

38 years
of Service

1979-2017



NEWSLETTER

JUNE 2017

Issue #79

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Charitable Registration #
10691/3775/RR/0001

MARK YOUR CALENDARS

Annual Spring Raffle – June 2017

Ottawa Autism Community
Annual Family Picnic
Sunday, June 11, 2017

Difference Makers
Golf Tournament
Monday, June 19, 2017

H.O.P.E. Volleyball Beachfest
Saturday, July 15, 2017

Dumouchel Meats Golf
Tournament, July 16, 2017

THE ANNUAL GENERAL MEETING OF CHILDREN AT RISK, OTTAWA

Wednesday, June 7, 2017

235 Donald Street, Room 209 – 7 p.m.

You are invited to attend the Annual General Meeting of Children at Risk. This evening will also be an opportunity for all friends and families of Children at Risk to meet informally and to discuss issues around supporting children and families within the Autism Spectrum Disorders. Wine and cheese will be served!

****Special Guest Speakers****

Throughout the Year, Children at Risk Ottawa provides supports for ASD children and their Families with Camp Kaleidoscope in the summer, Saturday Fun Club, Family Fun Nights, Social Skill Groups and Typical Teen Sessions in the Fall/Winter. We will be inviting a Parent from each support to speak on their child's experiences and what it means to their Family too! We are also excited to welcome Members of the Inner Wheel Club of Ottawa to present their 2017 Fundraising Proceeds to Children at Risk!

*The following business will be conducted: 1. Minutes of 2016 AGM
2. President's Report 3. Treasurer's Report & Appointment of Auditors
4. Fundraising Report 5. Election of new Board*

*Standing for re-election to the Board are: **Walter Davidson * Rob Gentles
* Carrie Groulx * Linda Kwasnick * Mark Lalonde * Marca McManus
* Melissa Van Alstine***

The following positions are vacant: Up to 2 Directors – if you are interested in getting involved with Children at Risk by becoming a Board Member or a Volunteer please contact our offices at 613-741-8255 or email car@childrenatrisk.ca before the Board Meeting to register your interest and present a small bio.

The Children at Risk Board follows the Carver Policy Governance Model, now meeting bi-monthly to review charity policies and happenings. We are especially looking for Board Members who either have experience/background in Human Resources and can attend Board Meetings, but also those who have the ability and desire to help with Fundraising Events and Donor Development. Throughout the year Children at Risk either stages Fundraisers or is invited as a recipient charity and it is important for a Charity Representative to attend, be social and impart the cause of Autism and how Children at Risk provides supports for ASD children and their families!

Members who cannot attend may give a proxy to any other person, who need not be a member. Proxies must be in writing, signed by the member who will be absent, and mailed to or brought to the meeting by another member. Members who have given a proxy may still change their minds and attend, in which case the proxy is cancelled. Only those members who have paid their annual membership dues to Children at Risk, Ottawa, have the privilege of voting at the AGM.

*However, **ALL are Welcome to the AGM, even if you are not a Member!***

*By Order of the Board, **Mark Lalonde, President***

May 07, 2017

PRESIDENT'S MESSAGE

Mark Lalonde, Board President

Rain, Rain, go away it has certainly been one of the soggiest spring seasons in some time. Hopefully, all this precipitation will be finished by the time we roll out the carpet for the 7th summer of **Camp Kaleidoscope**. The popularity of the Camp continues to grow. We are doing our best to ensure all the children and their families are able to participate. Board members, Staff and some family members have been working hard to generate much needed funds for this year's camp. I am truly grateful for this support.

We have recently had some previous support reduced or eliminated. We now find ourselves at a crossroads where we need to find more sustainable funding to ensure we can continue to provide the Camp as well as other services such as **Saturday Fun Club, Family Fun Night and Typical Teens**. There are a number of fun events that we offer that support our charity. My wife and I attended the **Inner Wheel Gala** in support of Children at Risk on May 5th. It was a very fun evening with good food, great entertainment and even a belly dancer. We had a beautiful day on this past Sunday for our fundraiser **“Walkin’ & Rockin’ for Risk” Fundraising Walk** – a fun day was had by all those who came out!

The Ottawa Autism Community **Annual Family Picnic** will be held on Sunday, June 11, 2017. It is a great day for the whole family and we will be drawing for the Annual Spring Raffle. Don't forget to get your tickets! ☺

We appreciate all the support we receive, but we need these fundraisers to have greater participation to ensure we are raising maximum amounts for Camp and other Programs. We would love more feedback from families on ideas or initiatives for supporting the programs offered by **Children at Risk**.

We are here for all of you, to support you and your children. The more you support us, the more we can give back.

The **Annual General Meeting (AGM)** is on June 7th. We hope to have a strong turnout at the AGM. Keep Dry!

EXECUTIVE DIRECTOR'S MESSAGE

Brenda Reisch, Executive Director

In April, Children at Risk was invited to attend a **Family Mental Health Summit**, hosted by local **MPP Lisa MacLeod**. Recent happenings in the Region with addiction and overdoses of opioids by Ottawa teens impelled MPP MacLeod to bring together Service Providers and Families to speak on mental health and addictions. Initially, I was not sure this was a Venue where Children at Risk belonged. But with my older son having struggles with these challenges and my ASD son on multiple medications (currently now in the hospital to address his aggressive and destructive behaviours) I decided to be more open-minded. I started to do some research into Autism and Addictions and was very surprised to discover multiple references to this! We included in this newsletter “The Hidden Link Between Autism and Addiction” article that combines both research and case studies. By just Googling “Autism Drug Addiction” you will find many links of RECENT information.

Health and safety of our ASD children has been on my mind in other areas as approach Summer, changes in routine and lack of the structure of the school year. We are also meeting new Families registering their children for Camp Kaleidoscope, many who are runners. We decided to remind Parents of the **Ottawa Police Services Autism Registry** and included information in this Newsletter about the Registry and how to sign up your child. I know this service has helped many Families not only locate their child quickly and safely, but it also educated local Police on how to approach and handle an ASD individual who may be lost or confused. Ultimately, we hope everyone will have a Safe and Happy Summer!



EVENTS/ACTIVITIES SINCE MARCH 2017...



3rd Annual “Walkin’ & Rockin’ for Risk” – Sunday, May 28, 1-4 PM

What a fabulous Day! Sunday, May 28 reached a balmy 24.9 degrees Celsius – a most excellent day for a Walk! Mother Nature had a lot of making up to do from Last Year’s Walk!! We were so excited to welcome our **Honourary Walk Chair MPP Lisa MacLeod, Senator Jim Munson, MP Andrew Leslie, MPP Nathalie Des Rosiers, City of Ottawa Councillor Tobi Nussbaum & “Eric The Intern”** from [CHEZ 106.1 FM](#) as our MC.

Our Band “**Anthology**” entertained with great tunes – and we had the Family Harmonie Familiales Musicability Choir also belt out some songs for the Crowd!

Activities included the Inflatable Big Slide and Moon Bounce, the BBQ run expertly by **Enbridge**, Bake Sale by the **University of Ottawa “Dream uOttawa”** Volunteers (who also helped with set up and tear down), our Silent Auction, as well as Pick-A-Prize for Pledgers and Prize Walk Rewards for the Participants! Vendors included **Epicure, Primerica** and **Family Harmonies Familiales**.

We also had a special visit from the **Ottawa 501st Legion** with a very talented Star Wars Storm Trooper!

With Pledges in person and from the Canada Helps on-line Registration – we raised almost **\$2,000!**

This was down some from our previous 2 years – as it was a busy weekend in Ottawa with other Activities too – so we are thinking of holding the Walk in September 2018 instead of the Spring – Stay Tuned!

DONOR SPOTLIGHT



One of our Parents, **Khadija Siddiqi**, has been building her Real Estate Business for the past 2 years. She has given back to her Community with generous donations!

At our Walk, Khadija handed a \$500 cheque to Children at Risk – representing all her commissions of late!! She also told us that IF she received 3 Referrals in the next year that resulted in a Sale – she would donate again – **AND DOUBLE IT!**

If you are at all looking for a house or selling – please consider contacting this passionate, dedicated Agent - I **KNOW** you will be pleased!

Khadija Siddiqi, Real Estate Sales Representative at Power Marketing Real Estate khadija@hamifriahi.com 613-860-7355 (Office), 613-501-3875 (Cell)

OTTAWA 67’s 50/50 HOCKEY TICKET SALES



Courtesy of the **Ottawa 67’s Hockey Club**, Children at Risk was (once again) honoured to cover ALL the Home Games for this Season! We are indebted to the 67’s for extending this wonderful opportunity to our Charity. Not only did funds raised support Children at Risk, half of the proceeds supported the **OSEG/Ottawa 67’s Foundation** for supports like anti-bullying, no-smoking and in-school education campaigns. Working through all home games and 3 Playoff games – close to **\$13,000** was raised for **BOTH** Charities! Please join me in thanking the Ottawa 67’s Team, Patrons and the dedicated Children at Risk Volunteers who helped make this possible!!

DONOR'S CORNER

OJCF Anne Blair & Hyman Mayberger Memorial Fund	\$157.00
United Way Toronto & York Region	\$236.64
Power Marketing Khadija Siddiqi	\$500.00



Volunteer Spotlight



INTERESTING WEBPAGES ...

KEEPING YOUR AUTISTIC KIDS SAFE AT HOME

Most parents place their children's safety as a top priority as a rule. But for parents of autistic kids, the reality is that it can be even more difficult to keep your children safe from themselves and others simply because of the nature of their disorder. However, parents of autistic children should not live in constant fear: **there are tips parents and caregivers of autistic kids can follow to make sure they stay safe.**

Check out this webpage:

<http://www.homeadviceguide.com/keeping-your-autistic-kids-safe-at-home/>

AUTISM & DENTAL CARE

Going to the dentist can be a cause for anxiety for most of us, but it's a very different feeling for those with autism. Patients with autism often have difficulty staying still and allowing the dentist to do what's needed, which is why a loved one should always be present. Everyone needs a hand to hold sometimes, especially those who fear the dentist, and it's no different with patients with autism.

Check out this webpage:

<https://www.emergencydentistsusa.com/autism-and-dental-care/>

We wanted to acknowledge our AWESOME Camp Kaleidoscope and Saturday Fun Club Counsellors – who not only commit themselves to working with our ASD children – they also VOLUNTEER when asked!

Last week several of them were helping at the BBQ, Book Sale, Set-Up and Pack-Up for the “Walkin’ & Rockin’” Fundraising Walk. They sell (and buy!) Raffle Tickets, help at the Autism Picnic, Pumpkins and throughout the Year for our Fundraisers! Their dedication to the Charity and our Campers is very special – and so very much appreciated!

Heartfelt 
THANKS
TO OUR VOLUNTEERS

DONATE A CAR CANADA



Donate A Car Canada accepts vehicle donations for Children at Risk Ottawa to donate a car, truck, RV, boat,

motorcycle or other vehicle to CAR simply fill out the DONATE NOW tab at www.donatecar.ca. Donate A Car Canada can provide you with free towing in many areas across Canada. Donate a Car Canada can pick up your car or truck, or you can drop off your vehicle to maximize your donation. When you donate your car it will either be recycled or sold at auction depending on its condition, age and location. Donate A Car Canada will look after everything to make your donation easy for you to support Children At Risk Ottawa. DONATE NOW at www.donatecar.ca and CAR will send you a tax receipt after your car donation is complete! Since September, Children at Risk has received \$300 from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached \$16,032.28! Note that you do not have to live in Ottawa to participate – it is across Canada – so encourage friends and relatives out-of-town to participate, as well!

CANADA HELPS

Children at Risk has signed up with CanadaHelps.org. When you visit our Website at www.childrenatrisk.ca just click the Donate Now button and you will be linked to the CanadaHelps.org donate page for Children at Risk. As with any service, there are some administration charges, but this allows anyone to donate on-line and even anonymously, if desired. It allows 24 hour ability to direct a donation to our charity and the electronic ease that many of us are looking for to support charitable causes! All you have to remember is our website – childrenatrisk.ca and the rest is easy!!

\$435 donated through Canada Helps April to May.



From: Blogger Rachel Shultz

APPLE COOKIES

Serves 8 cookies



INGREDIENTS

- 1 apple
- ¼ cup peanut butter
- ¼ cup almonds, sliced
- ¼ cup walnuts, chopped
- ¼ cup shredded coconut
- ¼ cup chocolate chips

INSTRUCTIONS

Slice apple into thin rings and remove core. Spread peanut butter over one side of ring. Top with almonds, walnuts, coconut, and chocolate chips.

To stop peanut butter sliding off just dry a little with paper towel before putting the butter on and make sure the peanut butter is stirred until soft.

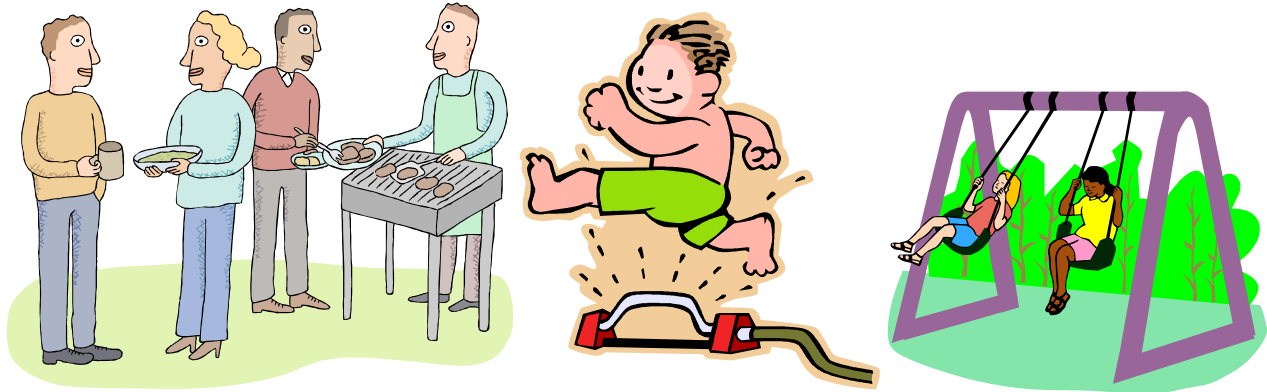
Note: Can use Wow Butter, GF Chex and Banana Chips as options.

2016/2017 Board of Directors

President – Mark Lalonde
Treasurer – Melissa Van Alstine
Secretary – Linda Kwasnick
Director – Carrie Groulx
Director – Walter Davidson
Director – Marca McManus
Director – Rob Gentles

What is On Now/Coming:

**OTTAWA AUTISM COMMUNITY
ANNUAL FAMILY PICNIC**



**Sunday, June 11, 2017
12 Noon-3 PM
Brewer Park**

Brewer Park (Seneca St. off Sunnyside) is a sprinkler water park, so bring your suits and get wet! The Annual Family Picnic is a great time to celebrate the start of summer, see old friends, meet new friends and frolic in the park. Below is a list of planned activities. Some items and activities, like the food, are at a low cost or you can bring your own picnic lunch! Hope to see you there!!

Activities & Features:

**B.B.Q. HAMBURGERS, HOT DOGS, DRINKS, CHIPS, COOKIE DECORATING,
FISH POND, BALLOONS, COTTON CANDY & SNOW CONES (low cost)**

FREE

**WATERMELON, BUBBLE PLAY, FREEZIES, FACE PAINTING
OBSTACLE COURSE & MOON BOUNCE INFLATABLES
CANADA PEDAL GO KARTS DEMOS www.pedalgokarts.com**

2:00 PM –22ND ANNUAL RAFFLE DRAW

2:30 PM - WATER BALLOON TOSS (PRIZES**)**

**** IN ADDITION, WE WILL BE ENTERTAINED BY TUNIS SHRINE KLOWNS!**

For more info, call 613-741-8255 or email car@childrenatrisk.ca

CHILDREN AT RISK

22nd Annual Raffle

Dear Parents & Friends,

Tickets are NOW available for our 22nd Annual Fundraising Raffle! After many weeks of gathering quality prizes, we can proudly offer them for sale. The prizes are fabulous! As we are getting started somewhat late...we will need LOTS of help to sell out of our 6,500 tickets before the draw on June 11. I hope everyone can join me in trying to make this year a sell-out!! Unsold tickets represent lost Fundraising \$'s for Children at Risk. Funds raised will support our Community-Based Special Projects. These include Sibling, Friendship and Family Support Groups, Summer Camp, Educational Training Workshops and Information Seminars as well as updating resource materials. These valuable activities receive no government funding and are supported solely through Fundraising efforts and Donations.

*Note: Tickets can only be sold to persons 18 years and older!

The Raffle will be drawn at 2 PM our Autism Community Annual Family Picnic – Sun., June 11, 2017.

Our Raffle offers:

- Tickets \$2 each, 3 for \$5 or a book of 12 for \$20!
- Prizes worth a total of \$9,567!
- 16 draws, with an average Prize Value of over \$597 (Over half of prizes over \$360 each!)
- Maximum 6,500 tickets sold.
- Minimum Prize Value of \$90!

LOOK AT OUR 1ST PRIZE:

1st Prize – HORRAY FOR HALIFAX!

- RETURN TRIP FOR 2 TO ANY WESTJET AIRLINES DESTINATION! (VALUE TO \$2,900)
- 2 NIGHT STAY HALIFAX HAMPTON INN BY HILTON (VALUE \$518)
- THE KEG STEAKHOUSE & BAR (\$100) & NATIONAL CAR RENTAL (\$100)



TOTAL 1st PRIZE VALUE: \$3,618!

2nd TORONTO TRIP - TOWNEPLACE SUITES HOTEL, AVIS CAR RENTAL, CN TOWER, AGO, ROM, CNE, ENTERTAINMENT BOOK, THE KEG & ULTIMATE DINING Value \$1,025

3rd ANDRES HAIR, OPTIMAL HEALTH REIKI, MEDISPA, PFLUG OPTICAL & AVON BY PAM Value \$634

4th & 5th CLUB EG, STONEBRIDGE GOLF, RED BOOK, ULTIMATE DINING Value \$614 ea.

6th HANDCRAFTED QUILT Value \$500



SAMPLE RAFFLE TICKET

CHILDREN AT RISK:

2017 SPRING RAFFLE

To Provide Community Supports for Families and Children with Autism Spectrum Disorders.

NAME:

ADDRESS:

PHONE #

City of Ottawa License #

M758614

MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT

Sample Ticket
of 6,500

CHILDREN AT RISK – www.childrenatrisk.ca 235 DONALD ST., OTTAWA

1st Prize – HORRAY FOR HALIFAX!

THIS EXCITING TRIP PRIZE INCLUDES:

- RETURN TRIP FOR 2 TO ANY WESTJET AIRLINES DESTINATION! (VALUE TO \$2,900)
- 2 NIGHT STAY HALIFAX HAMPTON INN BY HILTON (VALUE \$518)
- THE KEG STEAKHOUSE & BAR (\$100) & NATIONAL CAR RENTAL (\$100)

TOTAL 1st PRIZE VALUE: \$3,618!

2nd TORONTO TRIP - TOWNEPLACE SUITES HOTEL, AVIS CAR RENTAL, CN TOWER, AGO, ROM, CNE, ENTERTAINMENT BOOK, THE KEG & ULTIMATE DINING Value \$1,025

3rd ANDRES HAIR, OPTIMAL HEALTH REIKI, MEDISPA, PFLUG OPTICAL & AVON BY PAM Value \$634
4th & 5th CLUB EG, STONEBRIDGE GOLF, RED BOOK, ULTIMATE DINING Value \$614 ea.

6th HANDCRAFTED QUILT Value \$500

7th & 8th 1-800 GOT JUNK, KEVIN'S AUTO, AVON WATCH & ULTIMATE DINING Value \$380 ea.

9th & 10th JILL ALEXANDER, NATIONAL GALLERY, VERSAILLES, HEART & CROWN Value \$362 ea.

11th & 12th DOVERCOURT, HISTORY/WAR MUSEUM, BENICI PIZZERIA & SWIM PASSES Value \$222 ea.

13th & 14th PLASMART PLASMA CAR, KIDDIE KOBBLER, TINY HOPPERS & AVON Value \$189 ea.

15th OTTAWA REDBLACKS TICKETS & T'S, WORKS BURGER BISTRO FOR 2 Value \$166

16th PELICAN FISHERY & GRILL, CINEPLEX ODEON, UPS STORE HUNT CLUB Value \$90

RAFFLE: To Provide Community Supports for Families Raising Children with Autism Spectrum Disorders

MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT

Draw: June 11, 2017, 2 PM, Brewer Park (100 Brewer Way), Ottawa City of Ottawa License # M758614

Sample Ticket of 6,500 (613-741-8255) **PRICE: \$2 or 3 for \$5**

**DUMOUCHEL
OPEN**

Sunday
July 16th 2017



11th ANNUAL
CHARITY GOLF
TOURNAMENT

SCHEDULE

9:00 - 10:30am - Putting Contest Other games: On-The-Green (Par 3s)
 9:00 - 10:30am - Registration Hole-in-One (Win 500\$ of Meat!)
 11:00am - Shotgun Start
 5:00pm - Awards Dinner

- SUNDAY – JULY 16, 2017 – RAIN OR SHINE
- ALGONQUIN GOLF CLUB - 6, chemin du Golf, Messines, QC J0X 2J0
- \$80 REGISTRATION FEE (PER PLAYER)
- There's a theme this year! Wear **Red & White** to celebrate **Canada's 150th**!
- Need transportation? 10\$ fare for a bus ride to/from! Please reserve ASAP.



Golfer Registration – Steak (S) or Chicken (C) please circle below.

L. NAME	<input type="checkbox"/> S	<input type="checkbox"/> C	REGISTRATION	
COMPANY (if applicable)			GOLFER REGISTRATION	\$80
E-MAIL			DINNER ONLY (GUESTS)	\$30
PHONE			ON-THE-GREEN CONTEST (PAR 3)	\$10
ADDRESS			SPONSORSHIP	
CITY/PROV.			HOLE	\$100
POSTAL			PUTTING GREEN (CONTEST)	\$100
FOURSOME			PRIZES (OR PRIZE DONATION)	\$ 25
1.	<input type="checkbox"/> S	<input type="checkbox"/> C	DONATION	\$
2.	<input type="checkbox"/> S	<input type="checkbox"/> C		
3.	<input type="checkbox"/> S	<input type="checkbox"/> C		
4.	<input type="checkbox"/> S	<input type="checkbox"/> C		
			TOTAL	<input type="text"/>

* If by cheque, make payable to: Dumouchel Meat & Deli

Once completed, please bring into store, or scan & e-mail to dumouchelopen@gmail.com
 Please hand in completed form by July 7, 2017. Thank you!

2017 H.O.P.E. VOLLEYBALL SUMMERFEST



PRESENTS



HOPE Volleyball
SummerFest

Children at Risk is **THRILLED** to again be chosen as a Recipient Charity for this Year's HOPE Volleyball SummerFest!!

Although the date of **July 15, 2017** seems far away now – we will soon be tasked with signing up 50 Volunteers to fulfill our Obligation in order to secure a Donation of \$25,000 for Camp K in 2018!

We **MUST** confirm Volunteers by June 14.

You can look at our **Volunteer Assignments** below, let us know your chosen shift and send us:

- Volunteer's First & Last name,
- Contact number,
- email address,
- Emergency Contact First & Last name
- Emergency Contact number,
- Age, if under 19
- plus any special notes (X wants to work with friend Y, needs accessible location, etc.)

Volunteers also have a requirement to attend the Orientation session on Wednesday, July 12.

2017 H.O.P.E. VOLLEYBALL SUMMERFEST (Cont'd)

a) Greeters

Working in a buddy system, the Greeter volunteers provide a visible security presence and help monitor the event grounds and entrances. Activities and responsibilities include:

- Providing site information and direction and informing attendees of site regulations
- Verifying access passes at service entrances
- Assisting professional security in the enforcement of site regulations (patrol fence lines to prevent participants and spectators from bypassing the gates, and verifying bracelet access to assist with crowd control in the concert area)
- Reporting safety and security concerns to supervisors/professional security/police

Shifts: 7:30 am – 1:30 pm = 2 x 15 volunteers

1:00 pm – 7:00 pm = 2 x 15 volunteers

b) Score Keepers

A Scorekeeper will interact with the players on a Competitive or Corporate court, starting and ending games, awarding points and ensuring a game's score sheet is delivered to the referee tent for recording of the results. No experience is required – training will be provided. All courts will have a group coordinator to assist you, and court runners are also available for support.

- Start games on time
- Ensure games are played according to HOPE tournament rules
- Calculate scores to determine which teams are in the playoffs and inform the team captains.

Shifts: 7:30 am – 12:30pm = 2 x 10 volunteers

12:00 pm -- 5:00pm = 2 x 10 volunteers

Email car@childrenatrisk.ca to confirm your Volunteer commitment. **DO NOT** Register directly with HOPE.

**OTTAWA NEW YEAR'S EVE 2017
CHARITY BALL**



It's official! We are extremely excited to announce Investors Group as our newest partner and title sponsor of the Ottawa New Year's Eve Charity Ball. To celebrate the new partnership Investors Group logo has now been incorporated with the ONYECB logo to sink as a unified brand and going forward it will be "Investors Group presents the Ottawa New Year's Eve Charity Ball.

Investors Group is a part of IGM Financial, and a member of the Power Financial Corporation group, one of Canada's largest and most respected companies. For over 90 years, they have been building long-term relationships with clients to help individuals reach their financial goals at each stage of their lives. With a long heritage of community involvement, corporate funding and project initiation, Investors Group has created a very strong culture of caring.

IG's involvement with the charity ball goes well beyond the initial sponsorship. Our goal of spreading awareness for children and youth with autism and special needs now has a much larger platform from which to share our message. Horace Roxborough, Executive Director of ONYECB commented, "This is a tremendously exciting milestone in our growth, as we look forward to working with IG over the coming year".

The new partnership between Investors Group and ONYECB is a major step forward in aiding charities *Children at Risk* and *Journey House* which rely solely upon private donations and various events held throughout the year.

Tickets go on sale July 1st as part of the Canada 150 celebrations. Anyone who buys a ticket in the month of July can take advantage of the special pricing soon to be

ADVERTISING

EYE CARE FOR YOU	Dr. Linda Kwasnick
	OPTOMETRIST
	7778 Jeanne D'Arc Blvd
	613-837-4043
	www.oreansoptometry.com

RDSP ASSISTANCE

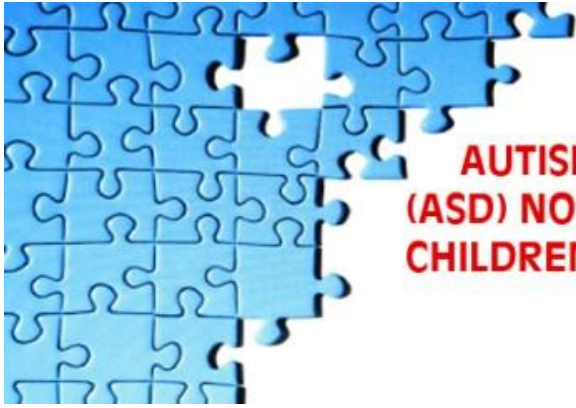
The Registered Disability Savings Plan (RDSP) is offered by the government of Canada. It is intended to help families and others save for the long term financial security of a person or family member with a severe disability. It is a way to be able to save for their retirement without affecting their government monthly income (Ontario Disability Support Program). The government offers grants from 100 to 300% of your annual contribution, depending on the amount contributed and family income. In addition Canada Disability Savings Bonds up to \$1000 may be available for lower income families.

These benefits can alleviate many financial challenges for families and individuals with disabilities as they age and need more care. We understand it may be difficult to get away from the home. We would love the opportunity to come and sit at your kitchen table to discuss the great opportunities that the RDSP offers to individuals with disabilities and their families. You can contact us to set up an appointment. Our contact information is on the top right hand side of this letter. We are looking forward to helping as many families as we can.



Ria Quik, Representative
rquik83@gmail.com 613-315-6227

Disclaimer: This Newsletter is for informational purposes only. Children at Risk does not support, endorse or recommend any method, treatment, product, remedial center, program or person for people with autism or autism related conditions



AUTISM SPECTRUM DISORDERS (ASD) NOW AFFECTS 1 IN 125 CHILDREN IN ONTARIO



OTTAWA POLICE SERVICE AUTISM REGISTRY

The Registry for People with Autism is a program in partnership with the Ottawa Chapter of Autism Ontario. The goal of the program is to promote communication and give police quick access to critical information about a registered individual in the case of an emergency situation or contact with police.

The Registry can provide police with emergency contact information, detailed physical descriptions, known routines, favourite attractions or special needs of the individual with Autism Spectrum Disorder (ASD). This information can assist officers in communicating with, attending a residence of or dealing with an emergency involving an individual with ASD. Although the program is titled Autism Registry, we have accepted registrations from other individuals where it would be beneficial to have the information prior to any interactions with police. We are currently looking at possible expansion into other communities who, by virtue of the information that will be provided, will meet the goals of the program.

How it Works: The Online application for the Autism Registry is temporarily unavailable, however, anyone wishing to register a dependent child or adult, can email a completed form to PoulinZ@ottawapolice.ca.

If you have any questions, please refer to our Frequently Asked Questions page or contact us for assistance 613-236-1222 ext 5011.

Once the online form is submitted, you will receive a thank you notice by email which:

- Confirms the form is being processed;
- Provides a confirmation "Flag Number";
- Provides the option to attach a picture (face only picture similar to a passport or school picture) by replying to the email confirmation flag record number.
- Advises you of the option to place an "Emergency Alert" window decal at your residence, which will alert police that there is an occupant with autism who participates in the registry. To receive one of these decals, you must directly contact Autism Ontario - Ottawa Chapter.

Remember to Register annually!

Annual registration is required to keep your form active. It is the responsibility of the person with autism or the guardian to resubmit their form. It is recommended that you resubmit on the registrant's birthday to make it easier to remember.

<https://www.ottawapolice.ca/en/safety-and-crime-prevention/Autism-Registry.asp>

Frequently Asked Questions - Autism Registry

What is the Autism Registry

The Registry for People with Autism is an Ottawa Police 2010 pilot project in partnership with the Ottawa Chapter of Autism Ontario. The online registry promotes communication and gives police quick access to critical information about a registered person with autism in a police emergency by capturing information such as a full description, routine/favourite attractions, communication and other special needs as well as emergency contact information.

Can individuals with other communication disorders participate with this registry? Or is it restricted to those who fall within the Autism Spectrum?

This pilot project has been spearheaded by Autism Ontario - Ottawa Chapter. Although registrations will be limited to individuals with Autism Spectrum Disorders (ASD), the registry has been developed with the intent to expand into all communities where communication is ineffective when interacting with police. This expansion will be considered upon completion of a formalized evaluation.

If I don't live in Ottawa, can I still register my child/dependent adult on the registry?

If you do not live in Ottawa but your child/dependent adult comes to Ottawa on a regular basis. (i.e. for school, daycare, etc.), then you should register. If the registrant is not in Ottawa regularly, there would be almost no benefit to registering. Other policing jurisdictions will not have access to the registry, so if you are reporting an incident in another jurisdiction, it will be quicker and safer to go through their process for taking reports.

As soon as I send the registration, will the information be immediately available in case police response is required?

No. The registration form will need to be entered into a number of policing systems in order to capture all relevant information. It is hoped that this process will be quick but it may take up to two weeks to be fully processed. You will receive a confirmation with a "Flag Number" for your future reference for updates, renewals, calls for service, etc.

After I receive my confirmation "Flag Number" will I need to quote this number when I call the police?

You will need to have this "Flag Number" to update the registration on an annual basis, or to make any changes as they become relevant.

During high stress situations, there is no expectation that you remember the number, but merely that the individual has been registered. The Ottawa Police will be able to verify the information using the person's name once we have been advised of the registration.

How do I get a decal for my house and car? Is it mandatory?

When you receive your confirmation "Flag Number", you will receive information about how to contact Autism Ontario - Ottawa Chapter to obtain these decals. It is not mandatory to have the decals; however, by readily identifying a vehicle or house with an individual with ASD, it may alter how a police officer interacts with the driver.

Frequently Asked Questions - Autism Registry (Cont'd)

Who has access to my child's profile?

Ottawa Police personnel who require this information in the performance of their duties will have access to the information. There are strict regulations with respect to accessing and disseminating information. There is a Police Information Portal (P.I.P.) that is shared by all police agencies; however, consent of the individual involved, or their parent/guardian, is required before any information is shared among police agencies.

Can I update my profile more than every year if there are changes? How do I do that?

You may, however, only information that has a significant impact on policing response will be necessary. Some examples would include a change in address, school, or emergency contact. You do not need to report a change in hair cut or colour, for example, as the police are familiar with the changes that can be made and are more likely to notice height, weight and eye colour. You can send changes to www.ottawapolice.ca/autismregistry.

Will I be notified when the annual renewal is required?

The renewals are the sole responsibility of the parent/guardian. It is recommended that you renew the registration during the month of the registrant's birthday

After my child/dependent adult is registered, and if there is an incident, do I need to do something to notify the police?

It is preferable that you let the police know that the individual is already registered. In doing so, the information will be immediately disseminated to the vehicles without having to ask the parents during a high stress situation

How will this registry help if my child/dependent adult goes missing?

If the individual goes missing and is reported by the parent/guardian, information about his/her physical appearance, the most likely places where he/she would go to, as well as triggers, stimulants, and de-escalation techniques will be sent to every police officer in the area to look for the missing person.

If the individual has not been reported and is incapable of effectively communicating his/her name to an officer, a computer check of the neighbourhood, coupled with the physical appearance, may allow us to identify the individual more quickly. This will then allow us to use the contact information to connect with the parents/guardians.

What guarantees do we have that the interaction between our child/dependent adult and the police will be positive once he/she is registered?

There is no guarantee with this registry of positive outcome. What the registry allows is the ability for patrol officers to have necessary information faster to begin searching. Also, if an officer comes across a "wandering" child who is unable to communicate, the officer, if they recognize the condition, can have the database queried for persons on the registry that live in the area.

What is important to stress is that simply having a person registered with the registry is not going to change police responses in every instance involving an individual with ASD. Police will act according to procedure depending on circumstances. An individual with ASD can still be arrested. In that case, being registered will assist police in contacting the correct people.

<https://www.ottawapolice.ca/en/safety-and-crime-prevention/Questions-et-r-ponse---Registre-des-autistes.asp>

IT'S BELIEVED THAT PEOPLE ON THE SPECTRUM DON'T GET HOOKED ON ALCOHOL OR OTHER DRUGS. NEW EVIDENCE SUGGESTS THEY DO.

Shane Stoner's addiction began in 2008. He lost a factory job, his parents divorced, his father died—and then a relative introduced him to heroin. “I felt like heroin gave me confidence,” Stoner says. “I could get out of bed in the morning and do the day. No matter what happened, it made me feel like it was going to be all right.” It erased his constant anxiety. Stoner, now 44, eventually entered detox in 2013 after he was arrested for stealing copper from an abandoned house. It was obvious at that point that he was addicted to heroin. But it would take several more years for him to get the diagnosis that truly helped him understand himself: autism.

The new label came as a relief. It explained Stoner's sensitivity to things such as tags on his t-shirts, and his succession of obsessive interests. It clarified why he had such a difficult time fitting in as a child, his problems with roommates in college—and why he continued to struggle with social connections as an adult. “I can't believe nobody ever mentioned it before, because I started thinking back and there's pictures of me, like, 3 years old, and I'm honestly flapping my hands.”

Stoner is now three years into recovery from his addiction. “I like my autism now that I know what it is,” he says. “I don't like all parts of it—I don't like the anxiety—but it's like it all made sense.”

Until recently, researchers held that addiction among people with autism is rare, although there wasn't much solid evidence for this view. It seemed plausible, though: Many people with autism have a penchant for strictly following rules, which would seem to make them less likely to try alcohol or illegal drugs. Because people with autism are often isolated from their peers, this could protect them from the peer pressure that can lead to youthful experimentation. And many people diagnosed with autism decades ago [had severe features](#); a person who can't live independently has few opportunities to become addicted.

A new study in Sweden, however, suggests that people with autism who have average or above-average intelligence quotients (IQs) are more than [twice as likely to become addicted](#) to alcohol or other drugs as their peers are. The risk is even higher for people who also have attention deficit hyperactivity disorder (ADHD). This study is the first to look at the general risk for addiction among people with autism.

Other research is also finding unexpected biological and psychological commonalities between the two conditions. “These two fields have really developed independently, but I think there could be a lot of cross-fertilization,” says [Patrick Rothwell](#), assistant professor of neuroscience at the University of Minnesota Twin Cities in Minneapolis. In 2016, Rothwell opened a lab focused on studying the biological and behavioral parallels between addiction and autism.

There are similarities in the way people with either condition use [repetitive behaviors](#) to cope with emotional problems, as well as in their impulsivity and compulsions. The two conditions affect some of the same brain regions and involve some of the same genes. These connections are spurring a new area of research that could eventually help improve both autism care and addiction treatment and prevention.

The Hidden Link Between Autism and Addiction (Cont'd)

For much of the 20th century, most of those who received an autism diagnosis were on the [severe end of the spectrum](#). In this largely nonverbal population, addiction seemed unlikely. But in 1994, when the “Diagnostic and Statistical Manual of Mental Disorders” added [Asperger syndrome](#) as a category, the spectrum extended to people who had much more opportunity to access alcohol and other drugs. Still, for years, the assumption remained that addiction was one concern the autism community could safely ignore.

When [Espen Arnevik](#) reviewed the literature for a paper he published last year, he found only 18 studies that looked at the [overlap between autism and addiction](#). Each of them looked mainly at select samples—such as people being treated for addiction, or those caught up in the criminal justice system—rather than at the general population.

Arnevik found that the combined prevalence of alcoholism and addiction in people with autism ranged from 0.7 percent to 36 percent. Because the data were so varied, the range couldn’t be narrowed down any further. Overall, however, “most studies suggest a significantly lower prevalence than in the general population,” says Arnevik, associate professor of psychology at the University of Oslo in Norway. In the United States, the lifetime prevalence of [alcoholism is 14 percent](#); for other substance addictions, the figure hovers around 2 to 3 percent (there is some overlap between these groups).

Given the prevailing impression that addiction is uncommon among people with autism, the findings of the Swedish study came as a surprise to many. The study analyzed national health registry records of the 1.3 million Swedes who were born between 1973 and 2009, and identified 26,986 people diagnosed with autism. The researchers also determined how many of those with autism had an additional diagnosis of intellectual disability, substance use disorder or ADHD.

Overall, an autism diagnosis doubles the risk of addiction, the researchers found. Elevated risk is concentrated among those with an IQ of 100 or above. But across the spectrum, ADHD is a great multiplier of risk: Among those with autism and intellectual disability, having ADHD increases the risk of addiction fourfold; among those with an IQ in the typical range or above, ADHD increases the risk eightfold.

Parents and siblings of people with autism also have a higher risk of addiction, suggesting a genetic link.

These findings don’t necessarily conflict with earlier data showing lower addiction risk among people with autism, says [Paul Lichtenstein](#), professor of genetic epidemiology at the Karolinska Institute in Sweden, who worked on the study. The main takeaway, he says, is that risk varies with level of intellectual ability. Previous research often included a much higher proportion of people with intellectual disability, which would have skewed the results.

On the other hand, autism is often diagnosed later in Sweden than in the U.S., and the proportion of people at the milder end of the spectrum may be higher. That may cause the increase in addiction risk to look larger than it is, notes [Jeremy Veenstra-VanderWeele](#), associate professor of psychiatry at Columbia University. “I would want to see whether this paper’s findings hold up when [autism] follows the typical pattern of relatively early recognition, rather than quite late diagnosis.” Another possibility: Given the wide variety of people on the spectrum, it is possible that some types of autism raise risk, whereas others lower it.

The Hidden Link Between Autism and Addiction (Cont'd)

The Swedish finding comes as less of a surprise to people with autism. [Matthew Tinsley](#), now 55, had always looked to alcohol and prescription drugs to reduce his anxiety. Tinsley is author of “[Asperger Syndrome and Alcohol: Drinking to Cope](#),” one of the few books on this subject. (He has been sober since 2004.) From an early age, he would take his mother’s anxiety medications when he felt overwhelmed. “I found being amongst groups of people very stressful,” he says.

In college, he discovered that alcohol also helped ease socializing. “Everyone else is drinking, it’s socially acceptable, and if you drink, you fit in because everyone else is doing it,” he says. “It took the edge off.” By the time he was in his 40s, Tinsley adds, he was drinking “lethal” amounts of alcohol: three liters of gin every day. This led to cirrhosis, and he entered rehab in 2004. As in Stoner’s case, his autism diagnosis in 2005 came as a relief. Once he realized there was an explanation for his sensory and social difficulties, he began to be kinder to himself and found healthier ways of coping.

The link between autism and addiction is also unsurprising to clinicians who work with people on the spectrum. [Valerie Gaus](#), a psychologist in the New York City area, says of her clients with autism who have drinking or drug problems, many of the older ones turn to alcohol, whereas the younger ones tend to use marijuana

[Eric Hollander](#) has seen a similar pattern. However, he says he treats more behavioral addictions, such as gambling. “I work with a lot of people with [autism] who have all kinds of impulsive behaviors,” says Hollander, director of the Autism and Obsessive Compulsive Spectrum Program at Albert Einstein College of Medicine in New York. “In fact, that’s one of the main targets when people come in for treatment. Either they’re out of control in terms of shopping on the internet or gaming, or they’re just addicted to the internet.”

Hollander has looked at similarities between obsessive compulsive disorder, addiction, and the impulsive and compulsive behaviors that occur in people with autism. He proposes that these conditions, all characterized by repetitive thought and behavior, should be grouped together as “obsessive compulsive spectrum disorders” in the diagnostic guidelines.

Impulsivity—acting quickly without thinking—and compulsivity, or being unable to stop an activity once it has started, are both problems of self-control, or “executive function.” Impulsivity is strongly linked with the risk for becoming addicted; addiction is defined as compulsive drug use that persists despite negative consequences. People with autism show signs of both impulsivity and compulsivity. For example, they frequently engage in repetitive, compulsive behaviors—dubbed “stimming”—to address either a lack of sensory stimulation or a surfeit of it. In the case of addiction, different types of addictive drugs can enhance or reduce sensation.

Tanea Paterson, a mother of two who lives in New Zealand, used drugs to deal with social stress, but also to cope with her sensory problems. A mixture of heroin and other illegal opioids, her drug of choice, “wound down my senses to a more bearable level,” she says. Using drugs also gave Paterson routines, she says. “They were predictable in an unpredictable world.”

Paterson kicked her addiction more than 10 years ago, but didn’t find out she has autism until 2015. Her son had previously been diagnosed with autism, and she convinced the therapist who had helped him to evaluate her. For Paterson, too, the diagnosis brought relief: “It was a lifting of so much guilt and shame in many, many ways,” she says.

The Hidden Link Between Autism and Addiction (Cont'd)

Paterson had been bullied and excluded as a teenager before she found peers who used marijuana and were more accepting. In this group, she felt safer, she says. Others with autism and addiction also report that drug culture helps them feel accepted: Unusual behavior is expected when people are high, so they don't stand out.

Addiction is known to be linked to changes in the striatum, a central region of the brain involved in pleasure, motivation and habitual behavior. During a period of addiction, control over drug-related behavior shifts from one region of the striatum to another.

Before drug use devolves into addiction, drug-related brain activity occurs primarily in the ventral area, which is involved with motivation and seeking pleasure. At this stage, people take drugs mainly because they offer either comfort or joy. The ventral region seems especially connected to impulsive behavior. But as addiction progresses, some of the action moves toward the dorsal striatum, a region involved in automating behavior into more programmed patterns, which can be set off by specific cues. This automation can be useful when it processes a complex dance move or other skill into a single, willed action—but it can also create a compulsion that, once unleashed, becomes difficult to restrain.

The compulsion could be drug use, but it could also be the repetitive behaviors of autism. In both cases, the striatum drives the persistent behavior. It's possible that in people with autism or addiction, the striatum is more prone to getting stuck in a repetitive pattern. “[Behavioral patterns] become very difficult to change once they're well-practiced,” says Rothwell, who is among the few researchers who studies both autism and addiction. “That's definitely a concept that I think is very relevant both to the repetitive symptoms of autism and the habitual patterns of addiction.”

Paterson, the New Zealand woman who formerly used opioids, says she sees these patterns in her own behavior: “I think of autistic inertia—can't start, can't stop—comfort in consistency, predictability, and obsessiveness.”

Addiction and autism may also share genetic connections. For example, Rothwell has found that *NLGN3*, a candidate gene for autism, is highly active in the nucleus accumbens, a region in the ventral striatum that is linked to desire and drug use. “That was striking because that's very much also an addiction hotspot,” Rothwell says.

Chromosomal region [16p11.2](#) is deleted in some cases of autism—and mice with this deletion show enlargements in the nucleus accumbens. [CNTNAP4](#), another autism candidate gene, is also active in the striatum; mice that lack the protein have elevated levels of dopamine in the nucleus accumbens, which is a brain state that is common at the start of addiction.

There are also intriguing [neurochemical connections](#) between autism and addiction. Interactions between oxytocin, dopamine and the brain's natural opioids in the striatum appear to be important in both conditions: Oxytocin is thought to connect the memory of specific people to pleasure, thereby creating social bonds. This process may go awry in some people with autism, and they may find socializing unrewarding or unpleasant. There may be parallels with addiction here as well. People with addiction often report feeling that social connection is difficult or even impossible, until they find solace in drugs.

The Hidden Link Between Autism and Addiction (Cont'd)

Addiction also affects the brain's endogenous opioid system, which produces the experience of pleasure and comfort most people feel when they socialize. Mice lacking genes involved in this system are less sociable than usual and engage in stereotyped behavior reminiscent of autism. "There's some very interesting data out there that suggests there could be a deficiency in opioid signaling that might be a factor in autism," says Rothwell.

Genes involved in the autism-related conditions Rett syndrome and [fragile X syndrome](#) also show up in addiction research. Neuroscientists were startled to find that [MeCP2](#)—which is mutated in Rett syndrome—becomes highly active in the brain when rats are given access to large amounts of cocaine. [fMRI](#), the gene mutated in fragile X syndrome, seems to have a similar [relationship to cocaine addiction](#).

A better understanding of the connections between autism and addiction could provide important therapeutic insights into both, says [Robert Malenka](#), professor of psychiatry at Stanford University in California, who worked with Rothwell on the *NLGN3* research. "Clinicians in one field should pay attention to what is going on in the other field," he says.

Autism and addiction research have already converged on one medication: baclofen, a drug approved in the U.S. for treating muscle spasms. A version of baclofen is in trials for treating autism and the related fragile X syndrome. The drug is also widely [used in France](#) to treat alcoholism, although [clinical trials](#) have shown [mixed results](#). And [preclinical](#) research suggests it may help treat opioid and cocaine addiction.

For people on the spectrum who have addictions now, however, getting help can be challenging. There is not a single study on the best way to treat these individuals. In fact, there's reason to believe that most addiction treatments are poorly suited to people with autism.

Addiction therapy is mainly conducted in group sessions, with strict rules requiring members to participate and articulate emotional problems. People with autism may respond to these expectations with anger and anxiety, which counselors may misinterpret as defiance. For those who are obligated to participate by the criminal justice system, failure to comply can even lead to incarceration.

Stoner, for one, says he had difficulty with rehab because he was made to spend many hours in group therapy and 12-step programs, including Narcotics Anonymous and Alcoholics Anonymous. "I've had a really hard time getting into that," he says. When faced with speaking in front of a group or at an Alcoholics Anonymous meeting, "my mind goes blank," he says. He also had difficulty connecting with other members. He was rejected twice before he found someone to be his "sponsor," or recovery mentor.

Given these difficulties, programs to help people with autism who have addictions may need to rely less on group therapies and more on individualized care.

Stoner now works as a peer specialist at the Kenmore Club, a government-funded project of the Rappahannock Area Community Services Board in Fredericksburg, Virginia. He says the organization's more personal approach is better suited to his needs. The staff train people with various forms of developmental and psychiatric disabilities to help one another. Until more research is done, he says, people with both autism and addiction will have to find their own way to the best care.

Safety at Home

The home can be a very dangerous place for any young child, but it can be even more dangerous for your autistic child. The difference is that the safety measures and precautions most parents implement for very young children may need to be in place for a much longer period of time for autistic children. Consider this checklist to keep your autistic child safe at home:

Furniture : Secure especially top-heavy furniture to the wall with furniture brackets or safety straps.

- Place televisions on units that are specifically designed to hold them, not unstable cabinets or tables and make sure they're low to the ground and pushed back as far to the back of the stand as possible.
- Install straps that anchor the unit on the stand or attach them to the wall to keep them stable.
- Look for furniture with a solid base and wide-legs to keep them well balanced.
- Teach your kids never to climb on drawers, never to hang on drawers and also never open two drawers at one time.
- Avoid buying glass tables as injuries usually occur when kids sit or fall on glass tables.
- To help prevent computer-related injuries, it advice to:
 - Place the computer desk away from walkways and against a wall;
 - Secure cords, so that they're out of the way of your feet;
 - Move the computer away from the edges of desks and out of the reach of young children.

Cleaning products : All cleaning products should be locked in a safe location.

- You may want to put them in a locked area in the garage or basement, so they are not in the main living space of your home.
- Install child-proof latches on under-sink cabinets in the kitchen and bathroom. Even if cleaning materials are no longer stored there, chemical smells may linger and could be dangerous to a child if they play under sinks.
- Store laundry products on high shelves because many detergents can cause rashes or itching on a child's sensitive skin.
- Never leave a bottle or container of cleaning supplies open and unattended. Always close and put away the cleaning supply if you are interrupted. You do not want any temptation sitting around that may harm your child.
- When cleaning, take only the proper amount you need from the container, seal the container back up and store the container away immediately.
- Use the proper equipment for handling the cleaning supply material, as recommended on the label. If the label says wear protective gear, gloves or goggles, do so to reduce harm to yourself and family.
- When you are done cleaning, properly dispose of paper towels and rags that touched the cleaning chemicals.

Freezers : If you own a chest-style freezer, keep it locked at all times.

- Storing the key in a safe place where your child cannot access it is a good idea.

Safety at Home (Cont'd)

Doors : Key locks may be enough for some children affected by autism, but you may want to use door alarms to prevent your child from leaving your home without your knowledge.

- Again, remember to keep your keys in a place out of your child's reach.
- If your child has been known to wander (see the section on wandering below), you should use a child locator.
- There are several types available, especially online, but any you choose would help ease your mind about your wandering child.

Visitors : As with any child, you should teach your autistic child the safety rules about opening the door to visitors, especially if he is home alone.

- The old safety rule of not opening the door to anyone when home alone is especially important for an autistic child who has a severe language or speech delay or who is completely nonverbal.
- One way to communicate this rule to your autistic child is to create a social storybook with pictures to help explain the rules.

Hot water : Sometimes autistic children struggle with sensory challenges, so they may be more at risk for getting burned by hot water simply because they cannot feel hot and cold.

- One simple solution is to turn down the temperature on your hot water heater.
- If you have an older autistic child, you may want to practice turning on the hot water with the cold water.
- You may even put stickers on the hot water knob to remind your child that it is a potential danger to him. Don't forget to do this in the shower as well as on your sink faucets.

Fire : As with all children, practicing for a house fire is an important safety measure. Some autistic children may become frightened of the loud alarms in your home, so you may want to purchase a smoke detector that records your voice rather than a traditional one.

- Another fire safety tip is to take your child to your local fire department so he can become familiar with the firemen and the gear they wear when they enter your home because some autistic children handle stressful situations better when they have experience with them beforehand, in a calmer setting.

Swimming Pools : If you own a pool, fence it in and make sure your gates are self-closing and latch above your child's reach.

- Keep all pool toys and other interesting items out of the pool area when they are not being used.
- Ask your neighbors with swimming pools to follow these safety tips and make them aware of your child's potential for wandering.
- Prior to the Danish study on mortality rates in people affected by ASDs, a California research team pointed to drowning as the cause of the elevated death rate of individuals diagnosed with an ASD, so swimming pool and water safety lessons are crucial for autistic children.

<http://www.homeadviceguide.com/keeping-your-autistic-kids-safe-at-home/>

THANK YOU'S



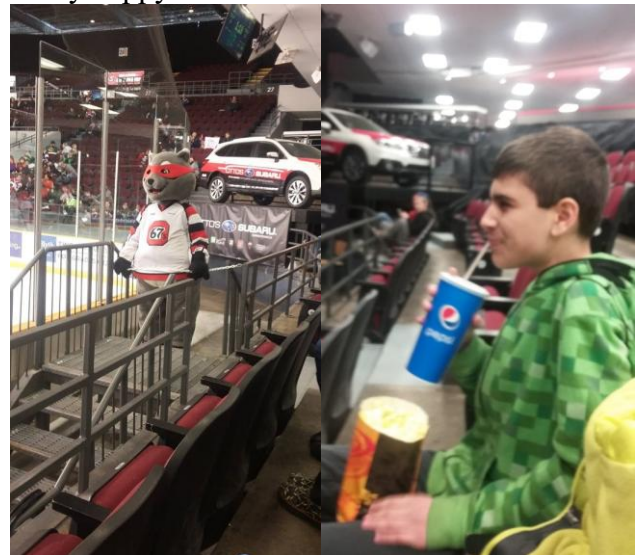
“We just want to thank you and the donor/sponsor for the 67 game that as a family we enjoyed very much. We wish Ottawa 67 can make it to the next round of playoffs but boys tried their best to keep the game alive. It was made the final game of the season but we enjoyed very much and thanks again for the free tickets.” Braja

“This was my first 67s game with my two children and I was thankful to receive free tickets to try it out. I am thrilled to say it couldn't have went better! My youngest son was so excited to be there and it made me so happy to know this is something we can do with him that he enjoys! Other than the game itself which was great, I was so impressed with the kids activities and the convenient shuttle bus. We definitely plan on going again next year. Thank you for giving us the opportunity to try it out!” Tammy, Roman and Jordan



“I am writing to thank Children at Risk for the tickets we received to an Ottawa 67's game. My two sons were thrilled with the seats. We have never been seated so close to the ice before. My sons kept commenting how cool it was to be able to see the expressions on the hockey players' faces, especially when they were getting close to the net. You could really feel the energy of the game from where we were sitting. I greatly appreciate the 67's game tickets through Children at Risk. As a parent of a child with Autism, it is always comforting to attend social events with other families who have children on the Autism Spectrum. I worry less when I know I am surrounded by people who understand my child and it is great to see kids on the Spectrum just having fun with their families. My kids and I had a great time cheering for the 67's! It is wonderful to be able to participate in an event that brings the entire community together!”

As a single parent attending sporting events is not always financially possible so again I would like to extend a huge thank-you! Your organization made two boys very happy.” Samantha



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