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**Quote of the Month:** "You are never given a wish without also being given the power to make it come true. You may have to work for it, however."

--Richard Bach

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## SWIM AND ART LESSONS FREE THANKS TO GRANT

Autism Society of the Quad Cities is pleased to announce that both swimming lessons and art lessons will be available free of charge to persons on the spectrum beginning in January 2016.

A grant from the Hussman Institute for Autism is underwriting the program. Autism Society of the Quad Cities will match the grant funds so there will not be a charge to program participants.

Swimming lessons: Persons on the autism spectrum can soon take swim lessons at the Davenport Family YMCA, 606 W. Second Street, Davenport,

Classes are scheduled for individual session once a week for four weeks. A lesson will consist of a 30-minute private session with a qualified instructor who will be briefed on the individual child's needs and who will assess the child's skill level and program lessons accordingly.

To schedule swimming classes, call NAME at (563)322-7171 to register and schedule classes. Be sure to mention the connection with the Autism Society.

Art lessons: Individual art lessons will be presented by an artist affiliated with Bereskin Fine Art Gallery, at the Bucktown Center for the Arts, 225 E. Second Street, #4, Davenport, IA. The instructor is an experienced artist who has taught in the public

schools. Students receive instruction and guidance in individual sessions that are geared to their needs.

To register for these art classes, call (563) 508-4630. Again, be sure to mention your connection with the Autism Society of the Quad Cities.

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### **ASQC ASSISTS FAMILIES WITH COSTS**

Autism Society of the Quad Cities has a new program that will assist both children and adults on the spectrum with expense associated with autism and its effects.

Examples of eligible expenses fees for children include occupational therapy and speech therapy, medication, counseling fees, or registration for therapeutic activities like Challenger Little League or Davenport Junior Theatre's "Theatre on the Spectrum" program.

For adults, eligible costs include medication, bus passes, or the cost of books for students enrolled in post-high school college classes or training.

Reimbursement is limited to \$250 per person per year.

In order to be reimbursed, the individual must submit a request for reimbursement that includes an invoice from the provider or vendor of service.

The form used to request assistance is attached.

ASQC will issue checks once a month after the board meets on the third Thursday of the month.

The program will be given a six-month trial period to assess the demand for reimbursement as well as ASQC's available resources.

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### **SUPPORT GROUP MEETINGS**

Autism Society of the Quad-Cities offers support groups for families, teens, young adults, and adults with Asperger's Syndrome. All support groups are offered free of charge.

#### **Thursday, January 7, 2016 Family Support Group**

The group meets at Robert Young Mental Health Center, 4600 3<sup>rd</sup> Street,, Moline, at 5:30 p.m. Contact Kathy Doherty at 309-269-4133

If you need child care, please call in advance so we may arrange for it.

### **Friday, January 8, 2016-- Older Teens, Young Adults**

Social support group for young adults with autism. It is called the YES! Support Group (Young, Exuberant, Spectrumites). It meets the first Friday of each month at 6:30 p.m. with locations changing depending on the activity. There is no charge to attend.

Contact Dr. Theresa Schlabach (563) 333-6279 or [schlabachtheresa@sau.edu](mailto:schlabachtheresa@sau.edu) St. Ambrose University 1320 W. Lombard St., Davenport, Iowa 52804

### **Sunday, January 3, 2016-- Adult Asperger's Syndrome Support Group**

The group meets at Hand-In-Hand 3860 Middle Road, Bettendorf, Iowa 52722 (563) 332-8010, from 1-3 p.m. Contact Karen Perry, [kperry2020@gmail.com](mailto:kperry2020@gmail.com).

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## **ADDITIONAL SUPPORT GROUPS**

### **Hand-in-Hand/Tessa's Place**

3860 Middle Road Bettendorf, Iowa 52722 (563) 332-8010

Non-profit organization that assists families and children/teens/young adults with special needs through provision of respite programs and year round enrichment activities.

Social and leisure options for teens and young adults include: Friday movie nights, Saturday overnights, bowling league, meal preparation with friends, Get Fit, Inspiration Studio (teens/young adults with art interest/talent) and summer day camp (for school-age and young adults). Teen & Young Adult Nights are offered two Saturdays each month. Meets at Hand-In-Hand 3860 Middle Road, Bettendorf, Iowa 52722 (563) 332-8010

### **April 7, 14, 21, 28—People with Purpose**

Meets at Hand-In-Hand 3860 Middle Road, Bettendorf, Iowa 52722 (563) 332-8010

Provides volunteer opportunities for individuals with disabilities. Meets weekly on Tuesdays, 8:30 a.m. to 1:30 p.m. Contact molly\_handinhand@yahoo.com for more information. There is no charge to attend.

## **ONLINE SUPPORT GROUPS**

Numerous online support groups offer opportunities for exchanging ideas, education, and sharing. For a listing of these sites, see our website at [www.autismqc.org](http://www.autismqc.org).

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## TIPS FOR HELPING PERSONS ON THE SPECTRUM HAVE A HAPPY HLIDAY SEASON

The Autism Society of America has some great tips for helping persons on the spectrum have a happy holiday season. See “12 Tips for Helping Persons with Autism have a Happy Holiday Season” on our chapter website at [www.asqc.org](http://www.asqc.org).

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## BLOG OF THE MONTH

<http://differentkindsofnormal.blogspot.com.au/> The author of *Different Kinds of Normal*, Michelle Sutton, has contributed to *The Huffington Post* and has numerous blogs about different aspects of her family life. *Different Kinds of Normal* covers her children’s neurodiversity—two of her eight family members have autism; another two have [bipolar](#).

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## CONTACT US

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Bethesda, Maryland 20814  
1-800-328-8476  
[www.autism-society.org](http://www.autism-society.org) (website)  
[info@autism-society.org](mailto:info@autism-society.org) (e-mail)

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