

## 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:** **Tour of the Fantasmical Epic Systems Company Campus; Snack afterwards at Culver's in Verona, 430 E Verona Ave.**
- When:** **March 11, 2018 (Sunday) 11:00 am -1:00 P.M. (Meet in the Andromeda Building Lobby at 11 am – be sure to arrive on time. You must be with the tour group to do the tour.)**
- Where:** **Epic Systems Campus – 1979 Milky Way, Verona, WI 53593**
- Cost:** **Free – pre registration required due to limited space**

Deep in the heart of Verona lies one of the area's best kept secrets, a magical world filled with angels, wizards, castles and dragons (oh, so many dragons)! Built by the architectural firms that designed Google Headquarters and Disney World, Epic Systems is a functional workplace in charge of creating medical software used all over the world. Many have driven past it on the highway, but few know that guests can tour this extensive fantasyland for free. Our tour guide today will be Mark Huntsman who has led many of these tours in the past.

Although the campus is far too large to see in a day, our AUsome Social Group will take a tour of two of the most fascinating sections of this extensive labyrinth: The Central Park Campus and the Wizarding School. The tour will begin in the Andromeda building, decked out in unusual public art and full of conference rooms with a variety of Wisconsin themes such as a boathouse, a north woods cabin, and an ice palace. From there we will proceed through a variety of themed buildings featuring a multi-story slide, an elevator that goes from the top of "heaven" to the bottom of "hell," a lair of dungeons and dragons, and a Wild West Saloon. At the end of this section, across a giant "train station," is a world that is sure to delight: a familiar Wizarding School. Due to copyright reasons, its source material may not be named, but many of you will instantly recognize the inspiration for the moving pictures, owl cages, and wand shops found throughout. This area consists of five buildings ranging from a fortress, to an observatory, to a magical library.

With more than two miles of passages, this tour is quite extensive, but it may be the most scenic way to exercise in Wisconsin during winter. Thanks to several skyways and underground passages, the entire tour is indoors and heated, with elevators available in every building. Those who tire early are welcome to leave early, while those who stick around may join us at Culver's after the tour has concluded. Drinking fountains are found throughout, but all food and drink is for employees and clients only, so be sure to have a lunch beforehand. As it is a weekend, the tour should be much more sensory friendly than during the busy work week, although we may encounter the occasional employee or tourist.

Due to Epic company regulations, the size of this tour is limited to 14 people – first come/first served. **You must pre-register to go on the tour due to our limited space.** Register online at <http://autismsouthcentral.org/events/epic/> or call the ASC office at 608-630-9147 by noon, Friday, March 9. If we have more than 14 people register, we will take a waiting list. If you do register and decide you can't make it, please contact the office ASAP.

To get to the tour start location, take Verona Road/Highway 151 to Exit 76. Follow Epic Ln to Milky Way, and then wind around until you reach a statue of the Tin Man. Follow the fork to the right into the Visitor Parking and park under the solar panels. Parking is free. Locate the statue of Humpty Dumpty, climb the stairs under the nearby trellis, and enter the Andromeda building, where we will be waiting in the lobby. **Be sure to be on time! If you are late, the tour may leave without you!**

Join us for a snack at Culver's after the tour. We should be ready for a snack after all that walking. The flavor of the day is Oreo Overload.

### **Important Items and Sensory Issues:**

- ☺ Be sure to pre-register
- ☺ Wear comfortable walking shoes. It will be about 2 miles of walking
- ☺ Eat lunch before you come. Any food or drink on the premises is for Epic employees only.
- ☺ Arrive on time so you don't miss the tour.
- ☺ Feel free to leave early if it gets to be too long.

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- What:** One Walk/Big Strides for Autism
- When:** **Sunday, April 22, 2018, Registration starts at 10 am; Walk from 11:30 to 12:30. Pizza party after with a slice for each walker while supplies last**
- Where:** At Demetral Park shelter, 601 N. 6<sup>th</sup> Street, Madison Wis.
- Cost:** **Pre-Register by April 5 as an AUsome team member for only \$15. This is less than the usual cost of \$20 and gets you a T-shirt with our team name on the back.** Note: You can still come out that day and walk and support the Autism Society if you cannot afford the registration fee. You can also register that day onsite.

This is your chance to support our autism community and get some exercise. This year our message is about Awareness, Acceptance, Empowerment, and Respect and this will be reflected in our new t-shirt design. If we are lucky, it will be a beautiful day to do some walking. Spring flowers should be up and the smell of spring in the air along the walking route. It takes about an hour for all the walkers to get back. If we are lucky the sun will be shining and it shouldn't be too hot.

There should be walkers of all ages and abilities. There will also be some nice exhibits on autism related materials for those who get there early. There will be someone available to get the group warmed up with some preliminary exercises this year like last year.

You can find even more details on our website at <http://autismsouthcentral.org/walk/>. You can register for the AUsome team at that link also and pay your \$15 registration fee. There is about a \$2 additional processing fee for registering on-line. You can avoid the on-line processing fee by printing out the paper registration form and mailing it in with a check. If you register by April 5, you can select a size for your T-shirt (a new design this year) up to 2X and it will have our AUsome team name on it. I (Nancy Alar) am listed as the captain of the AUsome team. You can call me at 608-222-4378 or email me at [Nancy.L.Alar@gmail.com](mailto:Nancy.L.Alar@gmail.com) if you have questions about the AUsome team at the walk. For general questions about the walk, contact the ASC office at 608-630-9147 or [info@autismsouthcentral.org](mailto:info@autismsouthcentral.org).

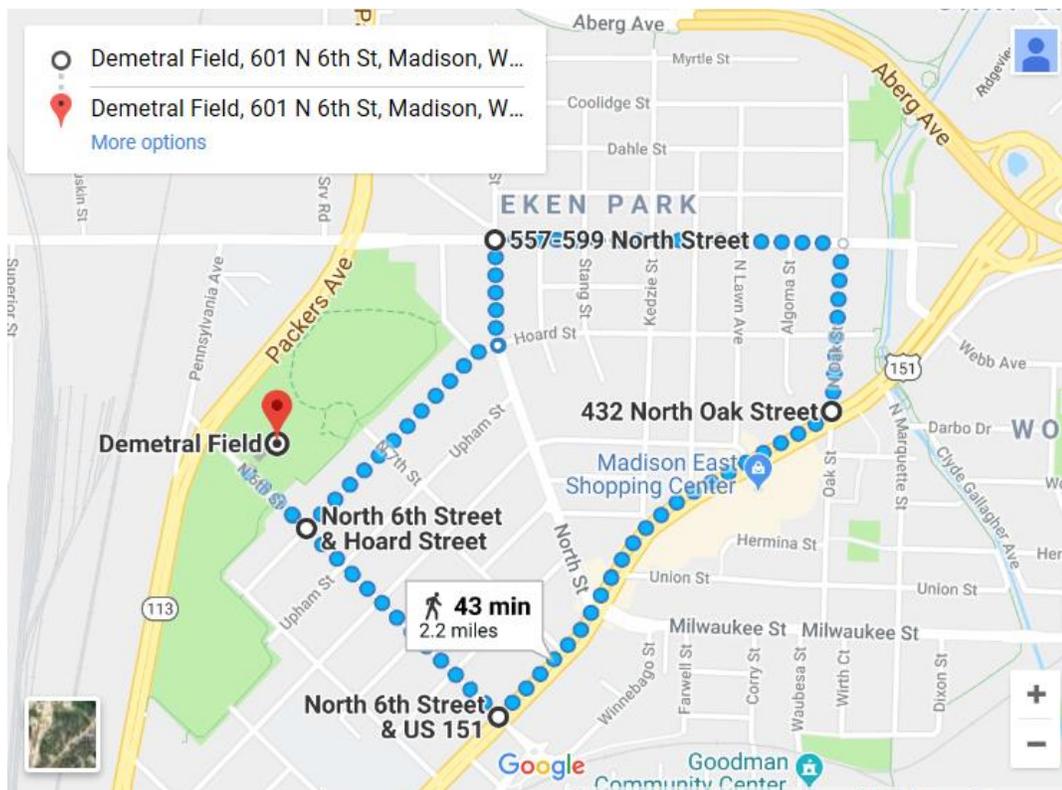
Feel free to come and just hang out with the crowd even if you don't feel up to walking. Everyone can participate at their own level of fitness. I will probably walk just part of the route.

### **Important Items and Sensory Issues:**

- ☺ Be sure to dress appropriately for the weather
- ☺ Wear comfortable walking/running shoes
- ☺ Pre-register by April 5 as part of the AUsome team to get the special \$15 rate and a T-shirt with our AUsome team name. After April 5 you still get the special \$15 rate, but the T-shirt won't be available.



## Map of One Walk Route on April 22, 2018



### Preliminary Event Schedule:

10:00 AM Registration Begins, Music, Activities and Resource Fair

10:30 AM Late Registration Period

11:00 AM Announcements

11:10 AM Group Photos

11:20 AM Warm-up Exercises

11:30 AM Walk Begins (if you have physical limitations or special needs, please stay near the registration table for instructions)

12:30 PM Pizza party with a slice for each walker while supplies last.

## What Happened at AUsome's Last Outings?

### **47<sup>th</sup> Annual Madfest Juggling Show; January 13, 2018(Saturday) 7:00-9:00 P.M**

This was the usual screwball show and our favorite MC (Mark Hayward) was back. I got a look at Mark's website and learned he worked out an act this year where he passed juggling clubs with another juggler on water skis. This guy is seriously nuts – in the best sense of the word. Mark also mentioned that the show had sold out this year.

I really appreciated all the help I got from my daughter, Liz Alar, and her "posse" of friends plus Alex Rosinski. They all helped out with the seating and making sure things went smoothly. Also thanks to Steve at the Barrymore and the Madtown Jugglers for all their help in setting up the special seating for our group again.

Chloe Summers didn't juggle things, but she did an incredible balancing act by walking across a series of champagne bottles sitting upright on the stage, over a foot apart – while wearing high heels. These bottles were just sitting there, not stuck to the floor or anything. How she could balance on the tops and walk from one bottle to the other without knocking them over was just amazing. Chloe came back later in the program again and did another act, but that time she did amazing things with a whole bunch of hula hoops.

Curtis Coryly Carlyle was very funny. He juggled balls and cans. With the help of a volunteer (Jen) from the audience, he passed his entire body through the circular part of a tennis racket – strings removed of course. The reason he needed Jen's help was he was juggling stuff the whole time he was squeezing himself through the tennis racket. He was cracking jokes and doing funny things the whole time. Plus he was a good juggler.

Joe Showers juggled ping pong balls using only his mouth. Joe also used a volunteer (Elliot) from the audience to hand him the balls. Joe was also very funny. Joe finished his act with his "Jugglinator", a series of lighted baskets he had balanced above his head. He blew ping pong balls high up into the air and made them land precisely in the baskets. It's just impossible to describe what this guy was doing. You just had to be there.

Mark Hayward showed off his yo-yo expertise by doing his version of the "William Tell" trick. But instead of shooting an apple off of a head with an arrow, he knocked a poker chip of a volunteer's (Collin) ear with a yo-yo. As usual, Mark was very funny as he set this trick up. But if you think about how fast that solid wood yo-yo was going, it was a good thing that Collin stood very, very still.

Jacob Distachio came out on the stage just in his underwear. Then he did some really incredible juggling with 3 balls while he put all his clothes on. When you think about this, getting dressed while juggling is quite a feat.

Mike Wood had a very simple but very funny act that had nothing to do with juggling. He set up a catapult on the stage with a large cabbage. Then he put a helmet on his head with a large spike. Finally he got a volunteer (Tricia) from the audience to set off the catapult that sent the cabbage flying through the air to be speared by the spike on his helmet. The setup for all this foolishness was very funny and entertaining.

Finally Wes Ian was our grand finale. He had a costume with fringe all over it. He even had a swatch of fringe hanging in front of his eyes. He was a really incredibly good juggler, even with fringe impeding his vision. His juggling routines used clubs, balls and rings and were very complex. At one point he put a stand on the stage with a candy bar and a raw onion on it. If he did a hard trick successfully, he rewarded himself with a bite of candy. If he dropped a club trying a hard trick, he made himself take a big bite of raw onion! It was quite a show.

### **Winter Pool Party at SwimWest; Saturday, February 17, 2018, 4:00 – 6:00 pm.**

We had the usual large turnout for this activity. It was hard to count because everyone was moving so fast in the water, but we had between 40 and 50 people show up. It was a cold and dreary day so it was a perfect time to enjoy fun in an indoor pool. 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. We went through almost 2 full bags of popcorn. We signed up several new members for the Autism Society.

Thanks to Richard for helping clean up the stray popcorn that ended up on the floor. Thanks to Cheryl Scholler for coming all the way from Janesville to volunteer to help anyone who needed swimming instruction. 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. I was so engrossed with checking people in and talking to attendees that I forgot to take any pictures for the scrapbook. Regardless, a good time was had by all.

## **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 Email Newsletter 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 19-21, 2018 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 and the early bird registration form at <http://www.asw4autism.org/>

## 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.