

CARD NEWSLETTER

CARD Staff

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 Executive Director of CARD

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 Specialist

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 Referral Coordinator

Yvonne Smith
 Medical Secretary

Tyler Rounds
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Constituency Board Officers

Rom Alderman - Chair

Ron Timonere - Vice-chair

CARD serves Baker, Clay, Duval, Flagler,
 Nassau, & St. Johns County.

We offer services to family, schools, and
 community organizations who's lives come
 in contact with the autism community. CARD
 also provides services to individuals with
 vision or hearing impairments or dual sensory
 impairments.

All CARD services are at no cost to the
 individual.

CARD Fall Family Festival

CARD's Annual Fall Family Festival is
 back!

Sponsored by The University of
 Florida—Jacksonville Division of
 Developmental Pediatrics and the
 Walgreens Corporation (www.walgreens.com),
 this event hosts a number of activities
 and entertainment for the entire family.

Saturday, Oct. 22, 2011
11:00 AM to 2:00 PM

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

Admission is **FREE!!!**

Join us for music, dancing, carnival
 games, and prizes.
 Enjoy free 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.

The event will also
 host multiple special
 guests. [Southpaw](#),
 mascot for the
 Jacksonville Suns
 will be available to meet guests and
 take photos.

Local artists and cartoonists, Rob Jones
 and Kyle Walsh will also be present to
 share their talents with the crowd.
 Beginning at 1:00 PM, CARD's own

Upcoming Events

Oct 22, CARD Fall Family Festival

Dec 05, CARD Regional Workshop: Quality Literacy Instruction for Students With ASD

Dec 14, Evening With Santa

Jan 13-15, 19th Annual CARD

To be added to the CARD Mailing List
 email anthony.rhodes@jax.ufl.edu

percussion class will be performing
 led by instructor Jay Brown.



This years festival
 looks to be our best
 yet.

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
katrina.ressa@jax.ufl.edu.

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.

Letter from the Executive Director

Another quarterly newsletter is upon us. Where is the time running to?

Due to the state's financial status, the CARD programs state-wide received a 20% funding reduction. As a result, many more of our services have moved into our Center.

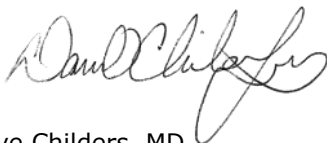
Despite these cuts, there is a lot going on. Some highlights include: Percussion Therapy (drum classes) one evening each week. CARD 101 introduces new families to our program. We continue to offer this program with both daytime and evening schedules to provide a flexible schedule for families. Social Skills classes, Parenting classes and Playskill groups are continuing, again day and evening offerings are available. Our older constituents continue with the social skills programming as well as working on skills such as transitioning to adulthood and working/internships. Our enrollment has continued to grow to now over 3000 families.

In the next several weeks we have a lot of family activities coming up. Through the generosity of the Walgreen's Corporation, we will continue hosting several family events this coming year. The 3rd Annual Fall Festival on October 22 will be a good time for all, with carnival games, a "trick-or-treat" lane, arts and crafts, refreshments, and special guests (SouthPaw from the Jacksonville Suns between 1-2pm). Our very own Drum Line will also be performing. We will also be kicking off our annual Toy Drive during the Festival, with Walgreen's supporting us with donation boxes at their stores throughout the region. Our Evening with Santa on December 14th will be an exciting time for all ages, including Story Time with Santa, arts and crafts, and family portraits supported by Walgreen's available for all at no cost, along with a lot of other activities. If you've never had the chance for a photo with Santa, come on by. Our Santa specializes in kids of all ages who don't like their picture taken. Our Seasons of Hope Dinner for up to 50 families will be advertised soon in the weekly emails. Be on the lookout as the announcement will also include the application to apply to attend. This event fills rapidly every year. Over the holiday period, Walgreen's will support our Center with a toy drive again this year. These donations provide gifts for families (both constituents and siblings) for the Seasons of Hope Dinner as well as our Toy Lending Library.

The annual CARD Conference is at [The Florida Mall Hotel and Conference Center](http://thefloridahotelorlando.com) this year (<http://thefloridahotelorlando.com>) from January 13-15. We hope to be offering scholarships again this year - keep an eye out for notices in the weekly updates.

Despite the budgetary and staff reductions, the CARD staff, both clinical and administrative, are continuing to provide ongoing services. They are motivated, dedicated and very knowledgeable. The next budget cycle is in process right now with the next legislative session scheduled in January 2012. We look forward to continuing to provide services to all our families. Contacting your representatives and senators always helps when they are deciding their funding priorities.

Thank you for your continued support.



Dave Childers, MD
Executive Director
Center for Autism & Related Disabilities



Upcoming Events

2012 19th Annual CARD Conference

This year's Annual CARD Conference will be held at The Florida Mall Hotel and Conference Center in Orlando, Florida, **January 13 to 15, 2012.**

The conference will offer a series of breakout sessions and keynote presentations. The purpose of the annual conference is to provide information on state-of-the-art



practices in areas that promote best practices in education, therapy, early intervention, and quality community based life-styles for individuals with autism, deaf-blindness, and related disabilities.

Conference participants will learn about evidence-based practices,

Guest Speaker
Temple Grandin is
expected!

current research findings and their implications, and emerging practices, as well as practical strategies related to communication and social interventions, transition to adulthood, education, early intervention, and school and community inclusion. Registration is only \$85 per attendant for two days.

Click [HERE](#) to register. As in previous years, CARD-Jacksonville will try to offer family scholarships for the conference. Look for scholarship application information in the upcoming CARD Weekly Update emails.

If you would like to be added to the CARD-Jacksonville listserv, send an email to anthony.rhodes@jax.ufl.edu

For updated information on the 19th Annual CARD Conference check the UCF-CARD website at www.ucf-card.org.

Conference

CARD Regional Workshop: Quality Literacy Instruction for Students With Autism Spectrum Disorders

Presented by Pamela Williamson, Ph.D. & Christina Carnahan, Ed.D

This presentation will focus on practical strategies for creating engaging lessons that foster literacy in students with ASD.

Registration is mandatory.

For more information and to register for this and other CARD events go to <http://doepartnership.usf.edu/trainings.asp>

Literacy

Monday, Dec. 5th, 2011
9:00 AM to 4:00 PM

Shands LRC Auditorium
Jacksonville, FL

Choosing Healthy Snacks

Snacking Myths

MYTH: Snacks cause weight gain.

FACT: No! You gain weight when you consume more calories, no matter what you eat, than you burn during the day.

MYTH: Snacks ruin appetites.

FACT: No! Eating a snack 1–2 hours before a meal helps adults satisfy hunger and eat a smaller meal. Snacks help children and adolescents get the extra nutrients they need.

MYTH: Snacks cause cavities.

FACT: No! You get cavities when you eat sugary and starchy snacks throughout the day. In contrast, snacks that include milk or cheese help prevent tooth decay, while fruits and vegetables keep teeth and gums healthy.

Read the Food Label

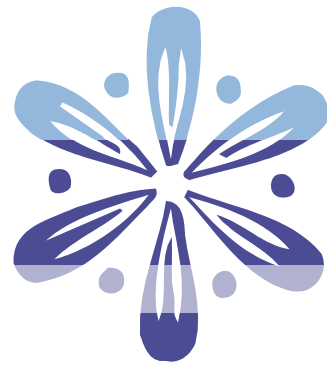
Make sure that you **choose 100% fruit juice**. Although 100% juice is considered a food from the fruit group, it is important to drink juice in moderation because it is high in calories and may contribute to weight gain. Instead, choose the whole fruit, which contains more beneficial nutrients such as fiber.

Watch "low-fat" foods. Sometimes these foods have the same calories that regular foods have because the fat eliminated has been replaced with sugar to keep the flavor. Also, look at labels for different kinds of "granola bars." Some can contain a lot of trans fat and sugar. Finally, **consider the "serving size."** Some small packages contain two or more servings, which means double or even triple the amounts of fat, calories, and sugar shown on the label.



Nutrition

**Now available in Baker, Flagler,
and Nassau Counties!**



CARD

Satellite Clinics

CARD will offer clinics in outlying counties to more effectively serve our constituents. Individual appointments can be reserved with an educational coordinator in advance. Please contact the coordinator for your corresponding county for more information on dates, times, and locations to schedule an appointment.



Baker County

**Date: 12/12/2011
02/06/2012
04/09/2012
06/04/2012**

Location:

**District ESE Office
290 E. Jonathan St.
MacClenny, FL 32063**
(Across from Baker Co. Middle School)

For more information or to set up an appointment contact:
elisha.landiers@jax.ufl.edu

Nassau County

**Date: 11/14/2011
01/09/2012
02/12/2012
05/14/2012**

Location:

**Full Service School
86207 Felmor Rd.
Yulee, FL 32097**

For more information or to set up an appointment contact:
elise.bowers@jax.ufl.edu

Flagler County

**Date: 10/28/2011
11/18/2011**

Location:

**Bunnell Elementary
305 N. Palmetto Street
Bunnell, FL 32110**

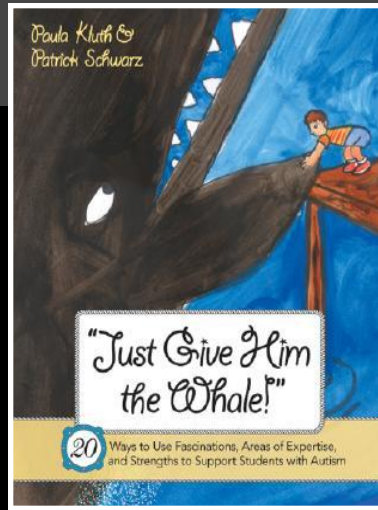
For more information or to set up an appointment contact:
karina.ressa@jax.ufl.edu



University of Florida - Jacksonville

Now Available

Check out these featured books currently available from the CARD Lending Library.



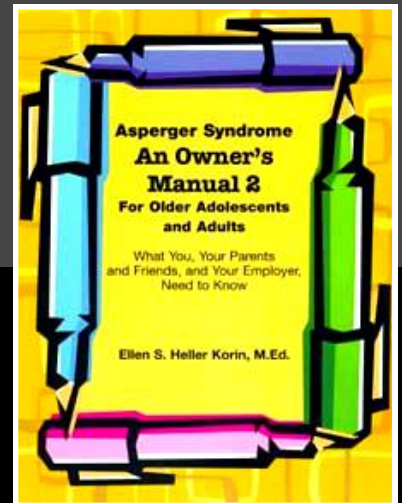
Just Give Him The Whale by Paula Kluth & Patrick Schwarz

Written for teachers, this concise, practical guidebook gives educators across grade levels a powerful new way to think about students "obsessions": as positive teaching tools that calm, motivate, and improve learning. Teachers will discover how making the most of fascinations can help their students develop social connections, minimize anxiety, boost literacy and mathematics skills, expand communication skills and much more.



Asperger Syndrome: An Owner's Manual 2 by Ellen S. Heller Korin, M.Ed.

Asperger Syndrome: An Owner's Manual 2 for Older Adolescents and Adults is the sequel to Asperger Syndrome--An Owner's Manual, primarily written for middle school age children. Using the same easy-to-follow format, this interactive workbook deals with issues that older adolescents and adults face such as relationships, marriage, independent living, employment, self-care, etc. The author uses the nonagram, a nine-pointed star symbolizing achievement and completeness to visually guide readers through each major section of the book. This much-needed resource is designed to inform and support individuals with AS as they examine their own strengths and challenges and plan for a successful adulthood within a neurotypical world.



Functional Behavioral Assessment, Diagnosis, and Treatment

By Ennio Cipani, Ph.D.
& Keven M. Schock, MA, BCBA

Written for clinicians, educators, and students, this book creates a function-based behavioral diagnostic classification system. Heavily "practitioner-oriented," the book addresses a full range of behaviors - ranging from aggression, self-injury, stereotypic behavior (repetitive body movements), tantrums, and non-compliance - with real life and hypothetical cases to help clinicians think through the full range of treatment options. Highly useful for mental health clinicians, students of Advanced Behavior Analysis, and special education practitioners, among others.

