



Autism Family Network

February 2020

www.AutismFamilyNetwork.org

autismfamilynetworklincoln@gmail.com

402-421-0874

Calendar of AFN Events

February 14th- Valentine's Day Dance St. Mark's Church 7:00pm-8:30pm

March 11th- Urban Legends Art Studio Easter Event 6:30pm-8:30pm

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

June 27th- 1st Annual AFN Volleyball Tournament @ Spikes 10:00am

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

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

Join us on Facebook!

<https://www.facebook.com/AutismFamilyNetwork/about>

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





Autism Family Network

Urban Legends Art Studio

Come by on March 11, 2020 and make Easter themed door hangers!



The event will be held at Urban Legends Art Studio on March 11, 2020 from 6:30-8:30 p.m.

Please email RSVP to autismfamilynetworklincoln@gmail.com

Class size limited due to space- so don't wait! Email us now!



Send Registration & Payment to:

Autism Family Network

6500 Holdrege St.,

Lincoln, NE 68505



The Autism 5K is a run/walk to benefit families affected by autism. Every 20 minutes a child is diagnosed with autism and 1 in 59 children are currently diagnosed. Overall, more than 2 million Americans are affected.

WHEN

Saturday, April 4, 2020

5K Start: 9:00am

Kids Fun Run Start: 10:00am

WHERE

Railyard – R & Canopy St

Start/Finish

Lincoln, Nebraska

FEES

\$25 Age 13 & up

\$15 Age 12 & under

\$10 Circle of Friends Team and K-12 students (using their own t-shirts)

\$30 Race Day

For Serious and Not-so Serious Runners!

Prizes will be awarded for the best Light It Up Blue outfit as well as overall winner.

REGISTER!

Find Online Registration at https://secure.getmeregistered.com/get_information.php?event_id=133490 or mail in this completed registration form.

REGISTRATION FORM

Should be RECEIVED in our office by Wednesday March 25, 2020 in order to guarantee a t-shirt.

Name: _____

Team Name (if any): _____

Address: _____

City: _____ State: _____ Zip: _____

Age: _____ Phone: _____

Circle: Male | Female

Email Address: _____

T-Shirt Size (if ordering):

Adult: S __ M __ L __ XL __ XXL __ XXXL __

Child: S __ M __ L __

WAIVER: I agree that if I participate in this physical activity, program and/or related event, I do so at my own risk. I agree that I am voluntarily participating in the event and using event facilities or premises and assume all risk of injury, illness, damage or loss to me or my property that might result from entering this event. I hereby consent to receive medical treatment in the event of injury, accident and/or illness during the Autism 5K. I hereby for myself, my executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive a release all event sponsors, charities, volunteers, and the city of Lincoln. The signing of this release waiver extends to all claims seen and unforeseen against any party associated with this event.

Signature _____ Date _____

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!

(landyard, 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 or signup 8 runners for your team

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

If you raise \$250 or sign u p16 runners for your team

Swag bag full of sweet AFN gear including a lanyard, 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 along with this sheet and a list of names of registered runners assigned to your team 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

Thank you for supporting AFN!



Autism Family Network

5K Walk/Run

2020 Sponsorship Form
April 4, 2020

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

Please contact us for more information at
AutismFamilyNetworkLincoln@gmail.com

www.AutismFamilyNetwork.org

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 AutismFamilyNetworkLincoln@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):

Diamond- \$2,500

Gold- \$500

Bronze-\$150

Platinum- \$1,000

Silver- \$300

Please list items donated: _____

Signature: _____

AUTISM FAMILY NETWORK 1st ANNUAL VOLLEYBALL TOURNAMENT



Autism Family Network

When: Saturday, June 27th, 2020-

10:00 am start time

Where: Spikes Beach Bar & Grill

Divisions: 6x6 Co-Ed Rec.

Format: All divisions will follow pool play format to determine seeding for a single elimination tournament to their respective division

Cost: 6x6 Co-Ed- \$120/team

Prizes: CASH prizes for 1st, 2nd, & 3rd place

Sign-up Deadline: June 25th



***Spikes ask that you please DO NOT bring any outside food or drink into the complex (i.e., coolers, fast food, or any alcoholic beverages.). The Bar & Grille will be able to provide you with everything that you may need!*

Thanks!

Registration:

Please fill out this form and send to 6500 Holdrege St., Lincoln, NE, 68505 or email to AutismFamilyNetworkLincoln@gmail.com by June 25th.

Team Name: _____

Captains Name: _____

Phone Number: _____

Co-Captains Name: _____

Phone Number: _____

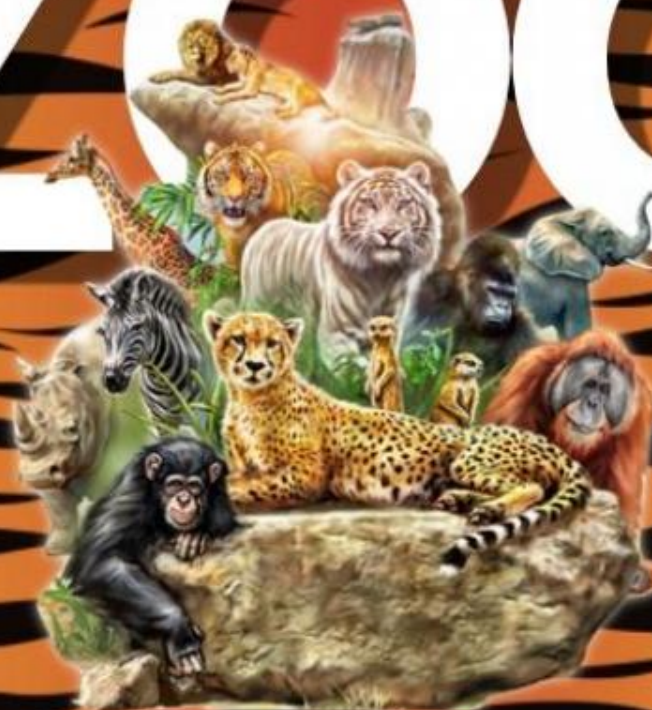
PLEASE INCLUDE FULL PAYMENT

**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

Made with PosterMyWall.com

LIBRARY LEARNING TIME



Sensory Storytime

This storytime is designed to engage children ages 2–8 through movement, music, stories and play. It is open to all children and is especially geared to children with sensory integration issues or children who have difficulty sitting still. Siblings are welcome and parent participation is required. Contact Diane at d.vanek@lincolnlibraries.org if you'd like to tell us about your child or request special accommodations.

Saturdays
January 18 – February 22
9:15 a.m. to 10:15 a.m.
Gere Branch Library
2400 S. 56th Street



Sensory friendly dates at the Lincoln children's museum!

What does this include?

- ☐ Dim lighting
- ☐ No music or overhead announcements
- ☐ Quiet rooms
- ☐ Special activities
- ☐ Sensory kits
- ☐ Noise canceling headphones and fidget toys

When will this be?

- ☐ March 27, 2020 5:30 p.m. - 8:00 p.m.
 - ☐ August 23, 2020 10:00 a.m. - 12:30 p.m.
 - ☐ November 13, 2020 5:30 p.m. - 8:00 p.m.
-

AUTISM
COMMUNITY
GATHERING
&
RESOURCE
FAIR

Lincoln Area

Date: Thursday, January 30th, 2020

Time: 6:00-8:00

Place: Sheridan Lutheran 6955 Old Cheney Rd, Lincoln, NE 68516

Please join us for a free, community gathering and resource fair hosted by the Autism Society of Nebraska (ASN). Participants will have a chance to meet with service providers, organizations and other self-advocates and caregivers in the community. Ask questions, gather information, and share your own experiences. Light refreshments will be served.

Exhibitors

Autism Society of Nebraska, Autism Center of Nebraska, Autism Family Network, Arc of Lincoln, Barkley Speech and Language Clinic-UNL, CARD (Center for Autism and Related Disorders), DHHS, Disability Rights Nebraska, First National Bank - Enable Accounts, Integrated Life Choices (ILC), Lincoln Fire and Rescue, Munroe Meyer Institute, Nebraska Transition College, PTI, Special Olympics, Therapy Works of Nebraska, and more.

Hosted by :





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)



Active Parenting Class Schedule

Parents of 0 to 5 Year Olds: Fridays from 9am to 11am starting 2/14/2020 to 3/13/2020 excluding 3/6/2020. Classes will be held at F Street Recreation Center located at 1225 F Street in Lincoln. Childcare will be provided for children ages 2-5 years old.

Parents of Teens: Mondays from 5pm to 7pm starting 2/17/2020 to 3/23/2020 at HopeSpoke located at 2444 O Street in Lincoln.

Parents of 5 to 12 Year Olds: Tuesdays from 4:30pm to 6:30pm starting 3/3/2020 to 4/7/2020 at HopeSpoke at 2444 O Street in Lincoln.

Contact Alicia Waltman, MA, LIMHP, LADC, LPC at HopeSpoke for more information or to make a referral at (402) 475-7666 or parentingprogram@hopespoke.org

Class fee is \$40.00; however, a reduced rate as low of \$5.00 based upon income is possible. Materials are included. A snack and an incentive is offered for participants that attend all of the course sessions.

The Active Parenting Program is made possible through the Community Health Endowment of Lincoln



TECH CLUB

WITH AUTISM ACTION
PARTNERSHIP

*Only 10 spots available

In partnership with DoSpace, Autism Action Partnership is
excited to announce Tech Club.

Members 17-25 y.o.- 5:00pm - 6:30pm

Every First Friday of the Month

February 7th

March 6th

April 3rd

etc.

Parents are welcome to stay, but it is not required. There will be
an employee from DoSpace for each session and one AAP staff
person. Please register for each session. Admission is FREE.





TECH CLUB

If you are interested you need to become a member of DoSpace to receive your Club membership card. It is free and easy to apply. Parents are asked to be there the first session to sign a waiver to use DoSpace equipment if under 18. All equipment will be provided but you can bring your own iPad etc. if you wish. The goal of the club is to explore the many possibilities of using technology. 3D Printing, Animation, Music Production etc. Our hope is that each session brings an interest in using technology to further communication and/or social skills. Friendship through shared experience is key in young adults with autism and DoSpace provides a space for that to happen. The club is designed to build off of each session so please consider joining us for as many sessions as possible. Food will not be provided but light snacks are acceptable to bring.

For any questions, please email Keagan
kblancke@autismaction.org.



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.

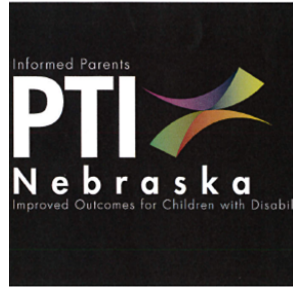
Behaven Kids Lincoln

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



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.