



March 4, 2011

Join Our Mailing List!



Autism Weekly

Advisory Board on Autism & Related Disorders

412.781.4116 or toll free: 800.827.9385

ABOARD'S MISSION:

There is considerable debate throughout the autism community about the cause of autism and issues such as vaccination, diet, inclusion, and appropriate therapies. Legislative acts can also influence services to those with autism. Our policy is to inform. We trust that individuals will assimilate the information we provide and make the best decision for their children and clients.

The entire mission statement can be found at
<http://aboard.web.officelive.com/aboutus.aspx>

ABOARD turns 15 on March 17th!

It's also St. Patrick's Day so we've turned our logo green!

Please consider sharing your "green" with us by making a quick and easy online donation. We are hoping that you will show your support with any level of "birthday gift" you can spare to help all who struggle with the challenges of autism and bring a little gold to the end of their rainbow.

A birthday note from ABOARD Director Lu Randall

.....Feature.....

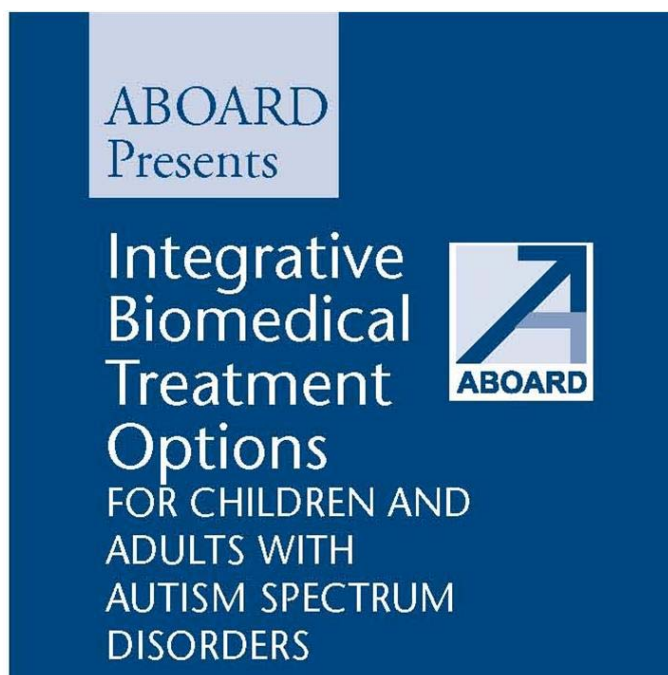
Essential nutrients for autism spectrum disorder

-
Ensuring proper biochemical functioning requires a consistent balance among various essential nutrients. Nutrients are substances that are involved in the creation of every molecule in the body. The body needs more than 45 nutrients, and the ways that nutrients are used are as varied as the molecules, cells and tissues they help to create. Carbohydrates, proteins and fats (called macronutrients) are broken down (metabolized) to give the body energy. Vitamins and minerals (called micronutrients) are not themselves metabolized for energy, but they are crucial in helping the macronutrients convert to energy. Six macrominerals are required by humans in varying amounts. Four of them (sodium, potassium, calcium, and magnesium) are cations, and two (phosphate and chloride) are accompanying anions. Nine trace minerals (microminerals) are required by humans in small amounts including iron, iodine, fluorine, zinc, chromium, selenium, manganese, molybdenum and copper.

Researchers and scientists continue to uncover the therapeutic role of nutritional supplements in the prevention and treatment of disease. The term "nutritional supplement" refers to vitamins, minerals, and other food components that are used to support good health and treat illness. While all vitamins and minerals play an essential role in the body's normal metabolism, growth, and development, some are pivotal and they do this by helping the body to perform various tasks. For example, vitamins B-6 (pyridoxine), B-9 (folate) and B-12 (methylcobalamin), regulate a special series of metabolic steps in brain cells necessary for forming neurotransmitter chemicals and repairing DNA.

<http://www.autismsupportnetwork.com/news/essential-nutrients-autism-spectrum-disorder-92992833#ixzz1FMOYIlz6>


CONFERENCE JUST TWO WEEKS AWAY!



ABOARD
Presents

**Integrative
Biomedical
Treatment
Options**

**FOR CHILDREN AND
ADULTS WITH
AUTISM SPECTRUM
DISORDERS**



Saturday, March 19, 2011

9:00 a.m. - 3:00 p.m.

Holiday Inn

Pittsburgh Airport

Featuring:

***Gut Biology, Pathology, and Treatment
Strategies in Patients With Autism
Spectrum Disorders***

Anju Usman, MD

***Autism and the Autonomic Nervous
System***

Anju Usman, MD

***Raising a Healthy Child in a Toxic
World***

Suruchi Chandra, MD

[REGISTER NOW](#)
[BROCHURE AND REGISTRATION FORM](#)

Here is a way to see a great show &
support ABOARD all in one night!



 **PITTSBURGH SYMPHONY ORCHESTRA**
COMMUNITY PARTNERS CONCERT WITH
BOYZ II MEN
JUNE 23, 2011 • 7:30 PM • HEINZ HALL

PSO **LOH** **LARAIA**

Join the Pittsburgh Symphony Orchestra and Resident Conductor Lawrence Loh for the eighth annual PSO Community Partners Concert. This year's performance features the sounds of Boyz II Men and the winner of the renowned 2011 Sphinx Competition, Paul Laraia. The PSO's Community Partners Concerts have raised more than \$539,000 for partnering nonprofit groups since they began in 2004.

Pittsburgh Symphony Community Partners Concert Featuring BOYZ II MEN

Location: Heinz Hall

Thursday, June 23, 2011 at 7:30 PM

TICKETS ON SALE NOW

Tickets may be ordered in any of the following ways:
calling the PSO Box Office at 412.392.4900 or toll-free: 1.800.743.8560
ordering online at pittsburghsymphony.org/communitypartners
coming to the PSO box office in person (600 Penn Ave., in Heinz Hall)

23845 ABOARD - Advisory Board on Autism and Related Disorders
THANK YOU FOR SUPPORTING ABOARD!!!!!!
100% of your ticket purchase benefits ABOARD!



SATURDAY SEMINAR

AUTISM & SEXUALITY

**Helping Children with Autism
Spectrum Disorders**

**Presented by
Shawn McGill**

**Saturday, April 9, 2011
9 a.m. - 3 p.m. at**

*The ABOARD Office
Pittsburgh, PA 15223*

Seats limited register now!

PROGRAM D

Parent and clinical consultant in the field of intellectual and developmental disabilities since 1998, Shawn McGill will present an all-day workshop that addresses how we can best support persons on the spectrum to understand and safely express their sexuality. This comprehensive and unique training increases one's knowledge and awareness on how to best prepare your child for puberty, and how to best support them in navigating the many aspects of sexuality. Throughout the day you will learn educational and supportive methods to explain sexual feelings and body changes and to teach about legal and safe sexual expression.

Continuing Education Credits

[Click here to register online!](#)

[REGISTRATION IS NOW OPEN](#)
www.walkforahealthycommunity.org



Select ABOARD as the organization that you would like to support.



Come out and walk for ABOARD!

Walk Details:

WHERE: Heinz Field, Pittsburgh

WHEN: Saturday May 21, 2011

REGISTRATION: Starts at 7:15am

5K WALK START: 9:00am

ONE-MILE FUN WALK START: 9:15am

Call 412-781-4116 or email autismwalk@aboard.org with any questions.

ABOARD and the families that we serve thank you for your support!

Spring will be here soon and it's time to start thinking about supporting ABOARD at the 9th annual Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield. This year's fundraiser benefits 67 local health and human service agencies in Southwestern PA, including ABOARD. Because all costs are underwritten by Highmark **ABOARD receives 100% of the money that is collected.**

To register, go to www.walkforahealthycommunity.org and select ABOARD as the organization that you would like to support. Would you like to be a team leader? On the website you can register as an individual walker, team leader or just make a donation. Pre-register and donate \$25 to receive a t-shirt on walk day!



Today's eblast is provided free to the families through the support of our sponsors!



SOUTH HILLS LOCATION 110 Fl. Couch Rd., 2nd Floor Pittsburgh, PA 15241 Phone: (412) 831-1223 Fax: (412) 831-1034	PITTSBURGH AFFILIATE 5167 Butler Street Pittsburgh, PA 15201 Phone: (412) 781-3990 Fax: (412) 781-3966
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www.shs-pgh.org

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QUICK LINKS

ABOARD

NEWSLETTER

Click here to learn about
What's Happening
at ABOARD and all our
upcoming events, conference
and seminars for 2011!

**THANK YOU TO OUR SPONSORS FOR
HELPING PROVIDE THIS SERVICE TO OUR
FAMILIES FOR FREE!**

Education



Teaching students with autism about their learning strengths and weaknesses

The lesson I developed is about teaching our students and adults how to understand their social learning challenges in the context of their overall abilities and then how they can use their strengths to learn more strategies related to their weaknesses.

I have done this lesson with students as young as 8 years old and as old as they come.

<http://www.autismsupportnetwork.com/news/teaching-students-autism-about-their-learning-strengths-and-weaknesses-22983332#ixzz1FMQUyswF>

At the Boston Conservatory, autistic students learn from music lessons

The Boston Conservatory is renowned for its intensive training in the performing arts, but on Saturday mornings, this Fenway institution offers a unique program: providing music lessons to children and young adults with autism. The Conservatory, a private performing arts college, united with the Autism Higher Education Foundation in 2007 to form the Boston Conservatory Program for Students on the Autism Spectrum.

http://www.boston.com/yourtown/news/fenway-kenmore/2011/02/at_the_boston_conservatory_aut.html

Research



Studies Confirm That Serotonin Plays A Role In Many Autism Cases

Mouse models are yielding important clues about the nature of [autism](#) spectrum disorders, which impact an estimated one in 110 children in the U.S. In labs at the UT Health Science Center San Antonio, researchers are studying strains of mice that inherently mimic the repetitive and socially impaired behaviors present in these disorders. Georgianna Gould, Ph.D., research assistant professor of physiology in the Graduate School of Biomedical Sciences, is eyeing the role that serotonin plays in autism spectrum disorders.

<http://www.medicalnewstoday.com/articles/217556.php>

UAB computer program helps autistic children detect emotion

Dr. Hopkins and Dr. Biasini developed an interactive computer program that trained autistic children to look at the eyes and faces of the people they were communicating with so they better understood the emotional content and context displayed by the other person. This was accomplished through a six week training regimen of two twenty minute sessions with the FaceSay program the researchers developed. The Face Say program teaches the children to concentrate on the upper face, eyes, and facial expressions by using avatars as a training tool to develop memories of emotion and facial expression.

[UAB computer program helps autistic children detect emotion - Birmingham science news | Examiner.com](http://www.examiner.com/science-news-in-birmingham/uab-computer-program-helps-autistic-children-detect-emotion#ixzz1FMQ2JuKy)
<http://www.examiner.com/science-news-in-birmingham/uab-computer-program-helps-autistic-children-detect-emotion#ixzz1FMQ2JuKy>

Of Interest

Defining 'Essential' Care

Regulators Move to Specify Coverage Under Health Law; Insurers Seek Flexibility
The next big issue for the federal health law as it moves toward implementation is how regulators will define so-called essential benefits-the basic medical services that health plans must cover under the law. The legislation gives 10 categories of care that plans must provide for customers of the health-insurance exchanges that are launching in 2014. But the law leaves details up to regulators, who are now starting to develop the rules.



<http://online.wsj.com/article/SB10001424052748703905404576164904171231570.html>

EveFoothill High senior is the picture of victory over autism

Computer graphics student writing a children's book with aid of parents, teachers
Ben Nelson, a 17-year-old Foothill High School senior, holds a sketch of Red, the housefly protagonist of his book. Nelson, who was diagnosed with autism when he was 3 years old, recently won a \$1,000 scholarship from the Adobe Foundation to publish his first children's book.

<http://www.lasvegassun.com/news/2011/feb/24/picture-victory-over-autism/>

Events/Info



[ABOARD Support Group Meeting](#)

For a complete listing of the ABOARD Support Groups please see our website at www.aboard.org !

FBR North Hills Social Skills group and Parent Group

Social skills group for children structured to practice and participate in activities, games and snack
8035 McKnight Rd Suite 102 Pittsburgh, PA 15237

Time 6pm

Monthly: 2nd MONDAY of every month Please RSVP By 4:00pm the day of group meeting.

Contact Name: Teresa O'Brien

Contact Phone: 412-366-8342

Contact Email: tobrien@familybehavioralresources.com

GET CONNECTED!!!!!!!!!!!!!!!



Pennsylvania's budget process needs your input!

We will be writing a letter to Governor Corbett this week to ask him to preserve funds for autism treatment and supports. Since the time is of the essence, we urge you to complete the survey at the following link. We will include current data to support our respectful request that the 2011/2012 budget cuts not affect autism services. We will let the governor know that while we understand the difficulty of the decisions he has to make, there is a growing need in the autism community. We will list your most pressing concerns related to budget items. Our letter will politely make the point that spending dollars on preventative treatment and services will likely result in savings in the coming year and beyond. Cuts will in some cases mean very expensive emergency services or long term care, wiping out savings and then some.

Please know that while we advocate for your needs as a group, you should also send your individual letters as well. The mailing address again is:

Governor Corbett's Budget Secretary, Charles Zogby, 238 Capitol Building, Harrisburg, PA 17120

and write to:

Acting Secretary of the Department of Public Welfare, Gary Alexander, 502 Health and Welfare Building, P.O. Box 2675, Harrisburg, PA 17120.

Thank you for your participation.

[Click here to take SURVEY](#)

Perspective Program: Intervention Research Study for Adults with ASD

The Perspectives Program at the University of Pittsburgh is developing new non-drug interventions to meet the unique needs of adults with autism spectrum disorders. Individuals with Autism, Asperger's Syndrome, or Pervasive Developmental Disorder NOS, between the ages of 16-40, are now being accepted into the program. All participants will receive one of two new experimental interventions, Cognitive Enhancement Therapy or Enriched Supportive Therapy, at no cost. Participants must be able to come to the University of Pittsburgh on a regular basis. A new session is beginning soon. To enroll or find out more information contact 1-866-647-3436 or autismrecruiter@upmc.edu.

FBR and AERI Co-Host 9th Annual Autism Awareness Night

The 9th Annual Autism Awareness Night is co-hosted this year by Family

Behavioral Resources (FBR) and the Autism Education and Research Institute (AERI) on April 7th, 2011 from 6:30pm-9pm at the Doubletree Hotel in Monroeville, PA. Hope for Tomorrow - A Tale of Two Mothers shares unique stories from two women -both of whom are national authors and motivational speakers. Amalia Starr, author of "Raising Brandon" and Claudreen Jackson, wife of the late Pervis Jackson (from Motown group The Spinners) and author of "Inspired by Autism" open their voices and hearts as they talk about their beloved adult sons and experiences in raising their loved ones on the autism spectrum. The stories are as alike as they are different, but common theme remains the same - they have immense love for their sons, and show strength, courage, and resiliency. Their life lessons and perspectives will undoubtedly teach and inspire the audience. This event has always been and is still FREE to the community as part of our commitment to supporting Autism Awareness Month in April. We invite family members, persons on the spectrum, therapists, teachers, paraprofessionals - anyone who need a "cup of comfort and inspiration!" Starr and Jackson will surely remind us that no matter how our loved ones are impacted by the spectrum, there is always "hope for tomorrow." Sponsorship and Exhibitor Opportunities are now available on a limited basis - first come, first serve! Finally, we have applied for Continuing Education hours and expect to once again be approved to provide this exceptional opportunity to those in need of credit. Should this change, we will notify the community immediately. We hope to see returning guests and new faces this year for our annual event. Join us for an exceptional evening!

Local Task Force 2011 STEPP Awards

The Local Task Force on the Right to Education (LTF3) is proud to sponsor the Scott E. Folmer Memorial: Student, Teacher and Exemplary Practice or Partnering (STEPP) Awards which recognize the outstanding support of children receiving special education services.

You may complete the online nomination form by clicking the link located on the LTF3 homepage (<http://www.ltf3.org>). Nominations must be received by Monday, March 15, 2011.

Pressley Ridge is hosting a Professional Development Series on Autism and emotional disorders

The topics include Instructional Strategies for Students with Emotional, Behavioral, Trauma, and Loss Issues (March 2-Greensburg), and High Functioning Autism and Asperger's Syndrome in the Regular Education Classroom (March 16-Beaver Falls, April 19-DuBois). To learn more about these seminars featuring nationally renowned speakers, visit www.pressleyridge.org/educationtraining/, call 412.872.9474 or email educationtraining@pressleyridge.org.

CCBH Family Members of CCBH Consumer Meeting

This meeting will be held on March 23rd at 324 Allenhurst Avenue, in Ridgway, PA, and is the location of Dickinson Center, Inc.'s Psychiatric Rehabilitation Center. This meeting is held by

CCBH's Joe Korney who seeks CCBH consumer family member input about any service related issue, or concern. The meeting lasts about 1 hour. Family members will be reimbursed \$25.00 for attending and can be eligible for mileage reimbursement as well. Food and refreshment will be provided as well. Company Name: Dickinson Center, Inc. - Ridgway Psychiatric Rehabilitation Program (hosting)

Contact Name: Rita Onink-Kraus B.S.; Caseworker

Contact Address: 324 Allenhurst Avenue, Ridgway, PA 15853

Contact Phone: 814-776-2653

Contact Email: rita.onink-kraus@dmhc.org

Wesley Spectrum Services 2011 Extended School Year Programs

Wesley Spectrum Offers a Variety of Educational and Therapeutic Extended School Year (ESY) Programs for Students that Quality for ESY.

Wesley Spectrum Digital Storytelling ESY for Students on the Autism Spectrum

Wesley Spectrum Social Skills ESY for Adolescents with Asperger's Syndrome

Wesley Spectrum Academy ESY

Wesley Spectrum Highland/Integrated ESY

Wesley Spectrum Academy and Highland/Integrated ESY Summer Work Program

Programs are located in Upper St. Clair, Whitehall, Gibsonia and Penn Hills. For additional information, contact Dave Grabowski at 412-885-7017, or visit www.wesleyspectrum.org for a full brochure.

4th Annual Autism Expo : A Support and Resource Fair for Parents

Friday, April 8, 2011

The School District of Philadelphia Education Center

440 N. Broad Street

Philadelphia, PA 19130

The Julia Ward Howe School in collaboration with the Office of Specialized Instructional Services cordially invites..... parents, guardians and family members to meet

9:30 am - 1:00 pm

Providers

Legislators

Advocates

Parent Supports

Refreshments will be served

Westmoreland IU & University of Pittsburgh Greensburg Autism Conference

Wednesday, May 4, 2011

The First Annual Autism conference sponsored jointly by the Westmoreland IU and UPG offers practical ways to respond to youth on the Spectrum. The opening keynote presentation by Dr.

Nancy Minshew will focus on understanding the cognitive and physical basis of autism. Dr. Minshew, Director of Pitt's Autism Center of Excellence will review her 25 plus years of research on brain connectivity and information processing for persons on the spectrum. Afternoon sessions feature practical responses to "Sensory Processing", "Social Skills Training", "Responses to Agitation, Escalation & Meltdown", and "Career Development/Employment Experiences". Sessions on "Parent Partnership Development" and "Advances in Assistive Technology" are also scheduled. Contact Ms. Kelly Heitchue, (724) 836-2460 Extension 2324
www.wiu.k12.pa.us

WOW TWO GREAT FUN NIGHTS OUT THAT BOTH BENEFIT ABOARD!
Thank you to our supporters who are hosting these events for ABOARD.



first annual
**Spring Fling
for Autism**
at Grazies!
100 Village Drive, Westford, PA

Featuring:
The Rozanne Matthews Band
Pamela Bick and
The Warehouse Band
The Ramp Shakers
Miss Freddie and Blue Taze

Saturday, April 30, 2011
From 4 'til 9 pm
Tickets: \$20 in advance, \$25 at the door
Drink and food specials, raffles, prizes
Purchase tickets online at www.aboard.org
Benefiting the Advisory Board on Autism and Related Disorders (ABOARD)



ABOARD & Caste Family
Fund Present....

*The Royal
Masquerade
Bowl*

benefitting families of
Autism Spectrum Disorders

Saturday May 7 • 9pm
Prior's Tap & Tavern
inside Princess Lanes
540 Weyman Road
412.889.5857

Tickets (21+)

General Admission \$20-
Includes: 2 drink tickets, Hors
d'oeuvres, bowling, specialty drinks,
silent auctions, costume prizes and
more!

costumes & masks
enthusiastically
encouraged!

\$20 before April 18th
\$25 April 19th-May 6th
\$30 at the door

to purchase tickets go to
aboard.org or call
412.449.0165

[Tickets on sale now](#) to get the early bird special!

Tickets will not be mailed for this event, but you are registered once you finish check out.

Your receipt will be emailed to you.

Thank you and we look forward to seeing you at the Spring Fling for Autism & Masquerade Bowl.
Contact the Office at 412-449-0165 for more information!

REGISTER NOW For

save the date!

AUTISM *through* *the* LIFESPAN

A part of the Passavant Hospital Foundation Extending the Care ETC Program Series
Passavant Hospital Foundation Conference Center & Legacy Theatre at Cumberland Woods Village



Presentations and breakout sessions each day

Wednesday, April 13th early childhood to adolescence

research

findings and implications

education

*working with the system to meet
individual needs*

medicine

*primary care, co-occurring
conditions and diagnosis*

Thursday, April 14th transition: adolescence through adulthood

research

review of relevant state
& federal legislation

planning for
independence

employment

Sponsored by:



PASSAVANT HOSPITAL
FOUNDATION

Presented by:



Western Psychiatric Institute and Clinic
of UPMC



REGISTER NOW For

[save the date]

JOEY TRAVOLTA

FILM WORKSHOP



For Students and Young Adults,
ages 14-25

July 18-29th, Monday through Friday
from 10a.m.-3p.m.

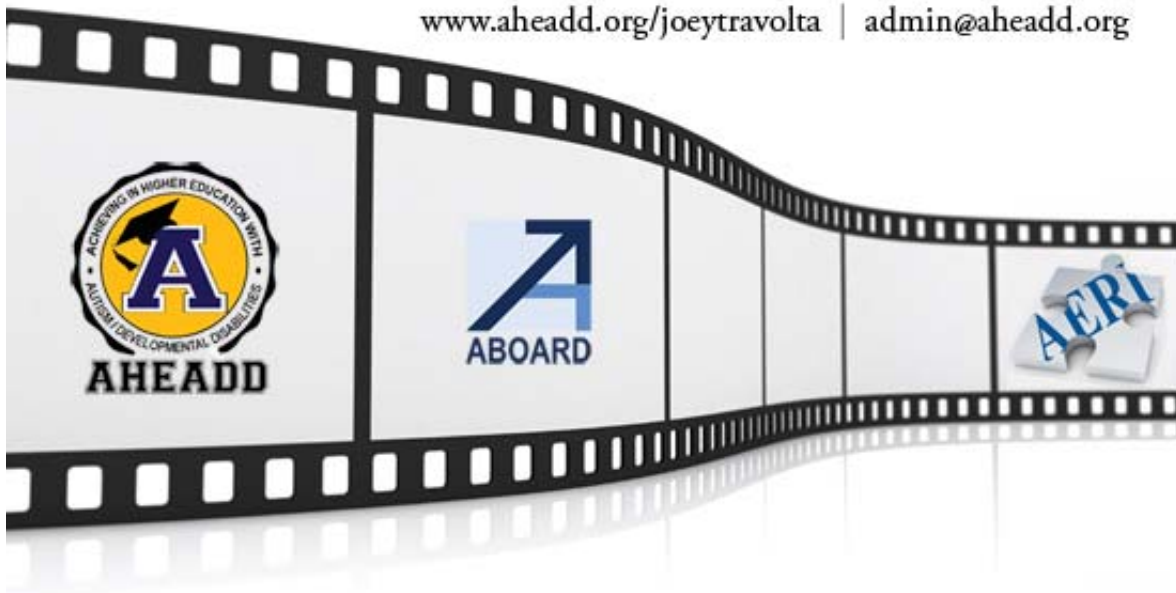
Cost: \$2900.00 for two weeks

*This workshop is specifically designed to meet IEP, Transition,
and Vocational Goals.*

[call, click, or email AHEADD for more information]

877.AHEADD.1 (877.243.2331)

www.aheadd.org/joeytravolta | admin@aheadd.org



CLICK HERE TO MAKE A PERSONAL DONATION TO ABOARD!

Your donation qualifies as a charitable deduction. ABOARD is registered with the Pennsylvania Department of State Bureau of Charitable Organizations. To receive a copy of the official registration and financial information, please call 800-732-0990 within Pennsylvania or visit www.dos.state.pa.us.

ABOARD is a member of the The Chamber of Commerce



United Way

United Way of Allegheny County Contributor Choice Agency Number 9817

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Find us on Facebook 

You can also

add a CAUSE Toolbar so every web search will help ABOARD generate funds! <http://apps.facebook.com/causes/toolbar>



GOODSEARCH.COM or GOODSHOP.COM - Select "ABOARD

OUR MISSION

ABOARD IS DEDICATED TO MAXIMIZING THE SOCIAL, EDUCATION AND VOCATIONAL POTENTIAL AND POSSIBILITIES OF PENNSYLVANIA CHILDREN, ADOLESCENTS AND ADULTS WITH AUTISM AND RELATED DISORDERS. THROUGH FAMILY SUPPORT, INFORMATION DISSEMINATION, EDUCATION & TRAINING, AWARENESS BUILDING AND COLLABORATION, WE PROVIDE HOPE AND HELP TO PENNSYLVANIANS CONFRONTED WITH THE CHALLENGES OF AUTISM.

412 - 781- 4116 or 800 - 827- 9385

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