



Autism Family Network

January 2020

www.AutismFamilyNetwork.org

autismfamilynetworklincoln@gmail.com

402-421-0874

Calendar of Events

January 15th-Mellow Mushroom Restaurant Fundraiser Night 5-8:30pm

January 22nd- behavior disorders informational presentation 6:30 1311 Stockwell

January 24th-Villa Marie Dance at the Rococo

January 28th 4-8 pm Urban Air RSVP required

February 14th Valentine's Day Dance St. Mark's church

April 4th- 5th Annual AFN 5k Railyard 9:00am

****email us to reserve the free Lincoln Children's Museum pass,
The Omaha Henry Doorly Pass**

AFN Project Lifesaver hours 6-8pm Tuesdays
6500 Holdrege street

Join us on Facebook! <https://www.facebook.com/AutismFamilyNetwork/about>



JOIN US TO BENEFIT

THE AUTISM FAMILY NETWORK

JANUARY 15, 2020, 5-8:30 PM
MELLOW MUSHROOM
601 R ST #110

15% OF SALES GO TO THE AUTISM FAMILY NETWORK,
JUST MENTION US TO YOUR WAITER



AFN January Informational Meeting

January 22nd, 2020

6:30pm

1311 Stockwell



Jeff Shubert presents on Behavior Disorders

Jeff is a Licensed Mental Health Practitioner and also has his MS in Education/School Counseling was a teacher from 1984-1989 and 2005-2010. Jeff worked at Boys Town from 1989-2005 as a Manager Education Trainer, Site Coordinator, and Family Preservation Consultant. Jeff has been employed with Behaven Kids from 2010 to current as the Intake Coordinator.

RSVP requested

autismfamilynetworklincoln@gmail.com

<https://villamarieschool.com/merchandise/>
January 24th Villa Marie Dance at the Rococo



Anchored in Hope

Dance, Silent Auction, and Raffle

Dance Tickets

- Tickets will go on sale through the Rococo Theatre Box Office on November 11th, 2019.
You can call 402-476-4467 (Monday thru Thursday 12:00-4:00 pm) or go to the website www.rococotheatre.com to purchase your tickets.
- Tickets range from \$40-\$20 depending on your seating selection.
- Orchestra level (first floor) is handicap accessible.
- Loge and Balcony are not handicap accessible.
- Bar is cash only.
- The silent auction, raffle tickets, and dance merchandise booth will accept credit cards.
- Entertainment by the band Malpractice.
- Valentino's pizza and veggie primavera, lettuce salad/dressing, and dessert included in ticket price.
- Public parking can be found ½ block from the Rococo Theatre in 3 directions.
East- University Square Garage
North- Larson Garage
West- Rampark Garage
- Doors open at 6PM, Event starts at 7PM



Raffle Tickets

- Last year we gave away over \$4,400 in prizes at the Dance.
- A book of 11 tickets for \$10.
Books of Raffle Tickets may be purchased using the reply card, online at www.villamarieschool.com, or from Villa Marie families.



T-Shirts

- The "Anchored in Hope" Dance T-shirts are available for \$15.
Please order using the reply card or online at www.villamarieschool.com.
Shirts can be picked up at Villa Marie on January 20th.
- A limited supply of various sizes will be available at the Dance.

Coffee Mugs

- The Anchored in Hope Coffee Mug is available for \$10.
Purchase by completing the reply card or online at www.villamarieschool.com
- Mugs will also be sold at the Christmas Play on December 20th, at St. John's School, and at the Dance.

Christmas Cards

- The cards (5x7 size) are sold 10 to a package and can be purchased for \$10 a package or 5 packages for \$40.
Purchase by using the reply card or online at www.villamarieschool.com
- Our student Matt Merwick's art was chosen to adorn our Villa Marie Christmas Card.
- Message inside reads: "God gave His greatest gift to us on that first Christmas Day and may the wonder of it always guide and light your way. Merry Christmas."
- The back of the card provides information about Villa Marie.
- It's a great way to spread the word about Villa Marie.

Villa Marie



NEBRASKA TRANSITION COLLEGE WINTER REGISTRATION* IS NOW OPEN! CLASSES BEGIN 1/13/20

Lincoln

Soft Skills to Pay the Bills, I	Tuesdays	4:30-6:00 PM
Soft Skills to Pay the Bills, II	Thursdays	5:30-7:00 PM
Unlocking Your Best Self	Mondays	1:00-2:30 PM
Self-Advocacy/Self-Awareness	Wednesdays	1:00-2:30 PM
Public Transportation (and more!)	Select Thursdays	1:00-4:00 PM
Your First Home	Fridays	1:00-2:30 PM

Omaha

Soft Skills to Pay the Bills, I	Tuesdays	5:30-7:00 PM
Unlocking Your Best Self	Thursdays	5:30-7:00 PM

* Prior to registering, you must first move through the approval process by submitting an application. Applications are free and are accepted 24 hours a day, 7 days a week. Click or go to <https://www.nebraskatransitioncollege.org/application-process>

For questions, contact us by email: info@nebraskatransitioncollege.org or by phone at 402-413-5627 (google voice)

INTRODUCING

Unified Showing

EVERYONE WELCOME!!!

SIGN UP: JANUARY 1 - JANUARY 31

A PROGRAM TO EMPOWER YOUTH WITH SPECIAL NEEDS THROUGH
LEARNING ABOUT AND SHOWING LIFESTOCK

BUDDIES FOR SHOWMEN, PROVIDED BY UNIFIED SHOWING, WOULD
ASSIST AND ENSURE THE SAFETY OF BOTH THE ANIMAL AND SHOWMAN.

FOR MORE INFORMATION: VISIT THE UNIFIED SHOWING FACEBOOK GROUP PAGE



Unified Showing Information

Hello! My name is Allison Walbrecht and I am currently a sophomore at Lincoln Southwest High School. Here I participate in Unified Bowling, which pairs up students with special needs and peers throughout the school to then go bowl. Through this program I have seen kids come alive at the bowling alley and have made so many great friends and memories.

I was also born into a beef cattle operation, that I have always been interested in. Through this industry I have made great friends and have learned so much about myself and my surroundings.

Wanting a combine my passion of the livestock industry and helping the special needs community I created Unified Showing, a program that will allow youth with special needs to learn about and show livestock. Through this program I hope to provide an opportunity for someone who might otherwise not have access. I have personally seen how much a person can grow through 4-H, and helping those with special needs. With this program I hope to create safe space for both the showmen and buddies to grow.

I sincerely hope you consider being a part Unified Showing and help use grow into the best we all can be.

Unified Showing is a plot program that will be starting up this year. As this is the first year we will limit the number of showmen to just two or three. By doing this it will allow us to fully understand the program and to devote our energy into doing this program and showmen justice.

The selected showman would need to join 4-H and the our very own 4-H club. This club will house both the showmen, the buddies, and adult leaders. We will also try to have 4-H meetings and hangouts once a month to ensure everyone feels comfortable and can make connections with other members. Parents and siblings will also be invited in order to form bonds with people who can better understand their experiences.

During the summer our showmen will come to the farm once a week and will practice with their lambs. These practices will be 45-75 minutes long and will include the showmen having the opportunity to lead their animals around, bathe them, feed them, and learn about them. Buddies, who will accompany the showmen into the show ring to ensure both the animal and child's safety, will be present and these practices. Family members will also be given the option of staying on site with their child or returning at the end of the practices.

At the End of the summer the showmen will be able to see their hard work pay off as they will have their own class at the Lancaster Country Super Fair. This class will be where they will lead their sheep around the ring with the help of their buddies. The judge will also ask them questions about their lamb and themselves. After this they will be given a prize for participating and working hard in Unified Showing.

The application process will begin January 1st, 2020 and end at midnight January 31st, 2020. The team will then be posted on the Unified Showing Facebook page on February 22nd, 2020.

If you have any questions about Unified Showing or need an application form please contact me via the Unified Showing Facebook group page.

Thank you, future participants,
Allison Walbrecht



AFN presents a sensory friendly evening at
Urban Air Trampoline Park

4-8 pm

January 28th, 2020

RSVP Required

Space is limited

Liability waiver is required

autismfamilynetworklincoln@gmail.com



You Can Bring
a Date!

O.N.E.
Coalition

SENSORY FRIENDLY VALENTINE'S DANCE

A time for teens and young adults with disabilities to enjoy going to a dance, and to practice social skills in a sensory friendly environment.

Friday, February 14, 2020
7:00pm to 8:30 pm



St. Mark's United Methodist Church,
8550 Pioneers Blvd, Lincoln NE

Enter at the Family Life Center entrance on the South Side

Registration Requested

Teens/Young Adults, Dates, Peer Models, and Volunteers

go to www.onecoalition.weebly.com to register.

***Please Register by Wednesday, February 12, 2020**

Peer Models and Volunteers will help participants work on social skills.

Semi-Formal attire is encouraged, but not required.

Proud Sponsors of O.N.E Coalition:

Autism Center of Nebraska/ACN Connections
Autism Family Network Autism Society of Nebraska
The Arc of Lincoln Down Syndrome Advocates in Action
Down Syndrome Association for Families Dreams Unlimited
Horses for Healing Nebraska Spina Bifida
United Cerebral Palsy of Nebraska Windsong Equitherapy
Wonderfully Made 10/11 Cares



It's time for Autism Family Network's 5th Annual Blue Run!

Swag Bag Fundraiser

Not a runner? Or you are a runner and wanting to go the extra mile (not literally!) for AFN Lincoln? Raise **\$100** and earn a swag bag full of cool AFN swag!

(headband, pen, t-shirt, chapstick, insulated cup)



Want to do even more?

Raise **\$250** and earn a swag bag
plus a cool AFN jacket and runner muff!



Autism Family Network

Wanting to do more than just run?

AFN's 5th annual Blue Run will be held on April 4th, 2020. We need your help with raising some cash!
The deadline for swag bag is March 24th, 2020.

If you raise \$100-

Swag bag full of sweet AFN gear including a headband, T-shirt, Chapstick, and an insulated AFN cup!

If you raise \$250-

Swag bag full of sweet AFN gear including a headband, T-shirt, Chapstick, and an insulated AFN cup!
PLUS an AFN jacket *AND* runner muffs!

So, what's it going to be?

Please make checks payable to [Autism Family Network](#) and mail them in along with this sheet to [6500 Holdrege St., Lincoln, NE, 68505](#). Contact autismfamilynetworklincoln@gmail.com with any further questions.

Name: _____

Donation Amount: _____

Jacket/Shirt Size:
S M L XL XXL



Autism Family Network

5K Walk/Run

Thank you for your interest in sponsoring the 5th Annual Capital City Blue Run for Autism. Please see the below sponsorship opportunities. We thank you in advance for your generous contribution which is tax deductible: **Tax ID #: 76-0842403**

Diamond Sponsor - \$2,500

- Prominent logo placement on T-shirts, AFN website, Facebook, Twitter, and T-shirt
- AFN sponsorship plaque
- Company name on the Cube show at the event
- Company supplied banner featured at event
- A special thank you in Pre-Run/Walk announcements
- Company supplied material to go in course packets which each runner will receive
- Space available to set up and distribute corporate material
- AFN insulated cup and jacket
- 12 Complementary race entries

Platinum Sponsor - \$1,000

- The feature logo displayed on T-shirts, AFN website, Facebook, Twitter, and T-shirt
- Company name on the Cube show at the event
- Company supplied banner featured at the event
- A special thank you in Pre-Run/Walk announcements
- Company supplied material to go in course packets which each runner will receive
- Space available to set up and distribute corporate material
- 10 Complementary race entries

Gold Sponsor - \$500

- Company or individual name/logo displayed on T-shirts, AFN website, Facebook, Twitter, and T-shirt
- Company logo on the Cube show at the event
- Company-supplied banner featured at the event
- A special thank you in Pre-Run/Walk announcements
- Company supplied material to go in course packets which each runner will receive
- Space available to set up and distribute corporate material
- 6 Complementary race entries

Silver Sponsor - \$300 (or items of equal value)

- Company or individual name/logo displayed on AFN website, Facebook, Twitter, and T-shirt
- Company logo on the Cube show at the event
- A special thank you in Pre-Run/Walk announcements
- Company supplied material to go in course packets which each runner will receive
- Space available to set up and distribute corporate material
- 4 Complementary race entries

Bronze Sponsor - \$150 (or items of equal value)

- Company or individual name displayed on AFN website, Facebook, Twitter, and T-shirt
- Company name on the Cube show at the event
- A special thank you in Pre-Run/Walk announcements
- Company supplied material to go in course packets which each runner will receive
- 2 Complementary race entries



Autism Family Network

Thank you for your interest in sponsoring the **2020 Capital City Blue Run for Autism**. Please fill out this form and return to **6500 Holdrege St., Lincoln, NE, 68505** or email to AutismFamilyNetwork@gmail.com.

Please make checks payable to: Autism Family Network or pay via PayPal or Credit Card by clicking *Donate* on our home page.

Business/Sponsor Name:

(as it should appear in publications)

Address:

City, State & Zip:

Daytime Phone:

Email:

Website:

Have you enclosed your logo? (Please circle): **Y or N** - If you have not included your logo, please send to AutismFamilyNetworkLincoln@gmail.com.

Logos and artwork for the program must be provided by the sponsors in print-ready pdf files. Publisher files and word documents are NOT acceptable.

Sponsorship Level (Please Circle):

**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 & AQUARIUM. THIS PASS MAY BE CHECKED
OUT BY FAMILIES WITH SPECIAL NEEDS DURING 2019.
PLEASE CONTACT AFN TO FIND OUT IF THE PASS IS
AVAILABLE AND WHERE YOU CAN PICK IT UP.**

LIONS • TIGERS • ELEPHANTS • MONKEYS

AUTISMFAMILYNETWORKLINCOLN@GMAIL.COM

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://facebook.com) 1.844.ENABLE4 •

?1620 Dodge Street • Mail Stop 1105 • Omaha, Nebraska

68197 • ☐ 402.602.3596 • ?402.938.5200

Easterseals offers fun, healthy programs for children, adults and caregivers to relax, connect with friends and engage in constructive activities—all necessary to



living the best life possible.

Camping and Recreation

As the largest provider of recreation and camping services for people with disabilities in the country, we're proud to offer residential and day camps for children and adults of all types and levels of ability. Our camps are barrier-free and designed to be accessible to everyone.

Respite Services

Easterseals offers short-term or temporary care for loved ones so that their caregivers can take a much-needed break, including [adult day care](#), [inclusive childcare](#), [camping and recreation programs](#) and more.

Brain Games

Easterseals has been helping people improve their brain function for nearly 100 years through community-based programs and services. We are committed to bringing the latest in brain health science to those who need it most.

Easterseals Nebraska

Call us
402-345-2200

Find us
12565 West Center Road, Suite 100
Omaha, NE 68144-8144

CARD Specialized Outpatient Services (SOS) provides assistance with specific areas of concern for a family and develops and implements strategies to diminish problem behaviors and teach necessary skills. Behavior analysis is the science of behavior. Applied Behavior Analysis (ABA) is the process of systematically applying

interventions based upon the principles of learning theory to improve socially significant behaviors to a meaningful degree (Baer, Wolf & Risley, 1968/1987; Sulzer-Azaroff & Mayer, 1991). Specifically, ABA refers to a systematic approach to the assessment and evaluation of behavior and the application of interventions that alter behavior. In Nebraska you can contact CARD at 818-345-2345 ext 3975.



Bryan Health Pediatric Therapy

Helping Kids Achieve Their Milestones

Bryan Medical Center Pediatric Rehabilitation:

To schedule an appointment, call 402-481-3316

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.

HORSES FOR HEALING

Equine Therapy & Research Center

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.

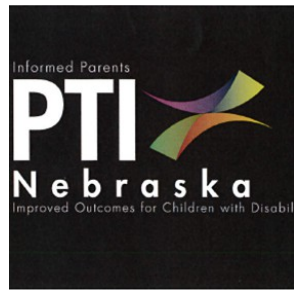
Behaven Kids Lincoln

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.