

The AUsome Social Group

Teen/Adult Recreation/Social Group

Provided by the Autism Society of South Central Wisconsin (ASC); <http://autismsouthcentral.org/>

Group Coordinator: Nancy Alar, 3802 Gala Way, Cottage Grove, WI 53527

(608) 222-4378 or Nancy.L.Alar@gmail.com

What: Lego Building Party
When: Saturday, May 6, 2017, 1 – 3pm
Where: Fitchburg Library, 5530 Lacy Rd, Fitchburg, WI
Cost: Free!

Many people (young and old) are fans of Lego toys. This is your chance to hang out with those who enjoy building with these universal bricks and spend an afternoon with others who share your interests.

We will provide plenty of Legos for you to build creative constructions. We recommend that you leave your own Legos at home. There will be lots of Legos in the room and it might be difficult to avoid getting your bricks mixed in with others.

To make things more exciting, there will be a drawing at 2:00 for a few small, donated Lego “door prizes” for attendees.

There are plenty of tables and chairs. If you want to just come and hang out with the builders, observers are welcome. Feel free to come and leave at any time during the activity.

The library has ample parking. We are building our Legos in the library meeting room which is on the 2nd floor of the library.

We would appreciate it if a few people could stay at the end to help pick up stray Legos and put the room furniture away.

Important Items and Sensory Issues:

- ☺ There may be some noisy young people in attendance
- ☺ Please RSVP so we know that you’re coming.



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What: Autism Society of South Central Wisconsin Summer Picnic
When: Saturday, June 3, 2017; 4:00 – 7:00 PM
Where: Demetral Park Shelter, 6th Street, Madison, WI, 53704
Cost: Free for ASC members! \$10 per family/\$3 per individuals for non-members. Catered food including sandwiches, salads + lemonade will be provided. Bring a dessert to share

The AUsome Group will join the rest of the Autism Society of South Central Wisconsin family for a fun afternoon in the park. If you can, bring a dessert to share. The Autism Society will provide a catered meal this year so we don't have to mess with a grill. The menu will be the same as last year with pulled pork sandwiches, hot dogs plus salads. See the ASC Facebook page, ASC website or contact the office as the event gets closer if you want more details about the food. The Autism Society will also provide plates, tableware, cups, lemonade and condiments.

Please RSVP to info@autismsouthcentral.org with "Picnic" in the subject line and the number of people coming so we know how many people to plan for or go to <http://autismsouthcentral.org/events/member-picnic/> and sign up there.

The picnic is free for those who are ASC members. The cost is \$10 per family/\$3 for individuals for those who are non-members (but you can become an ASC member at the picnic which will save you money and get you other "perks" at future events like our summer pool party!) There will also be materials available about local autism resources from ASC partners and information about future ASC activities.

Also bring any "yard games" you might like to play. I have an extensive collection of bubble making materials I will be bringing (I'm just a kid at heart). We had great fun (and great pictures) with the bubbles last time I brought them. The Demetral Park shelter has a nice big parking lot and plenty of room in case it rains. Assuming (and we are hoping) it doesn't rain, there are large grassy areas for games and a playground for the younger set. It also has bathrooms and electrical outlets if you need to plug something in.

This is a chance to meet other families who share your issues and concerns in a casual environment. Come to eat good food, hang out and have a good time.

Important Items and Sensory Issues:

- ☺ Watch the weather and dress appropriately.
- ☺ Bring a dessert to share.
- ☺ Bring "yard games" you enjoy.
- ☺ Bring sunscreen if appropriate.
- ☺ Please RSVP to info@autismsouthcentral.org with "Picnic" in the subject line and the number of people coming so we know how many people to plan for, or go to <http://autismsouthcentral.org/events/member-picnic/> and sign up there.



What Happened at AUsome's Last Outings?

Special Teams Hockey Game between the Madison Timberwolves and local high school teams and Regular Madison Capitols Hockey Game vs Sioux City Musketeers; Saturday, March 5, 2017, 1:00 – 2:30 pm. (Capitol's Game started at 4:00)

The Timberwolves is a hockey team in Madison composed of people with disabilities. Many of the team members are on the autism spectrum and some are in the AUsome Social Group. The first game was a scrimmage hockey game with members from the Timberwolves team playing with and against players from the Edgewood High School and Middleton High School Hockey teams. Timberwolves players and high school team players were divided into teams that were approximately equal in ability.

Then they played three minutes until the whistle blew and then they changed sides and shot for the opposite net. They didn't even use the overhead scoring system or the automatic timers. There were also no loud horns being blown so it was really sensory friendly.

They also made sure even the more challenged players had a chance to attempt to shoot a goal. The more experienced players would bring the puck up close to the net and leave it there. Then they would stand back and give the other players a chance to make a slap shot at the net. The goalie would try to block the shot so it wasn't a "freebie", but sometimes they made the point.

Mary Fruits (The Autism Society Executive Director) was there with her son and they kept score. She said the final score was 13 to 13. And her son got to take one of the game pucks home.

We only had 5 people turn out for this activity. Part of the problem was we got the information out late and there was confusion about the ticket pricing. It turned out there was actually no cost to come to the first scrimmage hockey game. You only had to buy a \$14 ticket if you wanted to attend the Capital's game as well. This information was not clarified for us by the hockey organization. Sorry about all the confusion. But the few of us that were there had a good time.



Important Information:

1. Visit <http://www.autismsouthcentral.org/> for other services and activities sponsored by the Autism Society of South Central Wisconsin (ASC). Be sure to sign up for their email group to get the “News you can Use” messages on current happenings. Email info@autismsouthcentral.org to communicate with the Autism Society of South Central Wisconsin and request being added to the email contact list. There are autism related activities happening almost every month now.
2. **Monthly Game Night Activity.** This is a new activity for teens and young adults separate from the AUsome Social Group. The focus is on board and card games. This happens every month on the 4th Monday of the month; 6:30 – 8:30 pm. The location is the Madison College Health Education Information Technology Building, 1705 Hoffman St (across the street from the main Truax campus), Room 101 (room is subject to change – look for signs).
3. **AUsome Adult Support Group.** This support group is for adults (18 and over) with Autism Spectrum Disorders and those who suspect they may have an ASD. The group meets the third Wednesday of every other month (Jan, Mar, May, July, Sept, Nov) to discuss life issues and support one another. Time 6:30 – 8:00 PM. Location Vantage Place II Building, 2nd Floor, ASC Office conference room - 437 S. Yellowstone Dr. Madison, WI.

AUsome Social Group Philosophy and Ground Rules

Group Sponsor:

The AUsome Social Group is a service provided by the Autism Society of South Central Wisconsin (ASC). **It is highly recommended that you join the ASC.** Chapter membership will save you money at future AUsome Group activities and other ASC events. Individual ASC membership is only \$15 annually. To get more information about the ASC, call 608-630-9147, email info@autismsouthcentral.org or send a note to Autism Society, 437 S Yellowstone Dr, Suite 217A, Madison, WI 53719. See the ASC website at <http://www.autismsouthcentral.org/> for membership information. The website also has a link to the AUsome Social Group web pages on the left side (there is also an AUsome adult support group for those on the spectrum).

The Autism Society of South Central Wisconsin is an affiliate of the Autism Society of America, a nationwide organization. However, membership in ASC does not include membership in the Autism Society of America. The ASC serves South Central Wisconsin with reach into Southwest Wisconsin – Dane, Columbia, Sauk, Iowa, Rock, Green, Lafayette, Grant, Richland and Crawford counties are in our service area. Membership in the Autism Society of South Central Wisconsin assures local programs, services and supports are able to continue, and includes several free or discounted events right here in our local area.

Group Purpose:

The AUsome group was organized to provide stimulating, fun, and educational social opportunities for people ages 12 and over who are challenged by sensory/communication issues related to Autism/Asperger’s/PDD/Tourette’s, however, anyone is welcome to join the activities. We try to set up activities that allow for social interaction between group members and between parents and siblings of the group. We also strive to provide new and interesting experiences that will broaden the world view of participants and expose them to educational and potential job environments.

The AUsome Social Group Newsletter:

The AUsome Group has a separate newsletter that is sent out every other month, containing details for the next 2 outings and a summary of what happened the past 2 months. The AUsome newsletter will be sent out at least a week in advance of the next outing (I hope). Some things may be planned with short notice

if something interesting comes up. The ASC will maintain a mailing list of participants. The newsletter will be sent out via email. If you need to have a paper copy mailed to you, it can be done by special request. But remember that it saves time and postage if notification can be sent electronically. Reminders and special messages will only be sent electronically. Our AUsome newsletter is also available on the ASC website at <http://autismsouthcentral.org/find-support/social-and-support-programs/ausome-newsletters/>

General Activity Plans:

The general plan is to have an activity about once a month that will last from 2 to 4 hours. The target day will be the first Saturday of the month. However, this is subject to schedule conflicts and availability of interesting activities. Activities that we have done include bowling, miniature golf, gymnastics, movies, a talent show, art gallery visit, fossil hunt, Little Amerricka (a local amusement park), swimming, horseback riding, Go Cart driving, farm market, airplane rides, pottery making and a limousine ride. Each January we attend the annual Madfest Juggling show. In August we have a private pool party at the Monona Pool. Every November we have “video/board game/socialization night”. If you are especially interested in a particular activity or have other suggestions, please let me know. Some activities will coincide with general activities planned by the Autism Society such as the annual August swimming party.

Sensory Issues:

Every effort will be made to accommodate sensory issues by limiting cigarette smoke, strong odors, unusual lighting, large crowds and high noise levels where possible. If an activity might involve some of the sensory problems mentioned above, they will be described in the AUsome newsletter. It will not be possible to accommodate everyone’s needs all the time so individuals must decide their tolerance levels for each activity. Please let me know if you have any special requests in this area. Also, please be sensitive to requests from group members who have special sensory needs (such as problems with others chewing gum.).

Logistics:

Some individuals may need to arrange for a support person to accompany them. Please use your best judgment in this area. Transportation will be the responsibility of each individual. However, effort will be made to provide help with transportation by designating central meeting points, etc. Please call me, Nancy Alar, (608) 222-4378 or e-mail me at Nancy.L.Alar@gmail.com if you have transportation problems, and I’ll try to help work out a way for you to get there.

Since these activities are loosely organized social outings, each person participates at their own risk.