



# Salinas Circle for Children

September 2015 Newsletter

## President's Message

### **Next Meeting**

Tuesday  
September 1<sup>st</sup>

JG Parker Office  
1368 S Main St.

Board Meeting:  
5:00pm

General Meeting:  
6:30pm



### **Become a Member!!**

Join Us the 1<sup>st</sup>  
Tuesday of  
every month to  
help make a  
difference in  
special needs  
children's lives.  
It only takes  
one.

It is so hard to believe that summer is just about over and children are already back in school. I know Kelli Hemenway was ready and raring to go with her new kindergarten classroom at Spreckels. I have enjoyed the many vacation pictures our members have posted on Facebook. Also big news was the announcement of Vanessa Madrid's engagement. Congratulations!

Salinas Circle members have been busy this summer. I want to thank everyone who volunteered, and who roped in some of their friends to volunteer, for both the Aerosmith Concert and the Rodeo in July. They were both great events and I truly appreciated everyone's help. The California Rodeo Association donated \$3,000.00 to our organization and I'm sure it will be put to good use.

Working hard on our new logo design and Non-event invitations were Kelli Hemenway, Paula Taylor and Tamara Schwarz. We should have more information to share with the members at the September meeting. The September General meeting will be Tuesday, September 1 at 6:30pm at Alethea's office and will be preceded by a Board meeting at 5:00pm. Please encourage a friend to attend the September meeting. We really need to get more dedicated individuals interested in belonging to our organization. We have a lot to offer the community and we have a lot to look forward to going into our 50<sup>th</sup> year. It is also that time of year to start thinking about officers and committee chairs for next year.

Looking forward to seeing everyone on Tuesday, September 1.

*Vickie*

### **happy birthday to you!!**



June 7<sup>th</sup>: Kathy Hicks

June 22<sup>nd</sup>: Jane Zook

August 17<sup>th</sup>: Kari Sanders

August 24<sup>th</sup>: Vickie Casacca

September 10<sup>th</sup>: Keli Hemenway

September 25<sup>th</sup>: Connie Fields

# Understanding the 5 Types of Autism

## 1. Asperger's Syndrome

Children with Asperger's Syndrome tend to struggle to understand and interpret social cues, develop intense, often obsessive interests in one or two subjects and often display a higher-than-average and even gifted intelligence. Although children with Asperger's can suffer from sensory integration difficulties, like sensitivity to tags on shirts or seams on socks, they do not usually have delayed speech. In fact, many children with Asperger's Syndrome have an advanced vocabulary for their age. Due to its subjective nature, some children with Asperger's Syndrome receive an initial misdiagnosis because other conditions resemble it, such as Obsessive Compulsive Disorder and Attention Deficit Disorder. Parents can help children with Asperger's Syndrome by locating social skills classes, taking part in behavioral modification for any obsessive tendencies, possibly altering diet to remove preservatives, gluten, artificial sugars and food coloring, and looking into differentiated curriculum for advanced learners.

## 2. Rett Syndrome

This type of progressive autism only affects girls and begins to become apparent when they reach about 6 months old. Typical symptoms of Rett Syndrome start with several characteristics found in other forms of autism, including repetitive hand and arm flapping, delayed speech and problems with fine and gross motor skills. More severe symptoms start to appear as the child gets older. These can include difficulties breathing, mental retardation, grinding teeth, seizures and growth delays. Girls with Rett Syndrome usually need lifelong care. Treatment includes physical therapy to help increase mobility and straighten limbs, occupational therapy to reduce involuntary movements and to promote self care, speech therapy, diet modification and certain medications to control seizures.

## 3. Childhood Disintegrative Disorder (CDD)

You may have heard stories of children who seem to develop normally -- meeting all of their milestones -- but then suddenly start regressing around the age of 2. This type of autism -- CDD -- can feel devastating and confusing for parents. Children often show no signs of developmental delays whatsoever, then out of the blue will stop talking, stop making eye contact and often completely lose the ability to socially interact with others. Doctors have seen a connection between this rare form of autism and seizure disorders. Parents can help kids with CDD through early intervention involving behavioral modification, dietary changes, occupational therapy and speech therapy.

## 4. Kanner's Syndrome

Also called Classic Autistic Disorder, children with Kanner's Syndrome usually demonstrate what many people consider the standard behaviors of autism. These include difficulty understanding and communicating with others, limited to no eye contact, hypersensitivity to noises, touch, light and smell and a strong preference for routine. Children with this more common type of autism often seem absorbed in their own world and have little to no interest in interacting with the world around them. Children with this form of autism can benefit from a weekly immersion program that incorporates different forms of cognitive and occupational therapies with social skill development.

## 5. Pervasive Developmental Disorder - Not Otherwise Specified (PDD-NOS)

This more mild form of autism can cause children to have social or developmental delays, like walking or talking later than most children. Children with PDD-NOS often learn to cope with their developmental and social challenges more easily than children with more severe forms of autism. Like Asperger's Syndrome, children with PDD-NOS can benefit from social skills classes, dietary changes and occupational therapy.