



**Autism Family Network**

**November 2019**

[www.AutismFamilyNetwork.org](http://www.AutismFamilyNetwork.org)  
[autismfamilynetworklincoln@gmail.com](mailto:autismfamilynetworklincoln@gmail.com)

## **Calendar of Events**

November 14 - Special Needs Trust Training (@NSBA) 6:30pm

November 19 - Chipotle Night (@ downtown location)

November 21 - Foundry Fundraiser

November 23 - Frozen 2 (RSVP only)

November 23 Panera Fundraiser 4-8pm

December 8 - Jarana Holiday Cultural Concert for AFN

December 10 McAlister's Deli Fundraiser 5-9pm

December 14 Sensory Santa @ Children's Museum

December 15 - Christmas Party @ Gateway Mall

**AAP Events - [Here for more information](#)**

**December 15th - Omaha Children's Museum Sensory Santa**

January 15 – Fundraiser at Mellow Mushroom 5pm – 8:30pm

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



If you have a child with special needs, you may have or perhaps are in the process of planning for the future of your child. Special needs planning entails both financial and legal planning. The quality of life of a person with special needs is often dependent on the funds/ income available from a special needs trust.

When parents start the planning process for a child with special needs, they usually work under the perception that if they create a special needs trust, the child will be taken care of and the needs will be met. Unfortunately, the creation of a trust alone does not ensure that the child will be taken care of and funding the trust is just as important as creating it. In addition, parents always have to be educated that their own financial planning is extremely important in the entire process of funding a special needs trust.

Join the Autism Family Network to learn more about Special Needs Trusts. Travis Grant & Julianne Spatz will be speaking about trusts and how they work and how they can be funded.



**November 14, 2019**

**6:30pm – 8:00pm**

**Nebraska Association of Schools Boards**

**Located at 1311 Stockwell Street**



Please RSVP at AFN at [AutismFamilyNetworkLincoln@gmail.com](mailto:AutismFamilyNetworkLincoln@gmail.com).

# DO GOOD WITH BURRITOS

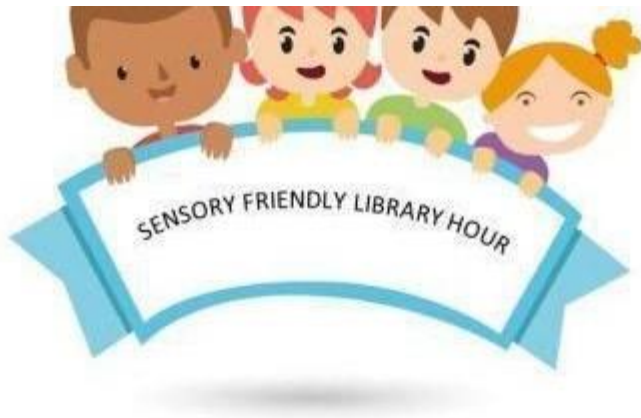


Join us at our restaurant for a fundraiser to support Autism Family Network. Just come in to the Chipotle at **1317 Q St Ste 100** in Lincoln on **Tuesday, November 19th** from **5:00pm** to **9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to Autism Family Network.



Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

## LINCOLN CITY LIBRARIES HOSTS SPECIAL NEEDS STORYTIMES



Beginning March 21, Lincoln City Libraries will offer free storytimes for children with special needs on the third Thursday of each month, from 6 to 7 p.m., at Bennett Martin Public Library, [136 S. 14th Street](#). These sessions are for children and their families who may require a more controlled environment, and are best suited for children 2 to 8 years of age. Preregistration is not required.

**November 21st**

In addition to books, singing, and flannel boards, these sessions will incorporate sensory activities beyond sight and sound. The library welcomes children of all abilities, as it seeks to create an inclusive environment. This program is conducted away from distractions and offers an adjoining room in case participants need a quiet space.

For information about Lincoln City Libraries and its services, visit [lincolnlibraries.org](http://lincolnlibraries.org).



HELP SUPPORT

# AUTISM FAMILY NETWORK

**WHERE** 6149 O St, Lincoln, NE 68510

**WHEN** Sat, Nov 23rd

**FROM** 4:00pm - 8:00pm

Bring this flyer or show an electronic version to the cashier when you place your order and we'll donate a portion of the proceeds from your purchase.\*

## Ordering Online for Rapid Pick-Up or Delivery?\*

Enter **"PRFUND"** as your Promo Code to have a portion of your proceeds donated to your organization.

Learn more at [Fundraising.PaneraBread.com](https://Fundraising.PaneraBread.com)

\* Gift card purchases and catering orders are excluded and will not count toward the event. Rapid Pick-Up and Delivery only where available.

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# *AFN Holiday Cultural Concert*

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Free will donations will benefit the  
Autism Family Network.

December 8 at 6:00 p.m.

*Graduate Scarlet Ballroom*

141 N 9th Street, Lincoln

Nacho Bar \$7  
Cash Bar



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# DINING FOR A DIFFERENCE

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DECEMBER 10, 5-9 PM

BENEFITTING  
**AUTISM FAMILY NETWORK**

20% OF SALES GO TO AFN,  
PLEASE MENTION AFN AT THE COUNTER

**McAlister's Deli**

500 N 48TH ST, LINCOLN, NE, 68504





Autism Family Network

*Presents*



*Christmas*

at the Lincoln Children's Museum

1420 P Street

**PARTY**

**With Sensory Santa & Mrs. Claus  
This is a free event for families with  
individuals with special needs.**

A free sensory-friendly night at the Lincoln Children's Museum . Bring your camera to capture a picture with Sensory-friendly Santa & Mrs. Claus. They will be in a seperate room and your child is free to walk around the room and get acclimated before meeting Santa!

**DEC 14, 2019  
5:30-7:30pm**





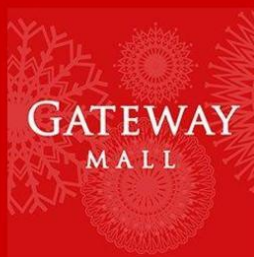
## **Soothing Santa**

**Sunday, December 15 | 6:00 to 8:00 pm**

Santa knows some children need extra patience and quiet when visiting this year. Gateway is pleased to host Soothing Santa as an opportunity for children with autism and other special needs (and their siblings) to visit with Santa in a more soothing and sensory-friendly environment during the holiday season.

Join us Sunday, December 15 from 6:00 to 8:00 pm for an exclusive, sensory-friendly event taking place after the mall closes. Families will enjoy games, coloring, face-paints and treats (with gluten-free options); as well as the opportunity to visit Santa with no mall radio and lower shopper traffic.

Santa visits are limited. **RSVP Today!**





Autism Family Network

Support the Autism Family Network by  
eating at



**The Mellow Mushroom.**

601 R Street #110

**January 15, 2020**

**5:00 pm – 8:30 pm**



15% of sales go to AFN Lincoln.

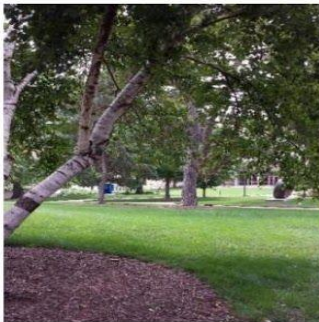
## Nature Walk Study Seeking Research Participants

We are seeking **children ages 6-12** who are **diagnosed with Autism Spectrum Disorder** to participate in a study comparing symptoms and cognitive performance after a nature walk and after an urban walk in order to better understand the influence of environments on symptom expression. Participation involves 2 appointments, approximately 90 minutes each on the UNL campus. Participants will be compensated \$25 per session.

Eligibility:

- Children ages 6-12 diagnosed with ASD
- Able to walk for 20 minutes and use a computer mouse
- Responds verbally to questions

If interested, contact: Dr. Julia Torquati (402) 472-1674; [jtorquati1@unl.edu](mailto:jtorquati1@unl.edu)



Nature Walk Study Dr. Julia Torquati (402) 472-1674 jtorquati1@unl.edu	Nature Walk Study Dr. Julia Torquati (402) 472-1674 jtorquati1@unl.edu	Nature Walk Study Dr. Julia Torquati (402) 472-1674 jtorquati1@unl.edu	Nature Walk Study Dr. Julia Torquati (402) 472-1674 jtorquati1@unl.edu	Nature Walk Study Dr. Julia Torquati (402) 472-1674 jtorquati1@unl.edu	Nature Walk Study Dr. Julia Torquati (402) 472-1674 jtorquati1@unl.edu	Nature Walk Study Dr. Julia Torquati (402) 472-1674 jtorquati1@unl.edu	Nature Walk Study Dr. Julia Torquati (402) 472-1674 jtorquati1@unl.edu
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Go [here](#) for more information and the parental consent form



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



Send us an email to check for availability  
[autismfamilynetworklincoln@gmail.com](mailto: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**

Made with PosterMyWall.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.





## **Project Lifesaver Office Hours**

**Starting Aug 13th**

**Tuesdays 6-8 pm**

**@ 6500 Holdrege**

## REFERRAL RESOURCES

A child is diagnosed with autism every 20 minutes, making the need for information, education, and resources more important than ever. The Autism Family Network has worked together with several resources that we highly recommend. Here are just a few:

Much attention has been devoted to the 9 out of 19 children with autism who reached "best outcome" in the original study (normal IQ, regular education without support services, diagnosis of Autism removed).



While this is understandable, and remains the goal of our intervention, we should not forget that there are other children who

(continued next panel)

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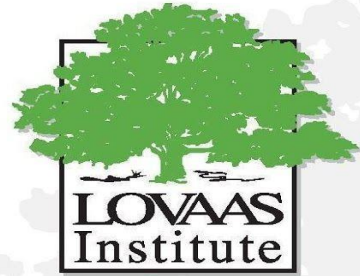
make great gains. While they may not reach all criteria for "best outcome," their quality of life is greatly improved from what they learn.

Each child's individual progress is a cause for celebration. Quality of life is not measured through the number of skills a child possesses or the amount of information learned, but rather through more intangible benchmarks such as communicating effectively, participating in family life, making friends, being independent, and being happy.

The Lovaas Institute believes in an intervention that unites therapy time and real life experiences from the beginning. Of primary importance to this connection is the involvement of the parents.

**We empower parents to take an active role in therapy and expand upon their child's learning throughout the day.**

Parents learn to view everyday events as an opportunity for learning in a fun way. Parents become proficient at breaking down skills into smaller components, reinforcing often, and taking advantage of naturally occurring opportunities to make their child successful and independent in daily life.



www.lovaas.com

Lovaas Institute East Headquarters  
52 Haddonfield-Berlin Road  
Suite 1000  
Cherry Hill, NJ 08034  
Phone: (856) 616-9442

Lovaas Institute West Headquarters  
11500 West Olympic Boulevard  
Suite 318  
Los Angeles, CA 90064  
Phone: (310) 914-5433

Lovaas Institute Midwest Nebraska Office  
5000 Central Park Drive  
Suite 204  
Lincoln, NE 68504  
Phone: (402) 328-0283

## **PARTNERS in POSSIBILITIES**

### **Working together with parents and teachers to provide competent intervention for lifelong learning...**

We provide a competent, qualified behavior consultant, under the supervision and support of the Lovaas Institute, to provide personal guidance and ongoing training from beginning to end of the intervention...

**...because it's not the programs, but the problem solving ability of the team that makes the difference.**

We play with a child, see what he likes, and introduce him to new reinforcers...

**...because every child is a unique person with a unique personality and interests.**

We focus on generalizing skills into the natural environment...

**...because what is done in one room with one person is not as important as what one does in daily life.**



**We at the Lovaas Institute believe in the importance of the family.**

We wholeheartedly support the family by providing ideas and help with integrating a child's newly learned skills into everyday life.

Through our work we attempt to show parents that applied behavior analysis (ABA) is more than a program; it's also a philosophy and a way of life.

We maximize a child's success by breaking down skills, prompting correct responses, and providing abundant reinforcement for socially appropriate behaviors...

**...because a child's willingness to learn is just as important as a child's ability to learn.**

Our goal is a child's rapid acquisition of new skills and learning to learn in the real world...

**...because while autism may not be "curable," it is treatable.**

We focus on language skills such as requesting and labeling...

**...because communication opens up a world of possibilities.**

We focus on play, based on a child's interests...

**...because play is more than a set of skills to learn; it's something to actively enjoy.**

**...because nothing is as important as a child's growth and happiness.**





# 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](mailto:info@nebraskatransitioncollege.org) or by phone at 402-413-5627 (google voice)





## Active Parenting Classes—Enrolling Now

Parents of 5-12 Year Olds: 8/15/19 to 9/19/19, Thursdays 4 pm to 6 pm

Parents of 0-5 Year Olds: 8/22/19 to 9/12/19, Thursdays 1pm to 3 pm

Contact Alicia Waltman at HopeSpoke at [parentingprogram@hopespoke.org](mailto:parentingprogram@hopespoke.org) or (402) 475-7666 or complete the attached referral form

Fee: \$40 or reduced rate as low as \$5 based upon income, materials are provided, snacks, and incentive for course completion



**Alicia Waltman, MA, LIMHP, LADC, LPC**

Outpatient Clinical Supervisor and Parenting Program Coordinator

2444 O Street, Lincoln, NE 68510

Phone: 402.475.7666

Fax: 402.476.9623

New Email! [parentingprogram@hopespoke.org](mailto:parentingprogram@hopespoke.org)

New Website! [www.hopespoke.org](http://www.hopespoke.org)

Go [here](#) for referral form



Always Rise Foundation is a 501(c) non – profit organization founded in 2018. It is located in Lincoln, Nebraska. The foundation was founded by Travis Grant and Sedric Ashley, each serving as President and Vice President respectively of the board. The foundation was established with a vision of providing multiple services to different segments of the Lincoln community. Those segments include; 1) Lincoln youth, providing before and after school mentoring and tutoring as well as sports teams; and 2) those with special needs. We provide a wellness experience for those with special needs including functional fitness and nutrition education.

### *The Always Rise Foundation*

2200 South 7th Street, Lincoln, Nebraska 68502, United States  
[\(402\) 261-6090](tel:(402)261-6090)

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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](http://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

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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 68144-81



**CARD**<sup>™</sup>

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.





# 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.

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<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 19<sup>th</sup> St Suite 200, Omaha, NE 68102

Phone: 402-348-1069

Legal Assistance: 877-250-2016

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## 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](mailto:horsesforhealingne@gmail.com)

Facebook: [facebook.com/horsesforhealingNE/](https://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

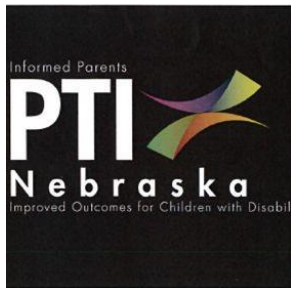
Lincoln, NE 68502

Phone 402.423.6464

[info@behavenkids.com](mailto:info@behavenkids.com)

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## 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](mailto:info@pti-nebraska.org) [www.pti-nebraska.org](http://www.pti-nebraska.org)

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# THE DD WAIVER

NEBRASKA DEPARTMENT OF HEALTH & HUMAN SERVICES

*Helping People Live Better Lives*



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](mailto:autismfamilynetworklincoln@gmail.com) or at 402-421-0874.