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April 2016

Volume 4, Issue 8

# Autism Agenda



## Linn Benton Lincoln ESD-Cascade Regional Autism Program

### Did you know April is Autism Awareness Month?

#### Have you ever attended an Autism Event?

On November 1, 2007 the United Nations signed and declared April 2nd as the World Autism Awareness Day. Around the world on April 2nd you will find an array of events supporting, teaching, fundraising and raising awareness of autism. This year LBL-ESD and Cascade Regional Autism Staff will be joining the United Nations by holding the **First Annual Autism Resource Event "Knowledge Builds Hope" on April 8th from 4-7pm in the LBL-ESD conference rooms.**

When I first began working as an autism consultant I enquired if the ESD had ever held or participated in an Autism Event. They had not, but there were thoughts of doing something. This fall I decided to make it my personal professional goal to lead and organize an autism event. In the beginning my thoughts of the event were very big and broad, but with the help to the support of my amazing co-workers they became small and focused. The next task was to determine what kind of event I was going to take on. I spoke with several staff members from a variety of districts and came to the conclusion that there was a great need to help families of /and individuals with autism learn of the many community resources available to them.

"Knowledge Builds Hope" is an autism resource event that will offer everyone an opportunity to see community resources that are available to support individuals with autism. There will be a variety of organizations that offer social skills, physical therapy options, dental hygienists, support groups, Developmental Disabilities, Vocational Rehabilitation, transition options and more.

It is my hope that as we educate individuals, families and the community about autism and broaden their knowledge that acceptance of individuals with autism will grow. The Autism Society states "Let's embrace a new perspective. Let's expand this work to focus on the rest of us – ensuring acceptance and inclusion in schools and communities that results in true appreciation of the unique aspects of all people. We want to get one step closer to a society where those with ASDs are truly valued for their unique talents and gifts."

Please join me and The Autism Society in supporting individuals with autism reach their full potential. We hope to see you on April 8th from 4-7pm at the LBL-ESD conference rooms for our First Annual Autism Resource Event "Knowledge Builds Hope".

-Michelle Neilson, Autism Consultant

## FIRST ANNUAL AUTISM RESOURCE EVENT



Linn Benton Lincoln ESD and Cascade Regional Program Autism Staff  
Invite you to our First Annual Autism Resource Event



# “Knowledge Builds Hope”

April 8, 2016

4:00-7:00PM

Linn Benton Lincoln ESD  
905 4th Ave SE  
Albany, OR 97321

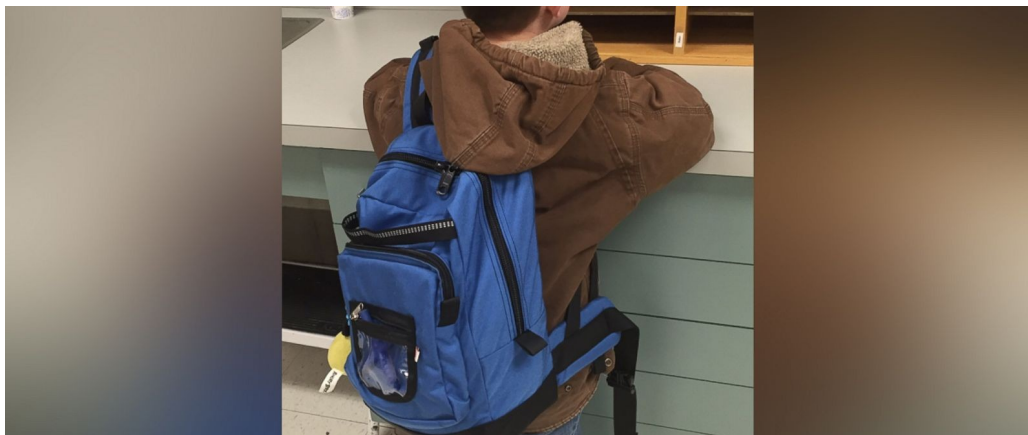
This event will offer you an opportunity to see community resources that are available to support individuals with autism.

**We will have a variety of organizations that offer social skills, physical therapy options, dental hygienists, support groups, Developmental Disabilities, Vocational Rehabilitation, and more.**

If you have any questions please contact: Michelle Neilson 541-812-2678 or [michelle.neilson@lblead.k12.or.us](mailto:michelle.neilson@lblead.k12.or.us)

# Six College Students Create Backpack to Help Students on Autism Spectrum

By Joi-Marie Mckenzie



Students who are on the [autism](#) spectrum have unique challenges in school, but a new backpack may help them excel in and out of the classroom.

It's called the [Nesel Pack](#) and it was created by six University of Minnesota students, who were taking a yearlong class titled "Entrepreneurship in Action," according to Nesel Pack CEO and graduating senior Martha Pietruszewski.

"This guy on my team named Will [Radke] and his family are a foster family, living in Milwaukee. He saw lots of students with autism and other learning disabilities and we sort of came up with this idea," the 22-year-old told ABC News when describing the inspiration behind the backpack. "We thought something as simple as a backpack would be beneficial because they could bring that to school and be comfortable."

The Nesel Pack is different from ordinary backpacks. It features straps that mimic a person hugging a student, along with pouches for electronics and weights. The backpack also has clips for any sensory tools a student on the spectrum might need along with a slot for a name card so the student can be easily identified if needed.

"We designed it with students on the spectrum in mind," Pietruszewski explained, adding that her team interviewed more than 100 parents. "We really wanted to cater to the [students] on the sensory-processing side of the spectrum."

According to autism advocacy organization [Autism Speaks](#), children with autism often have a hard time "processing sensory information." For example, for a student on the spectrum the fluorescent lights in a classroom may appear so bright it's excruciating. Along with hugging, weighted items such as vests and blankets often soothe a student, according to Autism Speaks, which has a list of similar products on its [website](#).

Pietruszewski said the backpacks were tested by 10 students who wore them for a day and additional testing is forthcoming.

*Continued on page 3*

## NESEL PACK CONTINUED....

Occupational therapist and board certified behavior analyst Lydia Brodegard, who works with students on the spectrum in West Virginia public schools, said the Nesel Pack "could be beneficial" for students on the spectrum.

Especially since the students that she works with often don't take off their backpacks during the school day "because of their poor organizational skills." She added, "They won't use a locker so they carry a backpack more often. But every child is different."

Brodegard pointed to the backpack's weight feature and the hugging straps that could provide the most benefit for students with autism.

"Deep pressure can actually target a multitude of areas," she told ABC News. "It can also help improve poor attention [and] self-stimulatory behaviors."

"It increases their arousal level, and helps sustain their attention in the classroom," she added.

Brodegard does have one warning for parents considering purchasing the Nesel Pack: "Make sure you consult an occupational therapist or someone who is good with sensory issues. When you do any kind of weighted devices you need to be careful.

"The ratio of added weights should not be more than 5 percent of the student's body weight," she said.

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The six students -- Pietruszewski, Radke, Larry Lorbiecki, Cole McCloskey, Jake Portra, and Rose Altianas -- partnered with Fraser, an experienced autism services provider in their state, to bring the Nesel Pack to the market. The backpack is available in one color, blue, and costs \$115.





### My three daughters are autistic. I despise Autism Awareness Month. Autism shouldn't be celebrated.

Today, you'll be seeing a lot of blue: World monuments will be [cast in blue lights](#), your co-workers will be wearing [blue clothes](#), and companies will be hawking [blue products](#). Why? April 2 is World Autism Awareness Day, when advocacy group Autism Speaks "celebrates" its international [Light It Up Blue Campaign](#). But while you'll be seeing blue everywhere, I'll be seeing RED. The feel-good frippery of Light It Up Blue cloaks an often debilitating disorder in an air of festivity, with balloons, sparkling lights and [pep rallies](#). The campaign implies autism is a party, rather than a crisis. For families living with autism, reality is far more sober, and their needs extend far beyond "awareness."

I dread April, which has been designated as Autism Awareness Month. As mom to three young women with autism – ages 20, 18 and 14 – I eat, sleep and live autism every day. My youngest daughter, Bella, can't speak a word and was abused on a school bus, leading to a criminal case. My oldest, Mia, [had hundreds of grand mal seizures](#) a year from ages 6 to 10. My middle child is wracked with anxiety. For all three, I have to cut their food, tend to their monthly feminine needs, and bathe them. They will need that daily living assistance forever; when I die, a stranger will have to do those things for them. That is why I bristle at the festive tone of April, the suggestion that the circumstances of my daughters' existences are to be celebrated. For me, this should be a month of solemn acknowledgement and education about a global crisis.

Yet, Autism Speaks talks about World Autism Awareness Day as an event that "celebrates the unique talents and skills of persons with autism." I'm all for honoring the achievements of people with autism, but the term "unique talents and skills" hardly connotes a global crisis. That's the tone increasingly used in conversations about this disorder. Some advocates suggest autism is [advantageous](#) – even [a gift](#). Before [backtracking](#) on his comments last year, Jerry Seinfeld said he believed he was on the autism spectrum, casting it not as a disorder, but "[an alternative mindset](#)." It [made me angrier](#) than the Soup Nazi.

Let's be clear: Autism is no walk in the park for those who have it, nor for their loved ones. The [National Autism Association](#), the leader in autism safety information, reports that 48 percent of autistic children wander or run away from a safe environment, a rate nearly four times higher than their non-autistic siblings. Accidental drowning accounts for about 91 percent of deaths of autistic children under 14 years old after those wanderings. These children also face horrific bullying and teasing. For instance, an Ohio high school student with Asperger's Syndrome, a type of autism, was the victim of an Ice Bucket Challenge "prank" (really, [an assault](#)) last year when three teens dumped a mixture of urine, tobacco and spit on his head. Even after high school, young adults with autism face a bleak quality of life, with lower employment rates than those with other disabilities. [One study](#) found that just 35 percent of autistic young adults had attended college and just 55 percent had been employed during their first six years after high school.

I understand the impetus to raise awareness about autism. Much of the world does not think about autism 24-7 – at least not yet. Today, about one in 68 children is diagnosed with autism spectrum disorder, [a sharp increase](#) from the autism rate just a decade ago. It is the fastest growing developmental disorder, and [MIT scientist Stephanie Seneff](#) predicts half of children born in 2025 will be autistic. Certainly, a disorder so common deserves at least a month dedicated to educating people about its effects and raising money for critical social programs that can make autistic people's lives happier, healthier and safer.

But illuminating the Eiffel Tower in blue does more to promote an organization than to improve the lives of autistic people and their caretakers. Celebrating talents does little to educate the public on the intense challenges of the diagnosis and the tough aspects of living with the disability. What the autism community needs isn't a party, but a sense of urgency and true crisis. They need advocates committed not only to getting them the acceptance they deserve, but also the critical help they require to survive, in the form of social programs, education, safety and employment opportunities.

If you're compelled to contribute to Autism Awareness Month, I suggest you make a donation to a local organization that is actively helping families in your area. Instead of attending pep rallies and wearing blue bracelets, give to [an organization that provides service dogs](#) for autistic children or [volunteer as an autism buddy](#). If your child has a classmate on the spectrum, invite that classmate to your child's next birthday party. You know that cashier at the grocery store who doesn't look at you as she takes care of your order? Smile at her, even if she does not smile back. The best way we can support Autism Awareness Month is to turn it into Autism Action Month. People with autism deserve a bright – not just a blue – future.

By [Kim Stagliano](#) April 2, 2015

Kim Stagliano [has authored](#) a novel and two books on parenting daughters with autism. She is managing editor of

[Age of Autism](#). <https://www.washingtonpost.com/posteverything/wp/2015/04/02/my-three-daughters-are-autistic-i-despise-autism-awareness-month/>



It was an early Spring morning a few years back and I stood talking to one of my girlfriends as she pushed her son on the swing at a local park. We were enjoying the warmer weather and chatting about her son's autism diagnosis and the progress he had made with ABA therapy. Kelly was so ecstatic that her son was speaking! When he began ABA therapy 3 months earlier he had not yet spoken one word (he was 3 years old). Kelly and her husband fought to find a way to provide ABA therapy for 20 hours a week, draining their savings account and spending nights awake with worry.

After three months of intensive ABA therapy Jonas was finally speaking in sentences! Kelly was overjoyed and couldn't help laughing at the funny things he would sometimes say when getting new words or phrases confused. She knew that there was still a long road ahead, but the fact that Jonas was speaking was a huge accomplishment! My own son happened to be the same age as Jonas, and Kelly and I would often laugh at their mischievousness together. I attempted to relate to Kelly's worries about Jonas' future.

"I know, I'm worried about Landen in pre-k this year too..." I relayed. "He is already fluently reading picture books and I'm just so afraid he is going to get bored and act out!"

I saw Kelly's eyes well up with tears and I immediately knew that I had said something awful. My sweet friend was just enjoying the excitement of her son's novel conversation skills and I had to insert a "humble-brag" about my typical child's fluent reading as if it were a problem. I zipped my loud mouth shut and prayed to the good Lord that Kelly would still be my friend after today. Luckily, Kelly is one of the sweetest ladies I have ever met and she made a quick joke and changed the subject.

Autism is the fastest growing developmental disability in the United States. Alabama has one of the highest rates of autism in the United States. For this reason, I know I'm not the only mom out there who has unintentionally made a social faux pas (and I work in the field!). In a study published in the Journal of Autism and Developmental Disabilities, researchers found that mothers of children and adults with autism experience chronic stress comparable to combat soldiers and struggle with frequent fatigue and work interruptions. COMBAT SOLDIERS!! (you can read more about the study [here](#)).

Below, we outline some easy ways to interact with your friends and family members who are raising a child with special needs. These are simple yet extremely meaningful ways to help out without having to spend a dime.

Continued on page 7

### MY FRIENDS HAVE A CHILD WITH AUTISM – WHAT SHOULD I BE AWARE OF?

As parents, we all face struggles with our own children. Some struggles that parents of children with autism face are:

- Missing excessive days of work due to their child's health related issues
- Not having access to respite care or a babysitter that can watch their child while they go out. In short-lack of a social life.
- Increased pressure on their marriage, not enough time to spend together alone, or too many demands, disagreements about treatments, financial stress, etc.
- Having to take their teenage boy into the public women's restroom because he is not yet independent in toileting
- Missing out on important things such as your child telling you that he/she loves you, wanting to be held or cuddled, or even giving a hug
- Having to give up a career, sell a house, or even move to another state in order to find and provide quality treatment for their child

### I 7 WAYS TO MAKE A DIFFERENCE

1. Offer to watch their child for an evening.
2. Teach your own children how to use PECS or sign language so that they may communicate and socialize with their peers that have autism.
3. Join a social skills group with your child or sign your child up to be a peer buddy at school- they are usually looking for typical peers.
4. Offer support and friendship without judgment! If your friend has a different way of interacting or disciplining her child with special needs, ask before you judge. There is most likely a very good and well-educated reason for what she is or is not doing. Also, just talking as a friend can make an incredible difference in someone's day. When your life is consumed with doctor's appointments and therapy sessions, having a simple conversation with a friend is often and unfortunately rare.
5. Encourage tolerance in your own children. Educate them about autism and other developmental disabilities and teach them to have hearts filled with empathy.
6. Keep the dialogue open. Show interest in your friends and their child's diagnosis. Don't be afraid to ask questions and educate yourself. Most parents of special needs children have become experts on disabilities and teaching strategies, and can offer great advice! Start today by asking questions such as, "What is your biggest struggle as a parent? Are there simple ways I can help you or your child? What is one thing you would like everyone to know about your child?"
7. Remember the new golden rule: "How you make others feel about themselves says a lot about you". Parenting is difficult. It's joyous. It's tiring. It's a wonderful gift. Let's encourage and uplift each other, especially those who may need a little extra support. We never know when the tables may turn and we need some empathy and support ourselves.

### I BONUS WAY TO SHOW SUPPORT

**Walk.** Show your solidarity for the cause by participating in one of several area walks/runs happening soon. Get more details and register a team by visiting [this website](#).

## LOCAL SUPPORT OF AUTISM

### LIGHT IT UP BLUE - AUTISM AWARENESS

*WHY IS THE MU BLUE?  
SHINE A LIGHT ON AUTISM*



#### OSU Memorial Union turns BLUE

On Monday, April 2, 2012 the Oregon State University Memorial Union will join over 150 other universities and 2000 landmark across the globe. The Light It Up Blue project is in commemoration of World Autism Awareness Day.

[Autism Speaks U handout](#)

[Light It Up Blue project website](#)

**Definition:** Autism spectrum disorder (ASD) is a range of complex neurodevelopment disorders, characterized by social impairments, communication difficulties, and restricted, repetitive, and stereotyped patterns of behavior. Autistic disorder, sometimes called autism or classical ASD, is the most severe form of ASD, while other conditions along the spectrum include a milder form known as Asperger syndrome, the rare condition called Rett syndrome, and childhood disintegrative disorder and pervasive developmental disorder not otherwise specified (usually referred to as PDD-NOS). Although ASD varies significantly in character and severity, it occurs in all ethnic and socioeconomic groups and affects every age group. Experts estimate that three to six children out of every 1,000 will have ASD. Males are four times more likely to have ASD than females. [Clearing the Fog About Autism](#)

#### Statistics:

- The national average is a little less than 1% or 1/110 children are diagnosed on the spectrum.
- It is estimated that between 1 in 80 and 1 in 240 people with an average of 1 in 110 children in the United States have an ASD.
- Based on information available to date, autism spectrum conditions are 4-5 more likely to occur in boys than in girls.
- One percent of the world's population or 67 million people are affected with some form of ASD.

Oregon ranks number 2 in the nation in percent of population with ASD. In Oregon, one in 77 have some form of ASD.





SAVE THE DATE

MAY 18, 2016

**SPROUT FILM FESTIVAL**

Majestic Theatre | 115 SW 2nd St. Corvallis, OR  
— FREE SCREENINGS AT 4PM & 7PM —

ARTISTIC AND MEMORABLE FILMS FEATURING PEOPLE WITH  
INTELLECTUAL AND DEVELOPMENTAL DISABILITIES.

Presented by Home Life and partner agencies

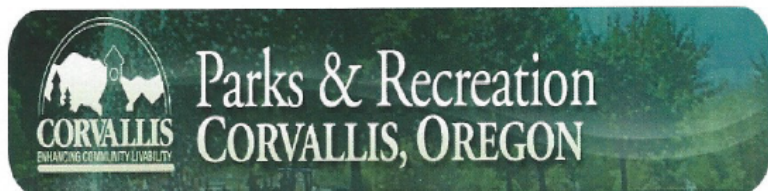
[WWW.HOMELIFEINC.ORG](http://WWW.HOMELIFEINC.ORG)

## AUTISM APPS

April is Autism Acceptance Month, with April 2 declared Worldwide Autism Awareness Day by the United Nations. To celebrate, oodles of developers kindly set their apps to free or reduce their prices for a limited time during the month. Sign up to receive our [FREE APP ALERT](#) and keep checking the website every day to see what new apps have been added.



## SUMMER CAMPS CONTINUED...



### BRICKS 4 KIDZ®

SUMMER CAMPS 2016 OSBORN AQUATIC CTR.  
AGES 6-12 , FREE BRICKS 4 KIDZ T-SHIRT OR  
CINCH BAG AND A CUSTOM MINI FIG .



**"MINING AND CRAFTING" (JUNE 20 – JUNE 24) 9:30am – 12:30pm** Minecraft is a game about placing blocks to build anything you can imagine. At night monsters come out, make sure to build a shelter before that happens. Experience the world of Minecraft with LEGO® bricks in this fun camp. Kids will start by crafting their shelters and some of the mobs, critters and tools using LEGO® bricks. Students will face new challenges each day, building models and crafting key elements from the popular Minecraft game.

**"GALAXY FAR AWAY" (JUNE 27 – JULY 1) 9:30am – 12:30pm** Join us on an adventurous journey through space! Build the Redstone Rocket to blast through the atmosphere into a realm that is truly out of this world. Travel back in time to build NASA's Gemini Capsule. Trust your astronaut's building skills to pilot a spacecraft that will bring you back to Earth safely. We'll build motorized models that represent spacecraft from your favorite popular space movie. Come experience this stellar journey to a galaxy far away.

**"REMOTE CONTROL MANIA" (JULY 18 – JULY 22) 9:30am – 12:30pm** Making it move is the name of the game at this exciting camp! Kids will love to see their creations in motion using LEGO® wireless remote controls. Each day, campers will use fascinating and challenging LEGO® components to create dynamic vehicles, inventions, machines and more. As they enjoy the fun of building, campers will understand the basic working principles of many ingenious devices that are part of our everyday lives. Campers will also learn how to magnify, diminish and redirect force to move objects at different speeds and in different directions. This camp is loads of fun and learning for budding builders.

### **"WORLD OF AMUSEMENTS" (JULY 25 - JULY 29 ) 9:30am -12:30pm**

"Worlds of Amusement" camp takes you on a thrilling adventure building amusement park themed models. Spend time visiting the Wizard World by building your favorite wizard and his magical owl! Build and give your despicable yellow movie characters a thrilling roller coaster ride! Get your amusement park ticket stamped as you turn games, food, rides and attractions into exciting model builds! All this and more awaits at Bricks 4 Kidz Worlds of Amusement Camp!

### **"MODEL DESIGNER CAMP" (AUG 8 – AUG 12) 9:30am -12:30pm**

How do LEGO® brick model-designers come up with their ideas? Where do they begin, and how do the ideas go from concept to completion? This camp will explore the creative process of model design. Campers will learn the function of different LEGO® components and discover how those components can work together to create all kinds of solid structures and moving parts. At the completion of the camp, each child will have the opportunity to present his or her own design.

### **"ANGRY BIRDIES / BAD PIGLETS CAMP (AUG 22 – 26) 9:30am – 12:30pm**

Enter into the world of Angry Birds® and Bad Piggies®...the Bricks 4 Kidz way! Campers will be challenged to physically build and destroy a level from the popular game of Angry Birds. Set your birds to flight by launching them on catapults and slingshots to destroy pigs. Build a working launcher to create things to knock down. Campers will have the ability to build different colored birds using LEGO® Bricks, along with our proprietary model kits.

**PLEASE REGISTER ONLINE OR CALL 766-6918 CORVALLIS PARKS AND RECREATION.**



## SUMMER CAMPS CONTINUED...

We **Learn.** We **Build.** We **Play.**



### JUNE 27 - 30 **"Galaxy Far Away"** AGES 6 - 12

Experience the world of space and science fiction adventure the Bricks 4 Kidz way! We'll explore the Science & Engineering behind Star Wars ... with LEGO® bricks! From Spaceships to Speeders and Droids to Alien life, each class will feature a different science or engineering lesson followed by a mechanized or motorized Technic model of the day — moving and grooving parts. Some classes will also focus on different LEGO building techniques such as mosaics and sculptures. And we end every class with time for creative play ... the kids always enjoy the extra opportunity to modify their "model of the day" or create something new with the giant piles of LEGO Bricks we bring. Are you ready to explore a galaxy far away the Bricks 4 Kidz way?

### JULY 11 - 14 **" Remote Control Mania"**

Making it move is the name of the game at this exciting camp! Kids will love to see their creations in motion using LEGO® wireless remote controls. Each day, campers will use fascinating and challenging LEGO® components to create dynamic vehicles, inventions, machines and more. As they enjoy the fun of building, campers will understand the basic working principles of many ingenious devices that are part of our everyday lives. Campers will also learn how to magnify, diminish and redirect force to move objects at different speeds and in different directions. This camp is loads of fun and learning for budding builders.

### AUGUST 15 -18 **"Mining and Crafting 2"**

Steve is jumping for joy as he introduces the newest members of his Minecraft® world. Whether or not your child has attended our first camp, reward them with the creativity and excitement this new camp has to offer. Campers will be challenged to bring their virtual designs to life by building new mob figures, mosaics and custom models, incorporating LEGO® Bricks. So, are you ready for the challenge?

CAMP SCHEDULE : \$ 175 PER WEEK 9am- 4pm Mon.- Thurs.

9am - 12pm : BRICKS 4 KIDZ® CAMPS

12pm - 4pm : LUNCH, BOUNCE, MINI GOLF, GAME TABLES, AND A KARAOKE MACHINE IF YOU FEEL THE NEED TO SING !

PLEASE PACK A LUNCH AND A SNACK FOR YOUR CAMPER.

PICK UP DAILY IS PROMPTLY AT 4PM.

ALL CAMPERS WILL RECEIVE A CUSTOM MINIFIG AND A G2 FUN ZONE FRISBEE DISC AT THE END OF CAMP.

PLEASE REGISTER @

[www.brick4kidz.com/363](http://www.brick4kidz.com/363)

LEGO® is a registered trademark of the LEGO® Group of companies which does not sponsor, authorize or endorse these programs.

## SUMMER CAMPS CONTINUED...

We **Learn.** We **Build.** We **Play.**



### SIGN UP FOR A **BRICKS 4 KIDZ** SUMMER CAMP

**A Pirate's Quest** ( July 5-8 ) 9am - 12pm \$ 150.00

AGES 6 - 12

Shiver me timbers as we explore the popular culture behind the life of a pirate. Build a motorized pirate ship, a capstan, a helm and an anchor, as we batten down the hatches and prepare for mutiny. Protect the hands on deck by building a launching trebuchet. Beware me mate's, if it's too late, you must abandon ship and build a rowboat to escape. Anchors aweigh!

**Mining and Crafting** ( July 25-28 ) 1:30 pm - 4:30 pm \$ 150.00

Minecraft is a game about placing blocks to build anything you can imagine. At night monsters come out, make sure to build a shelter before that happens. Experience the world of Minecraft with LEGO® bricks in this fun camp. Kids will start by crafting their shelters and some of the mobs, critters and tools using LEGO® bricks. Students will face new challenges each day, building models and crafting key elements from the popular Minecraft game.

**A Galaxy Far Away** ( Aug. 1 - 4 ) 9am - 12pm \$ 150.00

Join us on an adventurous journey through space! Build the Redstone Rocket to blast through the atmosphere into a realm that is truly out of this world. Travel back in time to build NASA's Gemini Capsule. Trust your astronaut's building skills to pilot a spacecraft that will bring you back to Earth safely. We'll build motorized models that represent spacecraft from your favorite popular space movie. Come experience this stellar journey to a galaxy far away!

**Mash Up Camp** ( Aug. 8 - 11 ) 1:30pm - 4:30pm \$ 150.00

Can't pick just one of the dozens of fun and unique Bricks 4 Kidz® themes to participate in? No problem, we've got you covered in our Bricks 4 Kidz® Mash-Up camp. We'll have all kinds of building options from each of our most popular camps: Minecraft, Super Heroes, Minions, Pokemon, Angry Birds, Ninjas and more! Each day with be something NEW! Don't miss this special camp offering.



Toys, books, and gear for babies and children

**GEARED FOR FUN!**

Corvallis/ Albany  
clugo@bricks4kidz.com

[www.brick4kidz.com/363](http://www.brick4kidz.com/363)

PLEASE VISIT WEBSITE TO REGISTER



541-760-7750

[www.brick4kidz.com/363](http://www.brick4kidz.com/363)



# AUTISM in INDIAN COUNTRY

## Me Too: Sibling Support Group

☀️ Fun Activities ☀️ Native American Games and Culture ☀️ Snacks

This group gives brothers and sisters of children on the autism spectrum, or **ANY DISABILITY**, the chance to have fun together while receiving peer support, discussing (share) their sibling relationship and exploring the gifts and challenges of having a sibling with special needs.

April Craft:  
Chokers with  
Bone and  
Glass Beads.

**First Saturdays, 1:00 - 3:00 p.m**

**April 2, June 4 East Portland Community Center**  
740 SE 106th Ave. Portland, OR 97216

**May 7 Mt.Scott Community Center**  
5530 SE 72nd Ave. Portland, OR 97206

**For: Ages 8 and up, who have a sibling with ANY  
DISABILITY OR SPECIAL NEEDS**

**Registration is required.** To register, or for more  
information, please contact ASO at (503) 636-1676  
or [info@AutismSocietyOregon.org](mailto:info@AutismSocietyOregon.org).

**FREE**



Facilitated by Clifton and Christine Bruno have worked with youth and family programs for over 20 years. They have 4 adult sons, 3 which are in the autism spectrum. In 2003 the Brunos with Ed and Carol Edmo started the Native American Parent Support in Portland, Oregon and then founded The National Indian Parent Information Center. Both provide training and information to those parenting special needs children. The Brunos are Trainers of Positive Indian Parenting (National Indian Child Welfare Association), Expanding the Circle: Youth Transitioning (University of Minnesota), and Indigenous Games. Clifton is a Wasco Tribal member, cultural presenter, and Traditional Salmon Baker, Men's Talking Circle Facilitator. Christine's heritage is Basque, Comanche and Irish. Degrees in Mental Health and Human Services and Social Work.

 **AUTISM SOCIETY**  
Improving the Lives of All Affected by Autism  
[www.AutismSocietyOregon.org](http://www.AutismSocietyOregon.org) Oregon



National Indian Parent  
Information Center  
[www.NIPIC.org](http://www.NIPIC.org)

### Best Videos on You Tube to Help Others Understand Autism

#### For Everybody

**Teach Me About Autism:** <http://www.teachmeaboutautism.com/>

This website has current, simply-explained information about autism, embedding video clips to further enhance kids' understanding of what it is like to have autism. The information is presented in two different formats to meet the needs of different ages. There is also a section for parents and caregivers.

#### For Teachers, Parents and Other Adults

**Temple Grandin – Ingenious Minds:** <https://www.youtube.com/watch?v=-j5bIYuVGDw> (9:47)

This video explains autism and explores the neural connections of the autistic brain by imaging Temple Grandin's brain. Temple Grandin is a world-renowned autism spokesperson and livestock consultant. Also check out her TED Talk: <https://www.youtube.com/watch?v=eGGpzEylDq8>

**Real Look Autism:** <https://www.youtube.com/watch?v=riS53sCbLfo> (3:37)

By using a real-life example of an elementary student with autism, viewers better understand the anxiety people with autism feel and are shown examples of school interventions that help. First video in a 13-part series that explores other issues such as play, community outings, and feeding.

**Understanding Autism: A Guide for Secondary School Teachers:** <https://www.youtube.com/watch?v=4yAAOI6JUsM> (18:33)

First video in a 4-part series for high school teachers. Explains autism and presents effective accommodations and strategies.

#### For Typically-Developing Kids

**What Are You Doing?:** <https://www.youtube.com/watch?v=rguyTZeeQv8> (3:35)

This short Australian film explains autism and promotes empathy through animations, factual information, effective analogies and hearing the perspectives of actual students with ASD. Appropriate for grades 3 and up.

**What's Up with Nick?:** <https://www.youtube.com/watch?v=mtRYKjucDHk> (2:52)

Appropriate for elementary-age students.

**A Teen's Guide to Autism:** <https://www.youtube.com/watch?v=p9-II9CKISg> (14:23)

# I Light It Up Blue

(Location)

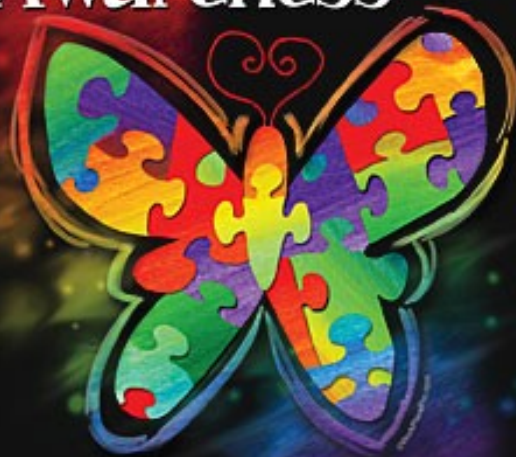
For Everyone with Autism!



**AUTISM SPEAKS®**  
**#LIUB**



**Autism  
Awareness**



**Transform a Life**



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## VISUALS

# How I Feel

happy



sad



mad



sick



sleepy



hungry



worried



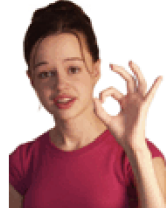
frustrated



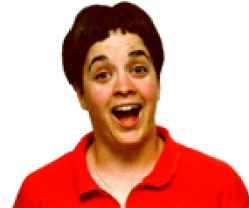
silly



okay



surprised



afraid



[www.livespeaklove.com](http://www.livespeaklove.com)