ACE Newsletter

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2014 – A New Adventure Begins

“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience(s?).” -Eleanor Roosevelt

Idioms!
Each week we teach the kids an idiom, or phrase that means something different than the literal meaning of the words. Studies have shown that children with autism spectrum disorders have a tough time understanding nonliteral language.

We’ve already covered these idioms so far!

- **Break the Ice:** to get to know someone new better by breaking down awkward barriers
- **It costs an arm and a leg:** when something is very expensive
- **Put yourself in their shoes:** trying to see something from another person’s point of view.

We encourage you to use these idioms, as well as others, at home with your child. Be sure to determine that your child understands what you are saying. The more contexts your child hears these phrases in the better!

Student Biography

Angela Cummins

Hi, I’m Angie, a first year clinician who is at ACE for the first time this semester. I recently moved to Arizona to pursue my dream of becoming a speech-language pathologist through the University of Arizona.

I’m glad to have escaped the polar vortex back home in Illinois. I was born in Montana in 1991, were I spent the first three years of my life. During this short time, I developed a love for the mountains, blue skies, and all things western.

I spent many of my formative years in Ohio before moving to Illinois in 2002. I attended Augustana College, a small liberal arts college, and graduated with a bachelor’s degree in Communications Sciences and Disorders as well as Psychology.

This summer, I finally returned to the west. I moved to Tucson with my husband Nick, cat Yoshi, and leopard gecko Fritz.

During my rare free time, I enjoy cooking, scrapbooking, and painting her nails.

Upcoming Events

**Tucson Rodeo Parade Museum Tours**
January 02, 2014 - March 29, 2014

**4th Avenue Spring Street Fair**

**Fat Tuesday Fun**
March 04, 2014
Unique Adventures Inc. presents a Mardi Gras celebration with traditional jazz and Dixieland music by the Arizona Roadrunners at The Great American Playhouse.

**Music in the Canyon**
March 08, 2014

**Old Pueblo Grand Fundo**
March 09, 2014
Old Pueblo Gran Fundo - 'Big Ride' for all ages -- around The Loop multiuse trail in Pima County.

**The Joffrey Ballet: "American Legends"**
March 23, 2014

**Arizona Theatre Company:**
Around the World in 80 Days
March 01, 2014 - March 22, 2014

**Tucson Festival of Books**
March 15, 2014 - March 16, 2014

**Chalk Art Festival**
March 29, 2014 - March 30, 2014

**Desert Night Life & Jessi Colter Concert**
March 08, 2014
Am I Still Autistic: John Hall at TEDxManhattanBeach

Dr. John Hall knows. He was diagnosed as a toddler with low-functioning autism and mild intellectual disability. He used to flip light switches, bang pans, avoid eye contact, and babble unintelligibly. With great support from his mom who was also his best advocate, he pushed through school, and college, earned an MBA, and was awarded a Doctorate! Today, he is the CEO of a national education management firm based in Southern California.

He is a father of two children; one was also diagnosed with ASD. His story is very inspiring; you could watch the video using the following link. It’s about 12 minutes.

http://www.youtube.com/watch?v=c6-PwVuYy2Y

Heartwarming Exchange between trash collector and a boy with Autism Goes Viral

This short video shows a boy who is fascinated by trash and recycling collecting trucks and waits for the truck every week to carefully watch how the truck operates. As part of his ritual, he waves and greets the trash collector passionately each week. On the day this video was captured he was surprised by the trash collector who stopped the truck, came out of it and gave him a surprise.

What does scientific research say about Autism and Gluten?

Fifty percent of families with a child with autism have reported trying a gluten-free, casein-free (GFCF) diet. Many families have advocated the diet with personal testimonies. In fact GFCF diets in children with autism have gotten a considerable amount of media attention. Despite these personal accounts, highly controlled research studies do not support the diet.

A recent study examined five well controlled experiments on whether a GFCF diet can improve a child with autism’s behavior. In two of the studies, the parents were given food for their child but they were not told whether it contained gluten or not (it did not). The parents reported that their child’s behavior had improved – believing it to be the result of a GFCF diet.

Other scientifically valid studies found similar results. It is believed that improvements seen by parents of children with autism are due to a placebo effect. That is, the parents are looking for improvements and when they see them they attribute the gains to the new diet.

Undeniably, there is little harm done by placing a child on a GFCF diet. However, scientists suggest that time and money could be better spent on more robustly supported interventions.

Citation:

We've Already Learned So Much!

- How to meet new people
- Asking questions of others based on what we know about them from their social/people file
- Expected behaviors in a store, including how to interact with store employees
- Appropriate and inappropriate questions to ask those we do not know
- How to answer questions by providing enough, but not too much, information.

We have recently added a new component to group. We will take the last 10-15 minutes of each session to discuss the topic of the day, answer any questions you may have, provide recommendations, and address topics of interests. We look forward to working more closely with you!

Worthy Websites

http://www.autismspeaks.org/
Autism speaks is a non-profit organization, dedicated to advocate for Autism research, awareness, and the empowerment of individuals with autism and their families. The website offers a lot of resources about Autism, its symptoms, upcoming events, family services, and advocacy. The website has a nice, long list of apps for Autism, with brief description of the research behind the app if available and a rating for the app.

http://www.asatonline.org/treatment/autismtreatments
This website promotes safe, effective, science-based treatments for people with autism by spreading accurate, timely, and scientifically sound information and fighting inaccurate and false information about autism and its treatment.

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 Clinics. They will let us know via email.

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

In addition, if you don’t call to cancel, you will be charged a “no-show” fee.

ACE Team Fall 2013

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Clinical Assistant Professor

Angela Cummins, Graduate Clinician

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