

## FROM THE PRESIDENT'S PEN



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## FROM THE PRESIDENT'S PEN

*By Nagla Moussa*

Rising up to the occasion, the divorce rate, autism, and the holiday season what do they have in common you ask? I know this is a strange way to start an article about autism but let me explain.

I've been very privileged to attend many support groups over the past 20 years and I always notice that the majority of people who attend these groups are ladies, moms, grandmothers, and female caregivers. Occasionally a dad will attend, and I do understand they work and it's difficult to get away during the day or in the evenings. But guess who gets the benefit of the camaraderie, the open communication, the message of hope and the friendship and support? Why, the moms of course!

I believe the fathers need to rise up to the occasion and help themselves to these benefits! When you have a child with autism or any other disability there is a multitude of emotions, responsibilities, stress, and financial strain that accompanies that diagnosis. It can take its' toll over the years on your mental, physical and marital health. Fathers are often stoic, they don't communicate their feelings, they deny these feelings to their spouse and sometimes even to themselves. I think it is important they look for a father's group of dads in similar situations and they bond with them, form friendships and communicate about their families in a way that they are comfortable with.

Having that male support group can only benefit fathers on a personal level. You will make friends, sometimes very good friends who can listen if you need them to. It also helps you grow, learn about how other dads deal with the stress, with the emotions, and with other issues that can face your family. It will help you face the reality of having a child with autism and accept your child and help him/her.

Most importantly, fathers who grow and share in the trenches with their spouse are more likely to have open communication, empathize with their spouse's feelings, and share the emotional responsibility of raising a child with a disability. This can lead to a better marriage and the less likelihood of a divorce! You are both growing, having strong friendships with likeminded families, and learning about resources and how to help your child.

## FROM THE PRESIDENT'S PEN

How does the holiday season fit into all this, well just one tip, the holidays are stressful on any family, so for a family with a child with autism, it's a hundred times more stressful. Support your spouse, choose your activities wisely, it doesn't have to be the perfect Norman Rockwell holiday. Do what is practical and less stressful for your family even if it means attending less parties or family gatherings if your child can't handle it. Most importantly communicate with your support group, and communicate with your spouse if the holidays are making you feel sad or stressed. Facing them as a unit and doing things your child will enjoy, not necessarily traditional holiday activities will lessen the stress on everyone.

Wishing everyone a united and strong marriage that can rise up to any occasion even the holiday season!

## MONTHLY SUPPORT GROUP MEETINGS

### **Parent Get Together and Support Group Meeting**

For parents of children with autism of all ages:

When: 2nd Tuesday of each month, (August - May) 9:30a.m.-11:00a.m. (**Original Pancake House**, 2301 North Central Expwy #156, Plano, TX 75075)

3rd Tuesday of each month, (August - May) 11:30a.m. - 1:00p.m. (**Corner Bakery 2401 Preston Rd A**, Plano, TX (In the Whole Foods Market Parking lot.))

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### **Self-Advocacy Group**

For Teens (7th Grade and up) & Adults with Autism Participants will learn about autism and its effect on their lives, while developing a great appreciation for their individual gifts and talents. It is important that participants know they have autism. Trained volunteers, including some with autism, facilitate this group. Bring an object, book, picture or other item that represents your talents and interests, \$5.00 to pay for pizza, snacks and drinks.

When : 1st Tuesday of each month, (September - May), at 7:00 pm

Where : St. Andrew UMC, 1401 Mira Vista Blvd. Plano, TX 75093. Please check in at the Theater room upstairs on the 2nd floor)

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### **Spanish Parent Get Together and Support Group Meeting**

N Grupo de Apoyo Para Padres en Español

Cuando: El primer Sábado del mes

Donde: Corner Bakery 2401 Preston Rd A, Plano, TX (In the Whole Foods Market Parking lot.)

Hora: 2:30pm-3:30pm

## UPCOMING EVENTS



### **Annual Holiday Party**

It is time for our annual holiday party. Bring your entire family to this not-to-be missed event where the kids take a picture with Santa, make crafts, play in a bounce house and enjoy holiday lunch and allergen free desserts, This is one holiday party where your child can be their true self. Every child is paired with a buddy, so that the parents can enjoy an uninterrupted holiday meal. Admission is free

When: Saturday, December 15, 2018 (11:30a.m.-2:30p.m)

Where: Prince of Peace Catholic Community (Cana Center) 5100 Plano Pkwy Plano, TX 75093



## PARENT RESOURCE PACKET

Looking for an autism friendly pediatrician, dentist, private school, hair salon, attorney , therapy providers for speech, OT, ABA, or just about any services that make your child lives easier?

Email Nagla Moussa at [nagla\\_alvin@verizon.net](mailto:nagla_alvin@verizon.net) for a comprehensive parent resource packet. It's invaluable!

## PLEASE SUPPORT OUR SPONSORS

St. Andrew United Methodist Church

Concept Connections-Jenny Keese

Junior League of Collin County

The Behavior Exchange - Tammy Cline-Soza

Gordon Biersch Restaurant/Kraft Works Corporation

Region 10 Educational Service Center

RBC Wealth Management (Plano)

Therapy and Beyond - Regina Crone Ph.D

Help, Hope, Solutions – Cristina Busu



# PAST EVENTS

NAA-NT hosted its annual Moms' Event on Sunday, Oct 14th 2018. 110 moms of children with autism enjoyed an afternoon of fun, camaraderie and laughter. The event included a viewing of the show *Steel Magnolias* at Wyly Theatre, Dallas, followed by drinks and hors d'oeuvres at the Wolfgang Puck and prizes for all attendees.







**Moms' Event 2018 Sponsors**

Kingdom Purposes International

Hunter's Glen Baptist Church

Concept Connections – Jenny Keese, BCBA

Help, Hope Solutions – Cristina Busu, BCBA

Sherry and Scott Pearson

Peggy Hawkins

Therapy & Beyond – Regina Crone, PhD

TOPS Pediatric Therapy – Betsy Williams, OTR

Perfect Piece – Moriah Durrett, SLP/RBT

Stacy's Sensory Solutions

Cindy Doan

Jill Hornok, Pala Photography

Julie Lieberman, SLP

YogaFit

## Nicole Wallace

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*The Autism Education Summit (AES), organized by Generation Rescue, is an annual 3-day conference held in Dallas, that provides parents the opportunity to listen to and interact with the best MAPS doctors in the country and some of the leading professionals and educators who provide the latest research and treatments in the field of autism.*

Everyone gets something out of going to the Autism Education Summit. For some, it's social and a time to be with your tribe or maybe even meeting a celebrity. For others its access to vendors who will talk to you about their products, give samples, and often offer conference discounts on products and services. Most of us likely are interested in listening to and meeting the MDs, NDs, PhDs and other credentialed speakers and learning the latest and greatest science and/or treatments for our kids. Everyone gets something. So what are the most important take-aways? I think that is different for every person.

Here are mine:

- 1) Don't forget the basics like a clean diet and environment
- 2) Don't forget to take care of yourself
- 3) There are treatments you haven't tried
- 4) Different doctors have different approaches and treatment plans
- 5) No one treatment is right for every child
- 6) You may need more than one practitioner to address all of your child's needs
- 7) Educate yourself on practitioners, protocols, and treatment options
- 8) There are lots of parents willing to help or provide opinions, find your tribe
- 9) Listen to opinions both doctors and parents and make your own decisions
- 10) There is always hope

Here is information from a few sessions:

- Dr. Kendall Stewart has been treating autism a long time through his NeuroSensory Center locations was a speaker this year. Many veteran biomed parents have seen him or previously done his protocol but he brought some new information this year. Dr. Stewart is now focusing on genomic testing and analysis. He also mentioned D-chiro-inositol that may be helpful for some kids. Use genomics to target treatment.
- Dr. Patricia Kane has also been a name in the autism community for many years. Her phosolipid therapy has been used for neurological disorders. Her membrane medicine protocol is based on phosphatidyl choline orally or via IV. Doctors must be trained in her IV protocol but she told conference members that she'd be willing to work with local doctors to implement her oral protocol. She suggests a Kennedy Kreiger blood test and also recommended a German genomic test. Mind your membranes.

## TOP TAKEAWAYS FROM AES

- Dr. Chris Shade shared information about the three phases of detoxification. He explained complicated biochemistry of organ support and shared his own story of healing. He spoke of push-catch liver detox and the products to help each step: 1) Bile flow 2) Inflammation control and 3) Toxin binding. Support your liver.
- Jenny McCarthy spoke to us as a mom, not as a celebrity. She shared her thoughts on being a mom, and the things that helped her child. She urged us to consider our own mental health and brought to stage author Annie Hopper the founder of Dynamic Neural Training Retraining System. Hopper explains how brain trauma can be at the root of chronic illness and disease. Take care of yourself.
- JB Handley's keynote focused on his new book, *How to End the Autism Epidemic*. The book is credible, disturbing and well referenced. It addresses the autism epidemic, informed consent and vaccine science. He also provides the partial depositions of two vaccine scientists who acknowledge vaccines can cause autism. Vaccines can cause autism.
- Dr. Smeltzer shared that an estimated >90% of children with developmental disorders have some form of GI disturbances and discussed different types of healing diets GFCF, Paleo/AIT, ketogenic, FODMAPS, low histamine, Failsafe, low oxalate, GAPS, SCD for children with autism. Diets can be helpful for GI issues.
- Peter Sullivan spoke on EMFs and his personal story. EMFs from wireless signals have dramatically risen at the same time the rates of autism have risen. EMFs can increase inflammation and even cause DNA damage. Clean up your environment.
- Dr. Aung-Din spoke on the endocannabinoid system and shared some case studies of how using CBD was helpful for seizures. CBD helps some kids with seizures.

If you are able, I highly recommend attending a conference for yourself. Each year I get new information and come away motivated to try something new and so will you.

*Nicole Wallace is a Dallas-based warrior mom.*

## DO YOU SHOP AT AMAZON?

Support families with Autism all year round just by doing your normal shopping!



Just click <http://smile.amazon.com/ch/20-8388811> to support the National Autism Association

when you purchase at [amazon.com](http://amazon.com). Your Amazon prices remain the same, NAA-NT receives a donation. Thanks for your support!



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## DO YOU HAVE A CHILD THAT WANDERS?



The National Autism Association's Big Red Safety Box is back in stock! If you have a child that wanders or know one that wanders, please click on this link <http://nationalautismassociation.org/big-red-safety-boxes-now-available> to learn how you can get this box with tools to help keep children with autism safe.

## BUYING OR SELLING A HOUSE?

We are excited to have the generous support of a real estate agent, Kirk Iverson! Kirk will donate 25% of net proceeds directly to NAA-NT anytime someone buys or sells a home and mentions NAA-NT as a referral.

Check out his page <https://www.facebook.com/kirk.iverson.942?ref=ts> or <http://BuyHousesSellHomes.KWRealty.com>



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