December 2nd celebrates Special Ed Day, so my spotlight this month is on Autism, and the Unit's Autism Team.

Autism is a complex, developmental disability that is usually evident within the first three (3) years of life. It is a behaviorally-defined disorder that is generally recognized by disturbances in communication, social interaction and perceptual organization, or patterns of behavior. Autism is referred to as a "spectrum disorder," meaning that individuals diagnosed may have a variety of symptoms, ranging from mild to severe. Individuals with autism spectrum disorders may display a wide range of skills and deficits. (Extracted from http://www.unl.edu/asdnetwork/)

The Nebraska ASD Network was established in 2002 and consists of five ASD regions, an ASD State Coordinator, the Nebraska Department of Education and the University of Nebraska System, which provides consultation regarding training on autism. The ASD Network is funded by IDEA Part B Set-Aside Funds from NDE. The goal of the ASD Network is to assist education personnel in gaining knowledge and expertise in serving students with ASD from birth to 21 years of age, thus building the capacity of local school districts in providing a free and appropriate public education based on each student’s needs.

Team Members: Consisting of 16 members, of which 8 are ESU #1 employees.

- **Sonja Chatfield**, Autism Regional Coordinator
- **Stuart Clark**, ESU #1 SPED Director
- **Lynn Sullivan**, Early Childhood Specialist
- **Cathy Schroeder**, Speech and Language Pathologist
- **Patty Kann**, SSC Speech/Language Pathologist
- **Chris Hanson-Harder**, Occupational Therapist
- **Nicole Bacan**, Speech and Language Pathologist
- **Dawn Conover**, SSC Autism Teacher
- **Bernice Maxwell**, Coleridge SpEd Director/Level III Director
- **Rose Brewer**, Homer Special Education Teacher
- **Bobbi Hightree-Comstock**, School Psychologist
- **Billie Sitzmann**, School Psychologist
- **Leah Clark**, School Psychologist
- **Kari Bappe**, SSC School Psychologist
- **Emily Simms**, Wayne Special Education Teacher
- **Angela Zach**, Laurel/Concord/Coleridge Special Education Teacher
December Happenings

**Happy Birthday!**

- Arianne Conley: 6th
- Ivon Martinez: 11th
- Linda Lees: 14th
- Karen Wirth: 20th
- Stacey Richart: 24th
- Chris Hanson-Harder: 26th

**Holidays and Observances**

- **Rising Star Month**
- **Universal Human Rights Month**

- **1st-7th: Cookie Cutter Week**
- **2nd-9th: Hanukkah**
- **26th–Jan. 1st: Kwanzaa**

- **1st: World AIDS Day**
- **2nd: Special Education Day**
- **4th: National Cookie Day**
- **7th: Pearl Harbor Remembrance Day**
- **12th: Poinsettia Day**
- **15th: Cat Herders Day**
- **21st: Humbug Day**
- **24th: Christmas Eve**
- **25th: Christmas Day**
- **31st: New Years Eve**

---

### ESU #1 Calendar of Events

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>4 IRS w/ESU 3</td>
<td>5 Safety Mtg 3:30</td>
<td>6 DL 9-12 Perkins Polycom 1-4</td>
<td>7 Team Leader Mtgs 10-2 Agency Improve 11-12</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12 ERATE 471 Central Staff 9-10</td>
<td>13 ERATE 471</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>17 PST 8-3</td>
<td>18</td>
<td>19 School Safety Security 9-3 Level 1 Bus 6-10</td>
<td>20</td>
<td>21</td>
<td>22 Level 1 Bus 8-3</td>
</tr>
<tr>
<td>24</td>
<td>25 Christmas Break to</td>
<td>26 January 3, 2013</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>31</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
Thank you!

ESU Board, Administration & Staff,
Thank you so much for thinking of us after the birth of our son. It was wonderful coming home to such a beautiful floral arrangement. Your kindness is greatly appreciated! We look forward to showing him off! He is quite a blessing!
With Love,
Scott, Sarah & Connor

Don’t forget!
Submit your pictures to Joleen for our Fish Bowl Wall of Fame!

ESU #1 Board of Directors, Administration & Staff,
Thank you so much for the flowers. They helped brighten my hospital stay! I work with the best!!
Melissa
Health and Wellness Corner

Where to start…there is so much happening this time of year and then we go and have three wellness activities in process at the same time!!! Sorry about that! :(

EHA's Healthy Breakfast Club Winners: Congratulations to Karla Drotzmann, Joni Foster-McFee, and Angie Hansen on each being one of the 200 winners of the $25 gift card for EHA's Healthy Breakfast Club contest which ran in October. ESU #1 had 54 employees (50%) sign up for the contest with 37 (69%) completing the program.

ESU #1's November Vaccination Program: This month is winding down but you still have time to visit your local pharmacy/medical clinic to receive your flu, pneumonia, and/or shingles vaccination. In order to be eligible for one of two $25 gift cards, proof of "being shot" will need to be received in the central office by the end of the workday December 3. Remember…if you received the vaccination(s) prior to November 1, you are still eligible for the drawing!

EHA's Attitude of Gratitude: During the month of December, Educators' Health Alliance is offering the Attitude of Gratitude online program. There is just a few days left to sign up. This program focuses on recording and thinking about one aspect of your life you are grateful for each day during the month of December. Sounds easy, right? Then get going and sign up today! As of November 27, 53 employees (or 50%) have enrolled. We are hoping for a 50% completion rate, too.

To register, go to www.ehawellness.org. The program begins December 1. Forgot your EHA Wellness Code? Go to www.ehawellness.org/code.

Chris Good has created a blog site to assist you in recording your thoughts. You can post as many times as you would like.

1) Double click on this website: http://esu1attitude.blogspot.com/
2) Under Blog Archive, click on Attitude of Gratitude
3) Post a comment. This comment will be shared, but you can choose whether or not to sign the comment (see #4).
4) You will need to Comment As “anonymous”. However, if you feel like signing your post, you will need to type your name under your actual comment in the “Post a Comment” section.
5) And then Publish…easy as 1, 2, 3, 4, 5!

EHA's Personal Health Assessment: You should have received the link to the Personal Health Assessment (PHA) survey on Monday, November 26. The PHA is a short, confidential survey designed to assess your true health status. It's important to note that, unlike your personal healthcare provider, a PHA cannot diagnose illnesses or identify specific health problems. It can, however, provide an accurate picture of the lifestyle behaviors increasing your risk for different diseases or health conditions that may reduce the length and quality of your life. All ESU #1 employees are eligible to complete the survey. The deadline for completing the PHA and earning a $25 gift Card is December 14, 2012 at 6:00 p.m. (Central Time). Let me know if you have any questions.

Upcoming Programs:

January    ESU's GTO (Giving Time to Others)
February   EHA's Healthy Direction
March      ESU #1's "Exercise Makes ¢ents"
April 1- May 12  EHA's Mission to Mars Fitness Challenge
June       EHA's Smart Money