



# S.C.A.N.® & A.C.A.N.

Supporters of Children with Additional Needs & Additional Chairs for Additional Needs

October-December 2012

## S.C.A.N. to hold 5k to raise awareness for Down Syndrome

S.C.A.N. is partnering with Deputy & Mizell, LLC to host the **Believe in ME** 5k. This event will take place at Harke Park October 13 @ 9AM. We are still accepting registrations but the price is \$25 and the likelihood of receiving a shirt is slim. All proceeds will benefit our walk team in next year's Step Up for Downs walk.

We will also be holding a silent auction with some awesome items to bid on. These include: A couple's night out with dinner for 2 @ Applebees, movie with popcorn and drinks for 2, and babysitting; a 60 inch flatscreen television; and much, much more.

Come out and support an awesome bunch of kiddos: Varonica, Bennie, Caden, Mitchell, and Caleb.



Hope to see you there!



## S.C.A.N. participates in Walk Now for Autism Speaks 2012



Team S.C.A.N. recently participated in the Southwest Missouri Walk Now for Autism Speaks in Springfield, September 8. They raised a total of \$5,019.60 to date. We had over 40 walkers from the Lebanon community present for our team.

We are currently in 3<sup>rd</sup> place for team totals and have 4 people on the team who were grand club members. This means they earned \$1,000 or more for the team. These members of the grand club were Terry Faust, Heather Becker, Valarie Curry, and Bill Hayes.

This was the 3<sup>rd</sup> year S.C.A.N. has participated in the walk. Our grand total for the 3 years has been \$11,000+. This is AWESOME and we thank our many sponsors.

**Don't forget anyone who hasn't given their food items for the backpack program (in return for the respite we have enjoyed for almost three years) please drop those donations by the SCAN office 238 S. Jefferson**



## Upcoming Events

**October 6**-Trip to Happy Hallows Pumpkin Patch 2pm

**October 10**-Serving at the FBC Community Dinner @ 4:45

**October 13**-Believe in ME 5k @ 9 am with Silent Auction

**October 22**-Monthly Meeting

**November 3**-Pictures with Santa

**November 10**-S.C.A.N. Sensory Movie—Wreck It Ralph—10am

**November 17**-Christmas Parade

**November 26**-Monthly Meeting

**Nov/Dec**- TBA

Salvation Army Bell Ringing

**Dec TBA**-S.C.A.N. Sensory Movie—10am

## KBR Funds Allow



## Purchase of 2 Adaptable Swings

Thanks to the FORR local 7 for helping to sponsor our 2<sup>nd</sup> Kannyn Ball Run.

With the funds raised, S.C.A.N. was able to purchase two adaptable swings to be placed in local areas parks: Harke and Atchley.

Plans for next year's KBR are underway so please continue to watch for more information on facebook and in our newsletter.

## Raising Awareness! Focus on: Spinal Muscular Atrophy



Did you know most babies with SMA are born after a normal pregnancy, are seemingly healthy, and pass all current newborn screenings? SMA is a terminal and degenerative disease that causes weakness and wasting of the voluntary muscles in infants and children. Specifically, the disease is caused by an abnormal or missing gene known as the survival motor neuron gene (SMN1), which is responsible for the production of a protein essential to motor neurons. Without this protein, lower motor neurons in the spinal cord degenerate and die. As the motor neuron network breaks down, the ability of the brain to control muscles diminishes and with less control and use, muscles weaken and waste away. Simply, SMA eventually impacts every muscle in the body hindering the ability to walk, sit, stand, eat, breathe, and swallow. The mind always remains unaffected and children with SMA are bright, sensitive, and playful in spite of their failing bodies.

### SMA Statistics

- SMA is the #1 genetic killer of young children.
- SMA is estimated to occur in nearly 1 out of every 6,000 births.
- 1 in every 40 people, or nearly 10 million Americans, UNKNOWINGLY carries the gene responsible for SMA. Few have any known family history.
- SMA is a pan-ethnic disease and does not discriminate based on race, ethnicity, or gender.
- There is currently no treatment and no cure, but the National Institutes of Health (NIH) selected SMA as the disease closest to treatment of more than 600 neurological disorders.
- Researchers estimate that a viable treatment and/or cure is attainable in as little as 5 years – IF provided adequate resources.
- The American College of Medical Genetics recommends that SMA carrier testing be made available to ALL couples planning a family, regardless of ethnicity or family history.



### Tips for Avoiding Holiday Meltdowns

The holidays can be stressful for anyone but they are especially stressful for children with additional needs.

1. Give your child a schedule of events for special activities, particularly on days with lots of transitions. Whether it's a written schedule or one with pictures for younger kids, your child will feel calmer and safer knowing what is coming up. Discuss the schedule regularly and provide info for each event.
2. Have a code word your child can use if he or she feels overwhelmed and needs a break. Assure your child if he or she uses the code word, you will respond right away. Again, giving children some control during activities that may be over stimulating for them will reduce anxiety.
3. Before you leave for holiday parties, parades, or other fun events, have a quick family meeting so your whole family knows how long you plan to stay and how you expect them to behave. This will benefit neuro-typical children as well, since any child can get overwhelmed with the excitement of the holidays. Continue to make your child's sleep schedule a priority, even in the midst of so many special events.
4. Children with significant sensory sensitivities may require a little extra planning to enjoy holiday festivities. For example, you may need to bring along ear plugs if you will be in a noisy environment or sensory fidgets if the child is expected to sit still. For sensitive kids who

need to wear dress clothes for events, bring along some soft clothes for them to change into as soon as possible. Be prepared by knowing your child's specific limitations and how you will handle them if the need arises. Don't wait for the meltdown to begin.

5. If your children have food sensitivities or allergies that prevent them from eating holiday treats, plan ahead to offer alternatives like all-natural candy or a gluten-free treat from home. Children with neuro-behavioral disorders like ADHD or autism often already feel different, so be sure to include them in as many holiday festivities as possible

6. If your child is easily over-stimulated, limit holiday decorations in your home. Too many twinkling lights combined with smells from the kitchen and other holidays distractions, while enjoyable to most, can be too much for children with autism, ADHD, or sensory disorders. Let special needs children help you decorate for the holidays so they are involved in the changes that take place in their comforting environment.

<http://www.brainbalancecenters.com/2011/12/special-needs-update-avoid-holiday-meltdowns/>

S.C.A.N. would like to thank the community for the generous outpouring of donations throughout this past year. We have truly been blessed and could not provide the services we do with the support of the community.

*Thank You*



## Santa & S.C.A.N. to Partner

**S.C.A.N. will be hosting a fundraiser with Santa on Saturday November 3 at StringBeans.**

We will be offering \$15 sittings with or without Santa for families to have their pictures taken— Just in time for the holidays. All pictures will be burnt to CDs so families can use them for Christmas cards or to print out for gifts to family members.

This is a great way to help support S.C.A.N. and get holiday photos at the same time. Stay tuned to Facebook for more details on how to sign up for this great event. All photos are by appointment only. Family must decide on Santa or without, at time of booking.

