



NEW YORK FAMILIES FOR AUTISTIC CHILDREN
Helping families help their children

95-16 Pitkin Avenue
Ozone Park, NY 11417

*NYFAC
Recreation
Programs:
"Come Play
With Us"*

*Member Newsletter
Winter/Spring
2011/2012*

Helping Families...Help Their Children...One Family At A Time

**2011 NYFAC TRAINING INSTITUTE WEDNESDAY MINI-WORKSHOP SERIES
FALL/WINTER SCHEDULE INSIDE**

SAVE THE DATE:
14th Annual Dinner Dance and Awards Celebration

THURSDAY • MARCH 1, 2012 • 6:30PM

Russo's on the Bay • Howard Beach

*Honoring Councilman Eric Ulrich
Georgiana Reese-Benatti • Jack Taravella*

Debbie Edmonds • Ozzie Roman

Mike Brothers • Scott Badesch

Call 718.641.3441 x 144 for reservations, sponsorships and journal advertising

NYFAC RESERVES THE RIGHT TO RESCHEDULE ANY EVENT, GROUP MEETING OR RECREATION PROGRAM

**NEWYORK FAMILIES
FORAUTISTIC CHILDREN**

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Vision Statement

Bringing together the best of all possible options to ensure appropriate service and quality care for our families.

Working together, we can facilitate improvements in current educational offerings through the use of science-based validated methodologies.

By providing support, we can help each other get through any crisis by sharing our strengths and commitment to one another.

Making available the most current information to help create a more informed public and ensure that all available service providers and options are examined.

We are parents, who have dedicated their time and service to help others learn, develop and to grow.

Mission Statement

QUALITY...

To ensure and provide quality services to parents, siblings and family members of those children affected by autism.

DEDICATION...

To dedicate our time in accessing the latest educational and professional information and teaching techniques in the field of autism and making them readily available to all families.

SUPPORT...

To provide support to parents with questions or needs. To develop family-based support programs and groups to help families better deal with their frustrations, fears, angers and confusion. To provide the highest quality of services to all those we serve.

NETWORK...

To create, maintain and update a complete database on all support services for parents and families and provide access to these services through an Internet web site, mailings, phone and fax.

COORDINATE...

To coordinate efforts between all related organizations to ensure that our mission is spread throughout the world.

PROTECT...

To protect the rights and confidentiality of all families served.

Helping Parents...

Help Their Children...

One Family at a Time

Parent Support Exchange

This is how it all started. NYFAC began with this group. When parents get together and share their resources, ideas and problems, great things happen. This is truly a great evening for all.

Led by NYFAC's chairperson, Cheryl Marsh, this group is all about YOUR CHILD. We discuss issues relating to education and daily living skills and how you, as a parent can facilitate your child's growth. This group can assist you in making connections, establishing friendships and learning from each other.

This group meets at the NYFAC office, 95-16 Pitkin Avenue, Ozone Park, from 7pm to 9pm. on the following Saturdays:

Oct. 22nd

Nov. 12th

Dec. 10th

JUST FOR MOM & DAD

MOM'S BRUNCH

Meets on the Following Thursdays at the
NYFAC Office

95-16 Pitkin Avenue, Ozone Park

10AM - 12-Noon

October 20th

November 17th

December 15th

*Topics are discussed and decided as a group
this is time for Moms to gather and socialize*

DAD'S NIGHT

Meets on the Following Fridays at the
NYFAC Office

95-16 Pitkin Avenue, Ozone Park

8PM - 10PM

October 21st

November 18th

December 16th

*Dads meet at the office and talk for a bit
Then decide what they want to do. Always FUN!*

NYFAC Support Services are open to any family in need • Registration is Mandatory

Call Dorothy at 718-641-3441 x 100

2011 NYFAC TRAINING INSTITUTE

Wednesday Night Mini-Workshop Series

All workshops run 7:00 - 9:00pm at the NYFAC Office, 95-16 Pitkin Avenue, Ozone Park.

All these workshops qualify for Family Education and Training hours and are Free

REGISTRATION IS MANDATORY • Call Dorothy at 718-641-3441 ext. 100

Date	Topic	Speaker
OCT. 12	<i>"Getting Help For Your Child, Navigating The System"</i>	Ms. Ade Daramola
TUES., NOV. 1	<i>"Behavior and Autism"</i>	Dr. Jim Ball
DEC. 7	<i>"So You Think You Know It All"</i>	Cheryl Marsh, Andrew Baumann

WHAT ARE YOU DOING THIS YEAR? Holiday Arts & Crafts

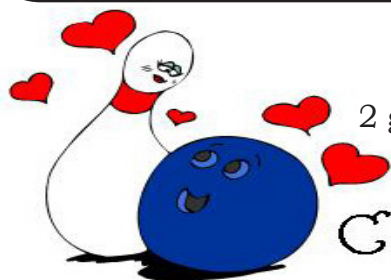
with Mrs. Anita Sessa • 10AM - 12-Noon
FREE to Member Families

at our office: 95-16 Pitkin Avenue • Ozone Park
3 Sessions of arts and crafts projects
to fill your home with Holiday Spirits.

**HALLOWEEN
PROJECT
OCTOBER 22ND**

**THANKSGIVING
PROJECT
NOVEMBER 19TH**

**WINTER
PROJECT
DECEMBER 17TH**



BOWLING

2 games, shoes and lots of fun for the family
SATURDAY • 1 p.m. - Sharp

Cozy Bowl

98-18 Rockaway Blvd. Ozone Park

Fall Session (8 weeks)

Spring Session (10 weeks)

Oct. 15th, 22nd, 29th
Nov. 5th, 12th, 19th
Dec. 3rd, 10th

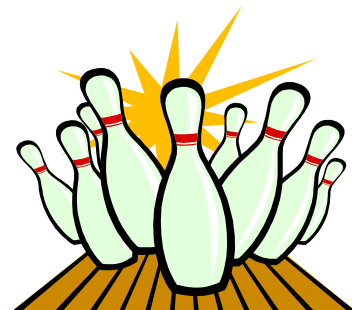
Dates:

February 4th, 25th
March 3rd, 10th, 17th, 24th
April 21st, 28th, May 5th, 12th

Registration Fee: \$35 per Child

Registration Fee: \$50 per Child

Both Sessions \$75 per Child



Thanks To NY Community Bank New Egg Raises Awareness



Each year for the past few years, NYFAC has teamed up with New York Community Bank and Queens County Savings Bank to run an "Autism Egg" fundraising campaign. As in the past, this highly successful event started with the creation of our brand new colorful egg, distributed to

every branch. We send our thanks to Barbara Sorge, Branch Administrator who coordinated the event for NYFAC! To date we have raised more than \$10,000 - THANK YOU for your support.



YOU MUST BE A NYFAC FAMILY MEMBER TO PARTICIPATE IN ANY NYFAC RECREATION PROGRAM TO REGISTER FOR ANY OF THESE PROGRAMS OR TO BECOME A NYFAC FAMILY MEMBER PLEASE CALL

DOROTHY AT 718-641-3441 x 101

WE HAVE FUN PROGRAMS FOR YOU AND YOUR CHILDREN



**COMING
SOON**
NYFAC
in
Collaboration
With
The
Flushing
Meadow
Ice
Skating
Rink
Managament
will soon be
offering ice
skating for
our children.
Details to
follow in a
separate
mailing.



Learn To Swim

Flushing Meadow Aquatic Center in Queens

SWIM FRIDAY: 20-WEEK SESSION

\$75 program fee for 1st Child • \$50 fee for 2nd Child

Swimming instruction will be from 7PM - 8PM on Friday

Access to locker room at 6:30PM

NOVEMBER 4th, 18th • DECEMBER 2nd, 9th, 16th

JANUARY 6th, 13th, 20th • FEBRUARY 3rd, 10th

MARCH 2nd, 9th, 16th, 30th • APRIL 20th, 27th

MAY 4th, 18th • JUNE 1st, 8th

EACH CHILD MUST BE ACCOMPANIED BY A PARENT IN THE WATER

EVERYONE PARTICIPATING MUST WEAR A SWIM CAP

(GOGGLES ARE RECOMMENDED)

YOU MUST HAVE A COMBINATION LOCK FOR LOCKER

Ten Things Every Child with Autism Wishes You Knew

1. I am a child with autism.

I am not “autistic”. My autism is one aspect of my total character. It does not define me as a person. Are you a person with thoughts, feelings and many talents, or are you just fat (overweight), myopic (wear glasses) or klutzy (uncoordinated, not good at sports)?

2. My sensory perceptions are disordered.

This means the ordinary sights, sounds, smells tastes and touches of everyday life that you may not even notice can be downright painful for me. The very environment in which I have to live often seems hostile. I may appear withdrawn or belligerent to you, but I am really just trying to defend myself. A “simple” trip to the grocery store may be hell for me. My hearing may be hyperacute. Dozens of people are talking at once. The loudspeaker booms today’s special. Music whines from the sound system. Cash registers beep and cough. A coffee grinder is chugging. The meat cutter screeches, babies wail, cats creak, the fluorescent lighting hums. My brain can’t filter all the input, and I’m in overload! My sense of smell may be highly sensitive. The fish at the meat counter isn’t quite fresh, the guy standing next to us hasn’t showered today, the deli is handing out sausage samples, the baby in line ahead of us has a poopy diaper, they’re mopping up pickles in aisle 3 with ammonia...I can’t sort it all out, I’m too nauseous.

Because I am visually oriented, this may be my first sense to become overstimulated. The florescent light is too bright. It makes the room pulsate and hurts my eyes. Sometimes the pulsating light bounces off everything and distorts what I am seeing. The space seems to be constantly changing. There’s glare from windows, moving fans on the ceiling, so many bodies in constant motion, too many items for me to be able to focus — and I may compensate with tunnel vision. I may stumble, bump into things or simply lay down to try and regroup.

3. Please remember to distinguish between won’t (I choose not to) and can’t (I’m not able to).

Receptive and expressive language are both difficult for me. It isn’t that I don’t listen to instructions, it’s that I can’t understand them. When you call me from across the room, this is what I hear “*<>\$#@, Billy, *<>\$#@,”. Instead, come speak directly to me in plain words: “Please put your book in your desk, Billy. It’s time to go to lunch.” This tells me what you want me to do and what is going to happen next. Now it is much easier for me to comply.

4. I am a concrete thinker.

I interpret language literally. It’s very confusing for me when you say, “Hold your horses, cowboy!” When what you really mean is “Please stop running.” Don’t tell me something is a “piece of cake” wen there is no dessert in sight and what you really mean is, “this will be easy for you to do.” When you say, “It’s pouring cats and dogs”, I see pets coming out of a pitcher. Please just tell me. “It’s raining very hard”. Idioms, puns, nuances, double entendres and sarcasm are lost on me.

5. Be patient with my limited vocabulary.

It’s hard for me to tell you what I need when I don’t know the words to describe my feelings. I may be hungry, frustrated, frightened or confused, but right now those words are beyond my ability to express. Be alert for body language, withdrawal, agitation or other signs that something is wrong.

There’s a flip side to this: I may sound like a little professor or a movie star, rattling off words or whole scripts well beyond my developmental age. These are messages I have memorized from the world around me to compen

Ten Things Every Child with Autism Wishes You Knew

sate for my language deficits, because I know I am expected to respond when spoken to. They may come from books, television or terminology I'm using. I just know it gets me off the hook for coming up with a reply.

6. Because language is so difficult for me, I am very visually oriented.

Show me how to do something rather than just telling me. And please be prepared to show me many times. Lots of patient repetition helps me learn.

7. Focus and build on what I can do rather than what I can't do.

Like any other human, I can't learn in an environment where I am constantly made to feel that I'm not good enough or that I need fixing. Trying anything new when I am almost sure to be met with criticism, however constructive, becomes something to be avoided. Look for my strengths and you'll find them. There's more than one right way to do most things.

8. Help me with social interactions.

It may look like I don't want to play with other kids on the playground, but sometimes it's just that I simply don't know how to start a conversation or enter a play situation. If you can encourage other children to invite me to join them at kickball or shooting baskets, I may be delighted to be included.

9. Try to identify what triggers my meltdowns.

This is termed "the antecedent". Meltdowns, blowups, tantrums or whatever you want to call them are even more horrid for me than they are for you. They occur because one or more of my senses has gone into overload. If you can figure out why my meltdowns occur, they can be prevented.

10. If you are a family member, please love me unconditionally.

Banish thoughts such as, "If he would just..." and "why can't she...?" You didn't fulfill every last expectation your parents had for you, and you wouldn't like being constantly reminded of it. I didn't choose to have autism. Remember that it's happening to me, not you. Without your support, my chances of successful, self-reliant adulthood are slim. With your support and guidance, the possibilities are broader than you might think. I promise you I'm worth it.

It all comes down to three words: Patience, Patience, Patience.

Work to view my autism as a different ability rather than a disability. Look past what you may see as limitations and see the gifts autism has given me. I may not be good at eye contact or conversation, but have you noticed I don't lie, cheat at games, tattle on my classmates or pass judgement on other people?

You are my foundation.

Think through some of those societal rules and if they don't make sense for me, let them go. Be my advocated, be my friend and we'll see just how far I can go.

I probably won't be the next Michael Jordan, but with my attention to fine detail and capacity for extraordinary focus, I might be the next Einstein...or Mozart...or Van Gogh — they had autism too!

Now Available: NYFAC Training Institute DVDs and Books



Discrete Trial Teaching - Series Volume #1 - DVD

This first educational video provided by NYFAC is geared towards PARENTS and PROFESSIONALS as well. It offers lectures, examples and recaps of different discrete trial teaching programs and methods. Covered in this video are: Reinforcers, Gross motor Imitation, Receptive and Expressive language, Teaching a New Skill, Data, Prompting, Modeling, Errorless Learning, No-No Prompting, Shaping, Generalization and more. (Running time is approx. 62 minutes)

Improving Play Skills - Series Volume #2 - DVD

This is the video everyone has been asking us to make. Whether you're a parent or a professional this video has something for you. This video is packed with information on the following: The six different stages of play, Basic Target skills, Intermediate Skills, Advanced Target Skills, Task Assessment, Scripts, Schedules, Video Modeling, Language Master, and more. Through lectures, samples and re-caps we have made this easy to understand and to use for parent education, staff development, and classroom lecture. (Running time is approx. 49 minutes)



Working With Someone Who Has Autism

This CORE Training is specifically formulated for all levels of education professionals including (but not limited to): Classroom Para Professionals, 1 on 1 Aids, School Bus Matrons, Related Services Providers, Special Education Teachers, Psychologist And many more.

The book and DVD are designed as a dual training tool will guide you through:

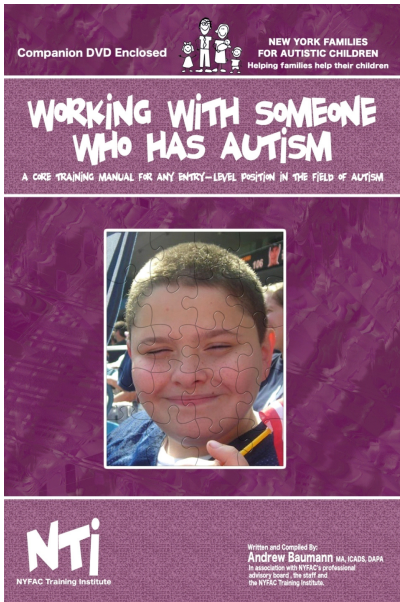
- Introduction to Autism.
- Increasing Appropriate Behavior.
- Decreasing Inappropriate Behavior.
- Family and the Professional role of the core worker.

Once you have completed the book and the DVD you will be given an On-Line Access Code for:

- On-Line Exam with immediate results.
- Quality Survey.
- Printable Certificate of Completion.

Take advantage of this uniquely designed professional development core training for everyone on your staff!

For more information call us at 888-MY NYFAC or log on to www.nyfactraininginstitute.org



CONTRIBUTIONS ARE THE HEART OF NYFAC

Please consider helping us continue providing the highest quality workshops, seminars and programs. Just clip the coupon below and mail to us...Remember it's people like you and companies like yours that help us continue...

Helping Parents...Help Their Children...One Family at a Time

I want to help NYFAC. Enclosed, please find my contribution of:

<input type="checkbox"/> \$10	Name _____	<input type="checkbox"/> CASH
<input type="checkbox"/> \$20	Address _____	<input type="checkbox"/> CHECK
<input type="checkbox"/> \$50	City, State, Zip _____	<input type="checkbox"/> CREDIT CARD
<input type="checkbox"/> \$100	Phone _____	
<input type="checkbox"/> \$500	Card # _____	Security Code _____
<input type="checkbox"/> Other _____	Expiration Date _____	

Please Mail to: NYFAC, 95-16 Pitkin Avenue, Ozone Park, NY 11417

All donations are tax deductible to the fullest extent of the law