

# CARD NEWSLETTER

## CARD Staff

**David O. Childers Jr., M.D.**  
*Chief of Developmental Pediatrics &  
Executive Director of CARD*

**Mae Barker, Ph.D., BCBA-D**  
*Clinical Director*

**Jeannie M. Bowles, M.B.A.**  
*Division Administrator*

**Anne M. Wilson, M.S.T., BCaBA**  
*Educational Coordinator/Transition  
Specialist*

**Elise Bowers, M.A.**  
*Educational Coordinator / Family  
Counselor*

**Katrina Ressa, B.S., BCaBA**  
*Educational Coordinator*

**Carolyn Tully, M.S., BCBA**  
*Educational Coordinator*

**Jennifer Flagge, B.S.**  
*Event Coordinator*

**Anthony R. Rhodes, M.S.**  
*Educational Multimedia Specialist*

**Shellie L. Fleming, B.A.**  
*Medical Secretary*

**Yvonne L. Gaither, L.P.N**  
*Scheduling Coordinator*

**Lauren M. Burns**  
*Client Services Representative*

**Tyler Rounds**  
*Office Assistant*

**Maria R. Tapia, Ph.D.**  
*Psychological Consultant*

**Mary H. Belkin, Ph.D.**  
*Psychologist*

## Constituency Board Officers

**Joe Golon** - Chair

**Lou Cabrera** - Co-chair

**Zohreh Kianmehr-Roumi**

- Secretary

CARD serves Baker, Clay, Duval, Flagler,  
Nassau, & St. Johns County.

We offer services to family, schools, and community organizations who's lives come in contact with the autism community. CARD also provides services to individuals with vision or hearing impairments or dual sensory impairments.

All CARD services are at no cost to the individual.

## Mickey Helps Formally Open UF Developmental Pediatric Center



CARD was proud to have Mickey Mouse and Radio Disney present for the UF-Jax Developmental Pediatrics Fall Festival, held October 24th.

An estimated 300+ individuals attended the event to eat free food, play games, dance, and watch Mickey Mouse ceremoniously cut the ribbon for the new Pediatric Center.

In addition to cutting the ribbon, Mickey also donated a huge stack of DVDs and gifts to the CARD Toy Bank and was available for photos with constituents and their families.

The CARD Toy Bank is a depository of new and used items for families in need of appropriate toys and educational materials for their

## Upcoming Events

- 11/19 - World Congress on Disabilities EXPO (begins)
- 12/05 - ARC Annual Orange Fest
- 12/17 - CARD-Jax Winter Festival
- 12/21 - CARD-Jax Board Meeting
- 01/29 - Annual CARD Conference
- 03/06 - 3rd Annual "Ride With Me"
- 04/25 - HEAL Annual Zoo Walk

Download flyers for these events at  
[www.hscj.ufl.edu/pediatrics/autism/](http://www.hscj.ufl.edu/pediatrics/autism/)

children with disabilities. Donations are accepted at the Pediatric Center and numerous Walgreens & Physicians Medical Centers in the Jacksonville area.

The event, which lasted two hours, collected over 170 individual toy donations.

CARD is extremely grateful for the generosity of volunteers and sponsors Walgreens, Harrell & Harrell, Radio Disney, HealthLink, PMC, GT Party Rentals, Physicians' Medical Center, and the UF College of Medicine for their support of this event.

Rumor has it Santa Clause will be making an appearance in December to take pictures and receive any last minute gift suggestions.



## CARD's Mission

To educate and empower individuals and families throughout the lifespan by providing support, assistance, and awareness within the community; with the goal of optimizing the potential of all individuals with autism and related disabilities.

# Letter from the Director



As Thanksgiving approaches, it is an ideal time to recognize those individuals who make a positive difference in the lives of children with autism and related disabilities and our community. We at CARD are especially fortunate to the many businesses who recently donated funds for our Fall Festival Event and to the many volunteers who offered their time on a Saturday to help make the event an enjoyable one. **Walgreens** was a principal contributor to this event, and it is continuing to support our constituents by allowing CARD to place our toy bank collection boxes in their stores throughout the region.

We are also thankful to the Gonzmart family, owners of the **Columbia Restaurant**, for choosing CARD as one of their sponsored charities in their Community Harvest week. Our gratitude also goes out to Isabel Martinez and her coworkers at **PPR Healthcare Staffing** for selecting CARD as a recipient of their recent company charity events. The **Jewish Fellowship Group** of the Carriage Club Community continues to kindly support CARD with significant donations that help with purchasing materials for our lending library (which, don't forget, has a multitude of great books, CD's, DVDs, and brochures for parents, individuals, and educational professionals alike). Finally, thank you to all of the other caring supporters of our program – you all make a significant difference in the lives of individuals with autism and related disabilities.

You might not know... CARD has two visual support making stations. These stations are equipped with computers, picture-making software, color printers, laminators, Velcro, etc. Parents and educators alike can use these areas free of charge to create visual supports like schedules, first-then boards, and Picture Exchange Communication System (PECS) books. We recommend that you call ahead and make an appointment, so someone can assist you if needed in making the materials. The library and visual support stations are both valuable resources that CARD offers. Feel free to come by during our center hours and peruse our library materials and check out our visual support stations.

Sincerely,  
Dr. Mae Barker, BCBA-D  
Clinical Director



## CARD - Parent Workstation

A new work area is now available for parents and providers. Materials used to create visual supports, schedules, and the Picture Exchange Communication System (PECs) are now available at no cost to the individual.

Parents now have access to a computer and visual support software (such as Boardmaker and Picture This), a printer, laminator, Velcro, and other materials necessary for the creation of supports for their children.

CARD staff are also available to help you learn how to use the resources in the workstation to best meet your child's individual needs.

To reserve a timeslot for the parent workstation call: (904)633-0760 or email [Mae.Barker@jax.ufl.edu](mailto:Mae.Barker@jax.ufl.edu)



Join the CARD mailing list to receive weekly updates on local autism events in the Jacksonville area. Simply email your name and email address to:  
[anthony.rhodes@jax.ufl.edu](mailto:anthony.rhodes@jax.ufl.edu)

## 17th Annual CARD Conference January 29-31, 2010

Held from **January 29<sup>th</sup> to the 31<sup>st</sup>**, the 17th Annual CARD Conference offers a series of keynote and breakout presentations providing information on state-of-the-art practices in areas promoting quality community-based lifestyles for individuals with autism, deaf-blindness, and related disabilities.

Conference participants learn about current research findings and their implications, as well as practical strategies related to communication, social interventions, transition to adulthood, positive behavior support, early intervention, school and community inclusion, and much more. This year's event will be held in beautiful Lake Mary, FL (North of Orlando).

More information will be posted on the CARD webcalendar as it becomes available.

## 3rd Annual Ride with Me for Autism Benefiting Families and Individuals with Autism

On **Saturday, March 6, 2010**, Jacksonville will be holding its third "Ride with Me" event in honor of Jessica Green. With each successive year the event gets bigger and better. This year, the ride follows the beautiful Baldwin Rail Trail. All participants will enjoy a healthy breakfast and post-ride luncheon.

All proceeds from the ride go to the Jessica Green Foundation.

Info online:

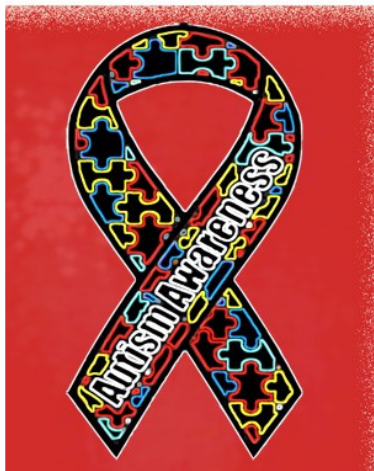
[www.jessicagreenfoundation.org/](http://www.jessicagreenfoundation.org/)



## World Congress on Disabilities Expo - Jacksonville

Taking place at the Prime Osborn Convention Center, **Nov 19-20**, the WCD Expo is an event with two features.

The **Expo** is where you can see all of the latest products and services improving the lives of those with disabilities. The **Conference** is where you can learn about issues facing the disability community from experts.



Art courtesy of Anthony R. Rhodes



## Columbia Restaurant & CARD Community Harvest

Each year the Columbia Restaurant in Old St. Augustine ([www.columbiarestaurant.com](http://www.columbiarestaurant.com)), runs a Community Harvest program where all guests dining in their restaurant have an opportunity to donate

5% of their lunch or dinner bill to a local organization. This October they graciously chose the Center for Autism and Related Disabilities in Jacksonville.

The Restaurant, which began in Tampa in 1905, has received multiple accolades for its menu and enchanting atmosphere.

CARD appreciates the support of the Columbia and its staff.

## Staff Recommended Websites

American Academy of Pediatrics (AAP): Regularly updated with national autism resources, FAQs, practice tools for both families and professionals, and AAP policies.

<http://www.aap.org/healthtopics/Autism.cfm>

### Delight - Gluten Free Magazine:

A new cooking magazine designed solely for those who eat gluten free. Rotating online recipes for the GFCF family. "Healthy doesn't mean you have to sacrifice taste."

<http://www.delightgfmagazine.com>

## CARD staff co-authors journal article on Autism & Deafness.

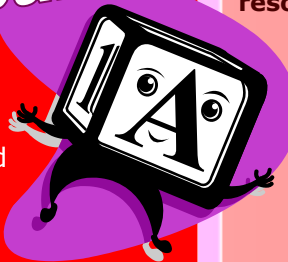
Dr. McCay Vernon and CARD Educational Multimedia Specialist, Anthony Rhodes recently had their paper published in a prestigious national peer-reviewed journal.

The article, titled "Deafness and Autistic Spectrum Disorders" was accepted by the *American Annals of the Deaf* earlier this year and appears in Vol. 154, Issue 1.

Aiming to promote autism awareness amongst professionals in the hearing impaired community the article details both the nature and history of autism spectrum disorders, culminating in a review of the literature on the co-existence of autism and deafness.

All CARD centers offer services to both individuals diagnosed with Autism Spectrum Disorders as well as dual sensory disorders such as Deaf-Blindness. For more information please contact Dr. Mae.Barker@jax.ufl.edu.

## CARD Toy Bank



CARD is currently building a Toy Bank for families in need who can not afford appropriate toys or educational materials for their child on the autism spectrum.

Toys, books, educational items, folder games, visual supports, and other materials are all being accepted both at the CARD center and at various Walgreens and Physicians Medical Centers throughout Jacksonville.

CARD would like to thank all those families who have already donated new and used items to the bank (which is growing very quickly).

Those interested in donating to the toy bank can drop your items off directly at the front desk of the CARD Offices.

6271-1 St. Augustine Rd., Jax, 32207

## Pre-K Social Skills Clinic

Run by Elise Bowers, M.A., this clinic offers parents an opportunity to learn strategies for engaging their child, promoting communication, turn-taking, developing joint attention, prompting and reinforcing positive behaviors, and other social skills. For more information, please contact Elise at [elise.bowers@jax.ufl.edu](mailto:elise.bowers@jax.ufl.edu).

## New Feeding Clinic

Dr. Mae Barker is now collaborating with Lori Allen, MS, CCC-SLP and Emilie Balkman, MPH, RD, LDN to provide a comprehensive feeding and eating clinic for individuals. Children and their caregivers are taught strategies to improve eating habits, behavior surrounding feeding times, and overall attitude towards food. Please contact Dr. Barker for more information and available clinic dates at [mae.barker@jax.ufl.edu](mailto:mae.barker@jax.ufl.edu).



## FDLRS & The San Jose Pediatric and Adolescent Center

One of the greatest advantages of CARD-Jacksonville moving into the new UF Developmental Pediatric Center, is our close proximity to a variety of agencies often used in tandem with autism services. Two of these agencies are the Florida Diagnostic and Learning Resource System (FDLRS) and The San Jose Pediatric and Adolescent Center.

**FDLRS** provides diagnostic and instructional support to district exceptional student education programs and families of students with exceptionalities statewide; all at no cost to the individual. This includes comprehensive psycho-educational assessments, trainings, educational consultations, and connecting families with educational resources within the community.

**The San Jose Pediatric and Adolescent Center** provides comprehensive and compassionate medical care for newborns through adolescence. The center accepts most commercial insurance plans and many PPO plans. Care is provided for general health, reproductive health, gynecology, as well as mental health screenings and evaluations for eating disorders.

FDLRS: (904) 633-0770,

The San Jose Pediatric & Adolescent Center: (904) 633-0460

## CARD Welcomes New Developmental Neurologist

The University of Florida Developmental Pediatric Center is excited to finally have access to the expertise and guidance of it's first developmental neurologist, Dr. Carmela Tardo.

Dr. Tardo specializes in autistic disorders, headaches, movement disorders, developmental delays, neurodegenerative diseases, hypotonia, and cerebral palsy as well as general child neurological problems.

Since beginning work at the pediatric center, she has quickly proven to be a respected and appreciated member of the service team. Thank you, Dr. Tardo, for sharing your services with CARD and our community.



For information about scheduling appointments with Dr. Tardo call (904) 633-0750.



# Local Parent Support Groups

## Autism Father Support Group: Building the Puzzle Together

2nd Tuesday of every month  
7:00 to 8:30 pm  
@ "The Farm"  
12443 Joda Lane East  
Jacksonville, FL 32258  
(768) 205-5498

## CARD Parent/Family Support Group

Run by a Clinical Psychologist  
6271 St. Augustine Rd, Suite 1  
Jacksonville FL, 32217  
(904) 633-0760  
[www.hscj.ufl.edu/peds/aut/](http://www.hscj.ufl.edu/peds/aut/)

## GFCF Support Group

2nd Tuesday of each month (7:30 P.M.)  
Christ Episcopal Church  
400 San Juan Drive  
Ponte Vedra Beach, FL 32082  
<http://health.groups.yahoo.com/group/gfcf>

## HEAL Center

226-5 Solana Rd., #2121  
Ponte Vedra Beach, FL 32082  
(904) 285-5651  
Email: [info@healautismnow.org](mailto:info@healautismnow.org)  
[www.healautismnow.org](http://www.healautismnow.org)

## Jacksonville Spectrum Parents

An on-line support group  
<http://health.groups.yahoo.com/group/JaxSpectrumParents/>

## Pathways Developmental Learning Center: Parent Support Group

Meets Monthly  
(904) 273-6700  
1100 Sawgrass Village Dr., Suite 201K  
Ponte Vedra Beach, FL 32082

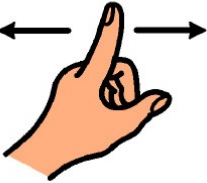
## Project Autism: Family Support

Parent resources and support  
109 March Island Circle  
St. Augustine, FL 32095  
(904) 234-6480  
Email: [awareness@projectautismsj.org](mailto:awareness@projectautismsj.org)  
[www.projectautismsj.org/](http://www.projectautismsj.org/)

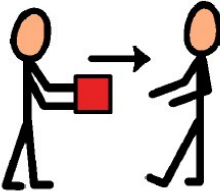
## The Bob-Clay Family YMCA DayStar Program

3322 Moody Avenue  
Orange Park, FL 32065  
(904) 272-4304


**Don't**



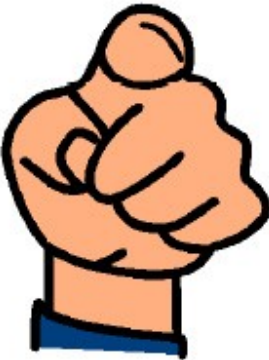
**Give**




**Up**




**You**




**Are**




**Not**



**Alone**





University of Florida - Jacksonville

Art courtesy of Anthony R. Rhodes

## Shooting Starz: Parent Support Group

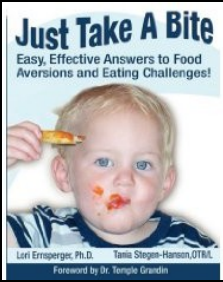
Guest speakers, potluck meals, & child care provided. 2nd Friday of the month.  
Ketterlinus Gym  
60 Orange Street  
St. Augustine, FL 32084  
(904) 209-0377

## The Silent Flock

Child care provided, speakers, & meal.  
Please RSVP.  
1st Wednesday of the Month (6:30 PM)  
Grace Episcopal Church  
245 Kingsley Avenue  
Orange Park, FL 32073  
(904) 264-9981

# New in the CARD Lending Library

## Just Taka a Bite



Easy, effective answers to food aversions and eating challenges. By Lori Ernspenger, Ph.D. & T. Stegan-Hanson, OTR/L

Is your child a "picky" eater or a full-fledged resistant eater? Does he or she eat only 3 - 4 types of foods, refusing all others? Eat from only one food group? Gag, tantrum, or become anxious if you introduce new foods?

If so, you have a resistant eater. "Just Take a Bite" will help you learn the possible causes, when you need professional help, and how to deal with resistant behaviors at home. Learn why "Don't play with your food!" and "Clean your plate!" - along with many other old sayings - are just plain wrong when it comes to challenging eaters. And who said you have to eat dessert last?

## Sharing Information About Your Child with ASD

What do respite or alternative caregivers need to know? By Beverly Vicker, M.S.



This excellent resource will help parents decide what information to share with substitute caregivers and how best to organize it so as to make it easy to use and locate when needed.

Specific sections include blank forms to be completed, with lots of examples, generic information about the characteristics of ASD ready to share, and much more. A complimentary CD allows for complete individualization of all pertinent information. The payoff for parents is that they will be able leave home with greater peace of mind.

## Girls Under the Umbrella of ASD

Practical solutions for addressing everyday challenges. By Lori Ernspenger, Ph.D. & Danielle Wendel

This book gives a voice to girls under the umbrella of autism spectrum disorders. The authors provide insightful first-hand accounts of girls lives along with research-based strategies and practical techniques for addressing the unique needs of girls on the spectrum while nurturing and developing their gifts and talents.



## Constituency Board Meeting - Dec 21

The CARD parent constituency board will hold their next meeting **Dec 21, 2009**. The public and individuals served by CARD are always welcome to attend these meetings and provide input to the Board and CARD administration. All meetings are held in the main conference room at the UF Developmental Pediatric Center.



### GFCF Peanut Butter Balls

Ingredients:

- Peanut Butter
- Confectioner's Sugar
- GFCF Chocolate Chips



An easy treat to whip up in a minutes notice. Mix GFCF peanut butter (like Skippy) with enough confectioner's sugar to make a stiff dough. Roll dough into balls and dip into melted GFCF chocolate chips (available at local health food stores) to make "Reese's peanut butter balls".



The CARD staff would like to thank all the individuals and families who have taken time over the years to put down in words their appreciation for the services they've received from our center. We cherish hearing that we have made a difference in others lives and surround ourselves with the letters and emails we receive from our constituents by tacking them to our cubes or posting them on the coordinator's wall to share with others. Your kind words and the time you've taken to compose them keep us going. Thank you.

