



December 2011

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## Founder's Note:

As we complete our first year as a registered charity (June 30<sup>th</sup>, 2011) I want to recognize our great team of volunteers, our Board Members and our supporters – new and old - who step up to the plate time and time again to bring us closer to our goal of every child being given equal opportunity to develop to their full potential. I thank each and every one of you for your commitment, belief and support of QuickStart and the work we do. Together we are making a difference!

In this issue of our newsletter, by popular demand, we have included the recipe for our *Absolut Orient Apple Drunken Crantini* served at our Autumn Evening for Autism. Find out about our QuickStart Champions, our fundraising results, program updates, the latest research news, information on the new Ontario ABA program and about an exciting workshop being offered for the first time in Canada right here in Ottawa!

Wishing the very best to each and every one of you for the holiday season.

Suzanne Jacobson



## Waiting times in Ottawa

Waiting lists create a huge obstacle in getting the all-important early intervention to our children.

We know that a child's development is critical in the first years and that it determines their health and well being for the rest of their life. Yet, as the waiting times for surgery, MRI's, emergency rooms, etc. are being addressed, the waiting lists for autism continue to grow.

In Ottawa, the *best case scenario* is a year plus for a diagnosis *followed* by a minimum 2 ½ year waiting time for the government intensive Behaviour Therapy. The average age of a child being diagnosed with Autism is *three*. Simply put, we are missing the best window of opportunity for the children.

Through the *Getting Started Services Clinic* children are being seen *pre-diagnosis*. They are receiving services *while* they are on the waiting lists.

QuickStart receives many e-mails and phone calls from desperate parents asking for help. They are overwhelmed and confused. We help them navigate the system, a system that is complex and confusing. One parent replied that our email was the 'most useful and important' email they have ever received.

Please help us to help all children have the opportunity for early intervention by donating today.

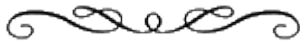
A donation of \$500 pays for one clinician for a day in the *Getting Started Services Clinic*.  
A donation of \$150 pays for childcare for a parent who is awarded a stay through our respite program.

A donation of \$50 allows us to provide a parent with a rare opportunity to go to a movie, see a play or have a dinner out.

Whatever you are able to give helps.

Please, help us to continue making a difference by [donating](#) today.

Thank you.



## QuickStart Champions

Richard Yee: chef/owner of Wild Wood Steak and Chophouse. Richard is a great QuickStart Champion! Richard's generously *gives* us his restaurant each year for our Autumn Evening for Autism.



Keller Williams Ottawa Realty's Foundation for Giving has chosen QuickStart as their charity of choice for the next three years.

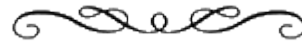
This year they have pledged \$17,736.43 to QuickStart!



Keller Williams and Richard Yee, thank you for making a difference in these children's lives.

You are QuickStart Champions!

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Unity for Autism has generously awarded QuickStart grants for the past two years to expand and provide on going support to the *Getting Started Services Clinic!*

The Clinic continues to evolve and grow:

In October, two more clinics were offered in Kanata allowing an additional 100 children to benefit from this service. Seventy-five percent of the children visiting the clinics have received a diagnosis of autism. This means that we are the first line of support to families seeking help for their children.

*Getting Started Services* is also focusing on children 18 months and under, providing them with pre-diagnosis services and triaging them for assessment and diagnosis.

Thank you *Unity for Autism* for making such a profound difference in the lives of Ottawa area children with autism!

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## Fundraising Event Results

Bertschi Orth Smith LLP, 17<sup>th</sup> Annual Charity Golf Tournament for Insurance Professionals



*A beautiful day for the golf tournament!*

David Bertschi and his colleagues raised \$10,300 for QuickStart at their 2011 golf tournament!

**Save the date – June 1<sup>st</sup>, 2012** for the Bertschi Orth Smith LLP, 18<sup>th</sup> Annual Charity Golf Tournament for Insurance Professionals.

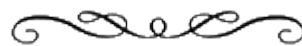
### *Covert Quest*

Author Alan Phillips has donated royalties from his book sales to QuickStart. A limited number of signed books are available through QuickStart for a \$30 donation. They make a great gift. Contact [Suzanne](#) to order your book today.

### United Way Campaign

A big *thank you* to everyone who designated their contribution to QuickStart during the United Way workplace campaign!

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## Autumn Evening for Autism

Thank you to our guests and to everyone for making our second Autumn Evening for Autism such a roaring success.

Our sold-out dinner raised \$16,800 for children with autism!

Max Keeping, Angie Poirier and Ginette Munson - thank you for making our event so special by joining us for the evening.

Lynn Phipps was the winner of our grand raffle prize of a week stay at the beautiful Fairmont Princess Acapulco. Congratulations Lynn!



*Max Keeping, Suzanne Jacobson and Lynn Phipps.*

Please go to our [website](#) to see the list of winners for our evening. Our donor's generosity meant that almost 100% of everything raised that evening went directly to help the children! Please support them too!

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## **Absolut Orient Apple Drunken Crantini**



*Angie Poirier (Majic 100) making our Signature Cocktail*

2 Oz Absolut Orient Apple  
1 oz syrup from Drunken Cranberries  
2 oz Cranberry Juice  
juice from a lime segment

Add all ingredients into a iced shaker, shake, strain into a martini glass.

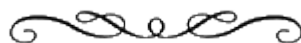
Garnish with drunken cranberries.

Drunken Cranberries  
1.5 cups Water  
1.5 cups sugar  
1 cup fresh or frozen cranberries  
1 cinnamon stick  
zest from 1 large orange

In a saucepot combine sugar and water and bring to a boil to make a simple syrup. Add cinnamon, zest and cranberries. Simmer until cranberry skins start to break. Remove from heat. Allow to cool slightly. Strain into a glass jar. Separate the cinnamon and zest from cranberries, then add cranberries to syrup in glass jar. Add a 1/4 cup of Absolute Orient Apple Vodka to cranberries/syrup (be sure cranberries are covered in liquid).

Toss in the fridge.

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## QuickStart in the News

July 28<sup>th</sup>, 2011

EMC Orleans: [Golf tourney jumpstarts Quickstart](#)

August 4<sup>th</sup>, 2011

EMC Kanata: [Kanata author donates royalties from new book to QuickStart](#)

August 4<sup>th</sup>, 2011

EMC Stittsville Richmond: [Autumn Evening for Autism to be held at Stittsville restaurant](#)

October 16<sup>th</sup>, 2011

Ottawa Citizen: Article by Caroline Phillips [Evening for Autism](#). (Third event in column with photos!)

## Awards

November 3<sup>rd</sup>, 2011

Suzanne Jacobson was awarded with the *Difference Makers* award by the Andrew Fleck Centre for her work with QuickStart.

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## Did you know?

### QuickStart welcomes Doctor Leslie Jocelyn

Dr. Leslie Jocelyn, MD, FRCP (C) Pediatrics and Psychiatry, has joined the Emerging Minds team. Dr. Jocelyn is uniquely trained as both a Developmental Pediatrician and Child and Adolescent Psychiatrist.

She specializes in the assessment and treatment of patients up to 16 years of age with known or suspected neurodevelopmental disorders (including Autism) or documented intellectual impairment. She is an expert in drug management for children.

**A physician referral is required.** For more information, please contact [Crystal McConkey](#) or phone: (613) 618-8715. *Dr. Jocelyn bills through OHIP.*

### Upcoming Workshop – February 2012

The first parent-training workshop in the Early Start Denver Model (ESDM) will take place in February 2012 in Ottawa. In addition to the parent training, Dr. Yolanda Korneluk will speak on early identification and her research study results on the Act Early Autism Project, which used the ESDM. Dr. Leslie Jocelyn will speak on drug management for children on the spectrum.

More information will be posted on our website.

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(Did you know Cont'd)

### The Ministry of Children and Youth Services' new Applied Behaviour Analysis (ABA) Service

In December 2010, the Ministry of Children and Youth Services announced a new ABA service focusing on teaching life skills to all children with Autism. This service is expected to be operating by February 2012. All children with a diagnosis of Autism, including Asperger's and PDD-NOS, are entitled to this service.

To register your child call the Children's Hospital of Eastern Ontario Autism Program at **613-745-2366**. Registering will not affect your child's position on the Intensive Behaviour Intervention (IBI) waiting list or other services offered. This ABA service will be offered in your local area.

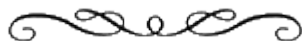
### Researchers Discover Two Different Strains of Autism

Researchers have for the first time identified two biologically different strains of autism in a breakthrough being compared with the discovery of different forms of cancer in the 1960s, The Australian reported Thursday.

[Read more](#)

**Ottawa School of Speech and Drama** is now offering a new course for children and youth on the Autism Spectrum called *Drama Sensations*. [Click here](#) to learn more about this exciting new program.

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## ReFresh ReStart

We are happy to kick off our second year of the ReFresh ReStart program. ReFresh ReStart is a program that offers parents of children with autism an opportunity for a rare weekend break.

Here's what some of the participants had to say:

*"Thank you for giving us this opportunity to rest, re-connect and provide our children with the best care that respite funds provided. We are back on track and strengthened by our week-end together."*

*"The treatment received from the moment we stepped into the lobby made me feel appreciated and validated. It felt like recognition for all the sacrifices we've had to make since we received the autism diagnosis."*

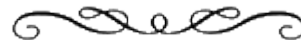
Quickstart is now accepting [applications](#) for the 2012 program.

If any one knows any hotel managers and would like to request a stay for our program, please contact [QuickStart](#).

## Volunteer Respite Worker

A Carleton University student has kindly volunteered to help a family by offering 3 or 4 hours of respite a week. The family must be within a 30-minute bus ride of Hog's Back. Please [email](#) if interested.

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## Volunteers Needed

QuickStart is now looking for volunteers in the following areas:

- 1) A volunteer to update information on our website
- 2) A volunteer with strong writing and organizational skills
- 3) A volunteer to help with our ReFresh ReStart with QuickStart program

If you have one to four hours a week to volunteer, please contact [QuickStart](#).



If someone you know would like to receive our newsletter, or if you would like your e-mail address removed from this mailing list, please [email](#) with 'subscribe' or 'unsubscribe' in the subject line.

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