



[www.AutismFamilyNetwork.org](http://www.AutismFamilyNetwork.org)

[autismfamilynetworklincoln@gmail.com](mailto:autismfamilynetworklincoln@gmail.com)



# August 2015

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## Calendar of Events

August 8 – Family Swim Night at Star City Shores, Lincoln

August 29 – Special Needs Fishing Clinic, Lincoln

September 20 – Bowl-a-Thon, Lincoln

September 13 – Husker Heroes, Lincoln

September 27 – Autism Speaks Walk, Lincoln

November 6 – Campout at Henry Doorly Zoo, Omaha

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



Autism Family Network

*Is proud to announce  
Our office in Lincoln is open!!*

**In order to continue to support our families, be more visible in legislative issues and continue to advocate for our families, AFN has hired a part time employee. The Autism Family Network has been around since 2006. What started with a few parents has now developed into a strong advocacy and support group for Lincoln and southeast Nebraska. AFN will share an office with Arc of Lincoln and be located at 5730 R Street, Suite C2.**

Program Director: Vicki Depenbusch

Autism Family Network Board of Directors

President: Cathy Martinez

Vice President: Lisa Stolte

Treasurer: Allison Fredericks

Secretary: Amera Franck

Technology Director: Dwight Stolte

Member at Large: Tina Evans

Member at Large: Janelle Smith



# SWIM PARTY!



JOIN US FOR A **FREE** EVENING OF SWIMMING  
FOR THE WHOLE FAMILY AT STAR CITY SHORES!

4375 S. 33rd St.

## August 8, 2015

Both are from 8:30pm - 10:00pm.

This is a sensory friendly evening. Lifeguards will NOT be using their whistles except when people are using the slides.

Music will not be playing as well.

Life Guards will be on duty, but parental supervision is still required!

This event is intended for individuals with special needs and their families.

Sponsored by the O.N.E. Coalition  
& the Nebraska Planning Council On  
Developmental Disabilities



NEBRASKA  
WALLEYE  
ASSOCIATION  
KIDS FISHING  
CLINICS  
CHARITY, INC.



Nebraska  
Game & Parks  
Commission



## FISHING IS FUN! SPECIAL KIDS-LINCOLN

WHEN: AUGUST 29, 2015

WHERE: HOLMES LAKE – Shelter #1

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

TIME: 11:30 AM CHECK-IN

**Sign up by August 28th or the first 50 registered**

**Contact: Jennifer Meints**

**Email: [Jennifer.meints@cch-neb.com](mailto:Jennifer.meints@cch-neb.com)**

**Phone: 402-327-6061**

**If you leave message, please state name, how many children attending and return phone number.**

This is a special clinic for special youth and young adults 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 O.N.E. Coalition. 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 a short lunch, instructional training (about 1 hour), 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 11:30 AM at Holmes Lake. The Nebraska Walleye Association Kids Fishing Clinics Charity, Inc. will teach casting, knot tying, bait, tackle, fish ID and water safety.

**Co-Sponsored by: Cabela's, Midlands Financial, Ameritas, Premier Boating, Tan-Aire, Contractors Siding & Windows, Bob's Tavern and many more.**





**1ST ANNUAL ARC OF LINCOLN  
& AUTISM FAMILY NETWORK**

# **PINS AND PALS BOWL-A-THON**

**SUNDAY, SEPTEMBER 20TH**  
12:00 pm - 7:00 pm  
Sun Valley Bowling Alley  
Lincoln Nebraska

**REGISTER YOUR TEAM NOW!**  
\$25 Registration fee per person/\$125 for a team  
Sign your teams up and create a donation page at  
arclincoln.org! Prizes, Fun, and a great cause!

**Questions?** Call the Arc at 402-421-8866  
**Interested in Sponsoring?** Contact Adam at 402-421-8866

The Arc of Lincoln and Autism Family Network are hosting a bowl-a-thon fundraiser at Sun Valley Lanes on September 20th with times at noon, 2:30 pm, and 5:00 pm. We hope you'll join us, as it will be a whole lot of fun. You can sign up for a team of 5 or sign up as an individual that needs to be paired with a team.

You can register online at <https://arclincolnorg.presencehost.net/get-involved/bowl-a-thon.html>. The funds from this event will help to support the programs at the Autism Family Network and the Arc of Lincoln including monthly events, young adult social club, support groups and more.



Change happens when you WALK.



Funds raised make change possible. **WALK** for change.

**WALK NOW FOR**  
**AUTISM SPEAKS®**

## Nebraska Walk

**Sunday, September 27, 2015**

Haymarket Park @ 403 Line Drive Circle, Lincoln, NE 68508

<http://www.WalkNowForAutismSpeaks.Org/Nebraska> | [#WalkNowNebraska](https://twitter.com/WalkNowNebraska)

[Nebraska@AutismSpeaks.Org](mailto:Nebraska@AutismSpeaks.Org) | 414-239-0230

Walk With Us | Form a Team | Volunteer | Sponsor   

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Registration begins at 11am and the walk begins at 1pm.

# Autism Speaks® in Nebraska

Making a local impact in your community!



## \$121,728

in local family service and research grants  
in NE since 2007

WALK NOW  
AUTISM  
SPEAKS

## 3,000

people have walked to raise funds and  
awareness for autism in NE since 2010

OVER  
**45,000**

online resources provided for NE  
residents impacted by autism



## 42

Autism Speaks tool kits  
offer guidance for NE families  
and health professionals



## 47



iPads were donated to OR  
children to aid in communication  
skills since program start in 2012



## 36th

state to pass Autism Insurance  
Reform through proactive advocacy



## \$5,950

Autism Cares funds provided to NE  
families affected by unplanned hardships

To get involved contact [Nebraska@AutismSpeaks.org](mailto:Nebraska@AutismSpeaks.org) or call 414.239.0230.

[AutismSpeaks.org](http://AutismSpeaks.org)





## SLEEPING WITH THE SHARKS

### November 6, 2015

At the Henry Doorly Zoo

The Autism Family Network is offering families a chance to stay overnight in the aquarium and have a night tour of the Henry Doorly Zoo. The cost of the overnight stay is \$35 per person.

Join us for an exciting look at the zoo after hours. Through guided tours in the evening and early morning, you will get the inside scoop on our animals from the amazing education staff members from the Henry Doorly Zoo.

Here are some suggestions from the zoo as well on what to bring:

- Sleeping bag, pillow, air mattress or cot (optional)
- Minimal personal gear (toothbrush, toothpaste, brush, etc.)
- Flashlight (optional)
- Wagon to haul things over to the aquarium
- Weather appropriate clothing, good shoes for hiking
- DVD to watch after night hike
- Alcohol is NOT allowed on zoo grounds.
- The Zoo is a tobacco-free facility. Smoking is NOT allowed on zoo grounds (no exceptions).



*Please RSVP to AFN if you are interested in the campout.*



Co-sponsored by Autism Action Partnership





## SLEEPING WITH THE SHARKS REGISTRATION

November 6, 2015

At the Henry Doorly Zoo

Name: [name of all participants registering] \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_ [street address]

\_\_\_\_\_ [city name]

\_\_\_\_\_ [state name and postal code]

Contact number: \_\_\_\_\_ [telephone or mobile number of the participant]

Email: \_\_\_\_\_

Payment is \$30 per person attending made payable to: Autism Family Network. Please mail registration and payment to the Autism Family Network, P.O. Box 67053, Lincoln, NE, 68506 before October 30, 2015.



## ADAPTIVE RECREATION CLUB PROGRAMS

### Fun Club - Grade School Keyword: Fun Club

Varied recreational and social activities with additional fees for some activities plus \$1/month dues. Call 402-441-7901 to register.

**Begins:** January 27 | **Day:** Tue

**Time:** 5:15-6:30p

**Location:** Easterday Recreation Center

**Weeks:**14 | **Fee:** \$28.00\*

*\*Transportation available for an additional fee of \$56 for session.*

### Hi-Time Club - Middle, High School, through age 21 Keyword: Hi-Time

Varied recreational and social activities with additional fees for some activities plus \$1/month dues.

**Begins:** January 26 | **Day:** Mondays

**Time:** 7:00-8:30p

**Location:** Easterday Recreation Center

**Weeks:**14 | **Fee:** \$24.00\*

*\*Transportation available for an additional fee of \$56 for session. Call 402-441-7948 to register.*

### Friendship Club - Ages 22-35 Keyword: Friendship Club

Varied recreational and social activities with additional fees for some activities plus \$1/month dues. Call 402-441-7948 to register.

**Begins:** January 29 | **Day:** Thursdays

**Time:** 7:00-8:30p

**Location:** Auld Pavillion, 1650 Memorial Drive

**Weeks:**13 | **Fee:** \$26.00\*

*\*Transportation available for an additional fee of \$52 for session.*

### Social Club - Ages 36+ Keyword: Social Club

Varied recreational and social activities with additional fees for some activities plus \$1/month dues. Call 402-441-7877 to register.

**Begins:** January 28 | **Day:** Wednesdays

**Time:** 7:00-8:30p

**Location:** Auld Pavillion, 1650 Memorial Drive

**Weeks:**13 | **Fee:** \$26.00\*

*\*Transportation available for an additional fee of \$52 for fall session.*



**What is BeHIP?** The Be Healthy Inclusive Program (BeHIP) is a program operated by The Arc of Lincoln, through a grant awarded by the Community Health Endowment of Lincoln. The purpose of the program is to provide opportunities for inclusive recreation for youth and adults with disabilities.

**What is inclusive recreation?** This refers to the practice of people with and without disabilities participating in fitness and recreation activities TOGETHER. Inclusive recreation services provide the support and accommodations needed to give the person with a disability the opportunity to participate in activities of their choice.

**Who is eligible for BeHIP?** Youth with disabilities under age 21 are eligible. Adults over age 21 must be eligible for Developmental Disabilities (DD) services through the Nebraska Department of Health and Human Services.

**Is there a fee for the service?** There is no fee for services for youth. Adults must include BeHIP as a part of their budget for DD non-specialized services. For all ages, the participant is responsible for the cost of classes or activity fees.

**Who provides the inclusive recreation support?** The Arc recruits, completes background checks, and trains people to serve as Recreation Advocates. Care is taken to ensure that the Recreation Advocate is a good match for the participant and for the selected activities.

**Want to know more?** Call the Arc of Lincoln at 402.421.8866 or e-mail: [behip@arclincoln.org](mailto:behip@arclincoln.org).





## Wonderfully Made

*Providing opportunities for kids with special needs in our community*



## Who we are:



## Programs:

- Friendship Club
- Individualized Rec Therapy
- Focus Groups

More info on page **2**

Hi! My name is Nicole Meyer, I am a Certified Therapeutic Recreation Specialist (CTRS) and have my Bachelor's degree in Neuroscience. I started Wonderfully Made as a way to reach the needs of children with special needs in our community. I want to provide opportunities for these kids to have fun and make friends; I want them to have the freedom and ability to have a social life and build self-confidence and learn life skills that will carry them into the world.

My goal is for Wonderfully Made to be a resource to families of kids with special needs and provide Recreational Therapy services on a group and individual base.

Please go to [www.wonderfullymadene.com](http://www.wonderfullymadene.com) to learn more





## Programs Offered:

### Friendship Club:

This is a program designed to provide recreational activities for middle school and high school age kids to get involved with on Friday nights! The goal is to have fun, make friends, and provide social opportunities. Activities will include things such as bowling, swimming, movie nights, etc.

The goal of Recreational Therapy is to work on social, emotional, and physical goals through play and activities. By providing fun social activities and volunteer staff, Wonderfully made hopes to give children a place to be a kid as well as learn about themselves and gain confidence in who they are.

Rec Therapy goals:

- inclusion
- social skills
- community integration
- friendship skills
- communication skills
- team building

### Individualized Recreational Therapy:

Private services with a Rec Therapist are available and are very individualized. The overall goal is to improve functioning and help them to be as healthy, active, and independent as possible in their individual life pursuits. These services follow a standardized

### Focus Groups:

Focus groups are made up of 3-4 kids with similar social skill needs. These groups are structured and have specific social skill goals for each of the kids in the group. A CTRS places kids in these groups based on assessment and treatment goals in which the child could benefit from a group therapy setting.

Contact me for more info at:  
[nicole@wonderfullymadene.com](mailto:nicole@wonderfullymadene.com)



# Lincoln Children's MUSEUM

## Autism Family Network Museum Membership

Lincoln Children's Museum is proud to partner with the Autism Family Network (AFN) to provide a reduced-rate membership option for families connected to AFN. Lincoln Children's Museum strives to provide an environment where all children and families can create, discover and learn together. Through the power of play, we celebrate a love for life-long learning.

### Membership Benefits Include:

- 20% off membership (regularly \$82!)
- One FULL year of admission to the Museum!
- FREE subscription of *Fingerprints*, the Museum newsletter.
- 10% discount at the Museum Store on EVERY purchase!
- Members-only discount on themed birthday parties, camps, programs and events!
- Advanced notice and access to special events and programs.
- Enews updates with exclusive Museum updates!

### Membership Information

Adult 1: \_\_\_\_\_  
 Adult 2: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

### Children under age 18 (first and last names)

Child Name: \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: \_\_\_\_\_  
 Child Name: \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: \_\_\_\_\_  
 Child Name: \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: \_\_\_\_\_  
 Child Name: \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: \_\_\_\_\_

Thanks to grant funding, AFN is able to offer the choice between either a Family Basic OR Grandparent Basic Membership for FREE! You can also add the "Plus One" option, for no additional charge.

- Family Basic Membership - (\$62 value)**  
 Annual membership for up to two adults and all children under age 18 residing in the same household.
- Grandparent Basic Membership - (\$62 value)**  
 Annual membership for two grandparents and their grandchildren under age 18.
- Museum Plus One - (\$20 value)**  
 Admits any one extra person into the Museum in conjunction with Family or Grandparent Basic Memberships.

Total \_\_\_\_\_

### Method of Payment

- Visa  Master Card  
 Discover  AmEx  Check # \_\_\_\_\_

Card Holder Name: \_\_\_\_\_  
 Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_  
 Billing Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

LincolnChildrensMuseum.org  
 (402) 477-4000 ★ 1420 P Street ★ Lincoln, NE 68508

# 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 wait list 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.

Contact the Autism Family Network with any questions you may have regarding the waiver at [afnlincoln@aol.com](mailto:afnlincoln@aol.com)

<http://www.thedesk.info/state/nebraska/>

[http://dhhs.ne.gov/developmental\\_disabilities/Documents/Nebraska-DDAC-waiver-2011.pdf](http://dhhs.ne.gov/developmental_disabilities/Documents/Nebraska-DDAC-waiver-2011.pdf)

[http://dhhs.ne.gov/developmental\\_disabilities/Pages/developmental\\_disabilities\\_index.aspx](http://dhhs.ne.gov/developmental_disabilities/Pages/developmental_disabilities_index.aspx)

[http://www.pascenter.org/state\\_based\\_stats/medicaid\\_waivers\\_info.php?state=nebraska#waliver\\_5](http://www.pascenter.org/state_based_stats/medicaid_waivers_info.php?state=nebraska#waliver_5)

