



# Perspectives

Fall 2011 / Volume 18, No. 3

## Preventing Parent Burnout: The Importance of Building a Strong Support Network for You and Your Child

Frequent flyers are accustomed to hearing the safety directions about what to do in the event of a sudden loss of cabin pressure. The instructions are clear: parents fasten your air mask before assisting a child with his or her mask. When you stop to think, you **realize that it is in the child's** best interest for the parent to be capable of helping. The same is true of caregiving. If the parent is exhausted, frustrated, or depressed, the child cannot thrive.

**"As a parent, it is your responsibility to keep yourself healthy. Taking time for yourself is not selfish. If you are burned out, you're not available for your child," says David Gold, a clinical psychologist with Crossroads Psychological Associates in Columbia.**

Most parents are familiar with the feelings associated with burnout. Common symptoms are physical tiredness and feeling that things are out of control. Even parents who feel

they are being effective may be at risk for burnout, says **Gold.** "

Among caregivers, 40 to 70 percent have clinically significant symptoms of depression; approximately a quarter to half of these caregivers meet the diagnostic criteria for depression, according to the Assessment of Family Caregivers (2006).

Parents and caregivers of children with special needs may face added challenges — disruptive sleep schedules, self-injurious behaviors, or limited communication and social **abilities.** **"Parents of children with autism should not measure their success as parents by how their children are functioning. This is a recipe for burnout," says Gold.**

Concentrate on what you can control, says Gold. Focus on the process; access the right resources and obtain the supports you and your child need to thrive. A support network

can include family, friends, neighbors, schools, religious communities, and organized support groups.

**"As a mom of children with disabilities, connecting with other parents, keeping abreast of the latest events and workshops, and taking advantage of opportunities for respite are so important to me, not just to support my children but for me to keep a healthy perspective in my life," says Andrea Holz, parent coordinator for the Howard County Family Support and Resource Center.**

A strong support network is **key, recommends Gold.** **"Get your feedback on how you're doing as a parent from how your support network is benefiting your child."**

# Howard County Autism Society

10280 Old Columbia Rd, Suite 215  
Columbia, MD 21046  
410-290-3466  
www.howard-autism.org

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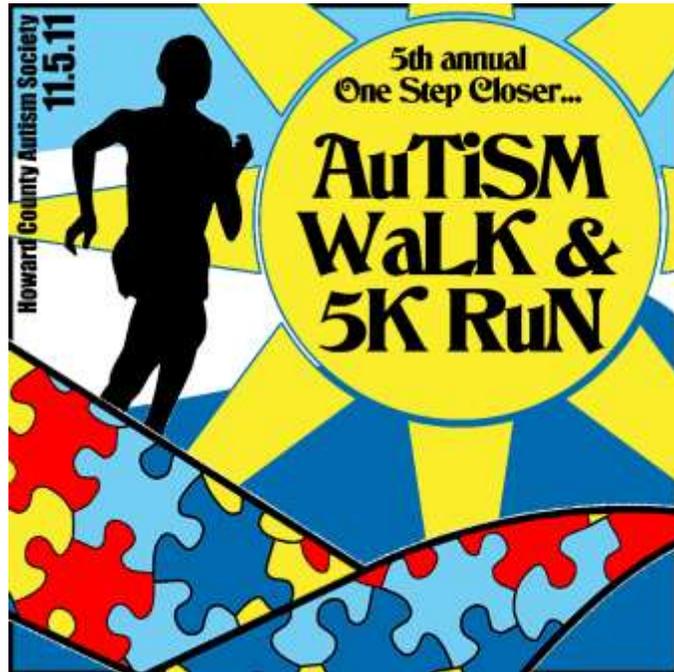
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*Perspectives Editor*  
Sara Sommerville

## Save the Date



One Step Closer . . . Autism Walk and  
5K Run at Centennial Lake

Saturday, November 5

9 a.m. Registration and Complimentary Breakfast  
10 a.m. Run and Walk

**Join us for the fifth annual "One Step Closer . . . Autism Walk and 5K Run." Participate in the 5K run, the walk around Centennial Lake, or the shorter "cake" walk.**

This year Star Wars characters from the 501st Legion and Rebel Legion will be joining the pre-race and walk festivities, and they will perform a lightsaber show. Moonbounces, face painting, and giveaways will also return to our children's area this year. Since our event is the weekend after Halloween, please feel free to wear costumes as you participate in the walk.

Funds raised at this event support the HCAS mission to promote a better local understanding of autism in hopes of greater acceptance.

Start building your team and register today!  
Visit [www.howard-autism.org](http://www.howard-autism.org).



## From the Executive Director

I hope everyone is refreshed and ready to take on a new school year, or whatever fall brings your way. Some parents have been able to relax and enjoy the summer by getting out of town. Others have been creative with a staycation, finding ways to relax in their own backyards. Autism doesn't take a vacation, so regardless of whether home or abroad, working or playing, the everyday challenges tag along, but so too do the joys. In this issue of *Perspectives*, HCAS hopes to remind all of us that while some challenges are mounting, persistent, or seem unmanageable, we gather together in hope and friendship to support each other, humor each other, and to prevent the challenges that threaten to exhaust us and distract us from the everyday joys that hug our hearts.

The start to the school year may feel a little different than in years' past. Maybe it's the fact that schools started late thanks to Hurricane Irene. Maybe it's the earthquake that only took place a few days before the hurricane, and its echo of aftershocks. These are natural challenges we don't often see in the Baltimore-Washington area. Both left us unsettled, and unsure of what might happen next. I couldn't help but relate these experiences to all I have learned about sensory sensitivities. I was literally shaken by the earthquake, and felt emotionally shaken afterwards. How would I feel if someone demanded I sit still through such a feeling as if everything was okay? Would I (or could I) actually concentrate if teachers expected me to take a standardized test? How might I feel if I couldn't understand that the earthquake was actually over and it wouldn't be shaking again? How might I behave if I was in fear that at any moment the tremors would return? Many of our children with autism endure these feelings because of sensory issues, or something similar, each and every day.

Another recent event that has shaken the autism community along the Baltimore-Washington corridor was a tragic murder-suicide executed by a Montgomery County mother of a teenager with autism. These occurrences are sad to hear, and touch us all. Many can relate to the challenges facing this mother. Many can relate to the multitude of frustrations with autism, the school system, the service providers, or the community at large. Some of us can even relate to the feeling of emptiness and loss of hope. And to that feeling of isolation and despair, I gently reconfirm that this is the essence of why HCAS exists. Our greatest mission is to provide support to families dealing with autism. Together, we can do so much more than we can on our own. You will find on every page of this newsletter opportunities to connect with other families: social events for your family, meetings to learn something new to better care for your child, inspiration that may lighten your load, or possibly even an example of autism that simply makes you pause or laugh.

Join us at a support group meeting, or sensory friendly movie. Form a team and meet us for the One Step Closer...Walk/5K Run in November. We hope your family can join us at one of our many programs: Fitness First, Parent Wellness, or yoga. Find us on Facebook or our website's social network. And we're always open to suggestions if we've missed something that will make a difference in the lives of those in Howard County dealing with autism. Don't hesitate to reach out. HCAS is here for YOU!

~ Mary Beth Collins  
mbcollins@howard-autism.org

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Read *Perspectives* online. Reduce paper by signing up to receive *Perspectives* electronically. Once you are enrolled, we will send an email notice when a new full-color issue is online. Email [info@howard-autism.org](mailto:info@howard-autism.org) to sign up.

## Special Education News

### HCPSS Partners with Towson University; Offers M.Ed. in ASD

Towson University launched a new master's program this fall, "Teacher as Leader in Autism Spectrum Disorders," with a cohort in the Howard County Public School System (HCPSS). HCPSS is encouraging professionals from its schools to apply to the program by offering tuition support and housing the courses in the county, in HCPSS schools.

"The HCPSS Department of Special Education is excited to engage in a second collaborative master's program with Towson University. This new program addresses the need to ensure greater numbers of staff are highly skilled in working with students with ASD," says Judith Pattik, coordinator of the Department of Special Education. "We are encouraged by the interest from staff and look forward to the skills they will bring back to our classrooms."

The new program combines direct instruction on the core features of autism spectrum disorders (ASD) and evidence-based practices with specific hands-on application projects that allow the graduate students guided experiences in implementing the strategies learned. According to Dr. Katherine Holman, assistant professor of special education at Towson University, the program was developed in response to a critical need to better prepare educators to effectively meet the rising number of students with ASD in our classrooms. "We are

very excited about this program and have received a great deal of interest from prospective students," says Holman.

Towson University received funding through the Maryland State Department of Education to develop eight new courses last year and this summer received formal approval of the program from the Maryland Higher Education Commission. The program is 37 units and will take up to three years to complete. Upon completion, students will earn a Master of Education in Autism Spectrum Disorders.

"We hope to offer the program on campus next fall as a Towson University cohort. The Towson cohort would be available for any student," says Holman. Students would not need to be employed by one of the public school programs.

Interested applicants should contact Dr. Katherine C. Holman at [kholman@towson.edu](mailto:kholman@towson.edu). Additional information and application procedures will be available soon on the College of Education's website.

### DSE Expands its Team Approach to Addressing Student Needs in the Least Restrictive Environment

Beginning with the 2011-2012 school year, the Howard County Public School System's Department of Special Education (DSE) has more closely aligned the work of staff within the Assistive Technology Unit and the Least Restrictive Environment Team to better support students with disabilities in accessing instruction, communication, written language, and/or a given environment in the least restrictive environment.

Through the collaborative efforts of speech-language pathologists, special educators, and technical assistants, this Instructional Access (IA) Team now provides students with disabilities even better access to more rigorous learning opportunities while working on their grade-level curriculum. The DSE is very excited by this creative partnering that paves the way for promising student outcomes. School-based instructional team leaders have received a list of IA Team representatives assigned to each school. Schools are to contact their representative when they are seeking support and/or assistance from the IA Team.

### HCPSS Sports Season Opens with a New Allied Sports League

Allied Sports is an extracurricular sporting activity that enables students with and without disabilities to participate in competitive sports with other Howard County high schools. This program is designed for students who are interested in playing a sport, but who may not possess the level of skill required for a varsity or junior varsity team. There are four Allied Sports offered in Howard County, including soccer in the fall, bowling in the winter, and golf and softball in the spring. All activities are co-ed with appropriate rule modifications to ensure a safe and successful experience for all students. Soccer is starting now, so if you have a high school student who may be interested, please see the athletic and activities manager at your high school or call the HCPSS Office of Athletics at 410-313-6631.

# New Research Programs Study Genes and Environmental Factors on Autism

*This article is written by Michelle Landrum, an outreach coordinator at the Johns Hopkins Bloomberg School of Public Health. Michelle is the mother of two sons, one with Asperger's. She is committed to publicizing and enrolling families in research studies at the Kennedy Krieger Institute.*

As a parent, I know the challenges and joys of raising a child on the autism spectrum. And as someone who works with researchers, I know the need for studies to **understand autism's causes**. This summer, several studies made news by finding that environmental factors may be as important as genetics in causing autism.

The new studies raise hope that if researchers can find modifiable risk factors, they can help prevent some children from developing autism or possibly **alleviate some of autism's** difficulties.

There are two studies I work with – collaborations between the Kennedy Krieger Institute and Johns Hopkins University in partnership with the Maryland State Department of Education and the Department of Health and Mental Hygiene – that are looking at genes and environmental factors:

**SEED:** Some of you already have participated in the Study to Explore Early Development. Thanks to you, researchers now are beginning to write some initial results. A second phase of SEED will begin enrolling children ages 2 to 5 this fall. Children must have some kind of developmental delay. Families complete questionnaires and attend a Kennedy Krieger clinic visit. At no cost, children receive up to four developmental assessments, and parents receive a report on their child. The family is compensated \$200-\$325.

**EARLI:** The Early Autism Risk Longitudinal Investigation is now enrolling mothers who have a child on the autism spectrum and who are less than 28 weeks pregnant or considering a pregnancy. Participants provide information and biological samples. The new babies receive three years of free developmental assessments by researchers; parents receive reports on their **baby's progress**. EARLI compensates families for time (\$545-\$605) and travel.

You may receive mail about these studies from KKI or our public partners. Families interested in enrolling can also directly contact researchers at 1-877-868-8014 or [CADDE@jhsph.edu](mailto:CADDE@jhsph.edu).

## Sensitive Santa Coming to The Mall in Columbia



Friday, December 2 and Sunday, December 4  
Before the mall opens  
10300 Little Patuxent Pkwy, Columbia

For families dealing with sensory issues, come enjoy a visit with Santa at a time when sensory impulses are turned down! Santa will be available before stores are open to the public. The water fountains and music will be turned off, and families will take numbers rather than stand in line. HCAS will have plenty available to entertain you while you wait for that special visit with Old St. Nick. This promises to quickly become a holiday favorite!

# HCAS Brings the Popular Pathfinders for Autism “ASD Brown Bag Seminar Series” to Howard County

Throughout the 2011-2012 school year, HCAS will partner with Pathfinders for Autism to bring the ASD Brown Bag Seminar Series to Howard County. Four presentations will bring a variety of experts to the HCAS Resource Center to discuss important topics related to the autism spectrum.

Attendees are invited to bring a bag lunch as they listen to presenters. All presentations will allow for discussions afterward — and typically are interactive throughout — and offer additional information for those who wish to advance **beyond the scope of the day’s** session.

Two years ago, the ASD (Autism Spectrum Disorder) Brown Bag Seminar Series was a pilot venture, a brain child of Pathfinders for Autism (PFA) Executive Director Rebecca Rienza and today’s HCAS Executive Director Mary Beth Collins. The series was the collective

answer to numerous questions and requests heard by both women as they worked around the Greater Baltimore area in the autism community: please give us more useful information to help our loved ones with autism! Service providers also asked for assistance. In response, Rienza and Collins developed a schedule of presentations on popular ASD topics to be held at the PFA office in Hunt Valley. The response was overwhelming: many presentations filled the room to capacity, participants asked for more topics, and requests came for presentations in other parts of the state.

Last year, not only was the series continued in Baltimore County, but it was hosted in Harford County and on the Eastern Shore as well. This year, the ASD Brown Bag Seminar Series will offer presentations in six counties, including Howard County.

**“It’s exciting to bring this important series to Howard County now as executive director of HCAS,” says Collins. “Parents are diligent when researching autism and its treatments to help their children. A lunchtime series offers important information at a time that can be less stressful to parents, and area service providers, than evening or weekend offerings.”**

Rienza is proud to broaden the **scope of the series: “Since we began our free ASD Brown Bag Seminar Series, it is obvious through survey responses and community requests that there is a hunger for similar programs throughout the state. In order to foster optimal attendance, we seek input from our community partners, such as HCAS, to determine relevant topics, find an appropriate venue, and address convenience factors.”**

All presentations will be held at the HCAS Resource Center, 10280 Old Columbia Road, Suite 215, Columbia, MD, from 1 – 2:30 p.m. Registration in advance is required. To register, visit: [pathfindersforautism.org](http://pathfindersforautism.org).



Thank you to Harris Teeter, Kings Contrivance Village Center, for sponsoring the refreshments for this series.

## Comprehensive Autism Resource Website

Pathfinders for Autism is pleased to announce the re-design of its popular Autism Resource website and data management process with the intent to offer easier navigation of the site. HCAS was among area specialists who contributed to this comprehensive **resource soon available to Maryland’s autism community. Not** only can families access more information, but the information is organized by age range. A checklist for each age group is offered so that families can ensure they are taking the proper steps along the autism journey.

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

# ASD (Autism Spectrum Disorders)

Howard County

## Brown Bag Seminar Series

Popular topics related to the autism spectrum are selected and presented to the community by knowledgeable specialists in the area. Parents, educators, and service providers alike will gain greater understandings about important issues and learn how to provide stronger support strategies.

### September 22 *ASD and Setting Healthy Limits on the Virtual World* Ed Spector, Psy.D.

Unfortunately, when used to excess, technology can negatively impact our lives. Some individuals are unable to effectively limit their use of electronic media. This presentation will explore the interaction between ASD and electronic media, and resulting challenges. Dr. Spector will discuss an innovative approach to helping people work through these challenges.

### November 17 *Sensory Processing Disorder: Signs, Symptoms, Strategies* Ida Zelaya, Sensory Street

A review of the types of sensory challenges and effective assessments, including the specialists best equipped to offer appropriate treatments and introduce life-impacting strategies.

### March 29 *What Special Education Can (and Can't) Do for Your Child* Julie Foley & Kim McKay, Parents for Parents, Inc.

Participants will gain a knowledge of special education laws, and how they play out in local school systems. Emphasis will be on working with your child's team to develop effective partnerships when developing strategies for success for your child in an inclusive academic environment.

### May 31 *ASD: Sexuality and Social Boundaries*

Janet Palmer, MA, M.Ed., Advocates for Success

Ways to protect and promote appropriate social behavior in tweens, teenagers, and adults with regard to sexuality and the emotional, physical and legal concerns facing both individuals on the spectrum and their families.

*Pathfinders for Autism does not endorse any treatment, service or provider. We strive to provide accurate, up-to-date information to individuals, families and professionals to assist them in making informed decisions about what best suits their unique needs.*



PATHFINDERS  
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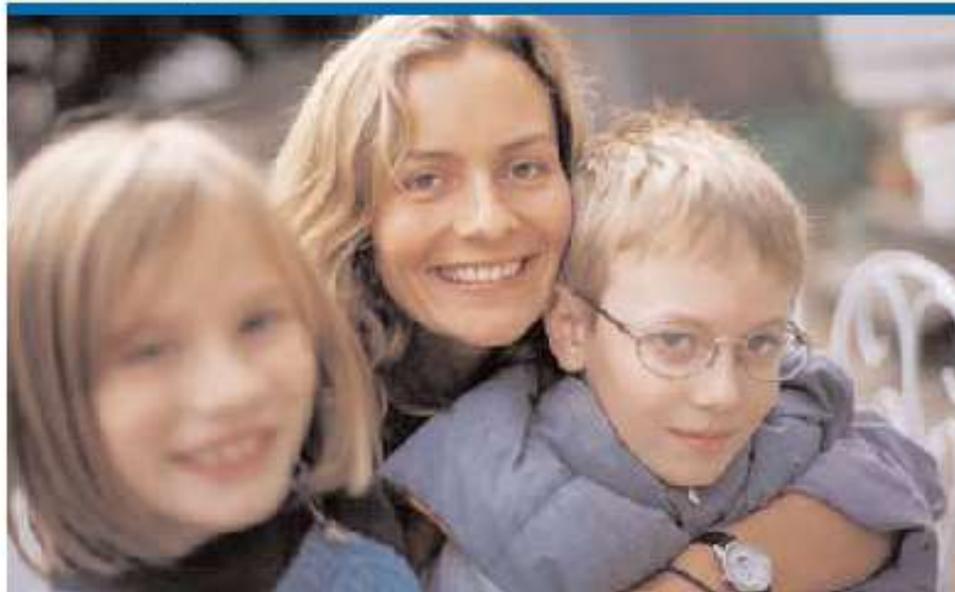
Seminars will be held at



10280 Old Columbia Road, #215  
Columbia, MD 21046

Seminars are free,  
but registration is required for  
each session at 443.330.5370 or  
[www.pathfindersforautism.org](http://www.pathfindersforautism.org).

This workshop series is sponsored by  
Pathfinders for Autism and  
the Howard County Autism Society.



Thursdays from 1:00 - 2:30 pm

2011 - 2012

## Communication: Everyone's Talking About It

by Kim McKay

*Kim McKay is a parent advocate and codirector of the nonprofit organization Parents for Parents. Under the Family Advocacy and Parent Education grant awarded to HCAS, she offers free advice on education-related issues.*

Everyone says the key to a good relationship, at home with your family or with your child's IEP team, is good communication. Everyone says that, but what does that actually mean? We often feel like we're meeting and talking all the time. But what are we saying and, more importantly, how are we saying it?

### Get to know your child's team

Don't be afraid to reach out to them. You don't have to wait for them to call you. Be proactive! Share your vision and goals for your child. It can feel like you've said the same thing over and over, but the more the team hears the message, the better.

Find out which way of communicating works for you both. Send an email, write a note, or call. Consistent dialogue is best. This does not need to be a formal IEP meeting. The more relaxed and comfortable you can be with each other, the better your communication.

**Don't wait for conferences to get to know your teachers**

Make time to attend your school functions. Volunteer to help the PTSA, chair a committee, and attend school events. These are great ways to get to know the culture of your school and team.

**How do you know what's happening at school?**

As a parent, you want to know what happened during the day, especially if you have a child who can't tell you. Ask questions about what you need to know. When are services being provided? Has progress been made? But keep in mind there is a balance between being proactive in your correspondence and corresponding too much. Asking for notes from service providers is fair; asking for a detailed blow-by-blow of what they did during a 30-minute speech session is too much.

**Requesting a copy of a teacher's lesson plans is too much, but wanting to know ahead of time what topics will be covered in social studies isn't. Always be respectful and polite in your correspondence.**

Set a consistent method of communication — email, weekly log, agenda book. Make sure it's a

method that works for you both. **Don't abuse the method.** There is such a thing as too much communication.

Be sure to hold up your end of the bargain. If you agree to sign off on a homework log or write a note each week, do that. It is also important to maintain the relationship even when things are going well. **Don't let it fall by the wayside, and not communicate just because there isn't a pressing problem.** Tell them if things are going well. Share progress you see at home with homework, independence skills, or outside activities. This helps your team see your child as a whole person, not just as a student.

Communication is key

The relationship between you and the IEP team (teachers, providers, administrators) is one of the most critical elements in determining the success of your student. It takes lots of effort to make the relationship work, but **it's worth it in the end.**

*If you need assistance communicating with your team or any IEP related matter, please contact the Family Advocacy and Parent Education (FAPE) project at [www.parentsforparents.org](http://www.parentsforparents.org) or 410-465-1193.*

## Upcoming Workshops Presented by Parents for Parents

*These free parent workshops are supported by HCAS through the Family Advocacy and Parent Education grant.*

**How to Make Studying More Fun!**  
Thursday, November 17,  
7 - 9 p.m.  
Central Library, 10375 Little  
Patuxent Pkwy., Columbia

Homework and studying can be a stressful time for families of children with IEPs. This workshop is designed to help families take the stress out and put a little fun in homework time. Come to this hands-on workshop to discover online resources and other ways to ease the tension. Presenters Kim McKay, of Parents for Parents, and Nicole Geiger, resource teacher for HCPSS, will show you things you can use the next night!

**Ins and Out of IEPs**  
Thursday, December 8,  
7 - 9 p.m.  
Central Library, 10375 Little  
Patuxent Pkwy., Columbia

This workshop is specifically designed for parents who are relatively new to the special education process. Presenter Kim McKay of Parents for Parents will discuss IEP/IFSP basics. Participants will learn how to make the process work for them, and how to be an active and valued member of the IEP team.

To register for these free workshops, please call the Family Support and Resource Center at 410-313-7161. This is not a Howard County Library event.

**Maryland Waiver Programs and Low Intensity Support Services (LISS): What are They? And How Can They Help?**

Thursday October 27, 2 p.m.  
Central Library, 10375 Little  
Patuxent Pkwy., Columbia

Presenters: Marjorie Shulbank, MSDE Education Program Supervisor, Division of Special Education/Early Intervention Services; Cynthia Kaufman, DDA Director, Central Maryland

The Maryland Autism Waiver, the DDA Waiver and Low Intensity Support Services programs are very important to families supporting someone with autism. But what exactly are they? How can they help? When can they help? When is best to apply? Come to this informative session to learn more about the programs.

Do you have any specific questions you'd like to see addressed? Let us know! Please submit your questions no later than October 19 to [info@howard-autism.org](mailto:info@howard-autism.org).

## HCAS Online Social Network—Now a Private Forum

In response to membership requests for increased privacy, HCAS changed the online social network to a private forum on August 24, 2011. Going forward, discussions posted can only be viewed by registered members of the network. Members can post questions, comments, announcements, etc.; replies are conveniently linked directly to the original posting. One must apply to HCAS to become a group member with the social network. Visit [www.howardcountyautismsociety.org](http://www.howardcountyautismsociety.org) to read previous postings and to join the discussions!

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

# APPROACHES TO BIOMEDICAL INTERVENTION

## Biomed Basics

by Jennifer Palmer

Many parents are curious about the biomedical approach for treating autism and other related disorders. Looking at autism from both medical and behavioral perspectives provides a more comprehensive approach for helping our children. Virtually all children on the spectrum have medical issues of some kind; digestive problems, seizures, pain, immune system imbalances, and detoxification difficulties are just a few.

Taking your child to a biomedical doctor to run the proper medical tests will help to determine which areas need to be addressed. However, the first step is to question the behavior/symptom and then acknowledge that there could be a medical problem. For instance, some children who bang their heads are actually in severe pain, and they are coping with the pain by banging. All too often, we approach something like this from a behavioral standpoint. What if it's not behavioral? This can be said for many of the behaviors and symptoms associated with autism.

Every child on the spectrum is different, and therefore each treatment approach is different. You have probably heard of the

gluten-free casein-free (GFCF) diet. According to the Autism Research Institute, this one intervention alone improves behaviors in 66 percent of those who tried it. I personally know children who were able to speak their first words immediately after starting this diet, with no other interventions being incorporated at that time.

Improvements usually happen with biomedical therapies, ranging from subtle to dramatic. You may see changes in bowel health, eating habits, immune system, motor control, tics, self-destructive behaviors, and more. It also often makes other therapies such as ABA, OT, and speech more effective. A biomedical doctor would likely suggest one or more of these treatments:

- Dietary intervention to address nutrition, intolerances/allergies, and behaviors
- Supplementation to address absorption, body function, and nutrition
- Immune system support to address fungal, bacterial, viral, and parasitic issues
- Detoxification of heavy metals and other chemicals that are hindering body function

- Hyperbaric oxygen to provide oxygen to tissues deep within the body and brain
- Physical manipulation such as craniosacral, chiropractic, reflexology, and massage to help with alignment and muscular issues.

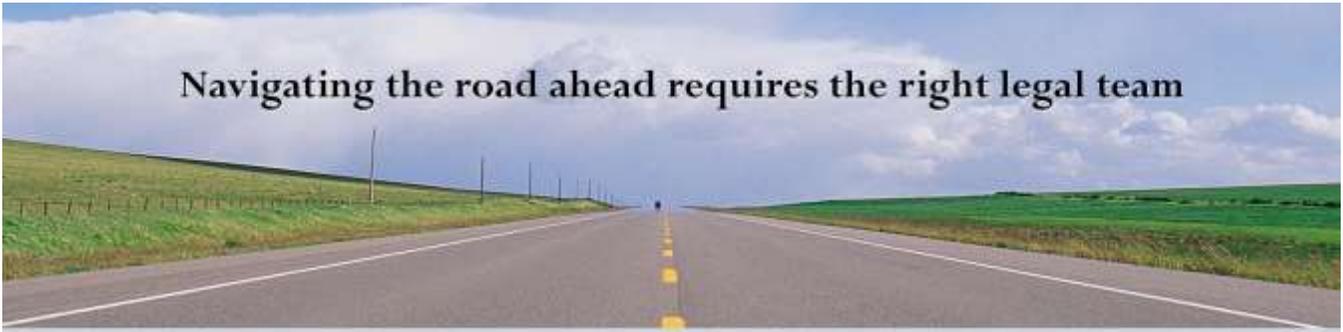
In the next issue of *Perspectives* read more about dietary interventions and how they are helping many kids. We will delve into the typical diets, why they are recommended, and some resources for further information.

*Jennifer Palmer is the facilitator of the HCAS Biomedical Support Group. She is a traditional naturopath, Reiki master, and colon hydrotherapist, and she owns Nourishing Journey, a wellness and detox center located in Columbia. She has found that natural approaches to health, including nutrition and detoxification, have greatly improved her health and the health of her son on the autism spectrum.*

.....

Please contact a DAN! [Defeat Autism Now!] doctor to implement biomedical treatments.

## Navigating the road ahead requires the right legal team



### Practice Areas

Banking & Financial Institutions  
Bankruptcy & Creditor's Rights  
Business & Transactional  
Civil Litigation  
Community Association  
Estate Planning & Elder Law  
Guardianships, Will Contests & Fiduciary Litigation  
Intellectual Property & Technology Law  
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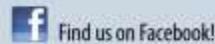
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## Thank You, Merry Acres Farm

The Merry Acres Farm Fun Horse Show and Family Fun Day was canceled this year due to the unseasonable amount of rain. Merry Acres Farm is a valued HCAS partner. Thank you to all who volunteered to help the day of the show and everyone who entered to compete.

### A Special Thank You to Merry Acres Farm Goes to Pieces Sponsors

Advocates for Success, Janet Palmer, Towson

**B'moreAbilities Special Arts Center, LLC,**

Zoey Robinson-Budreski, Baltimore

Jim Claxton, Event Website

**The Equiery, Maryland's Source for Horse Information**

Faithful Memories, LLC, Jen Fry, Eldersburg

Heritage Realty & Land Development, Tim Feaga, Lisbon

Howard Bank, Ellicott City

J. David Mullinix and Sons, Dayton

Mary and Kyle Crawford, Ellicott City

Nourishing Journey, Jennifer Palmer, Columbia

The Piedmont Group, Molly Kilmore, Frederick

Pizza Hut of Maryland, Inc., John Schulze, Columbia

Sensory Street, Ida Zelaya, Baltimore



We look forward to a day of family fun and horse competitions in September 2012.

## Community Spotlight

A new feature to Perspectives, the Community Spotlight celebrates Howard County businesses that employ adults with special needs.

Featured Business:  
The Outer Office, Inc.  
11920 Lime Kiln Rd.,  
Fulton, MD  
301-604-8400  
Owner: Bette Dolan  
Began 1985

The decision to include individuals with special needs as staff at the Outer Office was not a burning desire of the **printing shop's owner, Bette Dolan**. It simply was a result of an open mind and a business owner willing to explore a new opportunity. When Diversified Services Group, now known as

**Humanim, approached Bette Dolan, at first she didn't believe her** small printing business had tasks suitable for an adult with special needs. But as she continued to think about it she realized that in fact she had many. A young man began working with her, at the beginning with an aide who slowly cut back hours until the support was no longer necessary. That was 25 years ago.

**"Hiring him was probably one of the best business decisions I've ever made,"** says Dolan. While insurance regulations dictate certain limitations, she prefers not to let it deter progress of the shop or her staff. **"I match a person and his or her abilities with the right job, rather than allow disabilities to limit potential."**



*Bette Dolan [second from right] and the Outer Office team celebrate a staff member's birthday.*

## LEGO Family Fun Events

Through a partnership with HCAS and the Arundel Mills LEGO Education Center, families enjoyed several free, fun for **"all-ages" events this past summer** at the LEGO store at Arundel Mills Mall. Children and adults alike used their ingenuity and creativity to build large-scale city-scapes in a sensitive and accommodating environment.



*LEGO workshop participants share their excitement for the summer family fun events.*



[Left] LEGO enthusiasts enjoy a two-hour family fun event this summer at the LEGO store in Arundel Mills. The family events and summer workshops included themes such as space, city planning, and exploration. [Right] A display of the builders' LEGO creations.

## **Stephanie Maric, J.D.** **301-379-9493**

Visit my website at: [www.stephaniemaric.lnf.com](http://www.stephaniemaric.lnf.com)



**Long & Foster – Columbia**  
**Direct: 301-379-9493**  
**Office: 410-715-2721**

**email:**  
**[stephanie.maric@longandfoster.com](mailto:stephanie.maric@longandfoster.com)**

### **DONATION COMMITMENT:**

I will donate \$250 to the Howard County Autism Society for every member referral that results in a sale (\$500 if I sell your home *and* help you buy a new home)



**Proud Parent and HCAS Board Member**



#### MEMBERSHIP UPDATE:

If you are not a member of the Howard County Autism Society, what are you waiting for?!

Membership has its privileges: exclusive member-only social events; receiving the quarterly newsletter; support group meetings with a phenomenal speaker lineup; and the knowledge that your support helps us continue to provide advocacy, training, and support to the families of Howard County with someone on the autism spectrum and to the greater community.

To join:

Go to [www.howard-autism.org](http://www.howard-autism.org) and click on membership.

Your membership support is vital to helping us fulfill our mission. **Don't delay, join today!**

If you are uncertain as to the status of your membership, send an email inquiry to [info@howard-autism.org](mailto:info@howard-autism.org).



# Upcoming Events

For updated events information or additional information about events listed below, visit the HCAS website at [www.howard-autism.org](http://www.howard-autism.org) or call 410-290-3466

Thursday, October 20 ~  
Howard County Autism Society Support Group Meeting  
7-9 p.m., HCAS Resource Center.  
Sgt. William Chevront, Howard County Police Department, will discuss the Rapid Return Program for children and adults who are at-risk for wandering.

Friday, October 21 ~  
Adult Connections  
5 p.m., On Our Own – Howard County, 6440 Dobbin Rd., Ste. B, Columbia. Join social skills facilitator Janet Palmer, M.A., M.Ed., and fellow adults to prepare and enjoy a meal while strengthening social skills and enjoying peer-to-peer support. Cost is \$5. For more information, call 410-290-3466 or email [info@howard-autism.org](mailto:info@howard-autism.org).

Saturday, October 22 ~  
Free Yoga Class for Children and Teens with Autism  
12-1 p.m., The Yoga Center of Columbia. These classes are designed for children ages 9 to 18. Class size is limited, please email [info@howard-autism.org](mailto:info@howard-autism.org) for more information and to register.

Wednesday, October 26 ~  
Autism Awareness Restaurant Fundraiser at Mamma Lucia  
5-10 p.m., Mamma Lucia, 6630 Marie Curie Drive, Suite L, Elkridge. Join us for family fun and dinner, with 10 percent of the proceeds contributed to HCAS. Visit [www.howard-autism.org](http://www.howard-autism.org) to print out the flyer to bring for the donation. Mamma Lucia's menu includes gluten-free pasta and pizza.

Thursday, October 27 ~  
Maryland Waiver Programs and LISS: What are They? And How Can They Help?  
2 p.m., Central Library, 10375 Little Patuxent Pkwy., Columbia. Come to this informative session to learn more about

the Maryland Autism Waiver, the DDA Waiver, and Low Intensity Support Services. If you have specific questions you want to have addressed, email questions to [info@howard-autism.org](mailto:info@howard-autism.org) no later than October 19.

Saturday, November 5 ~  
Fifth Annual One Step Closer Autism Walk/5K Run  
10 a.m., Centennial Park. REGISTER NOW for the fifth annual walk/5K run. Registration/check-in will open at 9 a.m. and the walk/5K run will start at 10 a.m. Participate in the 5K run, the walk around the lake, or the shorter "cake" walk. Funds raised support our mission-oriented goal to promote a better local understanding of autism in hopes of greater acceptance. Visit [www.howard-autism.org](http://www.howard-autism.org) for more information and to register.

Sunday, November 6 ~  
Sensory Friendly Movie Showing of Puss in Boots  
10 a.m., AMC Columbia Theatres. Lights will be kept on and volume turned down. No trailers. Tickets are \$6/person. Doors open at 9:30 a.m., movie starts promptly at 10 a.m.

Wednesday, November 9 ~  
Transition/Adult Issues Meeting  
7-9 p.m., HCAS Resource Center. Call 410-290-3466 or email Pamela Beck at [pammyb582@hotmail.com](mailto:pammyb582@hotmail.com) for more information.

Wednesday, November 9 ~  
Biomedical Group Meeting  
7-9 p.m., Nourishing Journey, 10440 Shaker Dr., Ste. 105, Columbia. Contact [jenn\\_palmer@comcast.net](mailto:jenn_palmer@comcast.net) for more information.

Thursday, November 10 ~  
**Asperger's Support Group Meeting**  
7:30-9 p.m., HCAS Resource Center. Contact Elaine McAuliffe at [elainemcauliffe@yahoo.com](mailto:elainemcauliffe@yahoo.com) for more information.

Saturday, November 12 ~  
Free Yoga Class for Children and Teens with Autism  
12-1 p.m., The Yoga Center of Columbia. These classes are designed for children ages 9 to 18. Class size is limited, please email [info@howard-autism.org](mailto:info@howard-autism.org) for more information and to register.

Thursday, November 17 ~  
ASD Brown Bag Seminar Series: Sensory Processing Disorder: Signs, Symptoms, Strategies  
1-2:30 p.m., HCAS Resource Center. The speaker is Ida Zelaya, Sensory Street. A review of the types of sensory challenges and effective assessments, including the specialists best equipped to offer appropriate treatments and introduce life-impacting strategies. Cosponsored with Pathfinders for Autism. Seminars are free, but registration is required for each session. Call 443-330-5370 or visit [www.pathfindersforautism.org](http://www.pathfindersforautism.org) to register.

Thursday, November 17 ~  
Support Group Meeting  
7-9 p.m., HCAS Resource Center. Steven Lindauer from the Developmental Disabilities Clinic, Kennedy Krieger Institute, will discuss controlling behaviors.

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(Continued from page 14)

Thursday, November 17 ~  
How to Make Studying More Fun!

7-9 p.m., Central Library, 10375 Little Patuxent Pkwy., Columbia. This workshop is designed to help families take the stress out and put a little fun in homework time. Presented by Parents for Parents. To register for this free workshop, call the Family Support and Resource Center at 410-313-7161.

Friday, November 18 ~  
**HCAS Happy Hour/Parents' Night Out**

5:30 p.m., Union Jack's, 10400 Little Patuxent Pkwy., Columbia. Join fellow HCAS members for Happy Hour or stay for dinner. Sharing good food and drink with friends is always a great way to start the weekend! This is not a catered event.

Saturday, November 19 ~  
Free Yoga Class for Children and Teens with Autism

12-1 p.m., The Yoga Center of Columbia. These classes are designed for children ages 9 to 18. Class size is limited, please email [info@howard-autism.org](mailto:info@howard-autism.org) for more information and to register.

Saturday, November 19 ~  
Fitness First

7-9 p.m., Columbia Gym, River Hill. Registration for Fitness First is required. For more information, contact 410-290-3466 or email [info@howard-autism.org](mailto:info@howard-autism.org).

Friday and Sunday  
December 2 and 4 ~  
Sensitive Santa

Before mall opens, The Mall in Columbia, 10300 Little Patuxent Pkwy., Columbia. For families dealing with sensory issues, come enjoy a visit with Santa at a time when sensory impulses

are turned down! Santa will be available before stores are open to the public. The water fountains and music will be turned off, and families will take numbers rather than stand in line.

Friday, December 2 ~  
Rock Climbing

6-8 p.m., Lifetime Fitness, 7720 Lee DeForest Dr., Columbia. Join HCAS for a night of fun at the rock wall at Lifetime Fitness. For those who change their mind last minute, the pool will also be available. To register, email [info@howard-autism.org](mailto:info@howard-autism.org) or call 410-290-3466.

Thursday, December 8 ~  
Ins and Outs of IEPs

7-9 p.m., Central Library, 10375 Little Patuxent Pkwy., Columbia. This workshop is specifically designed for parents who are relatively new to the special education process. Learn how to make the process work for you, and how to be an active and valued member of the IEP team. Presented by Parents for Parents. To register for this free workshop, please call the Family Support and Resource Center at 410-313-7161.

Thursday, December 8 ~  
**Asperger's General Support**

Group and Holiday Potluck  
7:30-9 p.m., HCAS Resource Center. Join us for a share, support, and celebrate potluck!

Wednesday, December 14 ~  
Transition/Adult Issues

Meeting  
7-9 p.m., HCAS Resource Center. Call 410-290-3466 or email Pamela Beck at [pammyb582@hotmail.com](mailto:pammyb582@hotmail.com) for more information.

Saturday, December 17 ~  
Fitness First

7-9 p.m., Columbia Gym, River Hill. Registration for Fitness First is required. For more information, contact 410-290-3466 or email [info@howard-autism.org](mailto:info@howard-autism.org).

Wednesday, January 11 ~  
Biomedical Group Meeting

7-9 p.m., Nourishing Journey, 10440 Shaker Dr., Ste. 105, Columbia. Contact [jenn\\_palmer@comcast.net](mailto:jenn_palmer@comcast.net) for more information.

Wednesday, January 11 ~  
Transition/Adult Issues Meeting

7-9 p.m., HCAS Resource Center. Call 410-290-3466 or email Pamela Beck at [pammyb582@hotmail.com](mailto:pammyb582@hotmail.com) for more information.

Thursday, January 12 ~  
**Asperger's Support Group Meeting**

7:30-9 p.m., HCAS Resource Center. Contact Elaine McAuliffe at [elainemcauliffe@yahoo.com](mailto:elainemcauliffe@yahoo.com) for more information.

Thursday, January 19 ~  
Support Group Meeting

7-9 p.m., HCAS Resource Center.

Saturday, January 21 ~  
Fitness First

7-9 p.m., Columbia Gym, River Hill. Registration for Fitness First is required. For more information, contact 410-290-3466 or email [info@howard-autism.org](mailto:info@howard-autism.org).

Tuesday, January 24 ~

HCAS Summer Camp Fair  
6:30 p.m., Old Cedar Lane School, 5451 Beaverkill Road, Columbia. Back by popular demand, the HCAS Summer Camp Fair will showcase the myriad of possibilities for summer camps. More information to come.



## HCAS Resource Center Hours

9:30am—1:30pm

Monday–Friday

410-290-3466 ♦ [info@howard-autism.org](mailto:info@howard-autism.org)



Howard County Autism Society  
10280 Old Columbia Road, Suite 215  
Columbia, MD 21046

[www.howard-autism.org](http://www.howard-autism.org)

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Become a fan of HCAS on  
Facebook

## About the Howard County Autism Society (HCAS)

The Howard County Autism Society (HCAS) is a chapter of the Autism Society of America, which was founded in 1965 to help parents, family members, professionals, and caregivers learn about autism, PDD, and related disorders, and how to effectively deal with these disabilities. We are one of about 200 chapters across the country.

HCAS is dedicated to increasing public awareness about autism and the day-to-day issues faced by individuals with autism, their families and the professionals with whom they interact. The national society and HCAS share the common goals of providing information and education, supporting research and advocating for programs and services for people with autism spectrum disorders.

HCAS works in Howard County to advance awareness of persons with autism, PDD, and related disorders.

HCAS provides:

- support for parents
- information and referrals
- advocacy on behalf of persons with autism/PDD and their families
- presentations by experts on autism/PDD, disability rights, etc.
- monthly meetings
- social activities

Join the e-Group

The HCAS e-group connects you with other parents online where you can post questions or share information about doctors, dentists, schools, family support services, etc.

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

Receive the Weekly e-bulletin  
Members receive a weekly e-news bulletin every Monday with upcoming events. Others may sign up by emailing [info@howard-autism.org](mailto:info@howard-autism.org).

Autism Resource Center

410-290-3466

## Newsletter Submissions

*Perspectives*—the newly named quarterly newsletter—welcomes articles and contributions from parents, siblings, professionals, and people with autism spectrum disorders. Submit your article, book review, meeting notice, or photo by emailing to: [info@howard-autism.org](mailto:info@howard-autism.org).

Advertising rates are available on the HCAS website at [www.howard-autism.org](http://www.howard-autism.org).