



## October 2020 Newsletter

### Foundation Goals

The objectives of the Canadian National Autism Foundation are charitable. The Canadian National Autism Foundation has been formed to provide funding for:

- \* Educating the general public and professionals;
- \* Providing information and resources to families of children with autism;
- \* Providing funding for Canadian based research and development; and
- \* Promoting national autism awareness

### Mission Statement

The Canadian National Autism Foundation promotes the positive improvement and quality of life for people with autism in Canada

### Inside This Issue

#### Page 1

- Foundation Goals & Mission Statement
- Our President Tina and her son modeling our new autism washable poly face masks with October being Autism Awareness Month In Canada

#### Page 2

- Global Heros Magazine- Autism-One Mother's Perspective

#### Page 3

- Pictures of people wearing our new washable facemasks and also the stretch leggings with puzzle pieces on each leg

#### Page 4

- Where we allocated funds out to

#### Page 5

- How to Contact Us
- How you can Help

## OCTOBER IS

### Autism Awareness/Acceptance Month in Canada

WE AT THE CANADIAN NATIONAL AUTISM FOUNDATION  
Would like to let you know that we have been selling autism washable face masks for a few months now . Our President Tina Fougere and her son Nathan (autism). See how beautiful they fit



This is an article in The Global Heros Magazine that goes into the Global and Mail Newspaper. The Globe and Mail sells 60,000 newspapers and 186,000 on-line views through social media which will see this article and bring awareness to autism with those who may not know about autism. We are hoping to reach many that might help them with information about autism when they read this article. The links that go with this article are on our websites front page which will also give you the links to click on for all the information continued <https://www.cnaf.net/index.html> There are links to take you to the papers on the Twin Study that was done and more information on Dr. Mel Rutherford's research. The rest of Dr Rutherford's paragraph on the longitudinal study is also on the Twin Study page under 2020.

# AUTISM ONE MOTHER'S PERSPECTIVE

The Canadian National Autism Foundation promotes the positive enhancement and quality of life for people with autism in Canada. We are a foundation of volunteers that was formed in June 2000 by parents and caregivers of people with autism.



CNAF President and Founder Christine Fougere is a mother of twins. Her son, Nathan, was diagnosed at 3 ½ with mild borderline PDD. Nathan was in a regular class with modified programming till 2013 when he was aged out of school. Learning the struggles and the ins and outs of having a son with a diagnosis of Autism showed Christine how to advocate for parents, and what led her to start a foundation in 2000.



Her twins, Nathan and Tasha, have had a research study on them from all the documentation and all the medical reports, from day 1 of her finding out that she was pregnant until they were 5 years old. This helped make medical history breakthrough in Early Detection of Autism.

Following the publication of the twins' study (Rutherford, 2005), Dr. Rutherford began a longitudinal study following infants with or without a sibling with ASD as they grow into adolescence. This project aims to use eye-tracking technology to measure early social interests in the first year of life and compare such early development to later social-cognitive development and ASD diagnostic information. The study is designed to test whether early interest in social information predicts later development of ASD or autistic characteristics.

For more information visit  
<http://cnaf.net/TwinAutismStudy.html>

## DEBUNKING MYTHS ABOUT AUTISM

**MYTH:** Everyone diagnosed with autism is the same.

**TRUTH:** There are varying degrees of autism - no two people are alike.

**MYTH:** You can only have a diagnosis of autism, nothing more.

**TRUTH:** Many with an autism diagnosis also have a secondary diagnosis, a comorbid. It could be ADD, ADHD, OCD, language delay, depression, anxiety, sleep disorder, seizures, or intellectual disability. Some could even have a dual diagnosis, like Down Syndrome.

**MYTH:** If seizures are not present in someone with autism as a young child, they will not develop seizures.

**TRUTH:** Approximately 40% of people with autism eventually develop seizures. If they do not develop seizures in the first 3 years of life, there is a second spike in seizures from 13-17, during puberty.

**MYTH:** Parents who have been making decisions for their child think that once the child turns 18, they still have the legal authority to make decisions for them because they have special needs.

**TRUTH:** Once their child reaches 18, parents lose the legal authority to keep making financial and personal care decisions for their adult son or daughter with special needs. Parents need to obtain guardianship of Personal Care and Continuing Guardianship for property.



For More Information or to volunteer, sponsor or donate Visit [WWW.CNAF.NET](http://WWW.CNAF.NET)



## WASHABLE FACE MASKS WITH PUZZLE PIECES IN POLY AND COTTON

These are how the masks look on kids as well. Tina's two great nieces Dionna and Dakota modeling them for them to wear for school. They can be bought at [www.cnaf.net/fundraiser.html](http://www.cnaf.net/fundraiser.html)



We were asked to get bigger masks for those with bigger faces and beards. So also have the new bigger masks in cotton (2 layers) for those with beards and fuller faces. Our friend Dennis is sporting one of these cotton masks. You can find these masks on our website at [www.cnaf.net/fundraisers.html](http://www.cnaf.net/fundraisers.html)



## STRETCH LEGGINGS BEING SOLD FOR LIMITED TIME ONLY

Also the foundation has been selling for a few months and for a limited time only. These pants will be sold until the end of December or until they sell out. First picture is Sarena wearing an autism mask and also stretch leggings with puzzle pieces on the legs. Third picture is Wendy also wearing an autism washable mask and stretch leggings with puzzle pieces on the legs. Sizes for wee ones, kids, tweens and adults. Sizes 2/3, 4, 6x, 7/8, 10/12, 12/14, 14/16. Ladies sizes small, medium, large, Xlarge, 1x, 2x, 3x



## ALLOCATIONS

The foundation has allocated out funds to a few of the places that had sent us in grant applications  
We allocated out to :

British Columbia Guide Dogs Services we allocated out \$1,400.00 towards the Autism Service Dog Program, specifically the training activities throughout the year when an Autism Service Dog is ready to be matched up with a child with autism and their family. Here is where the information is about where the money went.

<https://www.cnaf.net/CNAFFinanciallySupports.htm>

Dr Mel Rutherford from McMaster University we allocated \$3,000.00 The Stimuli Project for the participants expenses. The goal is to develop a diagnostic instrument to reliably identify early markers in autism in the first year of life.

Halton Police **Badge Battle** \$1,500.00 sponsorship page-(This was an early allocation in January)(we are a middle weight sponsor)We sponsored a table for this event. The money raised goes to **Camp F.A.C.E.S** which is for families of Emergency Services as it provides families who have suffered this tragic loss the opportunity to be with others who have experienced similar loss. Because many Emergency Services have children with autism we thought this would be perfect.

October Autism Acceptance & Awareness Month In Canada

Canadian National Autism Foundation

If you want to make a change with

SOCIETY

Then you MUST

Include ALL!!!

## **How to Contact Us**

### ***Mailing Address***

Canadian National Autism Foundation  
38 King Street East, P.O. Box 66512  
Stoney Creek, Ontario L8G 5E5

### ***Phone Number***

905-930--8682

### ***Fax Number***

905-930-9744

### ***Email Address***

info@cnaaf.net

### ***Website Address***

www.cnaaf.net

### ***Charitable Organization***

#867189243 RR0001

## **How You Can Help**

As a charitable organization, the Canadian National Autism Foundation strives to raise funds to achieve our goals and it is with the support of generous organizations, companies and people that we are able to put together fundraising events such as those we have had in the past in order to raise the funding needed.

At this time we are looking for financial support, and this can come in various forms:

- Sponsorship of portions of our events
- Donations of prizes for our events
- Purchase of tickets to our events
- Financial contributions directly towards our goals (i.e. research)
- Casual Dress Days
- Payroll Deductions
- Host a Golf Tournament or Hockey Tournament
- Sponsor or run a Walk-a-thon
- And any other great ideas that you may have, big or small!

Mailing Address: Canadian National Autism Foundation  
38 King Street East, P.O. Box 66512  
Stoney Creek, Ontario L8G 5E5  
Tel: 905-930-8682 Fax: 905-930- 9744

### **Disclaimer**

The Canadian National Autism Foundation (CNAF) does not support, endorse or recommend any method, treatment, product, program or person for people with autism spectrum disorders. The goal of our site and our responses to your questions is to provide accurate and up-to-date information about autism spectrum disorders. We believe everyone has the right to access all of the information available to them, allowing them to make their own individual choice.