



Autism Family Network

August 2021

www.AutismFamilyNetwork.org

autismfamilynetworklincoln@gmail.com

402-421-0874

Calendar of Events

August 1st- Space Jam movie @ East Park Theaters 1:00pm

August 7th- Special Needs Swim Night @ Star City Shores 630-8pm

August 13th- AFN night workout with Sedric Ashley

August 19th- Educational Event: Special Needs and Trust Presentation 630pm-8pm @ NASB building

August 28th- Fishing Clinic

September 19th- Husker Heroes, registration begins August 15th

Who: Autism Family Network

What: Movie Day: Space Jam 2

When: August 1st at 1:00pm

Where: East Park Theaters

220 North 66th Street Lincoln, NE 68505



RSVP Required: Autismfamilynetworklincoln@gmail.com

Please RSVP by July 19th 2021



Who: AFN Families and Friends

What: Educational Event

**Julianne Spatz will present on Special Needs Trusts and
Conservatorships**

When: August 19th 2021 from 6:30pm-8:00pm

Where: NASB Office

1311 Stockwell Street Lincoln, NE 68502



RSVP Required:

Autismfamilynetworklincoln@gmail.com

Snacks will be provided



**Free Sensory Friendly
Swim Nights
at Star City Shores**

**Join us on
August 7th
6:30-8:00pm**

**Space is limited. Please Register at
onecoalition.weebly.com/swim-party**

Beastmode 24/7 Training Company is a new fitness gym opening June 2nd 2021 located at 733 Hill Street Suite B Lincoln, NE 68502. Beast mode is the moto that gym owner Sedric Ashley lives by and he is committed to help you achieve your goals in fitness and nutrition.

Sedric Ashley has an education in health science and multiple certifications as a personal trainer and kickboxing instructor. He specializes in core training, functional fitness and sport specific conditioning. He also has provided coaching for strength and stability training for sports and optimal athletic performance. He has grown his expertise to include kickboxing and fitness classes for youth and special needs individuals.

Sedric has a passion for helping individuals achieve their goals in overall wellness by using their unique strengths to address individual challenges and reach their full potential. He will work with each individual to identify his or her goals and identify why these goals are important. Overall, it is about each individual accepting where they are and having fun learning proper techniques to help them achieve their goals. Sedric is a kid at heart and builds great rapport with the individuals he coaches.

One of Sedric's passions is working with individuals with special needs here in the community he works closely with Autism Family Network to provide special ability classes for individuals to join in the fun and workout with peers.

Starting June 2nd 2021 multiple class options will be available:

Kickboxing and Strength Training classes offered Monday-Saturday at 5:30am, 4:30pm and 6:00pm (Friday's will be 5:30am and 4:30pm only and Saturday will be 8:30am only)

Youth Kickboxing and Conditioning classes offered on Saturdays at 10:00am

Special Ability Fitness Classes offered on Monday, Wednesday, Friday and Saturday at 11:00am (\$30 monthly cost)

Personal Training is also available

If you have any questions please call 402-802-4870 or email: beastmode247training@gmail.com



BEASTMODE24/7 TRAINING

Be your own beast!

GET FIT TODAY

Sedric Ashley

Join AFN on Friday, August 13 at
6:30pm and try a FREE workout
class tailored for those with
special needs.

beastmode247training@gmail.com



SERVICES

- * Kickboxing
- * Special Needs
- * Strength & Conditioning
- * Speed & Agility
- * Resistance Training
- * Personal Training

Register at
AutismFamilyNetworkLincoln@gmail.com



For more details:

402-802-4870

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733 Hill Street
Lincoln NE

Movies in the Park

Next date: Friday, July 09, 2021 | 09:00 PM to 11:59 PM

Bring lawn chairs, blankets. Movies will begin around 8:45-9:00 p.m. depending on sunset.

In the case of inclement weather the movies will be moved inside the Recreation Center. Social distancing between groups is to be maintained.

Sponsored by Lincoln Parks and Recreation and the Lincoln Parks Foundation.

2021 Schedule

Friday, June 11: “Moana” at Antelope Park Bandshell (1650 Memorial Drive)

Friday, June 18: “Harry and the Henderson’s” at Irving Recreation Center Greenspace (2010 Van Dorn)

Friday, June 25: “The Croods: A New Age” at Air Park Recreation Center Greenspace (3720 NW 46th)

Friday, July 9: “Tom and Jerry” at Antelope Park Bandshell (1650 Memorial Drive)

Friday, July 23: “Raya and the Last Dragon” at Belmont Recreation Center Playground (1234 Judson)

Tuesday, August 3: “Dolittle” at Calvert Recreation Center Greenspace (4500 Stockwell)

Friday, August 6: “Coco” at F Street Community Center Turf (1225 F Street)

Friday, August 13: “Little Giants” at Antelope Park Bandshell (1650 Memorial Drive)

This is a free event for families

Contact Lincoln Parks and Recreation @ 402-441-7847 for more information

**NEBRASKA
WALLEYE
ASSOCIATION KIDS
FISHING CLINICS
CHARITY, INC.**



Nebraska
Game & Parks
Commission



Autism Family Network

FISHING IS FUN! SPECIAL KIDS-LINCOLN

WHEN: AUGUST 28, 2021

WHERE: HOLMES LAKE – SHELTER #1

For Youth and Young Adult. Parent or guardian must attend.

MASKS RECOMMENDED

TIME: 11:30 AM CHECK-IN - MEAL

Sign up by August 27th or the first 50 registered

Email: autismfamilynetworklincoln@gmail.com

Phone: 402-421-0874 Questions

Cathy Martinez

Sign up early and bring waiver form completed. Printable form at

www.nebraskawalleye.com and click on Fishing is Fun!

This is a special clinic for special youth and young adults and their siblings that need a smaller and more hands on experience at fishing. The Nebraska Walleye Association Kids Fishing Clinics Charity, Inc. puts these clinics on all over the state of Nebraska. This year we are partnering with AFN. We've made this clinic smaller in size to give special youth and young adults a chance to tryout fishing. No rods or reels are needed. We will provide hot dogs, chips and drink for meal. Fishing is Fun! will provide instructional training, fishing gear, bait and assistance with fishing. All that you need are your children and a lawn chair. Brothers and sisters are welcome but please sign them up at the same time. We will check the kids in starting at 11:15 AM at HOLMES LAKE SHELTER #1. Clinic will start at noon.

H U S K E R H E R O E S

A TIME FOR INDIVIDUALS WITH DISABILITIES AND THEIR FAMILIES TO HANG OUT WITH HUSKER ATHLETES FROM ALL SPORTS. ALL AGES AND ABILITIES WELCOME!

SUNDAY, SEPTEMBER 19, 2021

5:00-6:30 PM

MEMORIAL STADIUM

USE GATE 11 TO ENTER (NORTHWEST CORNER)
PARKING AVAILABLE IN NORTH STADIUM PARKING LOT



REGISTRATION IS REQUIRED, SPACE IS LIMITED!

Registration will open at oncoalition.weebly.com on August 15th and will close Sept 12th or when the event reaches capacity.

Questions? Email: huskerheroes@gmail.com

PROUD ONE COALITION ORGANIZATIONS:

ARC OF LINCOLN * AUTISM CENTER OF NEBRASKA
AUTISM FAMILY NETWORK * AUTISM SOCIETY OF NEBRASKA
DOWN SYNDROME ADVOCATES IN ACTION NEBRASKA *
DOWN SYNDROME ASSOCIATION FOR FAMILIES *
HORSES FOR HEALING * NEBRASKA SPINA BIFIDA * UNITED CEREBRAL
PALSY OF NEBRASKA * 10/11 CARES

Project Lifesaver

Lincoln has a resource for people who are prone to wandering. The Autism Family Network has launched "Project Lifesaver" as of October 1.



Project Lifesaver is a battery operated band that a child or adult can wear. If the person is reported missing, a search and rescue team from the Lincoln Police Department and Lancaster County Sheriff's Department will respond with a tracking system.

Citizens enrolled in Project Lifesaver wear a small transmitter on the wrist or ankle that emits an individualized frequency signal. If an enrolled client goes missing, the caregiver notifies 911, and a trained emergency team responds to the wanderer's area. The first responders will then use the client's individualized frequency to locate the position of the individual. The knowledge given from the community policing courses is best applied in this situation because the first responders will know how to best approach the client once found, and allow them to be brought back to safety.

Now, anyone can contact the Autism Family Network to sign up and be part of the program. The Project Lifesaver bracelet comes at a cost of \$300. Families can also choose to Pay As You Go and pay \$20 a month for 15 months until it's paid off. If families cannot afford either program, there are grants available for qualifying families.



In December 2014, the Achieving a Better Life Experience (ABLE) Act was signed into law authorizing individuals with disabilities to open tax-exempt savings accounts to save for disability-related expenses without impacting eligibility for resource-based benefits. The Act permits individuals with disabilities to save more than a total of \$2,000 in assets (cash, savings, etc.) in their name in a qualified ABLE account.

The ABLE Act provides individuals with disabilities a host of benefits to start saving for the future. For starters, you get to keep your public benefits! And earnings on the money in your account are free from federal and state tax.

Diane K.Stewart

Enable Outreach Specialist

First National Bank

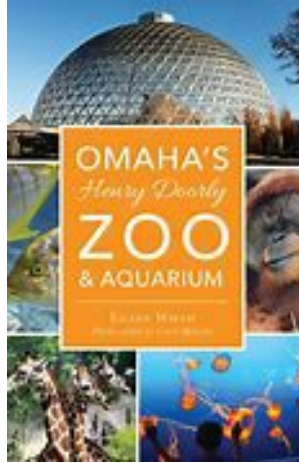
www.EnableSavings.com [\[facebook.com\]](https://www.facebook.com/1.844.ENABLE4) 1.844.ENABLE4 •

📍 1620 Dodge Street • Mail Stop 1105 • Omaha, Nebraska 68197 • 📞 402.602.3596 • 📠 402.938.5200

**Children's Museum
Family Pass Available for
checkout from AFN**



Send us an email to check for availability
autismfamilynetworklincoln@gmail.com



FREE PASS TO THE ZOO

AFN HAS A FREE FAMILY PASS TO OMAHA'S HENRY DOORLY ZOO AND AQUARIUM. THIS PASS MAY BE CHECKED OUT BY FAMILIES WITH SPECIAL NEEDS DURING 2021. PLEASE CONTACT AFN TO FIND OUT IF THE PASS IS AVAILABE AND WHERE YOU CAN PICK IT UP

AustimFamilyNetworkLincoln@gmail.com



Pediatric Therapy

Helping Kids Achieve Their Milestones

As a parent, you want the best for your children and you want to see them grow up to be successful adults with a successful and fulfilling life. At Bryan, we understand that an injury or challenge, either from illness, injury or a condition presented at birth, is unique and requires special care.

Our Areas of Specialty Include:

- Developmental disabilities
- Neurological or chromosomal impairments
- Torticollis
- Autism/PDD
- Speech
- Risks for delays due to prematurity
- Brain injuries
- Feeding
- Sensory dysfunction
- Visual perceptual impairment

The ADRC is a pilot program established by the Nebraska Legislature under LB320 in 2015.

This effort is coordinated by Nebraska's Department of Health and Human Services' State Unit on Aging, through local Area Agencies on Aging, and in partnership with the disability organizations listed to the left.

The Aging and Disability Resource Center is for older Nebraskans (age 60), people with disabilities of all ages, family members, caregivers, and advocates. Local ADRCs provide information, referral, and assistance for accessing community services and long-term care options. Need to know more? Call our toll free number at **(844) 843-6364** to be connected to the closest ADRC.



<http://www.legalaidofnebraska.org>

LEGAL HELP IS OFTEN THE ONLY THING STANDING BETWEEN A LOW-INCOME FAMILY'S EFFORTS TO SEE BETTER DAYS, OR SUFFERING A FALL INTO DEEPER POVERTY.

In everything we do, for everyone in Nebraska: we make equal justice happen.

For more than 50 years, Legal Aid of Nebraska has provided dignity, hope, self-sufficiency and justice through quality civil legal aid. That's the important job of Legal Aid of Nebraska. Legal Aid is a problem solver, standing side by side with low income, diverse Nebraskans – enforcing laws, protecting rights, all the while addressing urgent needs and shining a light on what more could be done.

We offer free legal help to low-income and senior citizen (60+) clients in a full range of civil matters. Our highly experienced and diverse staff is dedicated to helping people preserve and maintain life essentials—income, health, safety, and shelter. Serving all 93 counties of Nebraska, we make equal justice happen.

Connect: Address: 209 S 19th St Suite 200, Omaha, NE 68102

Phone: 402-348-1069

Legal Assistance: 877-250-2016

HORSES FOR HEALING

Equine Therapy & Research Center | Firth, Nebraska

Horses for Healing was formed by a group of horse professionals, parents, teachers and healthcare specialists with the belief that there are people in our community who can benefit from the unique **healing power of horses**.

While our first priority is to serve people, we also place value on providing **evidence-based research** to back the activities our riders engage in.

We are collaborating with colleges and healthcare systems to improve the quality of the research in the benefits of equine therapy.

Phone: 402-730-1176

Email: horsesforhealingne@gmail.com

Facebook: facebook.com/horsesforhealingNE/



Finding out that your child has autism can be overwhelming, and figuring out next steps to take can be a struggle. Behaven Kids offers Autism Services that will work with you to create a therapy program, as individual as your child.

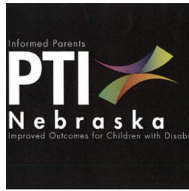
Behaven Kids Lincoln

1145 High Street

Lincoln, NE 68502

Phone 402.423.6464

info@behavenkids.com



PTI Nebraska

A statewide resource for families of children with disabilities or special health care needs, enabling parents to have the capacity to improve the education and healthcare outcomes for their children.

402-346-0525 or 800-284-8520

info@pti-nebraska.org www.pti-nebraska.org

The DD Waiver is a voluntary waiver. It is not a federally mandated program. Therefore, the Nebraska State legislature determines how to fund the waiver. One of the determining criteria for funding is the number of persons on the DD waiver waiting list. People on the waitlist have already met eligibility guidelines and are waiting for services. Eligibility for the DD waiver is not dependent on your family's income.

On behalf of Autism Family Network, I encourage you to apply for the DD waiver. The legislature needs to be aware of the number of people with developmental delays in our state in order to fund the waiver appropriately. There will be a few years of waiting once your name is placed on the list. Don't let this discourage you. Your loved one will have to wait a few years for services regardless if you sign up today or in 5 years from now. Get your loved one's name on the list immediately to decrease the number of years he/she has to wait for services. Some services provided under the waiver include respite, daycare, rehabilitative care, and chore services.

You may request an application by calling DD Services at 471-8501 or go on AccessNebraska at <https://dhhs-access-neb-menu.ne.gov/start/?tl=en>.

Contact the Autism Family Network with any questions you may have regarding the waiver at autismfamilynetworklincoln@gmail.com or at 402-421-0874.