

ACE Newsletter

November 2015

Enjoy the cool autumn weather!

Keep on going, and the chances are that you will stumble on something, perhaps when you are least expecting it. I never heard of anyone ever stumbling on something sitting down.

Charles F. Kettering

Autism
Clinic
Extension



Student Biography

Alexa Bautista

Hello! My name is Alexa, and I have the pleasure of being one of the graduate student clinicians at ACE for the fall 2015 semester.

I am an Arizona native, born and raised in Phoenix. Ever since I was young, I've always had a love of languages. I originally moved to Tucson to pursue an undergraduate degree in French, but when I took an introductory class in speech-language pathology, I knew that I had to switch majors! I'm so grateful to be pursuing a career where I can help others and celebrate languages.

When I'm not in clinic, I work in a research lab at the University of Arizona that studies how the brain processes language. One of our main interests is studying how the brain recovers after a stroke.

Outside of school, my hobbies are to bake and play video games. I enjoy spending my time indoors reading and browsing the internet.

It's been great working with everyone so far, and I look forward to the rest of the semester!

Sincerely,
Alexa

Upcoming Events:

Those Flying Machines!

A free event for teens with ASD in grades 7 through 9 where they can learn about the mechanics of flying and even make an airplane!

Where: Aerospace and Mechanical Engineering
The University of Arizona Campus
1130 N. Mountain Ave

Saturday, November 7, 2015 from 9am-12pm
Email casteix@email.arizona.edu to RSVP!

Sensory Friendly Films

AMC Theatres & 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.

November showing: The Peanuts Movie
Saturday, November 14, 2015 @ 10 AM
AMC Foothills 15 – 7401 La Cholla Blvd. Ste. 144,
Tucson, AZ 85741

<http://as-az.org/sensory-friendly-films/>

Family Festival in the Park

Tucson Parks and Recreation Department sponsors an annual family festival at the Edith Ball Adaptive Recreation Center (1100 S. Randolph Way, Tucson, AZ 85716). There will be free admission to Reid Park Zoo, sports and family games, swimming, and crafts.

Saturday, November 21, 2015 from 10am-2pm

Saguaro Aquatics

Partnered with the Autism Society of Southern Arizona, Saguaro Aquatics is offering the Sonoran Dolphin Swim Program. This program is designed to teach children 2-5 years old how to swim, and water safety.

Sonoran Dolphin Swim Program
1702 E. Prince Rd.
Tucson, AZ 85719
Saguaroaquatics.com

Media Mania

Sesame Street and Autism: See Amazing in All Children



The newest character on Sesame Street, Julia, has autism. Julia is part of a new Sesame Street initiative created for families with children ages 2 to 5. It was developed with input from parents, people who serve the autism community, and people with autism, and it aims to reduce "the stigma of autism." Sesame Street offers a free downloadable app that incorporates videos, a digital storybook (*We're Amazing, 1, 2, 3!*), and digital daily routine cards featuring Sesame Street Characters. In *We're Amazing, 1, 2, 3!*, Abby thinks that Elmo's friend Julia doesn't like her. It takes a while for Julia to respond to Abby's questions, and Julia doesn't make eye contact with her. Elmo explains that Julia has autism, so she does things a little differently. The story calls attention to Julia's strengths--like her attention to detail and her memory-- and how some of the things that she does differently correspond to Elmo and Abby's behaviors. <http://autism.sesamestreet.org/>



TEDx Talks: Breaking Barriers of Autism: The Power of Kindness and Friendship

Benjamin Tarasewicz is a high school student with autism and an award-winning public speaker who was honored with the 2013 Temple Grandin Award. He offers inspirational stories and advice for "reaching out to people with 'differences'" and highlights the "talents that can go along with 'disability.'" <https://www.youtube.com/watch?v=r05BUkOfOk8>



TED Talks: Steve Silberman: The Forgotten History of Autism

Steve Silberman is a journalist for *WIRED* magazine. His recent book *NeuroTribes: The Legacy of Autism and the Future of Neurodiversity* explores the history of autism and "casts light on the growing movement of 'neurodiversity' activists seeking respect, support, technological innovation, accommodations in the workplace and in education, and the right to self-determination for those with cognitive differences." In this TED Talk, Silberman gives an overview of the forgotten history of autism. <https://www.youtube.com/watch?v=MBiP3G2Pzc>

What we have learned so far...

We have learned about many different and new topics during the last couple of weeks in group!

Understanding Thinking/Wanting: This topic revolved around the fact that different people think and want different things. It is okay for people to want or think different things than me. People act differently based on what they want or think and if people don't get what they want, they feel unhappy.

Reading Body Language/ Expressions: This topic emphasized how someone's body language can tell us about what they are feeling, thinking, and wanting. We can read other people's body language based on their positions and expressions. Our body language and expressions can also tell people what we are feeling, thinking, and wanting.

Your Behavior/Body Language/Words can Change my Feelings: This topic focused on the way that someone uses their body language and spoken language to make a person feel comfortable or uncomfortable. In group we discussed some of the various ways we use our body language and spoken language and how these uses could change how others feel about us.

If you have any questions or suggestions, please let us know by emailing Kathe at kmcgrath@email.arizona.edu.

Clinician's Corner

Dear Kathe,

The other day while watching the republican debate, I noticed that the topic of autism came up. Donald Trump stated that, "Autism is becoming an epidemic... It has gotten totally out of control." He suggested that vaccines be spread out over a longer amount of time. Would something like this truly be correlated to Autism or beneficial to a baby's health? If this isn't true, why do you think there is still so much confusion over it?

Sincerely,
Nervous Nancy

Dear Nervous,

I, too, heard that as I was watching the debate. I was appalled that Mr. Trump and 2 doctors continued the fallacy that vaccinations cause autism. I know (and research has shown) that vaccines do not cause autism!

I used to believe that for parents who were worried (needlessly) about vaccinating their children, staggering the needed vaccines would give them peace of mind. However, after doing my research, I believe the studies and doctors who say that the staggering of vaccines leaves children at risk of catching a life-threatening illness.

I don't really know why there continues to be so much confusion over this issue. The "anti-vaxxers" listen to celebrities, who claim vaccines have caused their child's autism, some people believe the government should not have any say in how they raise their child, there are religious objections to vaccines... But science proves that vaccines are safe and necessary for us and for our children.

Good Luck,
Kathe

What's New in Research?

Research has shown that many children with autism spectrum disorder (ASD) are successful at reading the words on a page out loud, but they may have difficulty understanding what those words mean. This difficulty in reading comprehension becomes more noticeable later in life, so it is important to consider ways to help your child build these skills while they are young. This study observed how reading aloud with your child can affect their comprehension skills.

Reading with your child is most effective when you do more than read the words on the page. This time is an opportunity to bond and interact with your child as well. The study used a method called Reading to Engage Children with Autism in Language and Learning (RECALL). RECALL is a shared reading routine where the adult gives the child an opportunity to start a conversation about the book, and also helps teach the child skills such as inferencing and emotion identification. An important part of RECALL is an intentional pause. This means that when the parent turns the page, he or she will remain silent for 3-5 seconds to give the child the chance to say something first. After, the parent can ask questions like, "What's happening?" "What will happen next?" or "How do you think he/she feels?"

Overall, the results suggested that reading with preschoolers with ASD is beneficial. After 2.5 months of reading 3 times a week, RECALL helped children with ASD initiate conversations about a book and also increased their number of correct responses to questions that involved inferencing (e.g., "How do you think he feels?").

Whalon, K., Martinez, J.R., Shannon, D., Butcher, C., & Hanline, M.F. (2015) The impact of Reading to Engage Children with Autism in Language and Learning (RECALL). *Topics in Early Childhood Special Education*, 35(2), 102-115.

Worthy Websites

Website: ASAT Real Science, Real Hope
Page: Association for Science in Autism Treatment
Link: <http://www.asatonline.org/for-parents>

Website: Arizona Autism Coalition
Page: Family Resources
Link: <http://azautism.org/resources/family/>

ACE Team: Fall 2015

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 Clinical Assistant Professor

Graduate Clinicians

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Important Information

If you need to miss a session or will be late, please call:
 (520) 621-7070.

This number will connect you to the front office at the UA
 Grunewald-Blitz Clinic. They will let us know via email.

If you don't call ahead, it is hard for us to plan our sessions.
 We strive to make each session fun as well as therapeutic,
 and it's easiest to do so when we know who will be there.

If you do not call to cancel, you will be charged a "no show" fee.