

### CHANGES IN OUR TEAM

Last spring, there were several changes in our administrative team. Life being unpredictable, 3 members of our team have decided to meet new challenges almost at the same time. Since then, we have 3 new members in our team. Maybe that you have had the opportunity to meet them or talk to them. Therefore, I wish to officially present:

- ~ Jade Lazure Roy, Responsable of Events
- ~ Monalisa Didier, Community Worker
- ~ Valérie St-Pierre, Responsable of Direct Services

I also wish to thank the 3 girls who left for all the work done and the energy devoted to our members and the development of our organization.

### YOUR BOARD OF DIRECTORS FOR 2019-2020...

I am happy to present your new Board of Directors for 2019-2020. The administrators were elected by the members during our annual meeting, last June 8.

- √ Carmen Lahaie, user member and President
- √ Geneviève Perras, support member and Vice President
- √ Marie-Claire Gascon, user member and Secretary-Treasurer
- √ Maria Lucia Beltran Mihajlovic, user member and Administrator
  - √ Émilie Desmond, user member and Administrator
- √ Erwin Neumark, Ph.D., support member and Administrator
- √ Vitor Matias, Ph.D., support member and Administrator

I wish to take this opportunity to sincerely thank the 3 outgoing administrators for their commitment to the Board of Directors of Autisme Montréal:

- ~ Sylvie Mouna
- ~ Marjorie Aimé
- ~ Margaret O'Byrne, Ph.D.

A good start to all of you!

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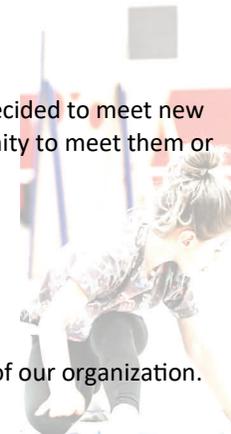
### LA MAISONNETTE - WINTER 2020

It is already time to think about registering your child to the 2020 winter weekends at La Maisonnette.

Registrations will be made by phone on November 1, 2019 by calling the Responsable of Direct Services, starting at 8:30 a.m. Please note that registrations will be made according to the order of the phone calls received, so the principle of first come, first served will be applied.

If you reach the voice mail, you can leave a message with your name, the name of your child, your telephone number as well as the desired dates, in order of preference. To consult the calendar, please click on the link below. Please note that you are entitled to one weekend per season.

<https://autisme-montreal.com/en/our-services/weekend-respite/>.



## HOLIDAY RESPITES

The Holiday Season will soon be here and it is important to plan it well! A total of 21 participants will attend the camp, with a shadow/participant ratio of 1 to 1. Please note that for each camp, the cost includes lodging, food, activities and supervision.

### Christmas camp - 1

Place: La Maisonnette  
Dates : du 21 au 23 décembre 2019  
Number of places : 7  
Cost : 390\$

### Christmas camp - 2

Place: La Maisonnette  
Dates : du 27 au 29 décembre 2019  
Number of places : 7  
Cost : 390\$

### Christmas camp - 3

Place: La Maisonnette  
Dates : du 3 au 5 janvier 2020  
Number of places : 7  
Cost : 390\$

To take part in one of the camps, you must register by phone (leave a message) on **OCTOBER 16, STARTING AT 7:30 A.M.**, and mention clearly the stay that you want, the name of your child and your telephone number, at 514-524-6114, ext. 3182. Please note that the principle of "first come, first served" will be applied.

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## ANNUAL CONFERENCE

### GUEST SPEAKER

Dr. CINDY SCHNEIDER, MD.  
Medical director of CARE, the Center for Autism Research and Education

### AUTISM AND RELATED NEUROLOGICAL ISSUES

Neurology, as it relates to autism, is often more accurately referred to as neuroimmunology. The immune system and nervous system are intricately related and abnormalities in both are often found in individuals with autism.

Dr. Cindy Schneider will present an overview of basic neurology, outline many of the neurological findings associated with autism, and explain the relationship between neurological symptoms and immune dysfunction. Evidence of neurological inflammation and immune dysregulation in autism will be reviewed and treatment options will be discussed.

Some of the topics that will be presented include Cerebral Folate Deficiency (CFD), as well as seizures/epilepsy, neurotoxins, the endocannabinoid system and the use of cannabidiol (CBD) products, hormonal influences on the nervous system, and mitochondrial disease. Optimizing neurological function can only be achieved when the immune, metabolic, and nutritional needs of a person with autism are fully addressed and this will be the focus of this symposium.

**Friday, October 18, 2019 at 9:00 am**

Parents, autistic individuals, students—\$30  
Professionals—\$70

For more information or to register <http://autisme-montreal.com/nos-services/conference-et-atelier/>



## SHADOWING-BABYSITTING SERVICE

Autisme Montréal provides a shadowing-babysitting service. To take advantage of this service, you must meet certain requirements:

- Be a member of Autisme Montréal, live on the Island of Montreal and be the parent of a child with a diagnosis of ASD (or about to be obtained);
- Offer the shadow a minimum hourly rate of \$12.50 (the recommended hourly rate is between \$12.50 and \$15.00);
- Submit a request which cannot be for less than 3 consecutive hours of work. Even if you need the shadow for less than that period of time, you will still have to pay for 3 hours;
- The family must also pay for the outing and transportation expenses for both the shadow and the child;

Please note that you have to make a request for this service at least 2 weeks in advance so that we may be able to better meet your needs. Furthermore, the parents must contact us should they wish to cancel their request. We suggest that the family contact us once the first service has been completed to give us their comments.

<http://autisme-montreal.com/en/our-services/shadowing-and-babysitting/>.

## ACTIVITIES FOR PEOPLE WITH ASD WITHOUT INTELLECTUAL DELAY

Autisme Montréal offers phone support to teenagers and adults with autism spectrum disorder without intellectual delay (ASD without ID) and can accompany them to meetings when necessary, but Autisme Montréal also organizes several recreational activities to provide them with opportunities to socialize.

This fall, in addition to outings, between ASDs evenings and board game afternoons, we wish to announce the return of the creation workshops and ASD workshops chat. A cooking workshop will also be offered as well as the possibility to write for a journal project on various topics touching ASD. For more information:

<https://autisme-montreal.com/en/our-services/asd-without-intellectual-delay-activities/>.

## INFORMATION SESSION WITH DR. SYLVAIN PALARDY - AUTISM, COMORBIDITIES AND MEDICATION

**SEPTEMBER 19, 2019**

**7:00 P.M. TO 9:00 P.M.**

**4450, SAINT-HUBERT, ROOM 434**

**FREE FOR MEMBERS**

**\$20 FOR NON-MEMBERS**

Children and teenagers with an autism spectrum disorder often have comorbidities that may sometimes be the cause of great suffering and have an impact on daily functioning. Medication can be used to help them and allow them to benefit from strategies implemented for them. During this presentation, we will talk about these comorbidities and the medication groups that may be used. Of course, we will also focus on some side effects that are sometimes more pronounced for our children and teenagers with ASD, while maintaining the principle: "most of all do not harm".

### BIOGRAPHY

Dr. Sylvain Palardy is a psychiatrist and he is currently working at the Centre d'Évaluation Neuropsychologique et d'Aide à l'Apprentissage (CÉNAA). Throughout his practice of more than 30 years, among other things, Dr. Palardy has managed a specialized clinic for young children at the Centre hospitalier universitaire Sainte-Justine and he has worked for a clinic dedicated to children and teenagers with an autism spectrum disorder.

### MANDATORY REGISTRATION

To register, please contact us by phone at 514-524-6114, ext. 3142.

For more information, please visit the following link: <http://autisme-montreal.com/en/our-services/conference-et-atelier/>.



## DO YOU OWN THE TOURIST AND LEISURE COMPANION STICKER (TLCS)?

The Leisure Companion Card (LCC) now replaces the TLCS, a program that has been existing for more than 20 years. You must replace your TLCS by qualifying for the LCC as soon as possible at [www.carteloisir.ca](http://www.carteloisir.ca). You must keep your TLCS until you obtain your LCC.

There are 2 ways to apply, depending on your situation:

### **Are you eligible for any of the government programs, measures for people with disabilities, or have one of the recognized cards?**

Fill out the simplified form and attach the proof requested and your photo.

### **You meet the criteria for LCC, but you are not eligible for any of the recognized programs, measures and cards?**

Fill in the form with questionnaire. Make sure it is signed by a health and social services professional that will attest to the accuracy of the information provided and attach your photo.

For complete details on the programs, measures and cards recognized for LCC eligibility and to complete the appropriate form, go to [www.carteloisir.ca](http://www.carteloisir.ca) or call 1 833 693-2253.

**We would like to remind you that current holders of the Tourist and Leisure Companion Sticker (TLCS) have until October 2020 to replace their TLCS for the LCC.**

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## NEWS FROM THE DOCUMENTATION CENTER

***L'intervention précoce en Autisme pour les parents avec le modèle de Denver***, by S. J. Rogers, G. Dawson and L. A. Vismara

This book, a real support tool for everyday life, presents the Denver model (or ESDM), which was developed to answer the specific needs of very young children, by proposing an optimal stimulation of their abilities. This developmental and behavioral approach focuses on learning in a positive socio-emotional context.

***L'estime de soi et l'autiste***, by Brigitte Harrisson and Lise St-Charles

The authors explain that the reality of autistic individuals must be at the heart of the interventions to help them build their identity and self-esteem. This book demonstrates that the 2 most important aspects of self-esteem for autistic individuals, **ability** in several areas that are important to them and **validation** from significant persons, will help them develop a social sense.

***Solving Behavior Problems in Autism – Improving Communication with Visual Strategies***, by Linda A. Hodgdon

This book is a resource guaranteed to provide practical help for every parent or educator who faces problem behaviors and self-management challenges of students with autism spectrum disorders. It includes the *Guide for Assessing Behavior Situations*.

Good read!

### **NOS COORDONNÉES**

**Téléphone : 514 524-6114**  
**Télécopieur: 514 524-6420**

**[accueil@autisme-montreal.com](mailto:accueil@autisme-montreal.com)**

**4450 Saint-Hubert, local 320**  
**Montréal, Qc, H2J2W9**

**Pour les coordonnées complètes de l'équipe**  
**consulter le :**

**<http://autisme-montreal.com/qui-sommes-nous/employes/>**

