



The Journal of ASA Broward

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FRATS Help Foster and Promote Inclusion

By Susan Clayton

The F.R.A.T. Club is on its way to an exciting and productive year in Broward County. F.R.A.T. (Fostering Relationships between Autistics and Teens) is a newly formed service club at Cypress Bay High School in Weston. Founded by junior Amanda Santos this fall, the F.R.A.T. club was established to help families in their efforts to increase public awareness as well as to create and participate in social opportunities that foster and promote friendships between the autistic individuals and the young people in the community. The club has already attracted over 50 members at Cypress Bay alone, and several other high schools throughout Broward are in the process of forming additional chapters. Since its inception this past August, they have also volunteered at various autism related events



throughout the county. Most recently, F.R.A.T. volunteered at the grand opening in December of the Seminole Paradise Village which benefited the Dan Marino Foundation. (See picture). Says President and founder, Amanda Santos, "It's been so exciting and rewarding for us to have been received by the autism community in such a warm and appreciative way".

We are looking forward to a great year of building lasting relationships and doing our part to make a difference." F.R.A.T. is planning a "Meet and Greet" picnic in the near future and will be volunteering at other upcoming events in Broward. If you would like to contact them directly, you can email the club at FRAT_Club@yahoo.com.

Officers

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Vice President
Denise Crosnick

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Deborah Lazarus
Kelly Myers
Brian Roselione
Eileen Roth
Lorraine Silverstein
Judi Steinberg
Elaine Turner

President of Florida's Voice for the Mentally Retarded to Speak at Adult Transition Meeting

ASA Adult Transition Meeting: Tuesday, February 8th 7:00pm-9:00pm, ARC Sunrise, 10250 NW 53rd Street, Bldg. 2, Room 235, Sunrise (Between Nob Hill and Hiatus Road-1 block south of Commercial Blvd.)

Guest: Arlene Lakin. Mrs. Lakin is a guardianship attorney and President of FVMR

(Florida's Voice for the Mentally Retarded).

Topic: How to Advocate on Behalf of your Developmentally Disabled Teen or Adult

1. Medicaid Waiver Waiting Lists for the over 16 population.
2. Losing services that you already have (ADT vs. NRSS).

3. How to advocate.
4. Were you at anytime registered with DCF (now ADP) and removed from their list due to a lack of available services? Are you now on the Medicaid Waiver Waiting List?

Please make every effort to participate in this important roundtable discussion.

SAVE TWO DATES!

For the National Alliance
for Autism Research's
2005 Broward
WALK F.A.R. for NAAR

KICKOFF LUNCHEON

Thursday, February 10, 2005
11:30 - 1:00 P.M.
at The Signature Grand in Davie

- and -

THE WALK F.A.R. for NAAR Walk and Festival

Saturday, April 9, 2005
at Nova Southeastern University
9:00 a.m. Registration - 10:00
a.m. Walk Start

Online registration
www.naar.org, email
jmerens@naar.org, Office
phone 954-421-9997

Dr. David Berger Explains DAN Therapies

By Denise Crosnick

On Wednesday, January 19th, Dr. David Berger gave a very informative presentation. He is a pediatrician with Vitality Health and Wellness of Aventura. This practice utilizes the DAN (Defeat Autism Now) protocol. Dr. Berger gave a brief synopsis of the multiple biological therapies DAN utilizes to treat symptoms of Autism.

The first step is testing. If parents have noticed problems with the stool, often the first test is a stool analysis. "The presence of yeast, bacteria, parasites, inflammation, digestion and absorption is checked. Certain bacteria and yeasts release toxins that can have a direct negative affect on the neurological and immune systems," according to Dr. Berger.

Another diagnostic used is a urine test called an Organic Acid Test. This test provides information that may be

missed by the stool analysis. Such information pertains to toxic metabolites of yeast and bacteria as well as other yeasts and bacteria otherwise undetectable in the stool. It also provides other important information with regards to metabolism.

Many patients show improvement by avoiding certain foods. One diet commonly used is gluten-free, casein-free.

Another area of investigation is "major immune system abnormality," according to Dr. Berger. He went on to elaborate, "Some individuals have weak immune systems, allowing for repeated infections, and in particular ear and sinus infections. Other patients have immune systems that are acting too strong, causing over sensitivities to particular food or environmental exposures, while other patients are exhibiting auto-immune disease, where the body is creating antibodies that are directly attacking particular proteins in the brain.

All of these immune system problems are identified by blood tests, and can be treated using various natural and pharmacological interventions."

Finally, Dr. Berger addressed the area of metal toxicity. "Many patients with neurobehavioral disorders have high levels of mercury, lead or other heavy metals in their body. Often these metals are tightly bound to nerve cells. Some tests will not show these heavy metals if they are bound to the nerve cells but are not circulating in the blood or in the hair. There are new protocols that use oral chelation to bring the metal back into the blood and then collect it in the urine", said Dr. Berger.

Dr. Berger was kind enough to answer questions from the audience following his presentation.

Help Us Help You... ASA Broward Needs Assessment Survey

The Broward Chapter of the Autism Society of America is interested in discovering what our families are in need of. We are attempting to define ways in which we can help provide programs, projects or extracurricular activities to children with Autism. Please help us with this endeavor.

What areas do you feel your children have limited access to?

What type of extra-curricular activities might you be interested in having your child participate should the appropriate staff/training be supplied?

Are there specific support groups that you would be interested in attending? If so, what kind?

What type of speakers would you be interested in hearing?

Please send your answers to: Broward Autism Society, P.O. Box 450476, Sunrise, FL 33345. Or if you prefer, you may bring this completed form to the next meeting or e-mail your answers to dcrosnick@asabroward.org. Thanks.

Advertisements

ADVERTISE WITH US—our newsletter is circulated to over 350 people, families and/or professionals throughout the community. Advertising space is available as follows:

business card size	-----	\$25
¼ page	-----	\$50
½ page	-----	\$75
full page	-----	\$150

Membership

Please check your address label for expiration date. If applicable, please send your membership dues to our PO Box address. Don't forget to make any necessary changes.

Thank you for your support!

Due to budget constraints, we will not be able to send you a newsletter if your dues are not current.

ASA Broward would like to thank all those who gave contributions in memory of Harold Gordon. We send our sincerest condolences to his family and friends.

Thank You!

Special "thank you" to GRACA for meeting each month to assemble and label newsletters for distribution.

WE WOULD ALSO LIKE TO THANK THE ADULTS FROM THE ARC ADULT TRAINING PROGRAM for volunteering their time and effort as well. Your tireless contribution is greatly appreciated!

ASA Broward especially thanks chapter member Denise Karp for maintaining a free informational list serve for all persons interested in Autism. IT'S YOUR #1 SOURCE FOR AUTISM RELATED INFO IN SOUTH FLORIDA E-mail Denise at deniseslist@yahoo.com to subscribe.

Recreational Activities

The Broward Autism Foundation is pleased to be able to offer for chapter members partial scholarships for selectively sponsored recreational programs. Please contact the following for additional information:

Tag Gymnastics Alicia Murphy (954) 943-8659

Incredible Ice (ice skating) Carol DiMauro (954) 962-0901

Project Stable Horseback Riding Eileen Roth (954) 474-5333

Volunteers

Volunteers are needed for assisting in set up and clean up duties for our monthly meetings. Please contact our Hospitality Chairperson, Judi Steinberg at (954) 577-4141 if interested.

Support Groups

SPEC (Support for Parents of Exceptional Children)

Meetings are held the first Wednesday of every month (7:00) at the Dan Marino Center in Weston, Florida. For more details please contact Laura House at (954) 893-5553.

GRACA (Grandparents and relatives of Autistic Children and Adults)

Please contact Roz Bellman for meeting dates and times at (954) 720-5683.

CARD (Center for Autism and Related Disabilities)

Please contact the CARD center directly at (800) 9-AUTISM and register to be on their mailing list. CARD hosts many informative workshops and conferences, addressing a variety of issues and needs.

ACE (Autism Committee for ESE)

This school advisory meeting is held the third Wednesday of every month (9:00a.m.) at the Baudhuin School in Davie. Call Stacey Hoaglund for more details at (954) 252-8764.

South Florida Fragile X Resource Group

Please contact Randy Green for meeting dates and times at (954) 433-5413.

Adult Transition Group

Please contact Eileen Roth for meeting dates and times at (954) 474-5333.

Fundraising

The Broward Chapter of the Autism Society has a variety of NEW gift items available to help in our fundraising efforts:

NEW Autism Awareness Magnets	-----	\$5 each
NEW logo EMBROIDERED T-shirts	-----	\$12 each
NEW Autism Remembrance "Brie" Bears	-----	\$10 each
Puzzle pins	-----	\$10 each
Angel cards (Qty 10)	-----	\$16 pack

Also, don't forget that donation cards are available for "In Memory Of" and "In Honor Of". All gift items can be purchased at the monthly chapter meetings or by calling the ASA office @ (954)577-4141.



Membership—ASA Broward Chapter (Please Print) This amount includes local, state and national dues

Individual \$50.00 Family \$60.00 Full-time Student \$35.00 (copy of current registration as evidence of full-time status)

Name _____ Spouse's Name _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Work _____ Fax _____ E-mail _____

Parent Professional Occupation _____ F/T Student Location _____

Relative or Friend of: Child's Name _____

Residence: Home Group Home _____ Other _____

School, Job or Workshop Name _____ Grade _____

Are you willing to be part of our referral and Information Network? (yes/no) _____ On a committee (yes/no) _____

Do you give ASA Broward Chapter permission to put your name on the U of M CARD Center mailing list (yes/no) _____

Other comments or suggestions? _____

Please send your check made payable to Broward Chapter / Autism Society. PO Box 450476, Sunrise, Florida 33345

Public Notice: The Broward Autism Foundation and the Autism Society are publicly supported organizations under the IRS Section 501(c)(3). A copy of the exemption, determination letter and tax returns are available for public inspection at our home office with advance notice.

BROWARD AUTISM FOUNDATION AND PURSUANT TO CHAPTER 496, FL STATUTES "A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES, BY CALLING TOLL-FREE WITHIN THE STATE 1-800-HELP FLA. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE."

REGISTRATION # sc-07923. 100% OF YOUR CONTRIBUTIONS ARE RECEIVED BY THE BROWARD AUTISM FOUNDATION.

**Autism Society of America
Broward Chapter**

**PO Box 450476
Sunrise, FL 33345
Phone: 954-577-4141
E-Mail: info@asabroward.org**

**Our Next Meeting: February 16, 2005
Home Programs (Set-up and Development)**

**7:30pm at ARC Broward, 10250 NW 53rd Street, Building #2, Sunrise
(One block south of Commercial between Nob Hill and Hiatus Road)**

Speaker: A Representative from Behavior Analysis, Inc.

**Our meetings are open to all that are interested in autism.
Refreshments will be served. Child care is available by reservation only.**

Please call 954-577-4141.

