

# CARD NEWSLETTER

## CARD Staff

**David O. Childers Jr., M.D.**  
Chief of Developmental Pediatrics  
& Executive Director of CARD

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Clinician

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IT Expert

**Audrey Bringman, B.S.**  
Clinician

**Chanel Baldwin, M.Ed.**  
Clinician

**Autumn Mauch**  
Executive Assistant

**Karen Auger**  
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**Tyler Rounds, B.S.**  
Administrative Assistant

**Candice Rosenberg, M.Ed**  
Educational Coordinator

**Dianne Lampp**  
Admin Support Assistant

The UF-JAX CARD program provides support and assistance with the goal of optimizing the potential of people with autism spectrum disorders and related disabilities. Services are provided at no cost. The UF-JAX CARD program provides services to Baker, Clay, Duval, Flagler, Nassau, and St. Johns counties.



## Upcoming Events

- |           |                                 |
|-----------|---------------------------------|
| Dec 15    | Seasons of Hope                 |
| Oct 22    | 201 Annual Fall Family Festival |
| Jan 20-22 | 24th Annual CARD Conference     |

Keep up to date on events. Join the CARD Weekly Update Email Newsletter. To sign up please email [Anthony.Rhodes@jax.ufl.edu](mailto:Anthony.Rhodes@jax.ufl.edu).

## Annual CARD Conference

Each year Florida's CARD centers hold one of the states largest and most noteworthy autism conferences. The purpose of this annual statewide conference is to provide information on state-of-the-art practices in areas that promote best practices in education, early intervention and quality community based life-styles for individuals with autism, deaf-blindness, and related disabilities.

This year's conference will take place January 20th through to the 22nd of 2017. For more information go to <http://www.cardconference.net/>.



The ADOS-2 is a diagnostic tool that has become the standard instrument for assessing autism and PDD across age, developmental level, and language skills. In conjunction with the **24th Annual CARD Conference** in January 2017, CARD is offering a 2 day training where participants can learn how to use the ADOS-2 in a clinical practice! This tool is especially pertinent to psychiatrists, psychologists, SLPs, BCBA's and all other professionals who assess and diagnose autism spectrum disorders. The ADOS-2 workshop registration is also now open! Sign up using <https://cardconference2017.eventbrite.com>.

### CARD's Mission

To educate and empower individuals and families throughout the lifespan by providing support, assistance, and awareness within the community; with the goal of optimizing the potential of all individuals with autism and related disabilities.



# Annual Fall Family Festival

Every year our center hosts a Fall Family Festival blowout sponsored by The University of Florida—Jacksonville Division of Developmental Pediatrics, Northeastern Early Steps, and the Walgreens Corporation ([www.walgreens.com](http://www.walgreens.com)). An awareness event for all families with special needs, the festival offers a number of activities and entertainment for the entire family. Best of all, admission is **FREE!!!**

Join us for music, dancing, carnival games, and prizes. Enjoy snacks and refreshments. Bring the family and have a group photo taken in our photographer area or let your creative side shine at one of the craft tables.

Participants are encouraged to donate a toy for the UF Center for Autism and Related Disabilities Toybank. The CARD Toybank has been providing constituents and their families with age appropriate toys and educational materials for years now and is dependent on donations from the community to restock its supply.

For more information about the Fall Family Festival email [karen.auger@jax.ufl.edu](mailto:karen.auger@jax.ufl.edu).



**Saturday, Oct. 22, 2016  
11:00 AM to 2:00 PM**

at

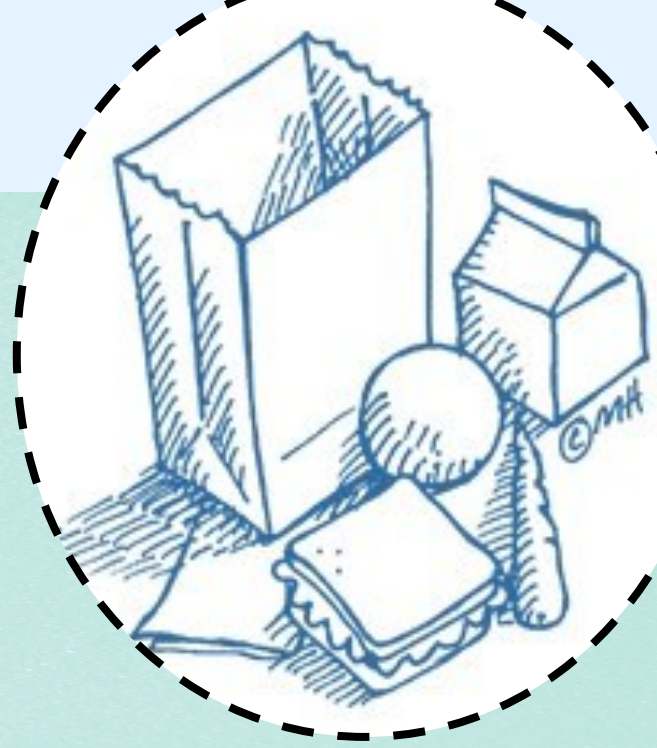
**The UF Developmental Pediatric Center  
6271 St. Augustine Rd.  
Jacksonville, FL 32217**



# Health & Nutrition

By Audrey Bringman, B.S.

**Healthy Back to School Lunch Ideas.** When planning school lunches this fall, consider including healthy meal and snack options that include fresh fruit, vegetables and protein. For nutritious lunch, after school snack, and easy dinner ideas, check out [www.poweryourlunchbox.com](http://www.poweryourlunchbox.com). Also, beginning August 8, you can take the pledge to pack a healthier lunch box for your child at <http://poweryourlunchbox.com/take-the-pledge/> and \$1 will be donated to feeding America.



Shape was very influential; children clearly preferred having their vegetables cut.

## “Tricks” to Get Kids to Eat Healthier at Home.

For tips like slicing veggies into shapes, pureeing greens into sauces, and how modeling healthy behaviors can significantly improve a child’s diet go to:

<http://nutritionfacts.org/video/tricks-to-get-kids-to-eat-healthier-at-home/>

**CARD-JAX on Facebook.** We’ll be keeping the Facebook community updated on our trainings and other local events relevant to families, teachers, and professionals in the Jacksonville area. Search UF Health Center for Autism and Related Disabilities in Facebook. “Like” us to add our posts to your news feed.







FOOD



FUN



# SEASONS OF HOPE



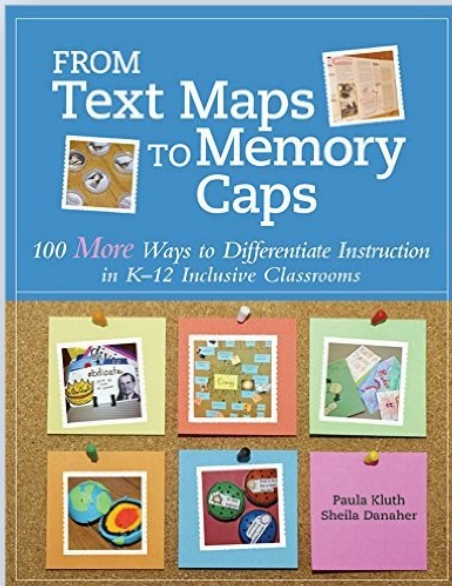
HOPE



The University of Florida, College of Medicine - Jacksonville, Center for Autism and Related Disabilities (CARD) wants every child to experience a pleasant and peaceful holiday season. It is with this wish that CARD and the Walgreens Corporation cohost the annual Seasons of Hope Dinner. Every winter families are invited to join us for a special evening of holiday festivities. Dinner is served along with activities and games for children and a visit from a very special guest. \*Wink\*Wink\*

To be eligible families must first be a constituent of the UF-Jacksonville CARD program and have children between the ages of 0-18 living in the household. Visit the CARD website (<http://www.hscj.ufl.edu/pediatrics/autism>) between Sep & Oct each year to download that year's application form. This is a once in a life-time experience. Each family can only attend once, but for many who have attended it has been a lasting experience for them and their children.





## Now Available in the CARD Lending Library!

*From Text Maps to Memory Caps: 100 More Ways to Differentiate Instruction in K-12 Inclusive Classrooms* by Paula Kluth, Ph.D. and Sheila Danaher, M.S.Ed.

Differentiated instruction is simple and fun with this treasure trove of ready-to-use adaptations for grades K-12. All teachers—especially fans of Kluth & Danaher's *From Tutor Scripts to Talking Sticks*—will love the 100 creative NEW ideas in this illustrated guide, perfect for meeting the learning needs of all students in inclusive classrooms. An effective, time-saving way to boost student skills in key areas such as literacy, math, organization, communication, and behavior, these research-based adaptations will strengthen and energize any curriculum.

# AMC Sensory Friendly Films

AMC Entertainment and the Autism Society have teamed up to bring families affected by autism and other disabilities a special opportunity to enjoy their favorite films in a safe and accepting environment on a monthly basis.

Lights are brought up, sound is turned down, We've expanded our Sensory Friendly Film program to four showings per month.



They have recently expanded their program to four showings every month.

- The second and fourth Tuesday and Saturday
- Family-friendly movies continue to show on Saturday mornings
- Films that may appeal to older audiences now show Tuesday evenings

Movies are show at the AMC Regency 24 in the Regency Center Square. For more information and date and time for upcoming showings go to <https://www.amctheatres.com/programs/sensory-friendly-films>.

<p>AMC Theaters &amp; the Autism Society present</p> <p>AMC Sensory Friendly Films</p> <p>Lights are brought up, sound is turned down, and families can bring their own snacks</p> <p>June 25th 10:00 A.M.</p> <p>AMC Regency 24 in Jacksonville</p>	<p>AMC Theaters &amp; the Autism Society present</p> <p>AMC Sensory Friendly Films</p> <p>Lights are brought up, sound is turned down, and families can bring their own snacks</p> <p>May 14th 10:00 A.M.</p> <p>AMC Regency 24 in Jacksonville</p>
<p>AMC Theaters &amp; the Autism Society present</p> <p>AMC Sensory Friendly Films</p> <p>Lights are brought up, sound is turned down, and families can bring their own snacks</p> <p>July 25th 10:00 A.M.</p> <p>AMC Regency 24 in Jacksonville</p>	<p>AMC Theaters &amp; the Autism Society present</p> <p>AMC Sensory Friendly Films</p> <p>Lights are brought up, sound is turned down, and families can bring their own snacks</p> <p>July 9th 10:00 A.M.</p> <p>AMC Regency 24 in Jacksonville</p>
<p>AMC Theaters &amp; the Autism Society present</p> <p>AMC Sensory Friendly Films</p> <p>Lights are brought up, sound is turned down, and families can bring their own snacks</p> <p>Sep 10 10:00 A.M.</p> <p>AMC Regency 24 in Jacksonville</p>	<p>AMC Theaters &amp; the Autism Society present</p> <p>AMC Sensory Friendly Films</p> <p>Lights are brought up, sound is turned down, and families can bring their own snacks</p> <p>Sep 24 &amp; Oct 8 10:00 A.M.</p> <p>AMC Regency 24 in Jacksonville</p>
<p>AMC Theaters &amp; the Autism Society present</p> <p>AMC Sensory Friendly Films</p> <p>Lights are brought up, sound is turned down, and families can bring their own snacks</p> <p>February 13 &amp; 27 10:00 A.M.</p> <p>AMC Regency 24 in Jacksonville</p>	<p>AMC Theaters &amp; the Autism Society present</p> <p>AMC Sensory Friendly Films</p> <p>Lights are brought up, sound is turned down, and families can bring their own snacks</p> <p>March 26 10:00 A.M.</p> <p>AMC Regency 24 in Jacksonville</p>



A program offered by the UF Health Pediatric Assessment and Intervention Program (PAIP)

# **SOCIAL SKILLS BRICK BY BRICK**

Helping students develop social skills through LEGO building. Tapping into the love of building, this group can help promote and develop social skills strategies such as:

- Cooperative play
- Turn taking
- Shared interests
- Verbal and non-verbal communication
- Group Problem solving

For ages 8 to 12 years old  
Dec. 27 through Dec. 30, 2016  
9:30 to 11:30 A.M.  
Cost: \$150 for 4 days

All sessions take place at the  
UF Developmental Pediatric Center,  
6271 St. Augustine Rd., Jacksonville, 32217.

For more information contact  
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(904) 633-0765