

**November 2013**

**Inside**

|                              |    |
|------------------------------|----|
| Grand Opening                | 3  |
| Dance Blast                  | 4  |
| Get Active 4 Autism          | 5  |
| Executive Director           | 6  |
| What's New...                | 8  |
| Adult Services               |    |
| - PAES                       | 9  |
| - Cooking Program            | 10 |
| - Social Drop-In Program     | 11 |
| Summer Programs              |    |
| - Minister Duncan Visits     | 11 |
| - Therapeutic Summer Program | 12 |
| - Inclusion Camp             | 13 |
| Make a Difference            |    |
| - Enlightening/Enjoyable     | 14 |
| - Generous Gift              | 14 |
| - Giving Back                | 14 |
| - Most Valued Player         | 15 |
| - Go Make a Difference       | 15 |

3663 Sherwood Drive  
Regina, SK S4R 4A7  
P 306.569.0858 F 306.569.0889  
E arcentre@sasktel.net  
W autismresourcecentre.com



*Left to right: Anna Barone, Stephanie Casper, Angela Ricci, Melanie Baumann, Honourable Brad Wall, Honourable June Draude, Honourable Dustin Duncan, Heather Salloum, Dr. Didi Emokpare*

**Grand Opening**

**Adult Vocational and Training Facility**

**World Autism Awareness Day**

**Tuesday, April 2, 2013**

**Over 130 people joined in the celebration!**

*"I am pleased to congratulate the Autism Resource Centre on the opening of its new facility, which will allow for better delivery of important vocational and life skills training to adults with autism in the Regina area," Health Minister Dustin Duncan said, "I commend ARC staff on the important work they do."*

✓ **Check these out**

***Preparing for Life***

The Complete Guide for Transitioning to Adulthood  
for those with Autism and Asperger's Syndrome

*By Jed Barker*

***The Hidden Curriculum***

Practical Solutions for Understanding  
Unstated Rules in Social Situations

*By Brenda Smith Myles, Ph.D., Melissa L. Trautman, M.S. Ed.,  
and Rhonda L. Schelvan, M.S. Ed.*

***Temple Grandin - DVD***

2014 New Presentation

*These books, DVDs and many more are available at  
the Autism Resource Centre's Library.*

*Call for an appointment @ 306.569.0858*

On World Autism Awareness Day, April 2, 2013 the Autism Resource Centre (ARC) celebrated the Grand Opening of our new Adult Vocational and Training Facility.



The Honourable June Draude, Minister of Social Services and Angela Ricci, President of the ARC Board of Directors unveiled the new logo and website.

“This logo portrays the many colours in the spectrum of Autism Spectrum Disorder – the varied and unique abilities and needs that exist for individuals diagnosed with Autism Spectrum Disorder. We are a people-centred organization committed to “...finding colour in the spectrum” by providing assistance and support to adults with Autism Spectrum Disorder and their families. We aim to foster personal growth, to help people realize their full potential, to assist in vocational skill development or meaningful work, and to create partnerships with organizations, businesses, and government in our province. This facility and this adult program will fill an important need in the Regina Qu’Appelle Health Region.”

Angela Ricci



We welcomed over 130 guests and were joined by the Honourable Brad Wall, Premier of Saskatchewan; the Honourable Dustin Duncan, Minister of Health; the Honourable June Draude, Minister of Social Services; Mr. Michael Redenbach, Vice President of Primary Health Care in the Regina-Qu’Appelle Health Region; and Brenda Cherry from the Sinneave Family Foundation and Ability Hub in Calgary. Also in attendance were MLAs, Member of Parliament Ralph Goodale; His Worship Michael Fougere, Mayor of Regina; representatives from the Public and Separate School Divisions, partner agencies and several of our sponsors. We were thrilled with the response from our government and civic officials, our clients and families, and all those who work with us at ARC.



Brenda Cherry from the Sinneave Family Foundation and Ability Hub in Calgary, speaks to a packed house.

...finding colour in the spectrum

## DANCE BLAST FUNDRAISER

### **Friends of ARC raised \$13,166 for the PAES Program!**

Over 300 people rocked the night away to music from the 50's, 60's & 70's by Becky and the Jets, with special appearances by other local artists including Colby Nargang and Ryan Gibson.



Setting up over 300 chairs!



BECKY and the JETS



Nargang & Gibson



Friends of ARC celebrate SUCCESS!

Many thanks to the Friends of ARC (Terry Sproat, Kristen Phaneuf, Mieke Gibson, Ingrid Ruud, and Pam Sproat) and their team of volunteers who collected silent auction items, raffle prizes, set up the hall and helped clean up at the end of a long fun filled night!

We extend sincere gratitude to our sponsors and the many local businesses for donating raffle and silent auction prizes.



Join **Parkland Carpet One** and the **Friends of ARC** and raise funds for the PAES (Practical Assessment Exploration System) Assessment Program and the adult Social Drop - In Program.

We need your help!

- Sell Dance tickets & raffle tickets
- Ask a business you patronize or your employer to be a Sponsor (information packages available)
- Donate and gather silent auction items
- Volunteer at the "Dance Blast"

*Dance Blast Ticket Vouchers available in time for Christmas gift giving.  
Call 306.569.0858*

GET READY...



GET ACTIVE...



GO...



CELEBRATE !!!



THANK YOU! OVER \$73,000 RAISED



SGI  
Queen City Kinsmen  
Dundee Developments  
Enbridge Pipelines  
Burant Consulting  
Tim Hortons  
Target



Greystone Managed Investments Inc  
Essence Organic Hair & Day Spa  
Dino Bouncers  
Canada Safeway  
Taylor Motors  
Above & Beyond Autism Consulting  
Services



The **Autism Resource Centre** and the **Get Active 4 Autism Committee** offer our sincere gratitude and congratulations to all the participants, donors, sponsors and volunteers who made this annual event a tremendous success. This year over **300 people** directly participated in the Walk/Run. To add to the family fun this year, we included a group warm-up activity by Flux Crossfit and BBQ hotdogs sponsored by Safeway! Together we **raised over \$73,000** in support of the programs and services provided by the Autism Resource Centre in our local community. More pictures and details at [www.getactive4autism.com](http://www.getactive4autism.com)

...finding colour in the spectrum

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## EXECUTIVE DIRECTOR

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### ***Message from Executive Director***

#### *Greetings*

As you can see in this newsletter, ARC has had a busy Summer and Fall. Since our last newsletter in March 2013 we have celebrated the grand opening of our Adult Vocational and Training Centre, had two successful fundraisers and continued to renovate our new space to meet our needs. All of this was done while maintaining current adult programs and increasing clients spaces. Oh yes, we once again held 3 successful Summer Programs!

#### **2013 ARC Summer Programs**

ARC hosted three summer programs this year. Two of the programs were for students with moderate to low functioning autism, one for ages 7 to 12 and the second for ages 13 and up.

The third program was the ARC/YMCA Inclusion camp for students ages 7 yr. to 20 yr. held at the YMCA. We had a total of 103 students with Autism Spectrum Disorder participate in the three summer programs ARC provided this summer. ARC is grateful to the Ministry of Health and RQHR for their financial support for the 2013 summer programs.

This year, we offered four days of training for the staff before summer program started. The topics were: What is ASD, Teaching Functional Life Skills, Fundamentals of Reinforcement, Insight into Behavior and Data Collection, Crisis Intervention Training, Using Picture Exchange Communication System (PECS), How to Use Visuals with Individuals with ASD. The extra training time really helped staff understand at a deeper level the challenges students with ASD experience and how to provide functional programs that lead to independence. We had a number of teachers work in the summer programs. They were very complimentary on the validity of the training and the experience of working on functional programs. Two teachers commented that they felt working in summer program would help them work with individuals with ASD in the classroom. Amy Ewart from Child and Youth Services provided the Crisis Intervention Training to the summer program staff. Many of the staff commented on how useful the Crisis Intervention Training was for their work in the summer programs.

ARC is also grateful to all the staff that worked diligently in the summer programs. The summer programs would not be successful without the directors, assistant directors and staff who daily focused on the needs and goals of their assigned student.

We also want to thank all the parents who took the time to fill out the summer program evaluations. The parent evaluations were very positive. Parents commented on how their son/daughter benefited from the programs, and how much they appreciated the staff who were respectful and consistent with their son/daughter.

This year, the directors and assistant directors for summer programs of students with moderate to severe autism provided the schools, the families and CYS clinicians with a copy of the individualized "Skill Acquisition" plans the students with ASD had worked on in the summer program. We are hoping that by providing this information on students there can be some follow through on these programs at home and in school. (There is more information about the skills acquisitions program on page 12 of this newsletter.)

#### **Adult Programing**

We received additional funding for this year from RQHR in order to provide adult services over the summer. We are grateful to RQHR for this funding. Some of the students that attended PAES<sup>®</sup> and Social Drop-In over the summer had just graduated from High School and benefited greatly from the structure and routine offered by the adult programs.

Since January 2011, we have had the ARC Cooking Program at Sheldon-Williams High School Home Economics

room. We are grateful to Sheldon Williams for allowing us to use their space without charging us. However, all good things must end and this arrangement changed. We looked at some other community kitchens however the cost of renting space was high. So this summer, Connie Falconer, and her daughter, son-in-law and her good friend Albert, volunteered to work on some reno's at ARC so we could accommodate the Cooking Program in our Centre. They installed cabinets, countertops, a sink, and made sure everything was in place. We are very grateful to these dedicated volunteers for doing this work. We would not have been able to afford these renovations if we had to pay the labour costs. On page 8 of this newsletter, you can see a photo of the new area. The great thing about this renovation is that it allows this space to be multi-functional. We use it for PAES<sup>®</sup>, Cooking Program, Social Drop-In and as a large meeting space.

### **New Sponsor for ARC Vocational Programing**

Clean Brite, a local office cleaning company, has come on board and offered individuals with ASD who have completed the PAES<sup>®</sup> assessment program an opportunity to have unpaid work experience with their staff. The work experience will be offered as an opportunity for individuals who are not quite work ready after PAES<sup>®</sup>. Clean Brite has also agreed to be open to hiring people who do well cleaning when they have positioned open.

### **Up Coming Events**

ARC is hosting an MLA reception at the Legislature this fall. The program we have organized for this event includes having two adults with ASD talk about how ASD affects them and about the impact of ARC adult programs has had on their lives. In addition, Dianna Emperingham from Bayer CropScience and Linda Hale from Print-It Signature Graphics, will speak about their experience as employers of people with ASD. They will talk about the work individuals with ASD do in their work place and the positive impact of hiring someone on the spectrum has had on their office atmosphere.

### **Information Sessions**

Over the summer, we had a number of visitors. Many people are interested in learning more about the PAES<sup>®</sup> assessment program in particular. Some of the people that have visited ARC have been: teachers, parents and adults with ASD, Minister Don Morgan, Mark Docherty MLA, Paul Merriman MLA, Clarence Yam, Manager, Recruitment and Diversity Talent Development Branch (Ministry of Central Services) and Janell Elder, Public Service Commission.

On September 23<sup>rd</sup>, ARC hosted an information session on PAES<sup>®</sup>. We had 15 people attend, including parents, individuals with ASD, teachers, staff from CYS and Social Services. Bret B who is a graduate of the PAES<sup>®</sup> assessment program provided a demonstration of PAES<sup>®</sup>, talked about why he liked PAES<sup>®</sup>, and what he learned while in the program.

If you are interested in seeing our new location, or learning more about ARC adult programs, please call me at 306.569.0858 and we'll set up a date for a tour.

Thank you,

Theresa Savaria, Executive Director

*...finding colour in the **spectrum***

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## WHAT'S NEW...

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### **Welcome to the team!**



**Jamie Suderman**

I am the Work Experience Coordinator at the Autism Resource Centre. I received my BSc in Psychology from Wilfrid Laurier University with a focus on courses involving individual development, communication, and behaviour. I have worked with individuals with varying abilities for 11 years and the majority of my experience is with Autism Spectrum Disorder. I started working with young children and then slowly expanded to all age groups. I am originally from Toronto Ontario and moved to Regina upon graduating from University for the position I am currently in.

**Amy Bosche**

I am so excited and happy to be a part of the ARC team. Autism Spectrum Disorder has always been an area of interest for me. I started my career as a Special Education Teacher running a Life Skills program for youth in Northern BC and have been furthering my education and experience ever since. I have been involved in many classrooms in BC and Saskatchewan where I administered programs designed for those with Autism. I have also been trained in PECS, ABLLS-R, ABA, POPARD, ACT, and various other courses relating to Autism. I truly believe that those living on the Spectrum need advocates for services and programs and I am proud to be part of a community that strives for the best. I am excited to meet all of ARC's clients and families and am looking forward to working with all of you!



### **Farewell!**



**Katelyn Lee**

Within a week of the completion of Summer Program, Katelyn headed off to Edmonton, Alberta where she is enrolled in MSc - SLP (Speech and Language Pathology) program. She is following her passion for people and her desire to continue to make a difference. Katelyn worked as a support worker and Director in the Summer Program for several years. In 2010 she was hired full time as a Developmental Consultant. Her duties included Summer Program Coordinator, Cooking Program Coordinator and she assisted with the delivery of the PAES assessment program to adults clients. We wish her success in her chosen career path!

### **Cooking Program Renovation Completed!**



*Clients and staff enjoy the new kitchen within the ARC Centre. Special thanks to the generosity of Farm Credit Canada, Lifestyles Cabinetry, Bevelled Edge Countertops, Kozan BrandSource and a dedicated volunteer work crew!*

## **Practical Assessment Exploration System (PAES®) Assessment Program**

ARC chose this program as it is curriculum based and stresses hands-on vocational tasks. PAES® also provided an assessment tool that allows clients to recognize their level of skills and interests. Tasks completed in PAES® are replications of real-world job tasks. Clients explore and complete tasks in five different areas. The assessment aspect of the tool allows supervisors to evaluate on the following areas: number of attempts to complete the task correctly, correctness of task, client's interest and level of assistance needed. Clients attend for 11-week sessions. The current session began in October.



### **PAES® criteria for acceptance:**

- *Desire to work*
- *Knowledge of their ASD diagnosis*
- *Commitment to attend ARC designated sessions*
- *Signed consent or parent/guardian approval*
- *Ability to communicate verbally or using an augmentative communication tool*

**Business/Marketing**

**Computer Technology**

**Construction/Industrial**

**Processing/Production**

**Consumer/Services**

### ***A Peek Inside:***

It's hard to believe but ARC's PAES® Assessment Program turned 1 this October! It's been a very interesting and fun year of learning for both the ARC staff and clients. Over the last year, ARC has seen 11 clients come through PAES®. October 8, 2013 we began the Fall 2013 session and we have 10 new clients registered.

We're also looking forward to continuing our partnerships with the Regina Public and Regina Catholic School Boards by welcoming 2 students into PAES® as part of their School Work Experience Program. Our hope is that by having students involved in PAES® while in high school there will be additional vocational information to contribute to the client's transition plan for post secondary or employment after high school.

*"What is so great about ARC is that the staff evaluates you, considers your strengths and weaknesses. They realize you are an individual with specific needs and then they design a program specifically for you. They don't try to force you into a predetermined box. They fit the program to you. And they are encouraging and caring, accepting and do not judge."*

*Linda Paul, Parent*

*...finding colour in the spectrum*

## ADULT SERVICES

### ***The Cooking Program***

The goal of this program is to increase independence therefore various areas are targeted.

Clients will:

1. Learn to follow recipes, measure ingredients, shop for groceries, complete vocational tasks involved in kitchen clean up;
2. Learn concepts such as time-management and money handling
3. Practice social skills with peers in a natural dining setting.

This program is offered in the Fall and Winter and runs for 11-week sessions. We offer the program to adults with moderate to severe ASD who are assisted one-to-one with a staff member once a week. We also offer the program to high-functioning adults with ASD once a week.



*Clients prepping Pasta/Ham Salad, Caesar Salad and Cranberry Cilantro Quinoa Salad to serve !*



*Enjoying good company and good food!*

#### ***A Peek Inside:***

The ARC Cooking Program has started up again for the Fall! We are offering one evening for low to moderate functioning adults and another night for higher functioning adults. We have a full house each week with 5 participants enrolled. Each participant has a Cooking Coach that helps with time-management skills, food measuring, safety in the kitchen, and social skills.

New to the Cooking Program is grocery shopping! ARC is so close to Safeway that we have the luxury of taking the participants grocery shopping each week. While grocery shopping participants learn locations of specific foods, money concepts and appropriate social skills in the community. Also new to the Cooking Program are lunch and breakfast recipes. We want our participants to learn how to make recipes other than supper meals too! Some of the recipes we have made so far include Arugula and Leaf Lettuce Salad, Green Beans Almondine, Spaghetti and Sausage Tomato Sauce, Broccoli and Cheddar Soup and Cranberry Cilantro Quinoa Salad. We are looking forward to the weeks to come in the Cooking Program. Our cooks create delicious meals!

*"I shared my leftovers (Spaghetti with Sausage Tomato Sauce) with my sister during lunch and she really liked it"*

*Cooking Program Client*

### ***2014 Cooking Program Registration***

**Information will be sent out in November 2013 / Registrations accepted December 2 - 16, 2013**

**Adults with moderate to severe ASD - session begins Tues. Jan. 7th**

**Adults with high-functioning ASD - session begins Thurs. Jan. 9th**

**For information contact Amy Bosche at [arc.amyb@sasktel.net](mailto:arc.amyb@sasktel.net) or call 306.569.0858**

## Social Drop-In

ARC will provide a Social Drop-In night for adults with ASD to promote, encourage and develop appropriate social skills in a natural, fun and engaging environment. ARC's goal is to have clients socialize appropriately without the facilitation of ARC staff. Clients will meet new people, share and express interests and participate in social activities. Clients are invited to join us at ARC to engage in activities that will include video games, board games, art, music and movies. We will also participate in community activities such as bowling, swimming and mini golf. This program is offered once a week.



### A Peek Inside:

The Social Drop-In Program continues to be a big hit! Each week we have 8 or 9 clients coming and when we're not at the Centre enjoying some board games or the Wii we've been out bowling, geocaching around the University and Wascana Park, playing pool, catching a movie and checking out the Wonderland Arcade. Social Drop-In continues to run each Wednesday evening from 6:00 – 8:00 p.m. If you'd like to register or get more information give Rachelle a shout at the office, 306.569.0858 or at [arc.rachelle@sasktel.net](mailto:arc.rachelle@sasktel.net).

## Minister of Health, Dustin Duncan visits Summer Programs and Inclusion Camp!



Minister Duncan & Tristan O.

On the morning of Thursday, August 22, 2013, Minister Dustin Duncan toured ARC's Therapeutic Summer Programs and the YMCA/ARC Inclusion Camp. Minister Duncan made the most of the opportunity, he listened intently to parent representatives, took great care to interact with clients and displayed sincere interest when discussing programming with Directors and staff. It was an honour and a real pleasure to host Minister Duncan who made time in his busy schedule to visit our programs. His sincere interest in Autism Spectrum Disorder and the Autism Resource Centre's Summer Programs was evident to all those present!



Enjoying an exercise game!

...finding colour in the **spectrum**

## SUMMER PROGRAMS

### ***Therapeutic Summer Programs - 7-12 years & 13 and older***

The Summer Program ran for 7 weeks. Ages 7-12 years old were at St. Martin's Parish Hall with 18 young people participating. Ages 13 years and older were at All Saints Anglican Church with 22 young people participating.

Insights to Behaviour was the new tool we used in this year. This tool allowed participants to have individualized goals that were worked on with the assistance of the one-to-one interventionist. Parents chose the main goal areas for their son/daughter and the Directors chose the activities that were most beneficial to meet the goal area. Directors went to observe the participants before the program and talked with the teachers to help decide on activities. The individualized programs were called Skill Acquisition Plans (SAPs). Interventionists were required to take data daily on the activities. At the end of the summer, Directors sent out the Skill Acquisition Plan reports to parents, teacher and Child and Youth Clinicians. Each morning, there was an allotted time for interventionists to work on the participant's SAPs. The goal of Summer Program was for these programs to be continued in the school year and build continuity for the participant.



*Making cookies (ages 7-12 Summer Program)*

Participants also took part in a Jobs Program where they earned money for jobs they completed. In the Jobs Program, clients were encouraged to complete 2-3 jobs daily to earn money. Jobs included but not limited to, wiping tables, chairs, mirrors, windows, cleaning sinks, organizing books and toys, vacuuming, watering plants, sorting silverware, folding clothes, hanging up clothes, taking out the garbage and mopping floors. Based on the job completed the money earned varied. Some clients received money each day for the jobs they completed to help make the association between doing a job and earning money stronger. Other clients were paid for their jobs on Friday when they buy a treat. The Jobs Program took from 5 to 15 minutes for the client's to complete.

Some of our activities were Dino Bouncers, bowling, yoga, It's a Blast, music therapy, Level 10, Science Centre and IMAX, swimming at Sherwood Forest, libraries, museums and walks in Wascana Park. Each week, we sent 3-4 participants and their interventionists to Boston Pizza to experience eating out. Participants worked on ordering food, appropriate conversations and social skills during this activity. Every afternoon the program went swimming and every Thursday the program went out to Regina Beach.

The Autism Resource Centre feels very passionate about the goals and the individualized programming that goes into the Summer Program. We believe that every child and adult is capable of being a contributing and successful member in our society. Kim Davis, from Indiana Resource Centre for Autism, verifies our belief when she states, *"The ultimate goal for every student in education is to help him or her become a contributing, independent, and successful member in their community: to become someone who is responsible, independent, and can make informed choices. Perhaps we as educators and parents need to ask ourselves what skills students with autism should be developing during the early years in order to be successful in employment and daily living skills."* Davis, K. (2008) *Skills for the future. The Reporter, 13(3), 1-3, 17*



*Yoga (age 13 & older Summer Program)*

*Thank you to families, participants and staff for making it another successful Summer Program!*

## Summer Program Adult Clients Attend New Programs at ARC Centre!

### Life Skills Apartment Program



*Yoris S. making the bed*

A few adult clients from the moderate to severe ages 13 and older Summer Program participated in the Life Skills Apartment Program this summer. These clients' went to the simulated apartment at the ARC Centre each Tuesday morning (from approximately 9:30-10:30 am). There were a maximum of two clients with staff at a time working in the apartment. They completed jobs that were related to independent living that we could not access at the Summer Program such as doing laundry and making a bed.

### PAES<sup>®</sup> Assessment Program

A few clients also participated in the PAES<sup>®</sup> (Practical Assessment Exploration System) assessment program. This is a hands-on work development program that allows assessment of the individual's skill and interest level. The clients participated in PAES<sup>®</sup> program on Tuesdays and Thursdays for one hour during morning programming (from approximately 9:30-10:30am). A maximum of three clients worked in the PAES<sup>®</sup> program at a time, therefore a schedule was created to determine who should attend each week. The Summer Program Workers that were matched up with clients attending the PAES<sup>®</sup> program were trained on it during individual staff training. A summary report was shared with all involved with the client (Parents, teachers, clinicians). The clients were rewarded by a boost in their self-esteem by completing these tasks and discovered new interest and skills.



*Christian C. in carpentry workshop*

### YMCA/ARC Inclusion Camp

There were 60 young people aged 7- 20 years old registered in the YMCA Day Camp through ARC, 17 young people had never attended this program before!

Each week had a theme and a different activity was planned for the morning and afternoon of each day. Our daily structure consisted of social skills, community outings, swimming, and group activities.

Our social skills program is unique as it is inclusive, meaning that all campers regardless of ability (typical, ASD, or diverse special needs) are involved. Many of the campers were eager to help Nate with his daily presentation, interact in our large group villain reviews, and find out who the next "villain of the day" was.

Some examples of morning activities are; tie-dying, MacKenzie Art Gallery, and The Sports Hall of Fame. Every Thursday was the "Big Day Out", a day consisting of a large off-facility trip with both North and Downtown YMCAs. Big Day Out trips included Condie, The RCMP Depot, and Dragon Boating. Our staff was fantastic at making adaptations (when required) to group activities to accommodate diversities such as age and ability. As one of our outcomes was physical activity, we created a structured time where the whole camp would go outside (north side of building) and do an active song. This became an exciting daily routine and gave us data for our daily outcome assessment. Examples of afternoon activities are; baking fortune cookies, making playdough, and origami and of course swimming!

*Inclusion is more than an action, it's a philosophy that all children, regardless of ability, have equal value and deserve opportunities to engage and contribute to community.*

...finding colour in the **spectrum**

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## MAKE A DIFFERENCE

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### Enlightening & Enjoyable



“...This is our first time participating in the walk. We have created a team Nole’s Ninja’s and not only are we excited to be part of this but are most grateful for getting to have the opportunity to be part of and help make a difference in Nole’s life.

I have just put through a pledge on behalf of my daughter, Jenna, for \$190.00. Jenna is 9 years old. She along with her 11 year old cousin Raegan, spearheaded their campaign to raise money for autism that started at the beginning of their summer vacation. The girls recruited their siblings Ethan, Madeline and Drew and found very creative ways to raise their money.

They had lemonade stands, bake sales amongst our friends and family, painted rocks which they also sold, as well as produced a performance of singing and acting to which they charged admission. They were relentless in their fundraising efforts and never lost focus on what/why they were raising the money.

I am extremely proud of them and amazed at the money they raised as well as graciously donated to Nole’s Ninjas. This is a group of kids who have benefited from this awareness walk, learned about autism, and continue to be kind and loving towards Nole and his struggles. This walk has brought awareness to our family and friends in a way I did not think possible.

Thank you again for making our first experience with Get Active 4 Autism a most enlightening/enjoyable experience in which we have all learned from.”

Shauna Dimond

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### Autism Puzzle Quilt “Many Pieces”

Annie’s Attic Quilting Group from Odessa approached us in 2012 and offered to handcraft and donate a custom quilt to the Autism Resource Centre. The quilt “Many Pieces” was raffled off at the “Dance Blast” Spring Fundraiser. The Burant Family won the raffle and generously donated the quilt to the Centre. According to Shawna Burant “it just belongs here” We wholeheartedly agree! It’s a perfect symbol of the many colours of the spectrum and the uniqueness of the individual.

*Thank you Shauna and PJ!*



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### Giving Back - Volunteering



This past summer ARC clients gave back to their community by volunteering. The Catholic Women’s League held a conference at the beginning of August and were giving away conference bags for their attending guests. Two of our adult clients devoted their Friday mornings for the month of July to put together 1000 conference bags for this event. In mid August, ARC held its 4<sup>th</sup> annual Get Active for Autism Walk/Run. This year, four of our clients volunteered to put together the 275 race bags, and they did so in less than 2 days! Two other clients volunteered at the Walk/Run. Our clients’ hard work and dedication allowed the preparation for these events to run smoothly and efficiently. When thanked one client replied **“ARC has helped me, so I can help ARC”**

## Most Valued Player



*In March 2013 we received an email from Jess Seffelaar-Nagy about her son Taiva. It's a story worth sharing!*

This is such a wonderful success story for Taiva, that it literally brought me to tears today and I had to share this with you!

He has had a very rough past year and half. It was extremely rocky at school for both of us as well as the rest of the team to try and have everyone working together. Eventually, we were all able to get on the same page, and things started to work out smoothly and he excelled. So much so, that on a whim he decided to join the basketball team! He even arranged his own transportation to and from practice! Because we had to work and take the other children to their activities we missed about half of his games but he didn't let that get him down. We made sure that plans were put in place and we supported him and always made sure that we kept in contact with his coach throughout each game. He gained confidence, self-esteem and respect from his peers, and eventually friends.

The entire team was presented with medals honouring their wonderful team spirit and hard work. None of the team members knew they were being honoured, so Taiva was extremely pleased with himself that he was being recognized. When his name was called, I couldn't help but be brought to tears to see him as proud as can be, walk up to accept his medal and give everyone high fives. Even more proud to see, was when the trophy for the school case was given to the captain who then handed it to Taiva and he patted him on the back and said "good job Taiva"...that was a sign of acceptance for him, which made him beam even harder...I haven't seen that before for him. It was announced that three awards were picked for three basketball team members. **Taiva was chosen as the most valued player**...he went out on the court, he did his best, he did what he was told, and it was the first time that he was able to play a sport at school and overcome diversity. When he went up to get his award he looked for me and waved.

Afterwards he says, "Mom, I saw you crying and you made me sad." I told him, "It's not a sad cry, it's a happy cry. See I'm smiling and that means that I'm very happy because you did so well with so little help. You did a good job." "Thanks mom!"

## Go Make A Difference

### Project M.A.D. was here....

Project M.A.D. is a group of grade 7 and 8 students from St. Francis Community School who are **Making A Difference** in our community!!! Throughout the school year Project M.A.D. is volunteering at numerous community organizations, helping out within the neighbourhood and each day doing something to make the world a better place!!!



*On April 17th, four students from St. Francis Community School came by with coffee and donuts. They told us of their school Project M.A.D. **Making a Difference** in the community. They wanted to show their appreciation by offering us a coffee break. It couldn't have come at a better time. The night before was the summer program registration and in order to have registration night go smoothly each of us had worked a 12 hour day. Thanks for making a difference in our day!!*

...finding colour in the **spectrum**