

# KiDS CAN CHRONiCLES

[www.kidswithautismcan.org](http://www.kidswithautismcan.org)

## What's Happening?

### It's All Fun and... More Events

Well we are off to another great year creating fun events for families. In January, several fans attended a Suns game!

We were part of their Community Assist Program, allowing us a great opportunity to tell fans about who we are:

[http://www.nba.com/suns/news/community\\_assist.html](http://www.nba.com/suns/news/community_assist.html).

Sunday, March 18<sup>th</sup> we have another group of families attending a Suns game due to the team's generosity. We also finally enjoyed a great night at Cracker Jax, it was scheduled for December but due to rain it was postponed. We had people on the spectrum ranging in age from about 4-24 years old. It was awesome to see everyone, including parents and habilitation workers enjoying mini-golf, go carts, and bumper boats. Many people left smiling and some left soaking wet! (Bumper Boats will do that!) Please take a minute to enjoy the pictures:

<http://kidswithautismcan.org/be-informed/recent-events/its-all-fun-and-cracker-jax/>. We are having such fun bringing families together to share joyful times, with no pressure to do or not do things. We also have another ice skating event planned for April 1<sup>st</sup>, 2012, at the Ice Den, a great way to start Autism Awareness Month. Here is the link to register; we hope you can join us!

[http://kidswithautismcan.org/be-informed/events/?event\\_id=15](http://kidswithautismcan.org/be-informed/events/?event_id=15). This might be our biggest event so far, but don't let big translate into crowded in your head. We have an entire rink reserved for just our families. The music and lights will be lowered for sensory comfort and coaches and volunteers will be available to help get skates on and new skaters comfortable on the ice. We are also working on the details for a Diamondbacks game in August. Keep an eye on the events page for details.

Spring 2012

Volume 3, Issue 1

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### Events planned! It's all Fun and...

Phoenix Suns

Sunday, March 18<sup>th</sup> 2012



Skating

Sunday, April 1<sup>st</sup> 2012



# Recipes...

As spring arrives and we enjoy outdoor brunches, here is a great hash brown pie that the kids can help make and will love to eat.

## Ham and Cheese Hash Brown Pie

3 cups frozen hash browns  
1/4 cup butter, melted  
1 cup cooked ham, chopped  
1 cup (4 oz.) cheddar cheese, shredded  
1/4 cup bell pepper, chopped  
2 tsp chopped chives  
1/4 cup onion, finely chopped  
2 eggs  
1/2 cup milk  
1/2 tsp salt  
1/4 tsp black pepper



Preheat oven to 425 F. Pat the potatoes over the bottom and up the sides of an ungreased 9-inch pie plate. Drizzle the butter over potatoes, and pat them securely into place. Bake for 25 minutes. Reduce temperature to 350 degrees F. Layer ham, cheese, bell pepper, and onion over the baked crust. Whisk the eggs, milk, salt and pepper in a bowl until blended and pour over prepared layers, sprinkle with chives. Bake for 25 minutes or until a knife inserted in the center comes out clean. Refrigerate any leftovers. Serves 8.

We are sharing a special springtime treat. These birds' nests are great to make and decorate with kids of any age. Please remember the ingredients will be hot, work closely and safely with your children. We are reprinting this from our newsletter last spring.

## Birds Nest Cookies

1-12 oz. package of butterscotch chips  
(or semi-sweet chocolate chips)  
1/3 cup peanut butter  
1-6 oz. bag of crunchy Chinese noodles

Melt chips and peanut butter together in a double boiler. When completely melted, gently mix in crunchy noodles. Spoon mixture onto wax paper, forming a nest. When the cookies are hardened, decorate with Easter candies. We used Peeps, jellybeans, and foil eggs.



# Resources...

ARMS (Autism Resource Meetings) is a new community meeting held at La Casa de Cristo Lutheran Church in Scottsdale. Although it is being held at a church it is opened to all community members. The idea is to create a place of networking and helping people take advantage of some amazing local resources. We are currently looking to determine what is most needed in our community and how we can work to provide some of it. Things like dad outings, community education and family social activities were all suggested. The next meeting will be held on Tuesday April 17<sup>th</sup>, 2012. This time there will be a morning and evening meeting so we can gain the most information possible on what direction to take our group. Child care will not be provided at this meeting but we will work toward a child care solution if people at the meeting say it is a concern. Katie Murwin will facilitate the meetings.

Here is a synopsis of our last meeting, we expect each will look very different but we will continue to encourage a variety of community member to come and participate.

Our first ARMS meeting held on Tuesday, February 28<sup>th</sup> was a great success. We had a variety of people in attendance. Parents with kids from approximately 4 to 20 years of age, some parents had children diagnosed with ASD and others were trying to make a determination of whether or not to have their child tested. Many parents in attendance have children who have been diagnosed for several years and they are a wealth of knowledge! We were also fortunate to have two volunteers with significant knowledge of SARRC, who have offered to help our parents in terms of getting support in a larger organization. Two Occupational Therapists attended sharing some knowledge of 504's and IEP's. We also had a wonderful representative from Joni and Friends, an organization that works to incorporate the needs of the differently-abled into church communities. It was a place of dialogue and positive suggestions filled with people who know about autism and care about our families.

I do not at all understand the mystery of grace - only that it meets us where we are but does not leave us where it found us.

-Anne Lamott

# Linked In...

We have done some work to update our resources (links to other organizations) and pictures. We suggest you check out the additions:

<http://kidswithautismcan.org/be-informed/links-we-like/> (Resources)

<http://kidswithautismcan.org/be-informed/more-resources/> (Resources)

<http://kidswithautismcan.org/be-informed/recent-events/> (Event Pictures)

# Art Project...



In honor of spring cleaning here is a fun project to do with your kids so they can enjoy their art work. Please realize that to do this project you must be willing to alter the artwork by cutting it up and Modge Podging it! For us, it was a better alternative than having it sit in a box in the garage.

Supplies – all of these supplies should be easy to get at any craft store

- Giant 3D Paper Letters (for my kids we used their initial)
- Several Art Projects
- Coordinating Scrapbooking Paper
- Newspaper or Other Plastic Table Cover
- Old Clothes
- Modge Podge (a thick glue like product but stickier)
- Small Foam Brushes
- 3-4 Wood Blocks

Instructions:

1. Cover your work surface, with several layers of newspaper or an old plastic table cloth.
2. We suggest you try a small sample project before you use your original art works! **We know this work is valuable. Depending on the art medium, any project could bleed through.**
3. Pull out all artwork that you want to consider using and plan a layout of sections of the art on the giant letter. We suggest you only use a few pieces of art work.
4. If there are blank areas on the sides of the letter feel free to fill small spots with scrapbooking paper if you don't want to put artwork in places it won't be seen.
5. If there are art pieces you really want to include but can't bring yourself to cut, you can make a color copy and try that but **the printer ink may bleed when you start to Modge Podge so it does make the project a little trickier.**
6. Modge Podge a small portion of the side to start using scrapbook paper, and place so that the paper overlaps slightly onto the top of the letter.
7. Modge Podge the top of the scrapbook paper so it is covered again. Put the Modge Podge on generously but not so thick that it comes through the paper. Attach small pieces at a time. They can overlap but watch out for using dark under light and having it show through.
8. Once you have the sides done, you can start working on the top with your patches of art work, follow the same instructions as step #6 and 7. Coat small amount of surface with Modge Podge, place art on surface, allow there to be some overlap, cover generously but not to the point you have drips, with the Modge Podge so the entire surface is covered with Modge Podge and art work, including the sides.
9. Place on wood blocks, moving occasionally to prevent sticking. Dry completely and it makes great wall art!

# What's Next...

We have more fun to come!

We are working on a really fun idea for a fall fundraiser. No details yet, it's a surprise. However, if anyone knows of a location that has a big opened space, it would probably need to be paved and also some grass, we would love to know about it. We are working to try to get some place like Cactus Park but we aren't sure that will be an option, but that gives you an idea of the space we are looking for. Email us at [info@kidswithautismcan.org](mailto:info@kidswithautismcan.org) if you have any ideas. Obviously, in order to keep doing free events we need to raise some \$\$\$.

We are working with the Diamondbacks to secure tickets to a game in August. A perfect back to school outing! Watch the events link for details and as usual we will send out an email when we are ready for registration! We are also in the beginning stages of speaking with the Phoenix Zoo about options for holding a social event there.

We are looking at a trunk show in partnership with SEEDS for Autism. It will be an opportunity them to sell their wonderful art. Their metal work is our favorite! It makes amazing gifts! We may combine it with a book sale so if you have gently used books you would like to donate, we would love to have them. We would also like to introduce a really special way for Kids with Autism Can to earn money; we have created note cards created from Nicholas' artwork, we will start by selling them at our events. If you are interested in purchasing some and don't attend our events, please feel free to contact us!



Kids with Autism Can regularly updates their website. Please check back frequently for events and new information. Take time to dive into the stories and perhaps share some of yours.

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