



## Director's Note

Dear Families and Friends of CARD,

I hope you enjoy our new newsletter design. Our genuine gratitude goes out to Professor Connie Hwang, Mr. Douglas Barrett, Ms. Andrea Cardenas and all the Mint students in the Graphic Design class in the School of Art and Art History for all of their support and assistance. Their creativity has helped us create a greatly improved showcase for our news and they have inspired us with their talents.

The 13th Annual CARD Conference was held in Tampa this year on January 21-22, 2006. There was also a free pre-conference day for teachers and adult service providers on Friday January 20th. Speakers included Dr. Gary Mesibov Director of Division TEACCH in North Carolina, Dr. Douglas Biklen, Dean of the School of Education at Syracuse University, Dr Nancy J Minshew, Associate Professor of Psychiatry and Neurology at the University of Pittsburgh School of Medicine and Dr. Mark Durand, Dean of the College of Arts and Sciences at the University of South Florida in St. Petersburg. There were sessions on communication, Aspergers Disorder, challenging behavior, transition to post-school life, advocacy, sleep disorders and many more including sessions in Spanish. We hope you were able to attend and meet other

families and professionals, and that it was a positive experience for you. Next year's CARD Conference will be in Ft. Lauderdale in January 2007.

The University of Florida Psychiatry Department Autism Conference will be held on February 24, 2006 at the McKnight Brain Institute. The featured speaker will be Dr. Joe Piven from the University of North Carolina. Please contact us for more information if you are interested.

Please be sure to keep our Sibshops in mind if you are a parent or guardian and your child with autism or related disability has brothers or sisters who could participate. There is more information in this newsletter and you can always contact Melinda Morrison, our new Sibshop Coordinator, if you have questions.

Sincerely,

Greg Valcante

## CARD Office Hours

The CARD office located at 806A NW 16th Avenue in Gainesville in the Pecan Park office park is "closed" until 12 PM on Mondays for staff meetings. Computers for making visual supports are available during normal business hours on Tuesday to Friday and after noon on Mondays. If you need help with making visual supports please call Kathy Robinson at 352 392-4171 or 800 754-5891 ext. 9 for an appointment.

## CARD Website

Go to [www.card.ufl.edu](http://www.card.ufl.edu) for information about:

**current news about autism & related disabilities**

**support groups**

**professional development**

**fact sheets**

**past issues of the PostCARD**

**CARD conference information**

**and more!**



Sibshop Facilitators



Selections from the Adapted Books Library

## Sibshop Partners

Thanks to a generous donation from the Center for Special Needs Trusts we are pleased to announce that UF CARD has new partnerships with the Cities of Gainesville and Ocala Recreation and Parks Departments.

As many of you know, Sibshops are Saturday workshops especially for siblings of children with disabilities. This concept was designed by Don Meyer, Director of the Sibling Support Project at the Children's Hospital and Medical Center in Seattle Washington. He has led the drive to acknowledge that siblings have the longest lasting relationship with the child with a disability, and need lifelong support, starting when they are young.

Our partnerships with the cities have allowed us to have wonderful spaces to conduct the Sibshops where we will be welcome on a long-term basis at an affordable price. Thank you Cities of Gainesville and Ocala!! For more information about Sibshops in the UF CARD area, please call the Sibshop Coordinator, Melinda Morrison, at 352 846-3474.

Melinda Morrison

## Parent Support Group

A local parent-formed support group SPEC (Special Parents of Exceptional Children) meets at the CARD office at 806A NW 16th Avenue in Gainesville on the 2nd Friday of each month. The informal meetings are from 7PM-9PM, but newcomers are welcome to show up at 6PM to meet and discuss their concerns. Parents of children with any disability are welcome. Please call Pam Kissoon-dyal for more information 352 284-1483 or 352 379-7885.

### Upcoming Meeting Dates:

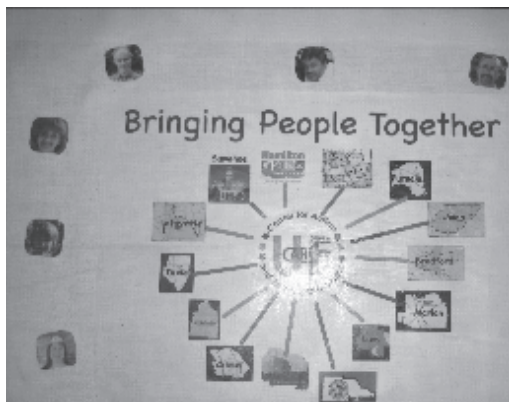
- February 10, 2006
- March 10, 2006
- April 14, 2006
- May 12, 2006

## Adapted Book Library Is Growing

We are continuing to add books to our adapted book library and putting a focus on books that have an interest to older children. If you have any ideas for books you would like to see in our library, please let us know. Check out our web site for links to books on Powerpoint: <http://www.card.ufl.edu/links.html>. [Ann-Marie Orlando](#)

The following adapted books are available for checkout from our library:

- *Caps for Sale*  
by Esphyr Slobodkina
- *Dirty Duds*  
by Pati King-DeBaun
- *Five Little Monkeys Jumping on the Bed*  
by Eileen Christelow
- *Have You Seen My Cat?*  
by Eric Carle
- *I Can Do It*  
by Eric Carle
- *If You Give a Moose a Muffin*  
by Laura Numeroff
- *If You Give a Mouse a Cookie*  
by Laura Numeroff
- *Is Your Mama a Llama?*  
by Deborah Guarino
- *Jump, Frog, Jump!*  
by Robert Kalan
- *Mrs. Wishy-Washy*  
by Joy Cowley
- *My Feelings Book*  
by CARD



CARD Quilt



CARD Quilt

## CARD Quilt

Last May CARD Centers from all over Florida were asked to design two quilt squares that would be put together to form a CARD Quilt that was put on display at the annual CARD conference this January. We were asked to design one square to represent our CARD values and the second square to represent our group. After some thought and collaboration we came up with our designs and we would like to share them with you, along with the supporting ideas. The first square has a picture of children fishing, along with the quotation, "Give a man a fish, he eats for a day. Teach a man to fish, he eats for a lifetime." We felt that this would represent our philosophy of education, learning and self-reliance. We strive to teach others to become independent and to reach their full potential. The second square has the heading "Bringing People Together" and shows the CARD UF/Gainesville emblem in the middle, surrounded by icons representing the fourteen counties that we serve. Each county is connected to the CARD emblem, showing that people come to us and we reach out to them. In this way we can all join together to support, educate and encourage each other.

[Kathy Robinson](#)

## Training Update

We need your help! Unfortunately, the trainings we scheduled this fall in Alachua, Citrus and Hernando counties were not well attended. We ended up canceling more than a few because they had less than five people signed up. We want to meet your training needs but we need your input. We would like you to fill out this brief training needs survey and return it to us in the enclosed postage paid envelope so we can get a clearer picture of our constituency needs and can better serve you.

Due to the lack of attendance this fall, we are instituting a new training cancellation policy. We need at least five people signed up for any training in order for us to carry out the scheduled event. We do this to make sure we are using our staff's time efficiently. We encourage you to sign up for our trainings if you plan to attend so we do not have to cancel them. This also allows us to prepare the proper amount of materials for each participant. To register for any of our trainings, please contact Leannis Maxwell at: 800 754-5891 ext. 5 or 352 846-3455 or [card@mbi.ufl.edu](mailto:card@mbi.ufl.edu).

CARD also accepts individual training requests. If you have a specific topic and a group of five or more people, contact me via phone 352 392-4173 or 800 754-5891 ext. 3 or via email: [czenko@mbi.ufl.edu](mailto:czenko@mbi.ufl.edu) and we will do our best to accommodate your specific request. [Cathy Zenko](#)

## Professional Development

We do have some new training opportunities on the horizon. The Florida Department of Education provides us with specific funds to carry out free, regional workshops for the educators in our area. These workshops will be education focused, but are open to anyone who wants to attend. On January 9, 2006 we were thrilled to bring in Elisa Gagnon, M.Ed., author of *The power card: Using special interests to motivate children and youth with Asperger Syndrome and autism* (2001) and *This is Asperger Syndrome: Gagnon & Myles* (1999). Ms. Gagnon presented an all-day workshop on Asperger Syndrome in Ocala, Florida. We have three other all-day workshops planned for 2006. One will focus on Positive Behavior Support and will be held in Gainesville on January 31st. Another will focus on Inclusion and will be held on April 20th in Gainesville. The final one will focus on Sexuality and Individuals with Autism and Related Disabilities and will be held on April 21st in Lecanto. Please check our website [www.card.ufl.edu](http://www.card.ufl.edu) for further details and registration information.

We hope to see more of you at our future training events and look forward to your feedback on our training needs assessment survey. [Cathy Zenko](#)

# UF CARD Training Needs Assessment

Name \_\_\_\_\_

Today's Date \_\_\_\_\_

Title \_\_\_\_\_

County of Residence \_\_\_\_\_

What modes of training are most preferred? **Choose all that apply and rank in order of preference. (1= top choice)**

- \_\_\_ Face-to-face workshop in your community
- \_\_\_ Face-to-face workshop in your region
- \_\_\_ Workshop with follow up to individual classrooms/home
- \_\_\_ Training series
- \_\_\_ Videos/CD's - multi-media presentations
- \_\_\_ Websites with information on topics of concern
- \_\_\_ Technical assistance - topic expert to be available to give advice on specific questions of teachers
- \_\_\_ Networking opportunities with other professionals/parents
- \_\_\_ Printed materials - brochures, tip sheets, fliers, etc.
- \_\_\_ Online training - can access training through the website on their own computers (or public access computers)
- \_\_\_ Other

What topics for training or resources in autism spectrum disorder and related disabilities would be most helpful to you in the following categories?

- Overview of ASD \_\_\_\_\_
- Communication \_\_\_\_\_
- Developing Social Competence \_\_\_\_\_
- Behavior \_\_\_\_\_
- Skill Development \_\_\_\_\_
- Educational \_\_\_\_\_
- Legal Rights \_\_\_\_\_
- Transition to Adult Life \_\_\_\_\_
- Education for Caregivers \_\_\_\_\_
- Other \_\_\_\_\_

At what time of day would you be most likely to attend training events? **Rank in order of preference. (1= top choice)**

- \_\_\_ Morning
- \_\_\_ Afternoon
- \_\_\_ Evening

What days of the week are the best for training events? **Rank in order of preference. (1= top choice)**

- \_\_\_ Sunday
- \_\_\_ Monday
- \_\_\_ Tuesday
- \_\_\_ Wednesday
- \_\_\_ Thursday
- \_\_\_ Friday
- \_\_\_ Saturday

How far are you willing to travel for a training event?

- \_\_\_ 5-19 miles
- \_\_\_ 20-60 miles
- \_\_\_ 61-100 miles
- \_\_\_ over 100 miles

Would you be willing to help with the organization and planning for local training and conferences?

- \_\_\_ Yes      \_\_\_ No

If yes, how can we contact you? \_\_\_\_\_



## Tech Tip Adding Speech to Your Powerpoint Book

For those of you out there making adapted books using Powerpoint software, you know how time consuming it can be to add speech to your slide show. There is a free Open Source program that can read your slide. It's PowerTalk and can be downloaded from the following website: <http://fullmeasure.co.uk/powerstalk/>. Directions are included on the webpage. Sorry Mac users, there is no extension of this program for Apple.

[Ann Marie Orlando](#)

## Recent Library Additions

The following list of new library additions includes new releases as well as replacements and copies of favorites.

- *The Neurobiology of Autism*  
by Margaret L. Bauman & Thomas L. Kemper
- *Autism Spectrum Disorders and Visual Impairment*  
by Marilyn H. Gense
- *Good Food, Milk Free, Grain Free*  
by Hilda Hills
- *Appreciating Critical Issues in Sexuality in Autism and DD*  
by Fred Kaesar
- *Asperger's Syndrome in Young Children: A Developmental Approach for Parents and Professionals*  
by Laurie Leventhal-Belfer & Cassandra Coe
- *Differentiated Instruction Guide for Inclusion Teaching*  
by Anne M. Moll (Editor)
- *Children and Youth with Asperger Syndrome: Strategies for Success in Inclusive Settings*  
by Brenda Smith Myles
- *The Hidden Curriculum: Practical Solutions for Understanding Unstated Rules in Social Situations*  
by Brenda Smith Myles
- *Learning and Behavior Problems in Asperger Syndrome*  
by Margot Prior
- *Finding Our Way: Practical Solutions for Creating a Supportive Home and Community for the Asperger Syndrome Family*  
by Kristi Sakai
- *Building Blocks for Teaching Preschoolers With Special Needs*  
by Susan R. Sandall, et al
- *Sexuality: Your Sons and Daughters With Intellectual Disabilities*  
by Karin Melberg Schwier & David Hingsburger
- *Breaking Bread, Nourishing Connections: People With and Without Disabilities Together at Mealtime*  
by Karin Melberg Schwier & Erin Schwier Stewart
- *Autism Spectrum Disorders: The Complete Guide*  
by Chantal Sicile-Kira
- *Families and Fragile X Syndrome*  
by U.S. Dept of Health and Human Services

- *Inclusive Programming for Middle School Students with Autism*  
by Shelia Wagner
- *Children with Fragile X: A Parent's Guide*  
by Jayne Weber
- *Peer Play and the Autism Spectrum: The Art of Guiding Children's Socialization and Imagination*  
by Pamela Wolfberg
- *Psychiatric Medications and Our Children: A Parent's Guide*  
by Herbert Wagemaker
- *Inclusive Programming for Elementary Students with Autism*  
by Shelia Wagner

## Website in the Spotlight

There is a world of information available on the internet. Some of it good, and some of it not-so-good. Taking the time to search for and then sift through what you have found can be a very time consuming task. Since time is so valuable, I am hoping to save some for you so you can do other things. I have found some very informative and helpful websites and I will share a few of them with each newsletter.

The first one is [www.tinsnips.org](http://www.tinsnips.org). This website has links to all kinds of information about Autism Spectrum Disorder, strategies, education, websites for symbols, folder games and adapted stories. There is something here to meet the needs of almost everyone.

Another website that is very helpful is [www.sandbox-learning.com](http://www.sandbox-learning.com). It has lots of useful information on how to handle social situations and how to use social stories and visual supports.

If you have questions about these websites or would like information on others, please contact me by at (352)392-4171 or by email at: [krobinson@mbi.ufl.edu](mailto:krobinson@mbi.ufl.edu). Happy Surfing! [Kathy Robinson](#)

# CARD UF/Gainesville Staff

Robbin Byrd, B.S. **CARD Consultant**  
Kurt Clopton, **Computer Consultant**  
Margie Garlin, **Program Assistant**  
Donna Gilles, Ed.D. **Associate Director**  
Brittany Gudaitis, **Student Assistant**  
Kirsty MacIver, M.S. **CARD Consultant**  
Ralph Maurer, M.D. **Executive Director**  
Leannis Maxwell, **Program Assistant**  
Melinda Morrison, RN, BSN  
**Sibshop Coordinator**  
Ann-Marie Orlando, M.S. CCC-SP/A ATT  
**CARD Consultant**  
Carole Polefko, **Public Education Coordinator**

Kathy Robinson, **Visual Supports Specialist**  
Lisa Roll, **Office Assistant**  
Greg Valcante, Ph.D. **Director**  
Art Wallen, M.S. **Associate Director**  
Cathy Zenko, M.S., CCC-SLP  
**CARD Consultant**

## Constituency Board

Marianne Bryant, **Citrus County**  
Sherry Dupree, **Alachua County**  
Pat Hawk, **Marion County**  
Suz Letzig, **Alachua County**

Ruth Lowery, **Alachua County**  
Dianna Mathews, **Alachua County**  
Bobbi Okesson, **Putnam County**  
Martin Rifkin, Chair, **Alachua County**  
Shelly Voelker, **Alachua County**

## Parent Partners

Cheryl Brenner, **Putnam County**  
Heidi Jennison, **Hernando County**  
Pam Kissoondyal, **Alachua County**  
Sylvia Miller, **Marion County**  
Pam Veith, **Marion/Citrus Counties**

## New Mailing Procedures

Because CARD funding has not increased in 5 years and the number of people requesting services has doubled, we have found it necessary to cut costs in certain areas. One of these areas is printing. After this edition of the PostCARD we will only be able to send out printed versions of our newsletter to parents, guardians, and individuals with autism and related disabilities who do not already receive our newsletters electronically. For those of you who are professionals or live outside our 14 county region, we ask that you access our newsletters electronically. You may send an email to Carole Polefko at [cpolefko@ufl.edu](mailto:cpolefko@ufl.edu) to request that you

receive announcements when our newsletters are posted or you may check periodically at the following website address:  
<http://www.card.ufl.edu/newsletter.html>.  
We apologize for any inconveniences this new procedure may cause, but hope you will understand.

## Recycling at CARD

We are starting a new recycling program at CARD and anyone can participate. We are doing this not only to help protect the environment, but also as a fundraiser. We will be recycling inkjet and laser ink cartridges as well as cell phones. The process is easy. Simply drop off the items at our office or contact me to request a plastic, self-addressed, postage paid envelope. Place your recyclable item in the bag, seal and mail. The envelopes will have a bar code on them that will be linked to our office and we will receive the funds for the recycled items on a monthly basis. If you have questions please call me at 352 392-4171 or email me at [krobinson@mbi.ufl.edu](mailto:krobinson@mbi.ufl.edu). Thank you for your support! **Kathy Robinson**

Non-Profit Org.  
US POSTAGE  
PAID  
Gainesville, FL  
Permit No. 94



University of Florida  
The PostCARD  
CARD UF/Gainesville  
PO BOX 100234  
Gainesville, FL 32610-0234  
t 352 846-2761 or 800 754-5891  
f 352 846-0941  
[cpolefko@ufl.edu](mailto:cpolefko@ufl.edu)  
[www.card.ufl.edu](http://www.card.ufl.edu)