

## The AUsome Social Group

Teen/Young 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](mailto:Nancy.L.Alar@gmail.com)

- What:** Special Teams Hockey Game between the Madison Timberwolves and local high school teams with option to attend the Regular Madison Capitols Hockey Game vs Sioux City Musketeers
- When:** Saturday, March 5, 2017, 1:00 – 2:30 pm. (Capitol's Game starts at 4:00)
- Where:** The Coliseum, 1919 Alliant Energy Center Way, Madison, WI
- Cost:** \$16 per person. All tickets include both hockey games. See instructions below for purchasing tickets\*\*. Parking is \$7 per car so plan to car pool if possible.

This is an activity for all you hockey fans out there. The Madison Timberwolves is a special hockey team whose members all have some disability. Many of the Timberwolves members are on the autism spectrum and some are members of our AUsome Group. The Timberwolves and local high school hockey teams (Edgewood High School and Middleton) will play a special hockey game before the regular Madison Capitol's Hockey game at the Coliseum. The special game will start at 1:00 and last until about 2:30. During this special teams game there will be sensory modifications to the environment (lower announcer volume, no dramatic lights, less banging on the glass, sensory break area, UW volunteers, etc.). The regular Capitols hockey game starts at 4:00 and will end about 6:00.

\*\* This game is part of the Madison Capitals special Autism Awareness Night. Tickets are just \$16. A portion of the ticket proceeds go to support the ASC. Tickets need to be ordered online at the following website <https://madcaps.isportstix.com/order/group/AutismAwarenessNight2017/>. There is no additional on-line processing fee; the total cost will be just \$16 per ticket. If you have difficulty accessing the internet, contact the ASC office at 608-630-9147 or email [info@autismsouthcentral.org](mailto:info@autismsouthcentral.org) and we will try to help you. You can also call Jon Marquardt at the Madison Capitols front office at 608-668-6087. The day of the game you can pick up your tickets at the Will Call window at the Coliseum.

The official AUsome Social Group outing will be over after the Timberwolves game ends about 2:30. However the cost of your ticket includes entry into the following Madison Capitols hockey game at 4:00 which will last until about 6:00 pm. This game will have all the usual sensory overload of a regular hockey game with loud horns, flashing lights, etc. But if you are really into hockey and can handle a long day, you can attend this game also. If you want to go out of the coliseum between the games, hang onto the ticket stub you used to get in so you can return. You can also leave the parking area and return if you keep your parking stub.

Note that the usual food concession stands in the Coliseum will NOT be open until about 3:00. So if you want to get some of the usual sports arena food, you will have to wait until then.

### Important Items and Sensory Issues:

- ☺ This is a hockey game so there will be some sensory issues even in the special game.
- ☺ Feel free to leave early if it gets to be too much.
- ☺ Plan to carpool to save on parking.
- ☺ This all may seem confusing. Feel free to contact Nancy Alar (608-222-4378 / [nancy.l.alar@gmail.com](mailto:nancy.l.alar@gmail.com) ) or the ASC office (608-630-9147/ [autismsouthcentral@gmail.com](mailto:autismsouthcentral@gmail.com) ) if you have questions.



## The AUsome Social Group

Teen/Young 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](mailto:Nancy.L.Alar@gmail.com)

**What: Badger Football Spring Scrimmage Game**  
**When: Friday, April 21, 2017; 6:30 – 8:00 pm**  
**Where: Camp Randall Stadium, UW Madison – 1440 Monroe Street, Madison**  
**Cost: \$5 per ticket – \*see instructions below to order tickets, bring money for refreshments at the concession stands**

We did hockey in March and in April we are doing football. The Waisman Center is partnering with the UW Madison Athletic Department for their annual spring game and as a benefit for the Waisman center. All ticket proceeds benefit the Waisman Center. Nancy Alar will be out of town on this date, but Jack Steinberg has volunteered to coordinate this activity (Thanks, Jack!!) Look for Jack wearing a blue Autism Society T-Shirt.

Since this game is a scrimmage, there will not be an opposing team. The competition will be between Badger players and the game will be shorter than usual. Also since this is a scrimmage game, there will be fewer people in the stadium. Normal turnout for a Badger football game is about 80,000 people. There will be about 30,000 people at this game so the crowd will still be large. The band will NOT be at the game so that should cut down on the noise.

We plan to sit together in section YZ on the South end of the Stadium. Recommend entering through Gate 1. This section exits onto a concourse that would be available to get away from the noise of the game. UW volunteers from Badgers With a Heart will be joining us in this section to help out.

As always, there will be security requirements at the Badger football game. You are not allowed to bring in food or drinks. Backpacks are not allowed but a tote that can be opened is OK. iPads and tablets are OK to bring.

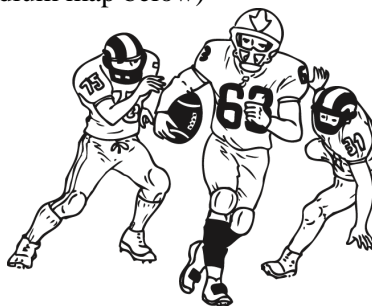
\*To order tickets go to <http://go.wisc.edu/pe0m32>. The seats are general seating (rather than assigned) because the attendance at this game is so much smaller than usual. For more information contact Teresa Palumbo at 608-263-5837 or [Palumbo@waisman.wisc.edu](mailto:Palumbo@waisman.wisc.edu)

All of the regular concession stands will be open for this game with the usual stadium food.

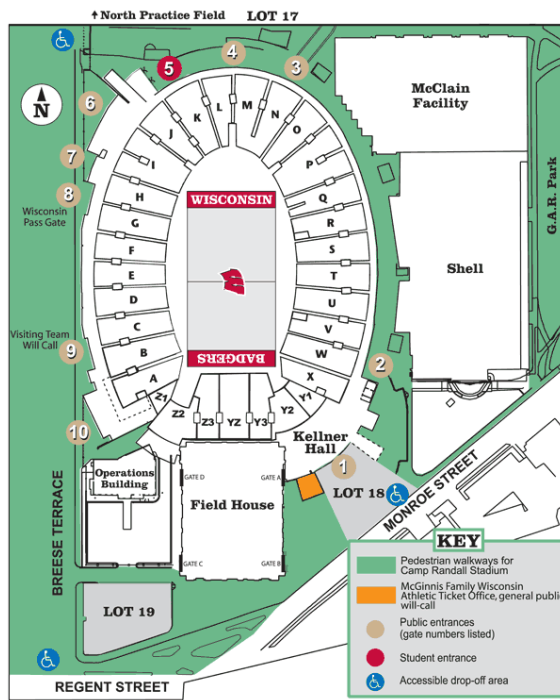
As usual, parking around the stadium is difficult to find. Plan to carpool if possible and expect to have to walk a ways. But it won't be as bad as a regular football game. Also public transportation would be an option.

### Important Items and Sensory Issues:

- ☺ There are the usual sensory issues for a football stadium, but it won't be as noisy or as crowded as a regular Badger Football game.
- ☺ Dress appropriately for the weather. Raincoats are allowed but not umbrellas.
- ☺ Feel free to leave early if it gets to be too much.
- ☺ Plan to carpool to save on parking.
- ☺ Allow extra time to find parking and get into the stadium
- ☺ Be aware of the stadium security rules
- ☺ Plan to enter through gate 1 and sit in section YZ (See stadium map below)



## FOOTBALL GAME DAY ACCESS MAP



### **Important Information:**

1. Visit <http://www.autismsouthcentral.org/> for other services and activities sponsored by the Autism Society of South Central Wisconsin. Be sure to sign up for their email group to get the “News you can Use” messages sent out by the ASC. 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, 2<sup>nd</sup> Floor, ASC Office conference room - 437 S. Yellowstone Dr. Madison, WI.
4. **The annual conference of the Autism Society of Wisconsin (ASW) will be April 27 - 29, 2017 at the Kalahari Resort in Wisconsin Dells.** There will again be a special track of activities designed for those on the spectrum to learn information and meet others like themselves. ASW conferences have had as many as 900 attendees in the past. About 10% of them are people on the spectrum.  
You can find out more details at <http://www.asw4autism.org/> Unfortunately registration is now closed for this event.
5. **One Walk/Big Strides for Autism:** The annual walk for the Autism Society of South Central Wisconsin (ASC) will be Sunday, April 23 with registration at 10:00 and the walk starting at 11:30. This year the walk will be at a new location at Demetral Park at 601 N 6th St, Madison WI 53704. This is the same place we had the ASC picnic last year. Cost: Individual \$20; Family of 4 \$50; Teams \$15 per team member. For more information and to register see <http://autismsouthcentral.org/one-walk-big-strides/>. This is a great way to get some exercise, see old friends, connect with your community and help a good cause.

## What Happened at AUsome's Last Outings?

### **47<sup>th</sup> Annual Madfest Juggling Show; January 14, 2017(Saturday) 7:00-9:00 P.M**

This was the usual screwball show and our favorite MC (Mark Hayward) was back. Mark shared with us his top 10 list of good things about Madison since he is about to move back here after living out East for the last few years.

Jack Kalvan juggled lit balls (and then clubs) in front of a light screen in the dark. Somehow the motion and shape of the balls (and clubs) was captured and multiplied on the screen so it looked like fireworks. It literally had the audience going "oooh and aaah". I had never seen anything like that before. It must have been accomplished with some type of computer technology that linked the balls electronically with the screen. (It's so hard to describe this stuff sometimes if you weren't there.)

Every year MelonHead and his friends show up to do a group juggling act. It has a different name every year. This time they were calling themselves the "Not Even Close to Good Jugglers". This was sort of true if you count the number of times they dropped the clubs they were throwing back and forth. But when you consider what they were trying to do, they were really good jugglers. They stand in a circle and throw clubs in complicated patterns around and across the circle and back and forth to each other. It always looks like a hail storm of clubs and you wonder how they can catch anything. Plus they always look like they are having SO MUCH fun.

Bekah Smith did a cute and funny act where she interacted with Oscar. Oscar was a person dressed up to look like a bird. The "head" of the bird was actually one of the person's hands. Oscar pretended to hide from Bekah and also ate the balls she was trying to work with. Eric Sipos & Juan Guardiola did complicated juggling with rings.

Truly Remarkable Loon was back this year after a long absence. He did a very funny act where he demonstrated his expertise in keeping a dozen plates spinning on top of poles. He involved the audience in very humorous ways in this part of the act. He also had a huge box full of "flying" monkey toys that he shot out into the audience and then the audience shot back onto the stage. It was a delight for every kid in the audience.

Mark Hayward demonstrated his championship style with his yoyos in his usual surprising, funny and strange way. This time he got a volunteer from the audience to wear a bizarre helmet that had been fitted with various types of dry pasta which Mark proceeded to smash with his yoyo (without hitting the guy in the head). He also had the volunteer hold a large bunch of dry lasagna noodles between his hands and Mark smashed those also. There were broken pasta chunks all over the stage. And much laughter from the audience.

Lucas Aguirre did a ballet act that featured juggling with clubs. Andrea Noel performed with Oscar the bird again and involved two kids from the audience. Nickey Fynn was a very funny magician.

Finally Jack Kalvan came back and used his troop of "trained slinkys" to entertain us. He made them run down a ramp and caught them at the bottom, then put them back at the top like a kind of sleight of hand juggling using gravity. It was all the usual crazy stuff that you just can hardly describe and can't see anywhere else.

### **Winter Pool Party at SwimWest; Saturday, February 18, 2017, 4:00 – 6:00 pm.**

After a week of incredibly warm weather (in the 60's) that ended abruptly 3 days ago, we were back to snow and below freezing temperatures. So it was a perfect day to spend some time at an indoor pool doing some swimming and pretending summer was just around the corner.

We had a very large turnout for this activity. It was hard to count because everyone was moving so fast in the water, but we had between 60 and 70 people show up. SwimWest had a large supply of "pool noodles" to play with so I was glad I didn't bring mine. There were a large number of chairs for a spectator's gallery and many of them were occupied. Matt and Richard decided to stay dry and hang out with their electronics in the refreshment area. A special thanks to Richard for bringing the carrot sticks to go along with the popcorn and lemonade that we had for refreshments.

We had lots of help from our Badgers with a Heart volunteers from the UW. Thanks to them (and Richard) for helping clean up the stray popcorn that ended up on the floor. Everyone seemed to enjoy the chance to play in the water and get away from winter for a couple of hours. Mary Fruits did a great job organizing everything and lining up the lifeguards. A good time was had by all.

## 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](mailto: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 that 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 Americka (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](mailto: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.