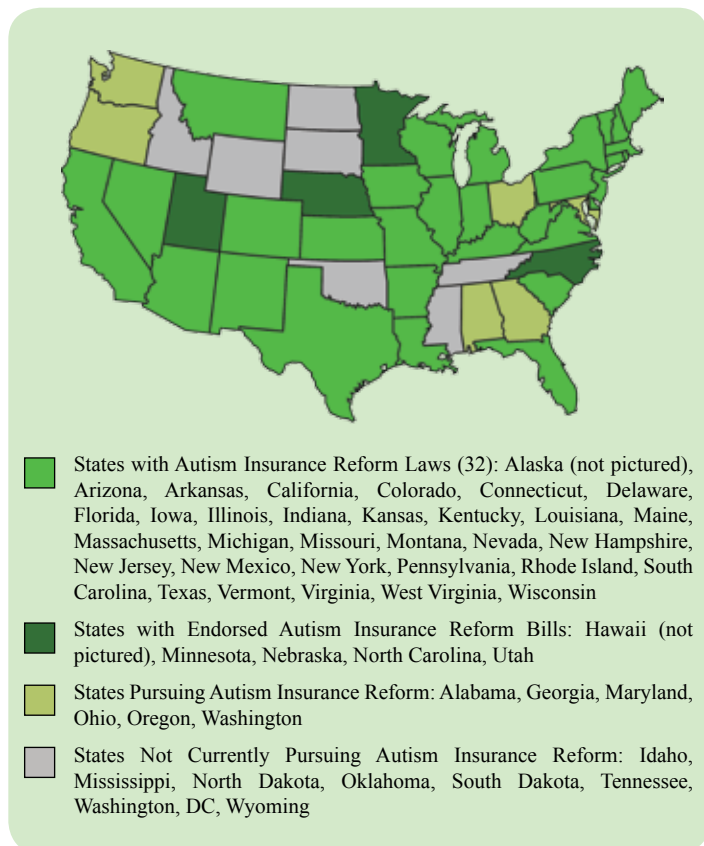
2. Pass legislation for health insurance to cover the diagnosis and treatment of ASD. Our state lags behind 32 other states that have enacted comprehensive autism mandates.

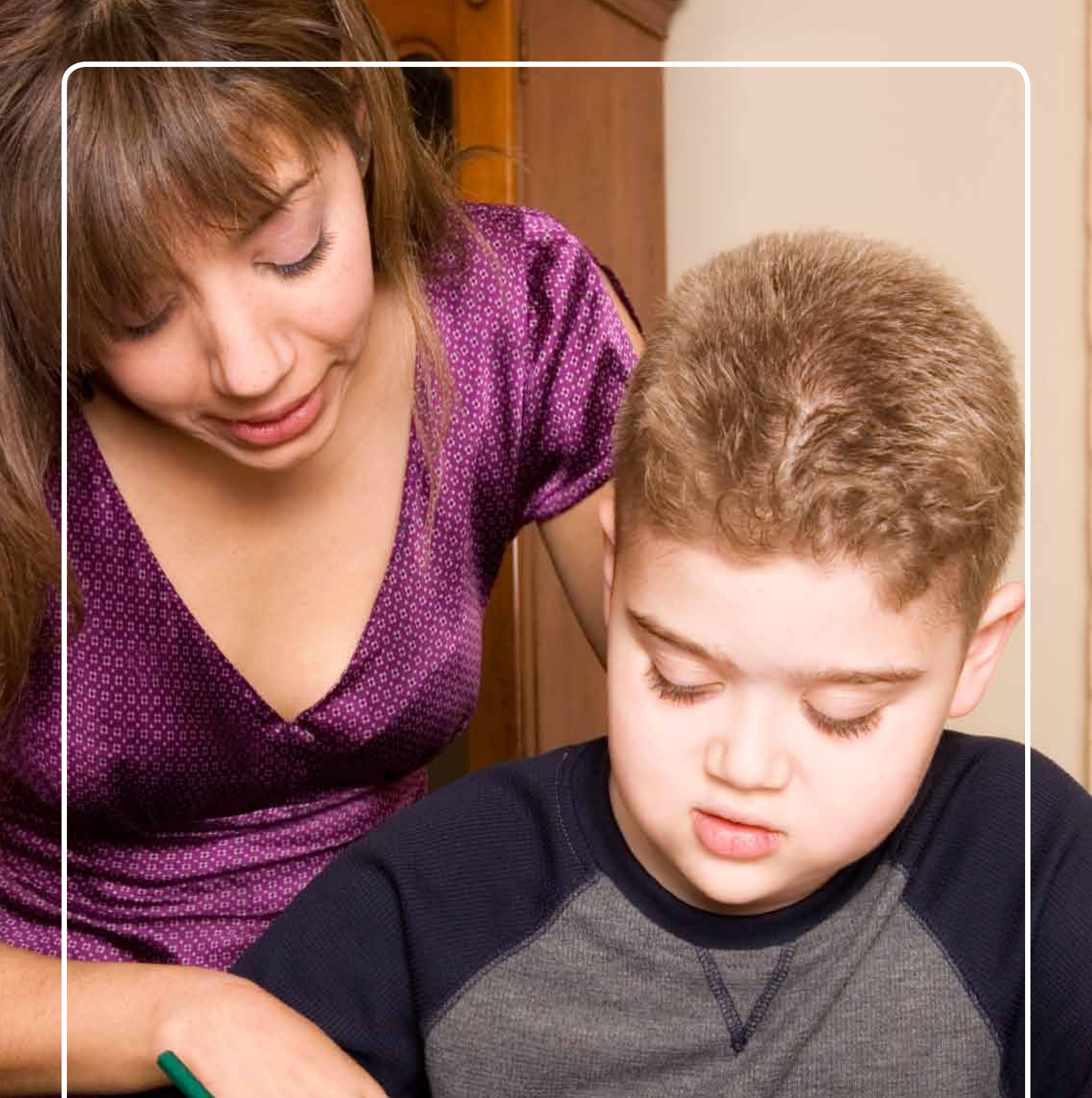
3. Work to ensure that our state's services and education systems better serve people with autism and other developmental disabilities by:

- Banning prone restraints and promoting positive behavior support programs in schools.
- Working to adopt a coordinated system of crisis prevention and response services for children with autism and their families.
- Promoting options for youth in transition to adulthood through vocational training, employment opportunities, community colleges, and universities.

4. Monitor the new managed care (MCO) system to facilitate optimal support for people on the autism spectrum in community settings. This includes ensuring that the MCO system operates in a transparent fashion, is outcomes focused, and supports and includes self-advocates and families in its decision making process. For example, we promote the removal of the cap on community based Special Assistance funding slots that are used for individuals with developmental disabilities moving from licensed facilities into non-licensed homes.

5. Foster change in the legislative page program to promote inclusion of students with ASD and other developmental disabilities. ♦





ASNC + TRAINING AND EDUCATION



ASNC ANNUAL CONFERENCE: AUTISM GROWS UP

By Terry Ramsay

If you're in the throes of raising a young child on the spectrum, no doubt you are consumed with concerns about early intervention, teaching self-care, and school issues. Although these topics are critical for your child and your family's well-being now, it is also important to look ahead to your child's future.

As we know, autism is not something that kids outgrow. But once your child is out of high school, he will no longer be protected by the Individuals with Disabilities Education Improvement Act, and access to services may be limited. So if your dream is for your child to pursue higher education, obtain gainful employment, or live independently, you need to start planning now to make that happen. There are many steps you can take, no matter the age of your child, to prepare for the challenges and opportunities following graduation.

This year's conference will help parents and professionals plan for and proactively address transition issues as their children grow. Participants will also learn from teaching and behavioral experts on best practices, gain insights about raising girls on the spectrum, and share the lighter side of autism through humor.

The registration deadline is fast approaching! To take advantage of the early bird special, you will need to register by January 18. You won't want to miss our expert lineup of speakers, including:

Bridges to Adulthood: Planning for Lives of Competence and Inclusion by Dr. Peter Gerhardt, Chairman of the Scientific Council for the Organization for Autism Research



Dr. Gerhardt will provide an overview of the issues related to adulthood on the autism spectrum, including components of effective intervention, challenges to implementation, and potential solutions. Specific topics will include transition, behavior support, sexuality, safety, employment, and quality of life.

Fostering a Lifetime of Learning by John Thomas, a principle author of the TEACCH Transition Assessment Profile This workshop will utilize knowledge about best practices to address the challenges and solutions in educating individuals with autism from early intervention for young children, through secondary and post-secondary education, to adult vocational training and community living.

Combining Best Practices for Optimal Results: The Integration of Structured Teaching, Behavioral Principles, and Technology by Leica Anzaldo, ASNC Training Manager, and Louise Southern, Board Certified Behavior Analyst This workshop will explore the integration of treatment methodologies that build and maintain positive behaviors within home, educational, and community-based contexts. It will also include an in-depth look at the use of technologies in supporting positive behaviors.

Raising a Girl on the Autism Spectrum by Julie Clark, author Since autism is four times more prevalent in boys than girls, girls on the spectrum are often misunderstood. Julie Clark, author of *Asperger's in Pink: Raising a Girl on the Autism Spectrum*, will address the unique challenges of raising a girl on the spectrum as well as the universality of being a parent of a loved one with autism.

Finding Humor While Living with Autism by Linda Gund Anderson and Brent Anderson, authors Aware of the communication challenges that occur with Autism Spectrum Disorders, Linda and her son Brent offer a dynamic, humorous, firsthand account of their journey with autism. Sharing stories from their book, *Unintentional Humor: Celebrating the Literal Mind*, their presentation offers a rare look into the mind of someone living with autism.

Visit the following websites to learn more about:

- Registering for the conference: <http://bit.ly/ASNCregister>
- Our conference speakers: <http://bit.ly/ASNCspeakers>
- Booking a hotel room: <http://bit.ly/ASNCshotel>
- Becoming a sponsor or exhibitor: <http://bit.ly/ASNCexhibit> ♦

PREPARING FOR MEDICAL APPOINTMENTS: STRATEGIES THAT LEAD TO BETTER OUTCOMES

By Leica Anzaldo

I am continually surprised by the level of misunderstanding of Autism Spectrum Disorders (ASD), even within the medical field. Incorrect assumptions and lack of knowledge are often what lead to anxiety and stress as families affected by ASD interact with others in the community.

Several years ago, ASNC received a grant from the John Rex Endowment to develop workshops for pediatricians to provide education and information about autism, including straightforward, proactive techniques that make hospital visits and medical appointments more predictable, and therefore more pleasant, for children with autism and their caregivers. The training was also designed to help medical personnel avoid potentially dangerous situations and maintain best practices in all aspects of patient care.

This workshop was well received, and has since been adjusted and delivered to many different audiences, including radiology departments, emergency room staff, child life specialists, nursing symposiums, nursing students, dental clinics, dental hygienist groups, and students. Interest and demand for this workshop has proven that just about everyone in the health care field has contact with patients with ASD and often struggles with how to best support each patient's unique needs.

Since it is the cold season, I am sure many of you will experience at least one sick visit to your physician over the next few months. Going to the doctor or dentist can be anxiety-producing for anyone, but especially for a person with ASD. Fortunately, there are several simple strategies that can be implemented by the family as well as the practitioner that can lead to better outcomes.

Planning ahead and being prepared are imperative for both the family and practitioner. The family can prepare the individual for the appointment in the following ways:

- Include the appointment on the individual's daily schedule or calendar.
- Practice going to the medical/dental office before the actual

appointment so that the individual becomes familiar with the environment and the transition on the day of the appointment won't be as unexpected or surprising.

- If possible, introduce the individual to the doctor or dentist ahead of time to provide familiarity.
- Pair the appointment with something positive and enjoyable to the individual such as going to a favorite restaurant or shop after your visit.
- Provide social stories about the appointment if appropriate for the level of understanding of the individual.
- Show them what to expect with pictures.
- Get the specifics about the procedure so that you can share the steps through the use of visuals or show the individual a video of the procedure through YouTube or another media source.
- Schedule appointments during the individual's best time of day.
- When completing patient information sheets, include information about sensory sensitivities, behavior, social communication, and both expressive and receptive communication strategies that will benefit the individual and health care provider. If possible, complete this information prior to the appointment.
- Bring visual supports that the individual is accustomed to using to the appointment with you.
 - Use pictures to represent the steps of the appointment.
 - Count down the process with number strips.
 - Show a clear finish.
- Bring preferred activities for downtime and comfort.
- Pay attention to behaviors the individual may be exhibiting and describe their function to the health care professional. If your child communicates stress in a non-verbal manner, you need to translate for him.

The health care practitioner should also prepare by considering the following suggestions:

- Provide parents with a patient information packet online or via mail so that they can bring completed paperwork to the appointment.
- Gather information from the parents that goes beyond basic health questions to those that address sensory, behavior, and communication needs and strategies.
- Listen to the parents and ask questions.
- Make environmental or procedural adaptations based on the patient's history and information provided by the parents.
- Develop a positive relationship with your patient before the appointment.
- Schedule the appointment in the beginning or the end of the day, or when the office is less busy.
- Minimize wait time by providing a call ahead number that parents can use to let you know they are arriving so a room is ready when they enter the practice.
- Prepare the room and equipment prior to the patient's arrival.
 - Dim the lights if necessary.
 - Turn loud noises down (or off).
 - Show the instruments to the patient before using them on the patient.
 - Remove clutter in your office that may distract the patient or make him anxious.
 - Provide alternative seating such as a disc seat or allow the exam to be performed on the parent's lap.
- Make sure you have adequate staff.
- Share a written protocol with your treatment team.
- Have a backup plan.
- Pay attention to behaviors, but don't overreact.
- When possible, eliminate aversive triggers.
- Avoid showing excitement or frustration.
- Be flexible and patient.
- Prioritize treatment, doing the most important procedures first, since the appointment may need to end early.
- Explain the procedure before you do it.
- Tell the patient when and where they will be touched.
 - Talk in a calm, soothing voice.
 - Use simple, direct language.
 - Give clear, accurate information to the individual.
 - Count down with number strips or a timer to show when each part of the procedure will finish.
 - Provide the patient with information at his level of understanding.
 - Allow time for the individual to process verbal information.
 - Offer choice whenever possible.
- Give the patient space or breaks as needed.
- Use systems, schedules, and other visual supports.
- Have distractor toys available that meet the child's sensory needs.
- Give rewards.
- Offer activities during downtime.
- If the patient is becoming extremely anxious, acknowledge that you may need to reschedule the appointment. ♦



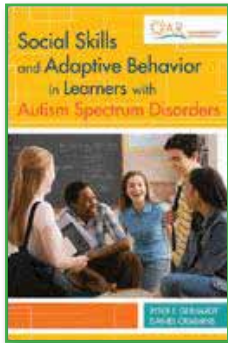
We hope that you will consider this information and implement these suggestions during your next health care visit. If you would like more information on strategies for medical and dental appointments, please contact the Training Department at training@autismsociety-nc.org or 919-743-0204, ext. 1501.

BOOKSTORE NEWS AND REVIEWS

By Dawn Eberwein

The Bookstore will travel to our annual conference in Charlotte on February 8-9. Our expert lineup of speakers will be on hand to sign their books and meet attendees. You can order these books online and bring them with you or buy them at the conference.

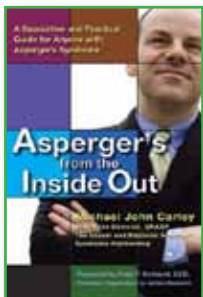
Social Skills and Adaptive Behavior in Learners with Autism Spectrum Disorders by Peter Gerhardt



Promoting better social skills and behavior is a top priority for anyone who works with learners with autism—but which practices really improve outcomes? Find out in this cutting-edge volume, a reader-friendly synthesis of the latest findings from more than 20 of today's top researchers in the field. Coordinated by the highly respected Organization for Autism Research, this book is ideal for students in the autism field and essential

reading for administrators and consultants in educational settings. A cornerstone resource for professionals working with learners of all ages, this book will help readers understand what really advances the social skills and behavior of students with autism—so they can use effective practices to improve the lives of children and families. Readers will also get first-hand insights from individuals on the autism spectrum and their family members and service providers, who provide balanced perspectives on today's research trends and practices. (BSOC24, \$34.95)

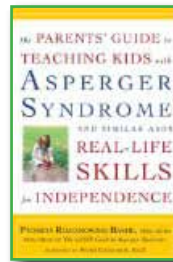
Asperger's From the Inside Out: A Supportive and Practical Guide for Anyone with Asperger's Syndrome by Michael John Carley, with a foreword by Peter Gerhardt



A week after his young son was diagnosed with Asperger's Syndrome (AS), Carley himself received that same diagnosis. Through his work as the executive director of the Global and Regional Asperger Syndrome Partnership (GRASP), Carley has since met many others with AS and has heard their tales of triumph and failure. Here, he shares their stories and insights, as well as

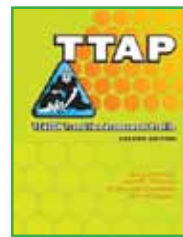
his own wisdom. He also offers practical advice and suggestions to those affected by AS on topics such as social situations at home and work, friendship and romantic relationships, how and when to share the diagnosis, coping strategies for stressful situations, and finding work compatible with one's skills, abilities, and interests. Carley writes with a candid humor that makes the book both readable and believable. (BASP42, \$14.95)

The Parents' Guide to Teaching Kids with Asperger Syndrome and Similar ASDs Real-Life Skills for Independence by Patricia Romanowski, with a foreword by Peter Gerhardt



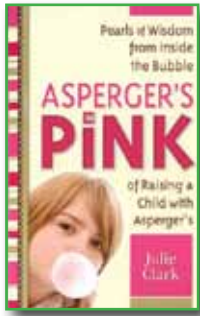
Success in school, at home, on the playground, and beyond depends on mastering countless basic living skills that most other kids just pick up almost by osmosis. This book shows parents how to teach these so-called easy skills to complex learners. This is the first book for parents and caregivers of kids with Asperger's Syndrome and similar learning profiles that features strategies based on applied behavior analysis. (BPAR11, \$16.00)

TEACCH Transition Assessment Profile Second Edition by Gary Mesibov, John B. Thomas, S. Michael Chapman, and Eric Schopler



TEACCH Transition Assessment Profile (TTAP) — Second Edition is an improved revision of the Adolescent and Adult Psychoeducational Profile (AAPEP). This comprehensive test was developed for adolescents and older children with Autism Spectrum Disorders, particularly those with transitional needs. The TTAP is structured to satisfy those provisions in the Individuals with Disabilities Education Act (IDEA) of 1997, which require adolescents to be evaluated and provided with a transition plan by age 14. Educators, parents, counselors, and care providers can use this powerful tool to assist individuals with Autism Spectrum Disorders to prepare for a successful, semi-independent adult life. The TTAP will also help providers identify the individual's principle transition goals, strengths and weaknesses. (ITEA04, \$88.00)

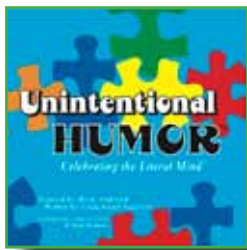
Asperger's in Pink: Pearls of Wisdom from inside the Bubble of Raising a Child with Asperger's by Julie Clark



Congratulations! It's a girl ... with Asperger's! Join author and mom Julie Clark as she guides you through her family's adventures raising a daughter with Asperger's Syndrome. Whether you have a boy or a girl with Asperger's in your life, you'll nod and smile as you turn each invaluable page of real-life challenges and solutions. On the way, you'll be delighted and intrigued by candid commentary from

her daughter Kristina, whose spirit and perseverance outweigh any obstacle she may face. Teeming with wisdom and wit, this book has much to offer parents as well as educators and professionals. (BASP39, \$14.95)

Unintentional Humor; Celebrating the Literal Mind of Autism

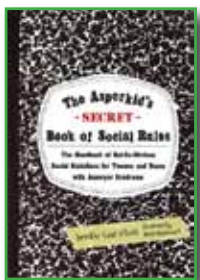


by Linda Gund Anderson The mother of a child with autism, Linda understood her son's literal mind and subsequent communication challenges and was determined to write a book to explain the meaning of common expressions and idioms. *Unintentional Humor* is filled with hilarious stories and cartoons depicting the literal way that many on

the autism spectrum interpret language. The definitions in the back of the book, which correspond to many of the stories, are helpful for educators, therapists, and parents to teach commonly misunderstood words and idioms. (BUNI01, \$12.95)

Jennifer Cook O'Toole will be conducting a book signing at the Friday evening conference reception on February 8:

The Asperkid's (Secret) Book of Social Rules: The Handbook of Not-So-Obvious Social Guidelines for Tweens and Teens With Asperger Syndrome by Jennifer Cook O'Toole



This book is a top secret guide to all of the hidden social rules in life that often seem strange and confusing to young people with Asperger's Syndrome. *The Asperkid's (Secret) Book of Social Rules* offers witty and wise insights into baffling social codes such as making and keeping friends, blending in versus standing out from the crowd, and common conversation pitfalls. Chock full of illustrations, logical explanations, and comic

strip practice sessions, this is the handbook that every adult Aspie wishes they'd had growing up. Ideal for all 10-17 year olds with Asperger's Syndrome, this book provides inside information on over thirty social rules in bite-sized chunks that older children will enjoy, understand, and most importantly, use daily to navigate the mysterious world around them. (BASP41, \$19.95)

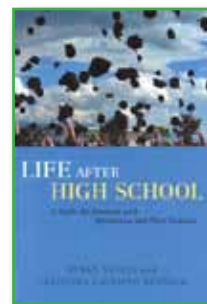
Asperkids: An Insider's Guide to Loving, Understanding and Teaching Children with Asperger Syndrome by Jennifer Cook O'Toole

O'Toole provides the definitive insider's view of Asperger's Syndrome. She shows how to help children on the spectrum by understanding how they think. O'Toole explains how theory of mind difficulties create the need for concrete forms of communication, and provides original methods to inspire imagination through sensorial experiences. In particular, she reveals the untapped power of special interests, showing how to harness these interests to encourage academic, social, and emotional growth. Affirming that different doesn't mean defective, this book offers the insight and guidance that parents, educators, and other professionals need to connect with the Asperkids in their life and get them excited about learning. (BASP37, \$19.95)



We carry many books related to this year's conference theme, *Autism Grows Up*. Here are just a few that we recommend:

Life After High School: A Guide for Students With Disabilities and Their Families by Susan Yellin and Christina Cacioppo Bertsch



The Individuals with Disabilities Education Act (IDEA) ensures every high school student with disabilities a free appropriate public education. So it can come as a real shock for students and families to learn that IDEA and its rights and protections no longer apply once a student has graduated. Susan Yellin, an attorney, and Christina Cacioppo Bertsch, a former College Disability Services Director, have written an essential handbook for students with disabilities and their families, designed to make the transition to life after high school as easy and painless as possible. This book provides a complete overview of the issues students and their families will need to consider, and outlines the key skills they will need in order to succeed, using the experiences of students they have encountered in their work. (BLIF05, \$19.95)

The Parent's Guide to College for Students on the Autism Spectrum by G. Ruth Bork, M.Ed., Lisa King MEd, Jane Thierfeld Brown, Ed.D. and Lorraine Wolf, Ph.D.



This parent-friendly book, made especially so because it is written by parents who are also autism professionals, takes the fear and mystery out of the college experience. Learn how to select the right campus, how to work with Disability Services staff, what legal protections apply, how to prepare your son or daughter to be an effective self-advocate on campus, what assistance can be reasonably expected from residence hall managers and faculty, and much more. (BPAR10, \$23.95)

Please visit www.autismbookstore.com or call us at 919-865-5087 for more information on these books and many others. ♦



ASNC + SERVICES



GETTING THE SERVICES YOU NEED

By Kerri Erb

The Autism Society of North Carolina (ASNC) is an approved Medicaid provider for CAP-MR/DD and Innovations Waiver services. In addition to these high quality services, ASNC is able to offer additional opportunities and affordable private pay options in selected communities throughout the state. We have received the highest level of accreditation by the Council on Quality Leadership for exemplary service provision.

Q: What direct care services does ASNC offer?

A: We offer the following services: Skill Building (personal care, socialization, and community integration), Family Consultation, After School Programs, Respite Care, Recreational Groups, Employment Support, Adult Day Programs, and Residential Homes.

Q: How do I find out if these services are available where I live?

A: ASNC is a contract provider with most MCOs for Medicaid services. To learn if we can be your provider, please contact the area office nearest you (see list). The staff at our services offices will be happy to assist you and explain the services that are available.

Q: Will the staff understand my child's needs?

A: You know your child better than anyone. That's why a critical part of providing services to your family is working with you to form a complete picture of your child's strengths and challenges and develop appropriate goals and objectives for your child. Our professional staff is trained on research-based best practices for working with individuals with autism across the autism spectrum. Our employee training exceeds state mandates and our goal is to help your child reach his or her maximum potential.

Q: Does my child have to have CAP MR/DD or Innovations funding to receive services?

A: No. In addition to Medicaid funding, ASNC can provide services on a fee-based schedule. Some services have a one-time fee and others (social or recreational groups) may include additional charges.

Q: Are there services available that can benefit other members of my family?

A: Yes. We know you want to provide maximum support for your loved one with autism while maintaining balance for the entire family. Family consultation is a popular service where we work with you and your family on specific recommendations for home supports, ways to include your child in the community, and how to balance the needs of the whole family with the needs of your child on the autism spectrum.

Q: Where can I learn more?

A: Please contact the Services Director at the office nearest you. We currently provide services through offices in the following communities:

Triad Area

Chris Liga: 336-333-0197
cliga@autismsociety-nc.org

Triangle Area

David Ingram: 919-865-0681
dingram@autismsociety-nc.org

Greenville Area

Kari Johnston: 252-756-1316
kjohnston@autismsociety-nc.org

Asheville Area

Joe Yurchak: 828-236-1547
jyurchak@autismsociety-nc.org

Fayetteville Area

Steve King: 910-864-2769
sking@autismsociety-nc.org

Charlotte Area

Leica Anzaldo: 704-360-2902
lanzaldo@autismsociety-nc.org

THE MANAGED CARE TRANSITION

WHAT'S THE LATEST? HOW DOES IT AFFECT YOU?

By Kerri Erb

As reported in the summer issue of the Spectrum, North Carolina is changing the way individuals with Intellectual and Developmental Disabilities (I/DD) receive care through its Medicaid Waiver program. The transition from a system of Local Management Entities (LMEs) to Managed Care Organizations (MCOs) is the result of legislation that ordered the North Carolina Department of Health and Human Services to restructure and improve how care is provided to individuals with mental illness, I/DD, and substance abuse disorders via the Medicaid Waiver program.

This process of moving from 22 LMEs to 11 MCOs started in 2011. One goal of the transition is to produce cost savings by consolidating administrative tasks and increasing access to services through local controls. While advocacy organizations have expressed concerns about implementation and effectiveness, the plan has moved forward.

Delays Many LMEs and MCOs have delayed their merger and implementation dates. In some instances, these delays were recommended by the Mercer group, a consulting firm the state has contracted with to ensure that all MCOs are ready for the transition. The MCOs below have been delayed from January 1, 2013 to at least February 1, 2013.

- **Alliance Behavioral Healthcare**, which includes Durham, Wake, Johnston, and Cumberland counties
- **CenterPoint Human Services**, which includes Davie, Forsyth, Stokes, and Rockingham counties
- **Partners Behavioral Health (PBH) Management**, which includes Burke, Catawba, Cleveland, Gaston, Iredell, Lincoln, Surry, and Yadkin counties
- **MeckLINK Behavioral Healthcare**, which will be the MCO in Mecklenburg County*
- **CoastalCare**, which includes Brunswick, Carteret, New Hanover, Onslow, and Pender counties

The latest information from the state indicates that Guilford County will also transition on a delayed schedule. They will merge with Sandhills and begin operating as an MCO in April 2013.

CAP Waiver Changes Historically, the CAP waiver was renewed every three years. For those who are not imminently undergoing the MCO transition to the Innovations waiver, the CAP IDD waiver will take effect as an interim step.

- For individuals whose waiver services are administered by **Guilford, CoastalCare, and MeckLINK Behavioral Healthcare**, waiver services will transition to the new CAP IDD, as outlined in the October Medicaid Special Bulletin. For further information, please contact your Case Manager.
- For individuals whose waiver services are administered by **Alliance Behavioral Healthcare and CenterPoint Human Services**, services will remain as authorized under the CAP MR DD waiver until they transition to the Innovations waiver on February 1.

Name Changes Some MCOs have changed their business name, including:

- **Piedmont Behavioral Health (PBH)** has become **Cardinal Innovations Healthcare Solutions**.
- **The Beacon Center, Eastpointe, and Southeastern Regional MH/DD/SA** is now called **Eastpointe**.
- **Eastern Coastal Care System** has become **CoastalCare**.

Other Changes Beyond the names, common changes to MCO services you may experience include:

- Case Managers will be replaced with Care Coordinators. The Care Coordinator will set broad goals. Providers will work with the individual/family to set specific ones.

- There will be more telephone care coordination, rather than face-to-face interaction.
- There may be more frequent review of the use of services and achievement of goals, especially for those in group homes or for those with family members who are paid providers.

The following list of websites will help you connect with the MCO serving your county.

- **Alliance Behavioral Healthcare:** www.alliancebhc.org
- **Cardinal Innovations Healthcare Solutions:** www.pbhsolutions.org
- **CenterPoint Human Services:** www.cphs.org
- **CoastalCare:** www.coastalcarenc.org
- **Cumberland County Mental Health Center** (merging with Alliance): www.cmentalhealth.org
- **East Carolina Behavioral Health:** www.ecbhlme.org
- **Eastpointe:** www.eastpointe.net
- **Guilford Center** (merging with Sandhills Center in April 2013): www.guilfordcenter.com
- **MeckLINK Behavioral Healthcare:** <http://bit.ly/mecklink>
- **Partners Behavioral Health Management:** www.partnersbhm.org
- **Sandhills Center:** www.sandhillscenter.org
- **Smoky Mountain Center:** www.smokymountaincenter.org
- **Western Highlands Network:** www.westernhighlands.org

Individuals will also be required to participate in additional assessments for services to determine their needs. This will include the Supports Intensity Scale (SIS) assessment process. SIS is different from the North Carolina Supports Needs Assessment Profile (NC SNAP), which is the assessment tool that was used before now to determine level of need.

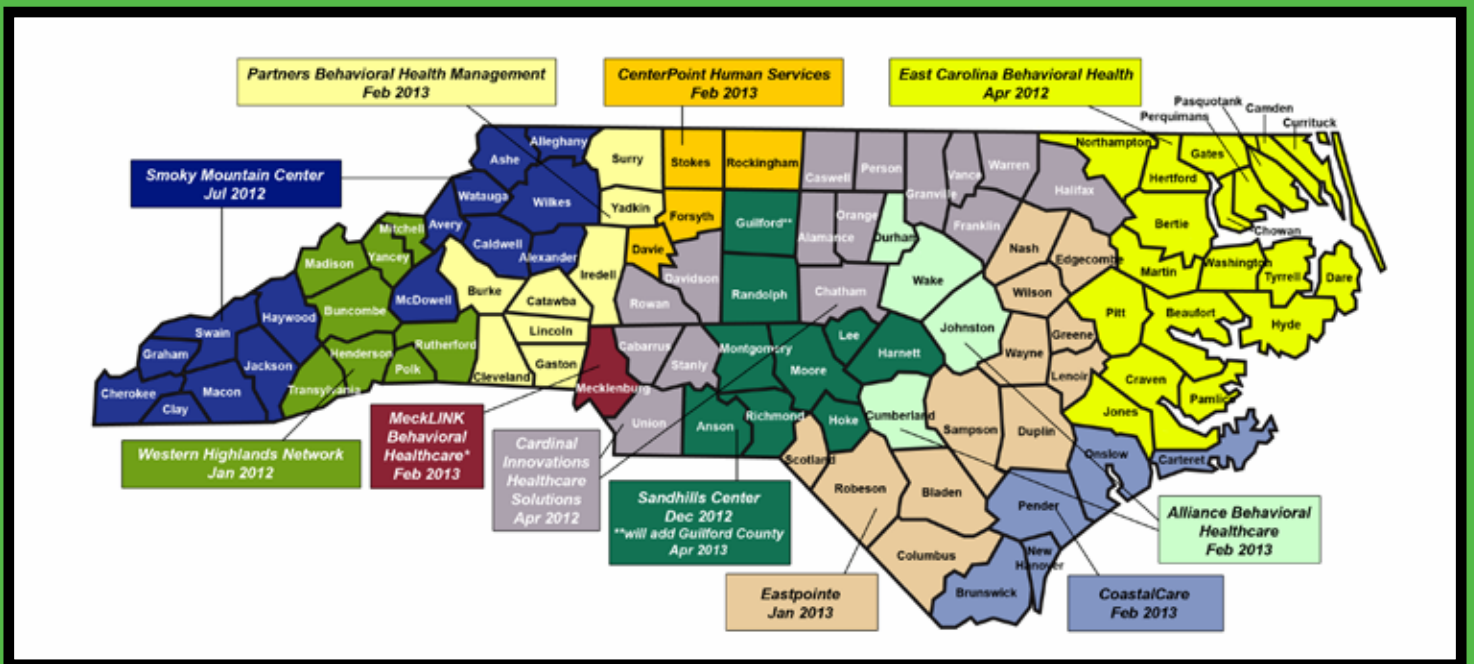
Helpful Links The state has provided several helpful online resources for families and caregivers that explain the transition process and define what services are available under the MCO implemented waiver system.

- What is the 1915 b/c Medicaid Waiver Fact Sheet? <http://bit.ly/1915bc-factsheet>
- Comparison: NC Innovations (MCO) and CAP-MR/DD (LME) Waivers <http://bit.ly/1915bc-comparison>
- SIS Information <http://bit.ly/SISindex> and <http://www.siswebsite.org>

The transition process is rapid and may be confusing. We are closely monitoring the transition and are available for consultation through our Parent Advocates/Trainers and our Services staff. In collaboration with the local MCOs, we are also providing workshops on the transition to managed care via our Chapter network and by request.

Please review the updated map below to determine the MCO that serves your county. It is important for you to connect with the MCO to ensure that your child's services transition over to the new version of the waiver or for your child to be included on the MCO's Registry of Unmet Needs (waiting list).

**As of this printing, it is our understanding that MeckLINK Behavioral Healthcare may be managed by Cardinal Innovations Healthcare Solutions in Spring 2013. ♦*



Proposed Local Management Entity - Managed Care Organizations (LME-MCOs) and their Member Counties on February 1, 2013

map updated on January 8, 2013 by ASNC



CAMP ROYALL

By Sara Gage

Summer Camp is Coming Soon! It's hard to believe, but it's already time for summer camp registration. We will be accepting applications for our summer camp lottery from January 7 through February 20. Visit www.camproyall.org to register and find all the latest information about our 2013 summer camp program. We no longer send out paper applications. Please call the camp office at 919-542-1033 if you need assistance or if you do not have internet access.



Year-Round Programs

2012 was an amazing year at Camp Royall. We experienced tremendous growth in our year-round programs, which enabled us to serve over 1,100 individuals and their families.

If you have not been to camp in a while, we encourage you to visit again soon! Check our website to learn more about all of the happenings at Camp Royall throughout the year. Better yet, print a copy of our 2013 flyer, found under Year-Round Programs online, so you won't miss anything! Here are some of the programs that you can take advantage of this year:

Mini-Camp Weekends: Campers arrive on Friday evening and stay through Sunday for a weekend of fun. Mini-camp provides a needed break for both campers and families.

Family Fun Days: Bring your family out to enjoy a day at camp filled with recreation and leisure activities in a fun and safe setting.

Family Overnight Camping: Come for a Family Fun Day and stay overnight!

Adult Retreat Weekends: Adults 18 years of age and older with high functioning autism/Asperger's can come and spend a weekend with friends enjoying camp and community activities.

Winter Camp: A day camp program held for two weeks over the winter holidays. In 2012 we were pleased to serve 26 campers during this time and we all enjoyed camp in the cooler weather!

Camp Scholarship Fund We need your help! One of our goals at the Autism Society of North Carolina is to offer the life-changing experience of summer camp to all North Carolinians affected by autism, regardless of their ability to pay. The reality is that there are always more requests for financial assistance than we can fill. If you know of potential donors, including companies, individuals, foundations, and grantors, who may be interested in supporting the Camp Scholarship Fund, please contact the camp office so that we can follow up and help more campers this year. ♦



IGNITE RACES ONTO THE SCENE

By Terry Ramsay

Thanks to three-time NASCAR champion crew chief Ray Evernham, the Autism Society of North Carolina celebrated the grand opening of a new program, IGNITE, in December 2012. The Evernham Family-Racing for a Reason Foundation provided the founding support to launch this first-of-its-kind program.

Located at the historic Davidson Cotton Mill in the town of Davidson, IGNITE serves as a peer-to-peer community center for adults with high functioning autism (HFA) or Asperger's Syndrome (AS).

The program encourages members to discover their passions, set and achieve individual goals, and reach their potential. Group activities, skills training, and educational workshops that foster social, financial, educational, and employment independence are just some of the member opportunities.



The Evernhams were inspired by their son, Ray J, who has Asperger's Syndrome. Now at age 21, Ray J has entered adulthood and is fortunate to have proper counseling, steady employment, and a family support network. However, many of his peers do not. Nor do they have daily interaction with others that share the same challenges of being an adult with autism in the real world. IGNITE is a program that grew out of this need.

"Although the needs across the autism spectrum are many, IGNITE is designed to address the needs of adults like Ray J," says Mr. Evernham. "Our mission is to enable adults affected by autism to enjoy a better quality of life as valued members of the community in which they live and work."

ASNC began accepting membership applications in the fall of 2012, and first-year membership is projected to be up to 20 adults with HFA/AS. As the program and awareness of its offerings grows, membership is expected to rise to 100 members within three years.

Programming will begin in early January, with Movie Nights, Game Nights, and fun social skills groups. Later in the month, members will have the opportunity to form clubs such as art/computer art and job skills. Members will also select community activities and projects that they would like to take part in. Later this year, IGNITE will sponsor a Job Fair to introduce local CEOs and company owners to the members.



"There are so many very capable adults affected by Asperger's Syndrome," says

Stacy Hultgren, Director of IGNITE. "They have great talents and want to be active, contributing member of our communities. We hope to educate local companies about their strengths and how to best work with them so that they can be productive, valued employees."

In December, IGNITE held an Open House which allowed locals to learn more, meet the members, and spread the word. Both the Davidson and the NASCAR communities have given generously to help with the start-up of this exciting program. The success of IGNITE will serve as a model to be replicated in other parts of North Carolina. ♦

To find out more about IGNITE, please contact Stacy Hultgren at shultgren@autismsociety-nc.org or 704-897-8982.





ASNC + YOUR COMMUNITY



TEAM DECLAN MARCHES ON

By Terry Ramsay

Every year, Declan and his younger brother, Kieran, participate in the Triangle Run/Walk for Autism. They wear matching green t-shirts with the slogan “Team Declan. Nothing is more beautiful than potential.” One hundred and fifty men, women, and children sporting the same t-shirts walk with them, chatting and enjoying the festive atmosphere.

Team Declan was formed five years ago to support now eight-year old Declan, who was diagnosed with a severe form of autism at age 2½. His mother, Kerrie Powell, explains that the first time they participated in the run they had a team of seven.

“Autism can be a little bit of a lonely disorder, because all children with autism are affected differently and undergo diverse forms of treatment,” says Kerrie. “The first time we went to the run, we were overwhelmed by the support we felt there and we were truly inspired by the team environment.” She and her husband, Tommy, have since grown their team every year.

This year, the Powells had their largest team ever, with friends traveling from Philadelphia, Kansas City, and Florida to take part in the race. And they added a “virtual” element to their team, so that friends and family members could participate even if they weren’t able to make the trip to Raleigh. They shipped 140 custom green

t-shirts across the country. Friends and family posted pictures in their shirts on race day sharing the team message “INCLUSION WORKS.”

Word spread. Remote teams walked for Team Declan on the same day as the Triangle Run, one in the Powells’ hometown of Vero Beach, Florida. Another group was formed by the Student Council for Exceptional Friends at Augusta State University in Georgia. This group walked in Declan’s honor, wearing the same t-shirt, although the Powells have never met any of them.

“This year, our theme was ‘You’ll Never Walk Alone’...and that’s exactly how we feel on race day - and each day after that,” says Kerrie.



Like many families with autism in our state, the Powells get support from the Autism Society of North Carolina. The Triangle Run/Walk is the largest fundraiser of the year for the organization, and it is a great opportunity for families to come together to support a common cause.

For the Powells, the run is important for the sense of community that it gives them, and for the opportunity to spread autism awareness and acceptance. And as a bonus, it’s a lot of fun.

“The run has been a big part of my family’s journey with autism,” says Kerrie. “We get a lot of inspiration from that day to carry us through the year.” ♦





FUNDRAISERS AND EVENTS

By Kristy White

Run/Walk Events

Fall 2012 was a banner year for the Autism Society of North Carolina's signature Run/Walk for Autism events. These events provide significant awareness about autism, while raising funds throughout our state. We are so appreciative of all of the individuals, families, and businesses that participated, donated, volunteered, or sponsored this year. Here are some highlights from the fall of 2012:

Greensboro Run/Walk for Autism

The 4th annual Greensboro Run/Walk for Autism was held on September 22nd at UNC-Greensboro. This year the event raised over \$40,000, which is almost twice what was raised last year to fund programs that support Triad families affected by autism.

Over 500 participants ran or walked the scenic 5K course through UNC-G. Teams made up of families and friends of loved ones with autism came out in full force. The teams who raised the most money included the Alamance All Stars and the High Point Lacrosse Team. Proceeds raised at the event help support a variety of local programs, including parent support meetings, a grant program for teachers, and therapeutic music and dance lessons for children and adults on the autism spectrum.

WNC Run/Walk for Autism

The 7th annual WNC Run/Walk for Autism on September 29th raised over \$45,000 to fund autism services in Western North Carolina, including Blue Ridge Bags & More, The Sara Handlan Crisis Fund, and supported living homes for adults affected by autism.

Over 500 runners and walkers, 150 volunteers, and a variety of businesses participated in the event to positively impact the lives of those affected by autism. UNC-Asheville hosted the run for the second time, providing a scenic and challenging course for runners and walkers.

Diamond Brand Outdoors partnered with the Autism Society of North Carolina to sponsor the run. In addition, they provided generous gift cards to all event winners. John Delaloye, Diamond Brand owner and CFO, said, "Diamond Brand is proud to sponsor the WNC Run/Walk for Autism. We believe it creates awareness about the needs of individuals with autism, and it shows what is possible with support from the Autism Society of North Carolina."

Triangle Run/Walk for Autism

The Autism Society of North Carolina raised a record-breaking \$310,000 at the 14th annual Triangle Run/Walk for Autism on October 13th. Proceeds provide opportunities for children with autism to participate in summer camp, after-school programs, and social skills groups; as well as respite care, resources, and support for families throughout their journey with autism.

Over 3,200 runners and walkers participated in the event. The run hosted a record 217 teams that worked together to raise money in honor of a loved one with autism or to promote autism awareness in the community. Many of the teams showed their spirit and creativity with customized t-shirts, banners, and costumes.

ASNC is grateful to **Premiere Communications and Consulting** for their leadership. They contributed their time to ensure the success of the event and contributed over \$20,000 to help us reach our fundraising goal.



Our families, friends, supporters, and volunteers work very hard year-round to make these events successful. We hope you will consider joining us next year for one of our signature Run/Walk events. We currently have events planned in Asheville, Greensboro, Greenville, Raleigh, and Wilmington. All of the proceeds from our fundraisers stay in our state to help North Carolinians affected by ASD. Your contribution makes a difference.

How Does Your Gift Help?

- **\$50** gives a parent an evening of respite so they are better able to care for their child.
- **\$100** sends a Parent Advocate to an I.E.P. meeting so a family doesn't have to go alone.
- **\$250** allows a child to build social skills in an enriching after school program for a week.
- **\$500** delivers an educational workshop to families, teachers, or first responders.
- **\$1,600** sends a child to Camp Royall for a week to have fun, learn new things, and make friends.
- **\$5,000** brings therapeutic horse-back riding to Camp Royall for the summer.
- **\$10,000** provides eight adults with autism the necessary job skills to gain meaningful employment.

Visit www.autismsociety-nc.org to make an online donation or mail your contribution to:

ASNC, Attn: Donations
505 Oberlin Road, Suite 230
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Recent Fundraisers

Many thanks to the following local businesses, organizations and individuals that support our mission by hosting fundraisers to benefit ASNC. We hope you will support these businesses and thank them for their participation. If you are interested in hosting a special event, please contact Heather Hargrave at hhargrave@autismsociety-nc.org or 919-865-5057.

Anixter
Asheville Fall Charity Jam
Atlanta Bread Company
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SAVE THE DATE



APRIL
13

EASTERN RUN/WALK FOR AUTISM

FIT FOR LIFE 24 • GREENVILLE
www.easternrunwalkforautism.com

APRIL
27

COASTAL RUN/WALK FOR AUTISM

MAYFAIRE TOWN CENTER • WILMINGTON
www.coastalncrunwalkforautism.com

To register, join a team, form a team, donate, or volunteer, please visit the event website. For more information about any of these events, please contact Heather Hargrave at 919-865-5057 or hhargrave@autismsociety-nc.org.



MARCH
14

CATWALK TO CAMP FASHION SHOW

42ND STREET OYSTER BAR
R A L E I G H

MAY
6

CAMP ROYALL CLASSIC GOLF TOURNAMENT

THE PRESERVE AT JORDAN LAKE
C H A P E L H I L L

For more information about these events, please contact Kay Walker at 919-865-5061 or kwalker@autismsociety-nc.org.

Run Sponsors Many thanks to the following sponsors of our Greensboro, WNC, and Triangle Run/Walk for Autism. These events would not be possible without our sponsors. Please support these businesses and thank them for their support of the Autism Society of North Carolina. ♦

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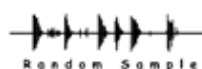
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Worldwide Services



VOLUNTEER SPOTLIGHT: TONY FLORES AND UPS

By Terry Ramsay

In 1997, when Camp Royall moved to its current location near Pittsboro, Tony Flores and his two young sons with autism were there for the grand opening. Over the years, his children attended camp numerous times, growing with the program as it became the nation's largest summer camp for people on the autism spectrum. Although his sons are now adults, Tony continues to be one of Camp Royall's strongest advocates.

Tony's employer, UPS, has followed his lead in supporting the Autism Society of North Carolina. Fourteen years ago, UPS was one of the founding sponsors of the Triangle Run/Walk for Autism. They continue to be an important sponsor and presence at the run every year. The organization sends a UPS truck to the run, loaded with lockers so that run participants can safely store their belongings free of charge. UPS workers not only safeguard the lockers, but they arrive well before the sun comes up that morning to help with the rigorous setup for the run.

Tony is a former Board member and Chapter leader for ASNC. But his love for camp has remained the driving force in his

involvement with ASNC. For years, he ran a father's group in the Triangle area that included a weekend retreat at camp, helping to foster the father/child relationship for families affected by autism.

In addition, Tony coordinates an army of UPS volunteers at Camp Royall. Twice a year, they take on renovation and maintenance projects such as painting, planting, and mulching. And due to the company's generous policy of donating dollars per volunteer hours, we have received over \$38,500 from these employee volunteer efforts.

The money raised by UPS has helped to enhance the camper experience at Camp Royall by funding pool equipment such as the slide, basketball goal, and volleyball net. Most recently, they helped to fund a much-needed tractor for camp.

"For years, UPS volunteers have helped us to make camp what it is today," says David Yell, Camp Royall Property Director. "The difference that UPS has made in the lives of our campers and their families is enormous." ♦

The Autism Society of North Carolina staff would like to extend a heartfelt thanks to all of our donors. While we appreciate every gift, we have limited the donation list to Honorarium/Memorial gifts in the interest of space and printing costs. Thank you for your tremendous support. The following list reflects donations received on or between July 1, 2012 and December 31, 2012.

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